UNIVERSITY OF SHARJAH
where civilizations meet
College of Medicine

College of Medicine Newsletter

Volume 3, Issue 6 **March 2018**

Editor: Hiba Jawdat Barqawi

Dean's message of the month

The last few weeks have been event-filled and we have been lucky to celebrate some wonderful achievements by our students and faculty. We have been very busy with the varied activities that took place in this college over the past month. The accreditation visit went really well and I would like to thank all those involved in ensuring that this process went smoothly and successfully. We are currently also busy with the tedious but necessary process of finalizing recruitment for the next academic year and preparation for the final examinations.

With the exams approaching, and the increased number of students studying on campus, I would like you all to be extra vigilant about the security in our college. On that note, I wish you all a very productive month ahead before the preparation for the exams begin.

Many research grants have been acquired by faculty members including two group grants, this is great news for our college on the research front, and I look forward to seeing the results of those collaborative efforts.

I hope you all enjoy your spring break and come back feeling refreshed for the remainder of the semester.

Professor Qutayba Hamid MD, PhD, FRCP, FRS

Dean of the College of Medicine

Inside this issue:

Our College in the News

بالتعاون بين الإسعاف الوطني وجامعة الشارقة

إطلاق الدورة الثانية من برنامج المسعفين الإماراتيين

أبوظبي - ماجدة ملاوي

أطلق الإسعاف الوطني بالشراكة مع جامعة الشارقة الدورة السنوية الثانية من برنامج إعداد وتأهيل المسعفين الإماراتيين وأعلن البدء باستقبال طلبات التقديم للبرنامج المعتمد من وزارة الصحة بالدولة حتى السادس من مايو القادم، وذلك بعد نجاح الدورة الأولى التي ستختتم في يونيو بمشاركة 16 طالباً وطالبة فور استكمالهم المرحلة الأخيرة القائمة على التدريب العملي ومناوبات العمل الميداني.

كوادر وطنية

ويهدف البرنامج لإعداد كوادر إسعافية إماراتية من خلال اكسابهم المعرفة وتمكينهم من مهارات العمل الإسعافي بما يشمل الجانبين العلمي والعملي لتجهيزهم لمزاولة المهنة ميدانياً بعد استكمالهم البرنامج بنجاح. وتنطلق الدورة الجديدة في سبتمبر القادم وتستمر لمدة عام أكاديمي كامل في كلية الطب-مركز التدريب الإكلينيكي والجراحي بجامعة الشارقة. ويحصل الطلبة المتخطون بالبرنامج على دبلوم فني طوارئ اسعاف EMT-I وفرصة العمل مباشرة مع الإسعاف الوطني بعد التخرج.

وأكد أحمد صالح الهاجري، نائب المدير التنفيذي للإسعاف الوطني خلال المؤتمر الصحفي الذي عقده أول من أمس في أبوظبي أن إطلاق الدورة الجديدة أتى في أعقاب النجاح الذي حققته الدورة الافتتاحية من برنامج رؤية الإسعاف الوطني لتقديم برنامج متكامل ومستدام لإعداد كفاءات إماراتية مؤهلة تعزز منظومة الخدمات الإسعافية في الدولة وبالتماشي مع توجيهات قيادتنا الرشيدة بتوفير كافة المقومات والبرامج لتمكين وإعداد شباب الوطن للعمل ضمن المجالات الحيوية والاستراتيجية بالدولة.

وأعرب الهاجري عن تطلعه لتخرج جميع طلبة البرنامج الحاليين في يونيو القادم وأن يكونوا نماذج يحتذى بها للدفعة الجديدة في خدمة مجتمعهم ووطنهم من خلال الإسهام في تلبية احتياجات القطاع الإسعافي بالدولة.

من جانبه، قال الدكتور قتيبة حميد، نائب مدير جامعة الشارقة لشؤون الكليات الطبية والعلوم الصحية وعميد كلية الطب "أثبتت هذه المبادرة حتى هذه المرحلة نجاحاً نوعياً على كافة المستويات نظراً لأنها تلبي حاجة أساسية تتمثل بإعداد مسعفين إماراتيين وتزويدهم بكل ما يحتاجونه من معارف وخبرات لممارسة العمل الميداني وخدمة مجتمعهم".

معارف

وأعربت مهرة محمد اللوغاني، المشاركة في الدفعة الأولى من البرنامج، عن سعادتها باتخاذ القرار للانضمام لهذا البرنامج الذي غير حياتها على حد تعبيرها ومكنها من تعلم الكثير على المستويين الأكاديمي والشخصي، متمنية أن تتخرج قريباً حتى يتاح لها المجال لتطبيق ما اكتسبته من معارف وتدريب عملي يمكنهم إنقاذ حياة الآخرين.

كما أشادت زميلتها مزون محمد حسن بالمستوى العلمي المقدم للبرنامج لافتة إلى أنه يمثل تحدياً كبيراً يصقل قدرات ومهارات الطلاب نظراً للأهمية الحيوية لهذا القطاع. وأعربت عن اعتزازها بنجاحها وزملائها في الارتقاء لمستوى هذا التحدي داعية شباب الإمارات لاغتنام الفرصة والتقدم للالتحاق بهذا البرنامج المميز.

منهجية

ويقدم البرنامج الذي انطلقت الدورة الأولى منه عام 2017 وفق منهجية تدريسية مبتكرة تعتمد أفضل الممارسات الأكاديمية والتدريبية المتبعة عالمياً لإعداد المسعفين. ويتضمن البرنامج ثلاث مراحل تدريبية متخصصة لبناء الأساس العلمي والمعرفي المتعلق بالعمل الإسعافي، وتزويد الطلبة بالمهارات والخبرات المطلوبة للتعامل الأمثل مع الحالات الإسعافية الحرجة في مرحلة ما قبل المستشفى.

ويمكن لكافة الطلبة الإماراتيين المستوفين للشروط من الراغبين بالانضمام للبرنامج، زيارة الموقع الإلكتروني الخاص بالإسعاف الوطني للتعرف على المزيد من التفاصيل والمعلومات حول البرنامج وشروط الالتحاق والتسجيل.

■ طالبان في الدفعة الأولى من خريجي المسعفين الإماراتيين يعرضان تجربتهما | من المصدر

استقبال طلبات الالتحاق بالدبلوم حتى 6 مايو

تخريج 15 طالبا وطالبة يونيو المقبل

Accreditation of the Diabetes and Family Medicine courses

The accreditation visit to UOS-COM went well. The accreditors reviewed four programs including two master degrees (Master in Family Medicine, Master of Science in Diabetes) and two PG diplomas (OBG ultrasound and Minimally Invasive Surgery (MIS). The External Review Team included five professors from different states of the USA: Prof. Frank Cerra, head of team senior surgeon, Prof. Marjori A. Bowman, Family Physician, Prof. David Robbins, diabetes, Prof. Edward Chien, maternal fetal medicine and Prof. Peter Berthold. They spent four days reviewing the four programs with frequent meetings with the faculty involved as well as with the Dean, Prof. Qutayba. They also visited Al Qassimi Hospital and UHS. They gave a very good report about the four programs during their exit meeting with the Dean and Chancellor of the University of Sharjah.

QS Stars Outcome Certificate

The QS Stars Outcome Certificate Ceremony was held on 4th March 2018. The University of Sharjah got 4 stars out of a maximum of 5. The members of the University Committee for International Rankings and Relations received certificates for their significant contributions.

20th Annual Meakins-Christie Symposium on Asthma & COPD
in collaboration with Gulf Thoracic and the University of Sharjah

This meeting was held in Dubai on 15th— 16th March 2018 and discussed the recent advances in Asthma.

Day 1:

1. Blood vessels in IPF – innocent bystanders of drivers of progression?
2. Airway adaptation to inhaled chlorine; macrophages to the rescue
3. Eosinophils in COPD: a complex relationship
4. PlexinD1 deficiency in lung DC mediates exaggerated airway inflammation in asthma
5. Harnessing the Power of Stem Cells in Vaccine
6. Artificial Intelligence in mining BIG data for Asthma
7. Selective anti-eosinophilic OXE receptor antagonists

Day 2:

1. Novel aspects of Mechanical Ventilation-induced Diaphragm dysfunction (VIDD)
2. Surfactant Protein A as an Innate Immune Modulator & Potential Therapeutic In Asthma
3. Role of innate immunity and natural killer (NK) cells in vitiligo
4. Role of exosomes on airway remodelling in severe asthma
5. Insulin, growth factors and epithelial cells: role in inflammation
6. Systematic interrogation of PI3K pathway
7. Macrophage differentiation and response to corticosteroids in severe asthma

CTC News

RCS's surgical exam hosted by UOS-CSTC

Submitted by: **Najna Shabbir**

The University of Sharjah's Clinical and Surgical Training Centre (UOS-CSTC) has become the centre of the high stake surgical exam (MRCS-OSCE) of the UK Royal College of Surgeons (RCS) for the eighth time. Sixty young specialist surgeons from several countries including the UAE, Iraq, Pakistan, India and Saudi Arabia gathered at the UOS Clinical and Surgical Training Centre to appear for the examinations of the prestigious surgical feat.

The examinations were conducted by 30 certified examiners-team from the Royal College of Surgeons in the UK and 20 from various countries, over a span of three full days. Clinical and Surgical Training Centre was recognized as the first examination (OSCE) centre outside the UK eight years ago. Since then the centre hosted eight MRCS Exams, reflecting the close collaboration between the UOS Clinical and Surgical training center and the RCS. The collaboration with the Royal College of Surgeons UK, not only included conducting examinations, but also arranging for conducting surgical training courses at various levels. The centre, for example has conducted 22 Basic Surgical Training Courses with the RCS involving 550 Surgeons trained by seven senior surgeon for each single BSS course, trained and certified by the RCS. The evaluation of each course as well as the OSCE Exam which was given independently by the RCS is overwhelmingly positive.

Prof. Qutayba Hamid, Vice Chancellor of the College of Medicine and Health Sciences and Director of Sharjah University Clinical and Surgical Training Centre Prof. Nabil Sulaiman, were delighted with the progress of the collaboration between the two entities. "We are proud to announce the successful completion of the MRCS OSCE Exam at the Clinical and Surgical Training Center for the eight year. The examination of the Royal Colleges of Surgeons of Great Britain and Ireland (MRCS) is a high stake exam for surgeons and is a mandatory element for progression to higher specialty training," Prof. Hamid said. Mr. Michael Tomas and Prof. Vishy Mahadevan, supervisors of the exam, representing the Royal College of Surgeons for the MRCS OSCE said that the UOS-CTC proved for the eighth time, that it is one of the best training and examination centers outside the UK.

The Royal College of Surgeons accredits UOS-CSTC

Submitted by**: Najna Shabbir**

It was a great privilege for the University of Sharjah Clinical & Surgical Training Centre (CSTC) to announce its accreditation by the Royal College of Surgeons, England. The centre received its accreditation by the RCS as a Surgical Education Centre in January 2018.

The centre prides itself to be recognized by the prestigious institution. Since 2010, the centre has conducted 1200 courses and trained 17500 participants including 415 surgical courses involving 4600 participants. The centre offers a wide range of professional development opportunities for the surgical activities and will continue to do so to be able to provide the tools and resources needed to further develop surgical skills and meet the needs of an ever-changing surgical landscape. The University of Sharjah CSTC is committed to enabling surgeons to achieve and maintain the highest standards of surgical practice and patient care by providing high quality experience through various educational events conducted. The centre pays lots of attention to evaluate participant's comments and this adds to our satisfaction survey.

Accreditation of RCS offers the participants the Certificate of Attendance which will be badged with the RCS logo as well as University of Sharjah's logo and also the courses the centre offers will be listed on the RCS Website and in the RCS Publication.

International MRCS Convenor Mr. Mike Thomas and Prof. Vishy Mahadevan, Professor of Anatomy, RCS; along with Vice Chancellor of the Colleges of Medicine and Health sciences, Prof. Qutayba Hamid and Director of Clinical and Surgical Training centre, Prof. Nabil Sulaiman, as well as the Chancellor of the University, Prof. Hamid M.K. Al Naimiy.

RCS examiners delivering the MRCS Part B exam in Sharjah, UAE, in March 2018 took time during their visit to celebrate the recent accreditation of the University of Sharjah Clinical and Surgical Training Center, with senior faculty from the University.

Endorsement of The British Medical Ultrasound Society (BMUS)

The University of Sharjah Clinical and Surgical Training Center (CSTC) is very pleased to be endorsed by the British Medical Ultrasound Society (BMUS) Professional Development & Standards Committee for our upcoming course entitled Intensive Abdominal Ultrasound which will be held from 06th to 07th April 2018.

The Vice Chancellor of Medical and Health Sciences Colleges, Prof. Qutayba Hamid and Director of the Clinical & Surgical Training Center, Prof. Nabil Sulaiman expressed their delight that BMUS recognized the high quality of our course which met their standard and aims to continually support the excellent quality of training in this field.

BMUS

Accreditation and Logo Permission by Royal College of Surgeons (RCS)

The University of Sharjah Clinical Training Centre/ Sharjah Surgical Institute has also been accredited by the Royal College of Surgeons of England. We will be using their logo on every surgical course and in our correspondence as an accredited centre.

Viral News

Old antibiotic compounds could become tomorrow's life-saving drugs

Submitted by: **Dr. Balsam Qubais Saeed**

In the heyday of antibiotic development in the mid-20th century, many different chemical compounds with antibacterial properties were examined, but only a small proportion was selected for development into drugs.

As the fight against drug-resistant infections continues, biological scientists and chemists at the University of Leeds re-examined these old compounds, applying advances in science and technology to test more precisely whether they could still hold the key to a future drug. Dr. Alex O'Neill, from the Antimicrobial Research Centre at the University, said, "We're showing the value of reviewing compounds previously put on the back of the shelf. Amongst the 3,000 or so antibiotics discovered to date, only a handful has been brought into clinical use. There may be a wealth of compounds out there with untapped potential".

Dr. O'Neill's latest research found that a compound identified in the 1940s could now be a realistic contender as the basis of a new antibiotic drug. A family of compounds, known as the actinorhodin, was originally identified as having weak antibiotic properties, but was not taken forward for development into a drug. However, Dr O'Neill said that at the time scientists did not fully differentiate the individual compounds within the family when they examined them, leading to a less than precise picture of their properties. Dr. O'Neill and colleague Professor Chris Rayner from the University's School of Chemistry believed the compound is worth serious consideration as the basis for a new drug to combat certain types of bacterial infections. Dr. O'Neill added, "A major challenge in tackling the problem of antibiotic resistance is to discover new drugs - our study shows that potentially useful drug candidates can be 'discovered' from amongst the antibiotics we already know about".

Also based in the School of Chemistry is Dr. Michael Webb, whose research focuses on a compound, called pentyl pantothenamide, first assessed in the 1970s. Then, it was found to be able to stop the growth of *E.coli* but not completely kill the bacteria, so was never taken into clinical use. Dr. Webb said, "The results of our latest study open up the possibility of designing new drugs that use the same means to attack E. coli, but in a more effective way". Dr. O'Neill concluded, "Our findings underscore the importance of revisiting unexploited antibiotics as a potential source of new antibiotic drug candidates. We now believe a comprehensive re-evaluation of such compounds is worthwhile, potentially offering new ways to protect against infections".

Source: Medical Research Council

Arbor Biotechnologies comes out of stealth with new CRISPR enzyme

Submitted by: **Dr. Mohammad Al Bataineh**

Arbor Biotechnologies has emerged from the shadows with $15.6 million in series A funding, a new CRISPR-associated enzyme and a founding team that includes gene-editing trailblazer Feng Zhang.

The company announced its first scientific findings of a new enzyme, Cas13d, a CRISPR-Cas13 enzyme that could offer advantages over other enzymes, including its small size, allowing easier packaging into the viruses used to deliver CRISPR. It was found through the company's discovery platform, which combines artificial intelligence, genome sequencing, gene synthesis and high-throughput screening to comb "the natural genetic diversity" for peptides, proteins and enzymes that could be developed into drugs, the company said.

“We are now at the cusp of being able to convert sequence data into a catalog of protein functions. The possibilities are limitless,” said Winston Yan, an Arbor founder and former graduate student of Zhang. Zhang, a core member at the Broad Institute is known for his work on CRISPR-Cas9 and for cofounding the CRISPR biotech, Editas. CRISPR-Cas9 targets and cuts DNA, making permanent changes to the genome, but Cas13 systems alter RNA, molecules that translate instructions from DNA to make proteins in the body. The approach is becoming more popular with scientists because it's reversible—RNA naturally degrades and RNA editing does not tamper with the genome.

Zhang published a paper last October detailing a Cas13 system, REPAIR (RNA Editing for Programmable A to I Replacement), which edits single nucleosides, or "letters," in the RNA helix. Specifically, the system can change the nucleoside adenosine (A) to inosine (I), which is read as guanosine (G) inside cells, and so, could be useful in diseases linked to G-to-A mutation, such as Duchenne muscular dystrophy and Parkinson's disease.

The Cas13d discovery is just the first of many that will come from its platform, said founder David Walt, of Harvard and the Wyss Institute.

While it has waited until now to come out of stealth, Arbor was launched in mid-2016, raising $12.2 million the following June, rounding out its series A at $15.6 million in August. It counts ARCH Venture Partners, Faridan Ventures and Alexandria among its investors.

Source: Fierce Biotech

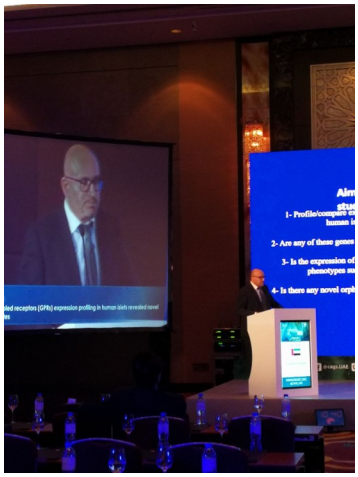
Faculty & Staff Achievements, Awards and Special Recognition

Publications:

- **Dr. Samrein Ahmed** recently had the following paper published:
    - Mabruk Z, **Ahmed SBM**, Thomas A, Prigent A. The role of the ShcD and RET interaction in neuroblastoma survival and migration. Biochem Biophys Rep 2018; 13: 99-108.
- **Dr. Firdos Ahmad** also recently had two articles published:
    - Gupte M, Tumuluru S, Sui J, Singh AP, Umbarkar P, Parikh S, **Ahmad F**, Zhang Q, Force T, Hind Lal. Cardiomyocyte-Specific Deletion of GSK-3β Leads to Cardiac Dysfunction in a Diet Induced Obesity Model. *Int J Cardiol.* 2018, 259: 145-152.
    - Gupta M, Lal H, **Ahmad F**, Sawyer DB, Hill MF. Chronic Neuregulin-1B Treatment Mitigates the Progression of Post-Myocardial Infarction Heart Failure in the Setting of Type 1 Diabetes Mellitus by Suppressing Myocardial Apoptosis, Fibrosis and Key Oxidant-Producing Enzymes. *J Card Fail*. 2017: 23(12);887-899
- **Dr. Jalal Taneera, Dr. Bashair Mussa, Dr. Maha Saber** and **Prof. Nabil Suliman** recently completed the following publication:
    - **Taneera J, Mussa B, Saber-Ayad M,** Dhaiban S, Aljaibeji H, **Sulaiman N.** Maturity-Onset Diabetes of the Young: An Overview with Focus on the Middle East. *Curr Mol Med.* 2017;17(8):549-562.
- **Dr. Mohamed Eladl** recently had the following publications:
    - Mohamed, Islam N., Nahla Reda Sarhan, **Mohamed Ahmed Eladl**, Azza B. El-Remessy, and Mohamed El-Sherbiny. Deletion of Thioredoxin-interacting protein ameliorates high fat diet-induced non-alcoholic steatohepatitis through modulation of Toll-like receptor 2-NLRP3-inflammasome axis: Histological and immunohistochemical study. Acta histochemica (2018).
    - Jabbar, Hussein A., Abbas H. Jarrahi, Motahareh H. Vamegh, Dalia A. Moh'd Alhabahbeh, Noor A. Mahmoud, and **Mohamed A. Eladl**. Effectiveness of the team-based learning (TBL) strategy on medical students' performance. Journal of Taibah University Medical Sciences 13, no. 1 (2018): 70-76.

Conference Participation:

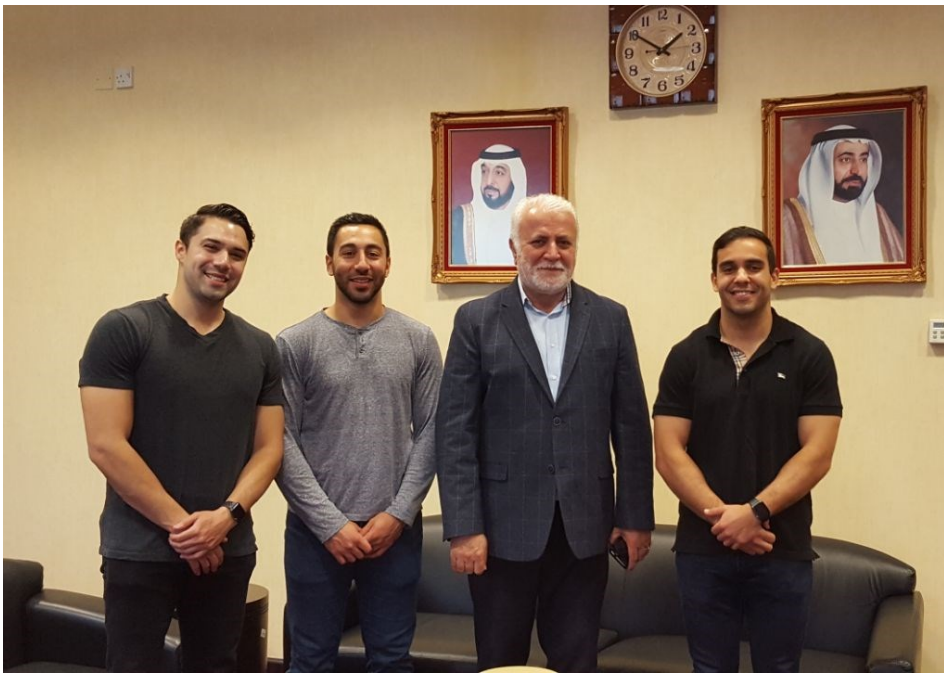
Dr. Jalal Taneera participated in the 8th Pan Arab Human genetics conference held in Dubai from the 18-20th January 2018 in the form of an oral presentation entitled 'Orphan G-protein coupled receptors (GPR) expression profiling in human islets revealed novel genes for type 2 diabetes'.



Student Corner

MCW-UOS Global Elective:

Three Medical College of Wisconsin students recently completed a clinical rotation in Radiology at University Hospital Sharjah -UHS, as part of an Exchange Program with our college. They were here during the month of February 2018. All three students were from the Medical College of Wisconsin, Class of 2018. Exchanges like these are incredibly important for building an international medical community of scholars and collaborators and for emphasizing the commonalities that exist in the medical profession, irrespective of the setting.



Michael Tanious– Exchange Student from Medical College of Wisconsin

As I sit here and reflect on this global elective, I cannot begin to say how spectacular of an experience it was and essential to my growth and training in becoming a physician. When I first arrived at campus, I realized quickly that the U.A.E. is a melting pot of various ethnicities, religions and cultures – in my head, I coined it 'the U.S.A. of the Middle East.' It is a testament to the opportunities present here and why many people from various backgrounds have come here. Every person I have met and spoken with is here to advance their life, whether it be for education or employment, and it very evident why.

I can only speak about the Medical College and College of Health Sciences, since that was my primary exposure throughout my stay here, but it is very evident why many choose to advance their education here. First and foremost, the facilities here are superb. From the outside, the buildings are architectural wonders, and beautiful and magnificent to behold with decorative landscapes. Even the inside of the buildings, where the growth of a student unfolds, are just as remarkable. I was amazed by the clinical skills training lab in the basement of the medical building. With cutting edge technologies in up-to-date facilities, the students here get an early exposure to develop and hone the skills necessary for success in the hospital setting; whether it is for the operating room, the emergency room, or preparation for running a code on the hospital floors, the students here are getting essential training under the supervision of skilled physicians. I can attest that as a medical student in the states, we do not get such in depth hands-on clinical skills training in our early years of medical school, which I believe having this early experience is advantageous in developing the skills necessary to become a strong practicing physician. Additionally, the students have a great advantage here with not only having cutting edge technologies for developing clinical skills, but having a fabulous research facility with the newest technologies important for performing cutting edge research. I firmly believe the students here are being set-up very well for their clinical years by having formidable training early on and having a magnificent research facility to advance the field of medicine and prepare themselves for a life of practice in academics and clinical practice.

The students' robust preclinical years are furthered here by outstanding teaching in their clinical years. Although we did not have the opportunity to work with physicians of every specialty, we found Dr. Obaideen and Dr. Osama to be excellent teachers – who made the time we spent here not only enjoyable but very fruitful. Dr. Obaideen stressed the importance of having strong fundamentals in interpreting radiographs and placed an emphasis on us mastering it to the best of our abilities in such a short amount of time with him. He taught us very important concepts in a language that was appropriate for our knowledge base. He explained, step by step, why certain things appear the way they do on radiographs and how to be able to interpret the normal from the abnormal. Additionally, the same can be said about Dr. Osama. Dr. Osama took a keen interest in us as we arrived in his interventional cardiology suite, and took every opportunity as an opportunity to teach us about the wires and catheters he was using, why he was using them, and other steps in the process in a heart catheterization. Furthermore, these two amazing physicians not only taught us about the science behind the medicine we were rotating in, but they also taught us regarding the Arab culture and how it impacts healthcare delivery here. One of the most interesting things I learned regarding the culture and healthcare here is that to have consent to proceed with a procedure, the input and recommendations of the family is sought, and not only of the individual undergoing the procedure. This is in contrast to what is practiced and emphasized in the U.S.A., where the patient is the sole decision-maker regarding their healthcare management, assuming that they are competent and decisional. These two were great mentors and teachers and there is no doubt in my mind that they are two of many outstanding physicians here who love to teach medicine to the students pursuing their careers in it.

I am leaving the U.A.E. a better and more knowledgeable person and medical student. There are many things I learned about radiology that have made me more comfortable in interpreting radiographs on my own. Furthermore, I have become more culturally aware than I was before coming here, and would not have difficulty interacting with patients of an Arab background or descent in my internship year following graduation. This has been a life-changing and rewarding experience in my growth as a person and medical provider and am looking forward to the next opportunity in my life to return here as my skills advance. I would like to thank everyone here at the University of Sharjah who had a part in arranging our stay here, who had an integral role in our education, and who made us feel welcome from the moment we arrived at the gate of the airport. I will consider the U.A.E. my home away from home and I will cherish the memories I made here for the rest of my life.

Jamil Khan- Exchange Student from Medical College of Wisconsin

Upon reflection of my time in the UAE, and specifically at the University of Sharjah and University Sharjah Hospital, I can't help but be appreciative of this opportunity. One can't help but immediately notice the differences culturally, medical education wise, and clinically. When one grows up in America, ideally you see a separation of church and state. When you come to a predominantly Muslim country, you can see the influence Islam has on daily culture. From women adorning the abaya to men wearing all white, you can see the proud traditions the Arab culture embraces. The American culture often seeks individualism which is often expressed by how one dresses their clothes or how he/she styles their hair. When one walks around CityWalk in Dubai or on campus at UOS, you can see that subtle individualism is still at play here in the UAE. Despite a woman donning the abaya or a man wearing his all white attire, they may add an accessory or change something very subtle to express their own individualism while still embracing their culture. This was something culturally I noticed and found fascinating.

From a medical education perspective, I was somewhat shocked that essentially, a student can be starting graduate school-level education in their late teenage years. Quite often, one finds that from a professional perspective, they have absolutely no idea what career they would like to pursue when they are 18 years old. Additionally, they are under pressure from their parents still to pursue this or that career. This is a precious time period for many of these students to grow and mature. It's difficult to mentally train oneself at this age (17-21) to begin a selfless pursuit in medicine when realistically, they are still actively growing mentally, physically, emotionally, and/or spiritually. Research shows the human brain is malleable and plastic, it is constantly evolving and is not fully matured until about the age of 25. Medicine is a pursuit that requires sacrifice and putting others before yourself. For many of these students that you meet, it's the first time they are out of their parents home, trying to grasp their newfound freedom, along with trying to navigate in a new world. One can only hope that as they continue to mature and move forward in their studies, they find continue to evolve and are well-prepared to handle taking care of patients at 23-24 years old.

From a clinical perspective, our ability to see patient-physician interactions were limited since we were in the radiology department. But you notice some subtle things. As someone who is pursuing Emergency Medicine, when I order a X-ray or CT scan and order it STAT, it means I need it to be read at the most absolute next moment available. One often finds that here, STAT doesn't necessarily mean the next moment. Additionally, when looking at X-rays of female patients, its funny to come across clothing pins or hair pins on the X-ray. It can be quite confusing at times when reading the X-ray. We had the opportunity to see a case in the cath-lab of an elder, female patient, however, were placed into another room while she was getting prepped into the gown. In the US, regardless of male or female, as students, you're involved from prepping the patient to the surgery. It was quite interesting as because we were male students, we were put into another room while she was getting prepped. It's not right, nor is it wrong. It was just another interesting dynamic I observed while here. Again, can't be thankful enough for the opportunity to study here.

Sean Ershadi- Exchange Student from Medical College of Wisconsin

When my roommates and I first decided to come to the University of Sharjah, we had no clue what the culture would be like or how the medical system would compare/contrast to our own home institution. We sought to dive into an unfamiliar space and get out of our comfort zone to attain a unique experience that we couldn't in the USA.

Learning from Dr. Obaideen all month, I came to appreciate his patience, challenging questions, and his unmatched willingness to teach. He often challenged us to read images on our own while he was in a meeting and even let us practice hands-on ultrasound techniques on each other. Sometimes he would count-down from 3 to see if we could immediately discover any abnormalities on a chest x-ray. He broke down the basics of the various MRI sequences and helped us understand it in such an intuitive way that we had not been taught before. Too often in the USA, a radiology rotation is spent shadowing and the students are rarely actively engaged in reading images. I was pleasantly surprised that this wasn't my experience at the University of Sharjah.

One of the most interesting things that was different here from medical care in the USA, is the ability to consent. During the elective month, we spent a morning in the interventional cardiology suite to observe a coronary angiogram on a 68-year-old woman with angina. Upon performing the angiogram, it was discovered that she could benefit from intervention via a stent. To my surprise, the attending left the procedure room to discuss the consent of intervention with the family. In the USA, all the power is in the patient's hands, as long as they are deemed decisional. However, at UHS I came to learn that consent is a family decision and involves much discussion between those closest to the patient.

In addition to my educational experience at UOS, I found that I learned a lot about the Arabic culture during my travels in UAE. Although I'm sure the UAE is different from Iran, the fact that my parents immigrated from Iran to the United States in the late 1970s, and that I had never traveled to the Middle East factored into my excitement to come to this country. The separation of women and men is something that I'm not used to and, at times, put me in situations where I didn't know what was appropriate. At first, I was unsure how to speak to women, how to introduce myself, and what boundaries existed as I wanted to hold the utmost respect for the local culture. For instance, my roommates and I had been frequently wearing shorts on campus at UOS only to discover mid-way through our second week that it wasn't appropriate outside of the men's dormitories. Luckily, I discovered that everyone was very understanding of my ignorance of the cultural norms. Some of the other students at UOS were kind and took time to explain to us the rules in certain areas, and took a lot of interest in what our life is like in the United States. They were in shock to hear how old we were, and that we had to complete 4 years of undergraduate education before applying to medical school. Many of them thought it was a waste of time to do college in the USA and that you should go straight to medical school from high school. I couldn't even imagine deciding to become a physician at age 17, and I feel that college was an essential experience for me to decide on my career path. Although I found many differences in the culture here compared to where I grew up, I found many similarities when I interacted with local students. My roommates and I participated in a 3 versus 3 basketball tournament on campus and came to bond with the medical students at UOS. They all shared a passion for sports, watched and kept up with NBA teams, and even welcomed us to play with them.

Overall, I am incredibly happy that I came to the UAE to experience the culture and learn in a whole new environment. I would absolutely recommend future students from MCW to take on this experience and come to UOS.

Model United Nations Conference

Submitted by: **Abdullah Malek**

The Model United Nations Society participated in the American University of Sharjah's Model United Nations Conference held from the 8-10th of February 2018. More than 20 delegates participated from different colleges across the University of Sharjah, including Medicine, Pharmacy, Engineering and International relations. Abdullah Malek, Tasneem Al Zini, Esraa Elaraby and Kamel Samara participated as moderators and organizers from the UOSMUN board. The delegates were distributed across different committees; the Security Council, World Health Organization, General Assembly and the World Intellectual Property Organization where they discussed a variety of topics from Bitcoins to Sustainable Vaccine Practices and Financing. Several awards were received by our delegation.

Best Delegates:
- Farah Soukieh
- Tala Bakkour
- Yaman Hukan
- Assad Asil Companioni
- Ghida Samer
- Haneen Shahin

Honourable Mention:
- Abdelrahman Omara

Best Speakers:
- Hanadi Janajreh
- Islam Masadeh
- Ghanyem Al Mazroui
- Rania Khalil
- Rushud Alani

Best Research:
- Hadi Atteli
- Einass Ali

Best Chair/Moderator:
- Abdullah Malek

It was a great pleasure to participate in this conference as AUSMUN continues to improve year by year. Hopefully, we will be accepting external delegates in the first UOSMUN conference set to take place late in 2018. Congratulations to all our delegates and best wishes in future conferences!

MSA Annual Medical Competition

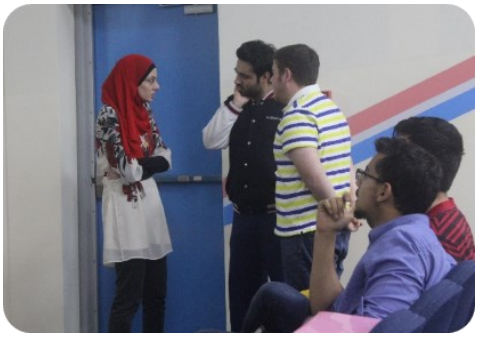
Submitted by: **Abdulla Nidal**

Wednesday 7th of March, marked the 'Annual Medical Competition'; organized by the Scientific Committee of the MSA. The event revolved around having teams of three (one representing each batch) go head to head, competing in a variety of rounds pushing their skills to the limit whilst entertaining the audience, as they rooted and cheered for their representatives. The rounds commenced after a brief explanation of the rules and the scoring system (which consisted of 50% of marked criteria and 50% voting of the audience supported by the college's polling system). The first round was a test of theoretical knowledge, followed by the second round which brought forth the contestant's acting skills in portraying an illness hinting it at their partner to guess. The third round had the teams present an unseen, pre-made PowerPoint, thus highlighting the creativity and spontaneity of the students. The last round was a test of speed, coordination & impulsiveness. The contestants were asked to compete against each other to figure out a slow revealing picture of a medical procedure or anomaly.

STUDENTS REPRESENTING THE BATCHES

YEAR 1	Ashraf Elrayes, M. ZiadJarai and Humeid AlTaheri
YEAR 2	Heba Soudan, Ola Tahmaz and Rafla Ali
YEAR 3	Haneen Shahin, Tasneem Alzini and Amna AlAni
YEAR 4	Ahmed ElKhapery, Ronda Alsamhouri and Rami Karkout
YEAR 5	Rahaf Wardeh, Abdulla Asreb and Ghiath Ismayl

All of them tried their best, used their wits, knowledge and lightning speed reaction times, which ultimately lead to the overall success of the event. The audience were greatly satisfied and enjoyed their time. The event was concluded with the declaration of Year 5 as the winners of the competition followed by Year 2 as first runner up.



EMCS Triathlon Event

Submitted by: **Mariam Al Zaabi**

On the 20th of February 2018, the EMCS held its first ever arts triathlon event. On this day, we were able to look into the talents of the various medical students on the campus. We watched as the threads of art and poetry wove themselves around us as they told us the stories behind all the paint and the words. In the lobby of M27, the paintings were presented; all of which were related to the medical field. Through this, we were able to see how the creative minds depicted the various images they study in their day to day lives. The debate held involved students from the Colleges of Medicine and Pharmacy. They discussed the topic of Big Pharma, and with that, we looked into the various perspectives and arguments they had. Later, various students spoke their minds and hearts through their reading of poetry. Finally, in accordance to the votes held on all categories, the winners were announced, leading to the overall win of the College of Medicine.

EMCS Innovation Workshop

Submitted by: **Mariam Al Zaabi**

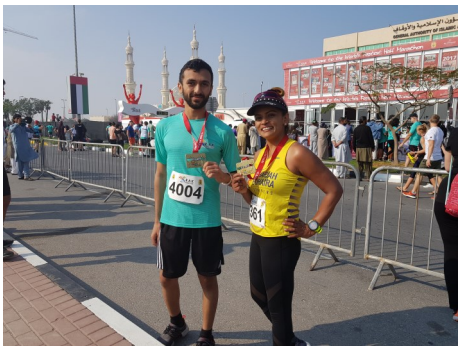
The late Sheikh Zayed bin Sultan Al Nahyan (may his soul rest in peace) insisted to grow the seed of innovation in the souls of the youth in the UAE– those youth who will carry it and walk the journey into further improving the country, based on the vision that he implemented. So in celebration of the Year of Zayed, the EMCS committee held an innovation workshop on the 6th March 2018. In the workshop, 15 to 20 students gathered and assembled into teams, where they were able to split tasks and present their novel ideas on how to resolve the top 5 health burdens in the UAE. The committee also engaged participants in some innovative games, and displayed a gallery portraying information on The Year of Zayed in the lobby of M27. The event was a success that celebrated one of the major highlights of the year of 2018.

Sports Achievements

MSA FOOTBALL TOURNAMENT

held on the 14th February 2018

Participants: **Dr. Mohammad Bataineh and Dr. Emad Nossair and Year 4 students: Ihab Al Yassin, Hussein Resen, Ahmed Ihmaid, Basil Yahyia, Ziad El Menawy**



Dr. Anu Ranade and Year 4 student **Ali Al Teneji** participating in the following marathons:

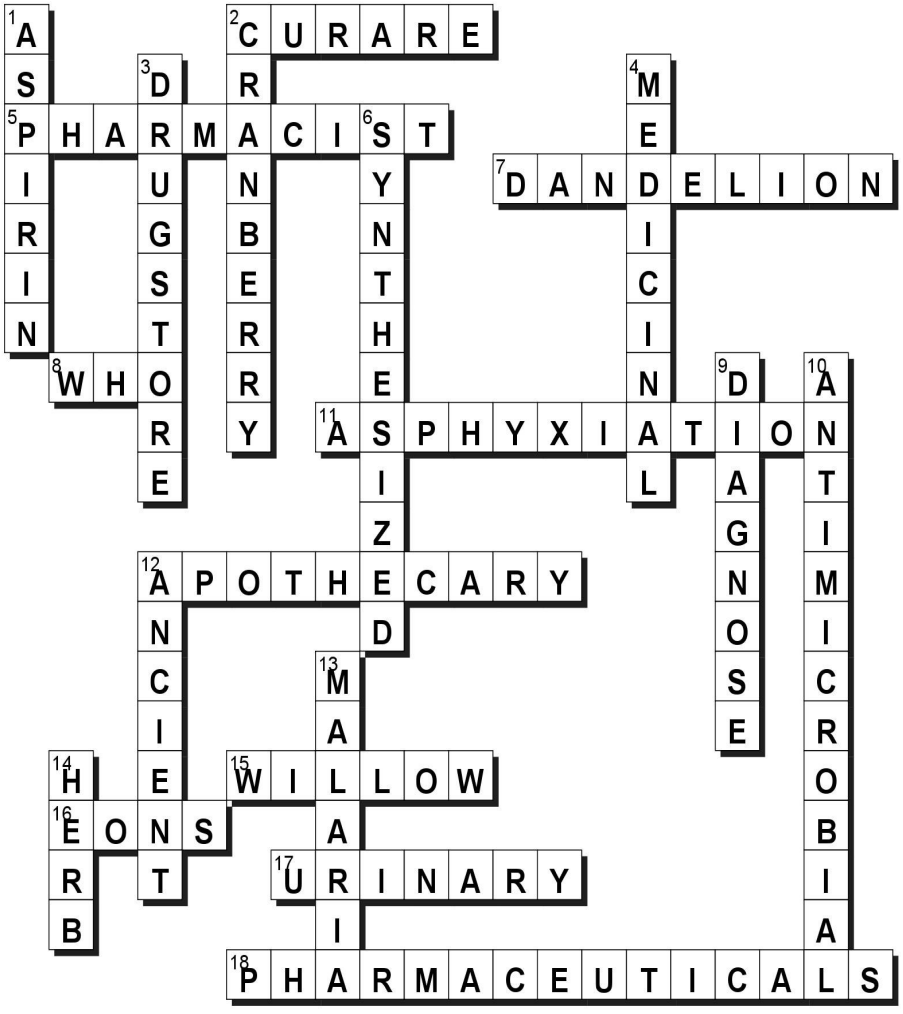
- **HALF MARATHON**: IGNITEDXB HATTA HILLS RUN, 9th March 2018
- **3 EMIRATES RUN** (25KM): 23rd February 2018
- **RAK HALF MARATHON**: 9th February 2018

INTERCOLLEGIATE SPORTS DAY held on the 20th of February 2018.

Sports: Football, Basketball, Volleyball, Table Tennis, Chess, Weight Lifting.

Participants: **Dr. Emad Nossair, Ziad El Menawy, Alaa, Amin, Abdulkader, Mohammed ElAmin, Hommam, Fuad, Mohammed Darwish, Mohammed Zuhair, Waseem, Tareq, Nasreldeen, Khaled, Ahmed Monim**

ANSWERS (LAST MONTH'S CROSSWORD)



SOLUTION

[Across]

2. CURARE
5. PHARMACIST
7. DANDELION
8. WHO
11. ASPHYXIATION
12. APOTHECARY
15. WILLOW
16. EONS
17. URINARY
18. PHARMACEUTICALS

[Down]

1. ASPIRIN
2. CRANBERRY
3. DRUGSTORE
4. MEDICINAL
6. SYNTHESIZED
9. DIAGNOSE
10. ANTIMICROBIAL
12. ANCIENT
13. MALARIA
14. HERB

UNIVERSITY OF SHARJAH
where civilizations meet
College of Medicine

University of Sharjah

For any comments regarding this newsletter or suggestions for improvement please contact the Editor **Hiba Jawdat Barqawi** on hbarqawi@sharjah.ac.ae

Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Dr. Jibran Sualeh Muhammad**

Fluorescent Lights Can Affect Your Health

Fluorescent lights are a common light source in an office building and shopping markets. With the advent of compact fluorescent lights, they are becoming commonplace most homes as well. Fluorescent lights are cheap to buy compared to how long they last (about 13 times longer than regular incandescent bulb) and cheap to operate requiring a fraction of the energy incandescent bulbs do. But they can be incredibly bad for you.

The Problems:

The theory is basically that we are children of the sun. With the light bulb, we had the ability to do more at night and work in enclosed rooms without windows. But it's not the same type of light as the sun gives us. The sun gives us a full spectrum light, that is, a light that spans the entirety of the visual spectrum. Theoretically, if you do not get sufficient exposure to sunlight your circadian rhythm gets messed up and that, in turn, messes up your hormones and then you're all screwed up.

Health Effects:

There are a number of negative health effects that have been linked to working under fluorescent lights that are theorized to be caused by this body chemistry mechanism such as:

- Migraines
- Eye strain
- Problems sleeping, due to melatonin suppression
- Symptoms of Seasonal Affective Disorder or depression
- Endocrine disruption and poor immune systems
- Female hormonal/menstrual cycle disruption
- Increases in breast cancer rates and tumour formation
- Stress/Anxiety, due to cortisol suppression
- Sexual development/maturation disruption
- Obesity
- Agoraphobia (anxiety disorder)

The Solutions:

- Go out in the sun more. Getting sun exposure, especially for stints in the morning midday and late afternoon, can help maintain your circadian rhythm. Putting in some windows, skylights, or solar tubes to bring sunlight into your interior environment can work as well.
- There are some "full spectrum" and "daylight spectrum" fluorescent lights in the market that have a better colour temperature spread than regular fluorescent lights so they do help, but they don't replace sunlight.
- Put a full spectrum light filter over your fluorescent bulb or light fixture lens that alters the light coming out of the fluorescent bulb and gives it a fuller spectrum.
- Prefer using reading lights instead of illuminating the whole room. This will reduce the quantity of exposure.

Reference

Adams, Chris. "How Fluorescent Lights Affect You and Your Health." ThoughtCo, 2018, thoughtco.com/how-fluorescent-lights-affect-you-1206641.