



NEWSLETTER



COLLEGE NEWS



STUDENTS' CORNER



STUDENT ASSOCIATIONS



MEDICAL MISHAPS



RECOMMENDATIONS



DOCTOR'S ORDERS

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DEAN'S MESSAGE OF THE MONTH

As the UAE strives to apply the highest levels of safety and security, the Ministry of Education has ruled in favour of students not attending classes on the University campus and instead using



distance learning techniques for the month of March. This was issued within the framework of national efforts to circumvent the spread of COVID-19. I would like to reassure all our students and their families that the college is putting in great effort to ensure the smooth delivery of study materials and is taking all measures to alleviate any concerns or issues this temporary change in the delivery of information causes. Myself, as well as all faculty and staff, are invested in ensuring there are no interruptions to the quality of learning you have all been accustomed to receiving. I would also like to express

sincere thanks to the faculty for taking responsibility, initiative and showing collaboration and enthusiasm during this time. Things are changing daily so I would like to emphasize to all to constantly keep an eye out for announcements.

It brings me great pride to report that the graduates of our College of Medicine at the University of Sharjah came in First Place in the Emirates Medical Residency Entrance Examination (EMREE). As we approach the end of the academic year, I would like to wish Years 3 and 5 the best of luck on their upcoming IFOM examinations. However, please note the IFOM examinations may be postponed. The end of this year has also seen a close to many activities, including student ones. I thoroughly appreciated and enjoyed the efforts of our students in the MSA throughout the year in organizing and executing activities that were both beneficial and interesting to us all.



COLLEGE NEWS

Sharjah Innovation Week

In spirit of the U.A.E.'s Innovation Month, multiple teams from the College of Medicine participated in Sharjah's Innovation Week in the Sharjah Book Authority. Among the different projects presented were Dr. Anu Ranade's "LEAF (Linking Education And Farming) Initiative", Prof. Nabil Sulaiman and Dr. Mohammad Al Bataineh's "Obesity Management in the Digital Age", and Dr. Adel El Moselhi and Dr. Amal Hussein's "Hydration Status Assessment and Impinging Factors Among University Students in the U.A.E.". Additionally, Mena Al Ani, a PhD student under the supervision of Prof. Azzam Magazachi received "The Innovation Award 2020" from the Ministry of Health and Prevention for her project titled "New Therapeutic Modalities in Treating Experimental Autoimmune Encephalomyelitis Mice with Rituximab".



Discovery of Two Novel Gene Variants

Prof. Rabih Halwani, Professor of Immunology at the College of Medicine, contributed to the discovery of two novel gene variants causing two rare primary immune deficiency conditions. This discovery was made possible through a collaboration with international groups from Rockefeller University in New York, Paris Descartes University, King Saud University in Saudi Arabia, and others. One of the gene variants was found to cause STING-associated vasculopathy with onset in infancy (SAVI) in a Saudi patient. This discovery saved the patient's life, who was treated with a medication counteracting the effect of the mutation. The other discovery was for a gene variant in a patient with recurrent Herpes Simplex Encephalitis (HSE).



Certificate Distribution Ceremony

On Tuesday 18th February 2020, the Medical Education Centre held a ceremony for the participants in its courses. Prof. Qutayba Hamid, Vice Chancellor and Dean of the College of Medicine, presented the attendees with certificates for the Basic and Advanced courses in Medical Education.



MBRU-AI Mahmeed Collaborative Research Award



On Sunday 23rd February 2020, Mohamed Bin Rashid University held the second cycle of MBRU – AIMahmeed Collaborative Research Award, attended by H.H. Sarah Al Amiri, Minister of State for Advanced Research and Dr. Wael AlMahmeed, the grant sponsor. Dr. Maha Saber presented her project, titled “Combined

inhibition of IGF-1 Receptors and Autophagy to Prevent Colorectal Cancer Metastasis: A Novel Therapeutic Approach”, which won the 300,000 AED grant. The project group included Dr. Khulood Bajbouj, Dr. Iman Talaat, Dr. Rifat Hamoudi, Dr. Mahmoud Hachim, Dr. Thenmozhi Venkatachalam, Prof. Wael Hassan and Prof. Ritu Lakhtakia.



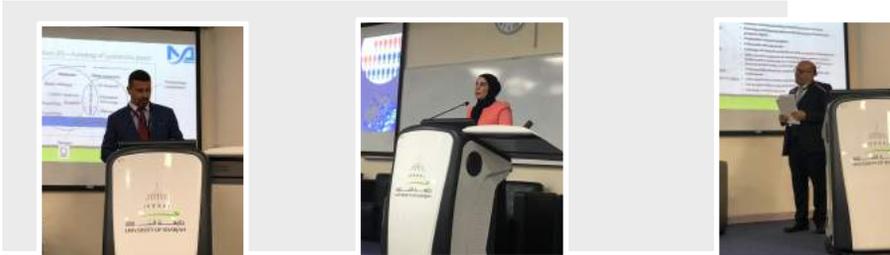
3rd Medical Alumni Gathering

The University of Sharjah’s Medical College 3rd Alumni Gathering took place on Saturday 1st February 2020 and was organized by Dr. Balsam Qubais. The event gave graduates of the college an opportunity to visit their old home, meet fellow alumni, and reunite with former mates and instructors. The event started off with a warm welcome from the Dean of the College of Medicine, Prof. Qutayba Hamid, followed by speeches from Dr. Zainab Al-Shareef and medical alumni, Dr. Muhannad Abdoh and Dr. Ziad Elmenawy, before lunch was served. Special thanks go to Ms. Balqees from the Office of the Vice Chancellor for Community Affairs for her help in the organization of this reunion.



Exchange Meeting for Medical Colleges

On Thursday 13th February 2020, Prof. Nabil Sulaiman, Dr. Basema Saddik and Dr. Mohammad AlBataineh participated in "Fostering University and Community Partnership: Assessing Biomedical and Health Research Opportunities" at the College of Pharmacy.



Maktoom College Graduation

Prof. Qutayba Hamid, on behalf of the University of Sharjah, attended the graduation of the UOS female students from Maktoom College of Higher Education in Dundee, Scotland. He met with the graduates to discuss their feedback on the program.



Faculty Publications

Dr. Firdos Ahmad and Dr. Adel Elmoselhi published an article titled "Nicotinamide riboside kinase-2 alleviates ischemia-induced heart failure through P38 signaling" in the journal BBA Molecular Basis of Disease. DOI: 10.1016/j.bbadis.2019.165609

Abu Dhabi TV Interview

On Sunday 2nd February 2020, Dr. Zainab Al-Shareef was a guest speaker in a program titled "احذر ولا تهلع" about COVID-19, broadcasted on Abu Dhabi TV.



Athletic Achievements



Mr. Nasser Zahra participated in several races recently. On 24th January 2020, he finished the Standard Chartered Dubai Marathon in 3 hours and 49 minutes.

He ran 10 km at the Sharjah Sports Council Race on 31st January 2020 and won 2nd place for his category.



He also won 3rd place at the Sharaf Exchange Road Run on 7th February 2020 and the Ajman Race on 14th February 2020.



VIRAL NEWS

First AI-Created Drug Enters Human Clinical Trial

On average, drug discovery and development of a single pharmaceutical agent takes 4.5 to 5 years, with upward of 10 years considered common. But British start-up Exscientia and Japanese pharmaceutical firm Sumitomo Dainippon Pharma have turned this on its head by leveraging artificial intelligence (AI) to reduce the timeline to less than one year—and that AI-created drug is now entering a Phase I human clinical trial.

DSP-1181, a long-acting, potent serotonin 5-HT_{1A} receptor agonist, is intended for the treatment of obsessive-compulsive disorder (OCD). In Japan, approximately 1 million people suffer from OCD, while the disorder affects 3 million individuals in the United States.

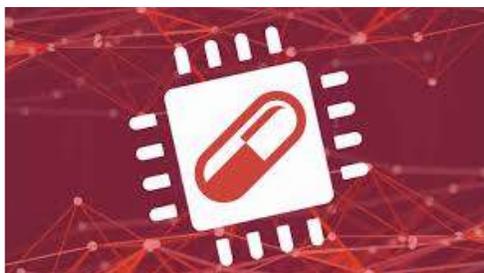
During development, Exscientia applied its Centaur Chemist Artificial Intelligence platform, which has generated nearly 100 billion novel compounds through evolutionary design. DSP-1181 was created using algorithms that sifted through potential compounds, checking them against a huge database of parameters.

“We believe that this entry of DSP-1181, created using AI, into clinical studies is a key milestone in drug discovery,” Andrew Hopkins, CEO of Exscientia, said in a release. “This project’s rapid success was through strong alignment of the integrated knowledge and experiences in chemistry and pharmacology on monoamine GPCR drug discovery at Sumitomo Dainippon Pharma with our AI technologies.”

In an article published in November 2019, referencing the average cost of R&D at \$2 billion per drug, executives from Deloitte stressed the importance of finding ways to improve the efficiency and cost-effectiveness of bringing new drugs to market. As Exscientia showed with DSP-1181, one way to do that is by leveraging AI.

“AI applications in drug discovery have already delivered new candidate medicines, in some cases in months rather than years,” Deloitte executives wrote. “If adopted at the drug discovery stage, AI solutions have the potential to kick-start the productivity of the entire R&D process. Biopharma companies need to develop a robust strategy to integrate AI solutions into traditional processes.”

Adapted from LaboratoryEquipments

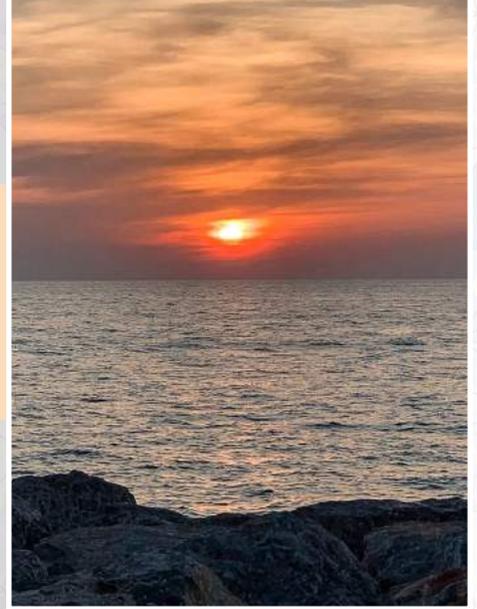




STUDENTS' CORNER

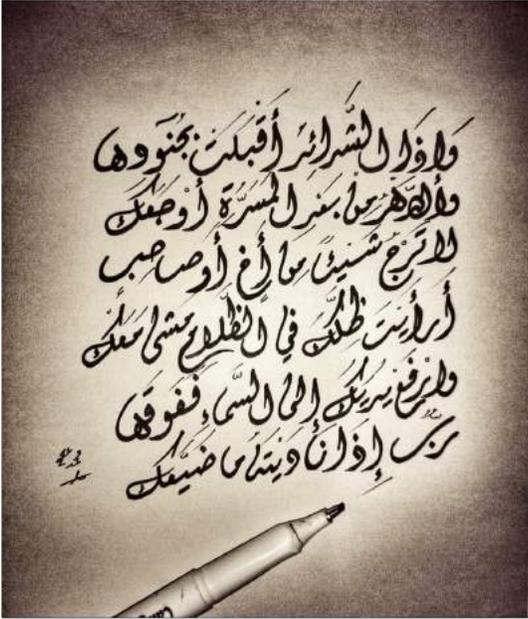
"مر على غروب شمسي دهر ولم أزل أنتظر الشروق"

Shahab Tariq Sharafat, Year 1



"ارفع يديك إلى السماء"

Mohammad Ali Yaseen, Year 2



"وَأَعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا"

Zainab Wisam Suhail, Year 3



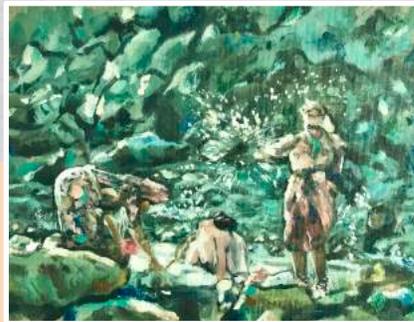


"The light within."

Shamma AlKhattal, Year 4

"Moments Au Maroc"

Nuha Al-Ali, Year 5



Student Achievements

7TH INTERNATIONAL FAMILY MEDICINE CONFERENCE

On Tuesday 25th February 2020, a group of Year 3 students participated with their community-based research (CBR) project titled “Herpes Zoster Vaccination: Knowledge, Attitudes and Practices in the UAE” in the 7th International Family Medicine conference, in the form of a poster presentation. The group, including Radwa Genidy, Muna Almutawa, Najem Kanawati, and Teba Al-Khalidi, presented their research to the conference attendees and judges and won 1st Place in the Student Poster category. They were supervised by Hiba Barqawi and Amal Hussein. Additionally, as joint winners from last year, Year 4 students Saryia Adra and Abdulla Nidal gave oral presentations titled “Role of Microbiota in Disease: Knowledge, Attitudes and Practices Amongst Adults in the UAE” and "Mental Health: Silent Suffering" on Monday 24th February 2020.



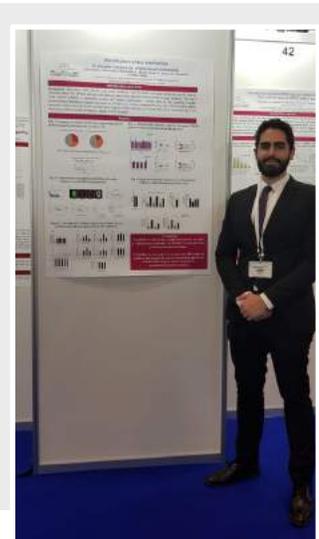
SPORTS ACHIEVEMENTS

Raghad Abbas, a Year 1 student, won second place in a competition between universities in two swimming strokes, breaststroke and butterfly. The UOS swimming team won the second place overall.



EDEC 2020

Abdullah Malek, a student in Year 5 participated in the 10th Emirates Diabetes & Endocrine Congress EDEC 2020 held in Dubai World Trade Center on the 27-29th of February 2020 as a poster presenter under the supervision of Dr. Jalal Taneera. The poster was entitled "Orphan G-protein coupled receptor 183 (GPR183) potentiates insulin secretion and prevents glucotoxicity-induced β -cell dysfunction".



STUDENT ASSOCIATIONS



Medical Student Association

HANDS OF PROSPERITY EVENT

Behind every leap we make, there are countless hands of love and labour pushing us forward. To commemorate all the people who make our university life better, the Community Committee hosted the 'Hands of Prosperity' event on Wednesday 5th February 2020. The Dean and faculty were in attendance, along with the support staff of College of Medicine.



The aim was simple: to remind everyone about the significant contributions of blue-collared workers to building our world. Several games and activities based on gardening, domestic chores and construction were organized to de-stigmatize their work and eliminate unchecked entitlement. A commendable play was delivered by students of Year 1 to 3, illustrating shameful events that we commonly encounter – disrespecting house help, bullying security guards and disregard for workers' needs. The portrayal effectively drew the point home that we need to use our voice to empower those unheard. The event ended with a gratitude ceremony for the support staff of College of Medicine with certificates of appreciation and gifts. "We are the champions" echoed in the background for these true champions.

counter – disrespecting house help, bullying security guards and disregard for workers' needs. The portrayal effectively drew the point home that we need to use our voice to empower those unheard. The event ended with a gratitude ceremony for the support staff of College of Medicine with certificates of appreciation and gifts. "We are the champions" echoed in the background for these true champions.

MSA FOOTBALL TOURNAMENT

Ever since its conception, the MSA Football tournament stands as one of the most anticipated activities of the year. The Social Committee raised the stakes up by a notch by conducting the tournament out of university grounds, and instead in Al Tahadi Club, on Tuesday 11th February 2020. Six boys' teams put in their best as they fought through preliminary group stages to the final match. Teams were formed based on year of study and hence, the bets were very high. Everyone was playing for the honour of their respective batches. After several rounds of nail-bitingly competitive rounds, the final match saw Year 3 students take the winning trophy home. The weather was the true cherry on the cake. It was so splendid that in those few moments, everyone believed they were truly in Barcelona, the dream ground for football enthusiasts.



MSA DEBATE SOCIETY



Friedrich Nietzsche once wisely said, “There are no facts, only interpretations.” The Scientific Committee chose to make a simple interpretation – everything is debatable. That spurred the launch of the MSA Debate Society, a space for people to share their thoughts and perspectives on questions that plague the world around us.

The introductory session was held on Wednesday 12th February 2020, with participation from members of all MSA committees. The central theme of the session was ‘Feminism’, with sub-topics that explored whether women’s higher emotional capacities made them better leaders in

the workforce and dismantled the myth that the idea of feminism is inherently sexist. The format of the session gave participants multiple opportunities to play devil’s advocate and argue against their own personal opinions. The thrill of good arguments reverberated through the room. It was a good start and the next session hopes to delve deeper into professional debate formats and challenging medical questions.

The session was followed by a lighthearted argument on which came first – the chicken or the egg? Are you team egg or team chicken?

CORONA: EPIDEMIC THROUGH THE AGES

Concerned by the rampant misinformation and paranoia about the spread of the coronavirus, the Scientific Committee organized a student-based workshop titled ‘Corona: Epidemics through the Ages’ on Tuesday 18th February 2020.

The event started with a myth-busting activity and was followed by student presentations on the microbiology of the virus and the common prevention techniques we can employ. An interactive session was moderated by Dr. Nihar Dash who answered everyone’s questions, clarified misconceptions and offered some tips on the situation. The workshop then proceeded with a walk down memory lane and explored the biggest epidemics of history through audience interaction. The highlight was the game show conducted towards the end. Four teams, comprising of a faculty member and students, competitively answered challenging questions relevant and irrelevant to epidemics.

As medical students, we recognize that we share the responsibility of protecting people from falling prey to unverified and false medical news. MSA hopes that by the end of the event, everyone returned with smiles and enough information to become community warriors against CoViD-19.



AN EXERCISE IN DETERMINATION

On Saturday 22nd February 2020, the Community Committee spent the day spreading smiles and cheer with children of determination at Sharjah City for Humanitarian Services. A brief introductory ceremony was conducted with a recitation of the Holy Qur'an and the UAE national anthem. Students then sang fun songs with the MSA members and participated in some activities. The medical students also offered some tips on first aid and spoke about some important topics like cyberbullying. Everyone got the opportunity to bond through active participation in interactive games such as solving puzzles and drawing. A quiz was also conducted by our students and prizes and gifts were distributed amongst the children of determination.

This tiny gesture by MSA left everyone reeling with hope and encouragement – the children, the teachers and the supervisors.



OPEN MIC

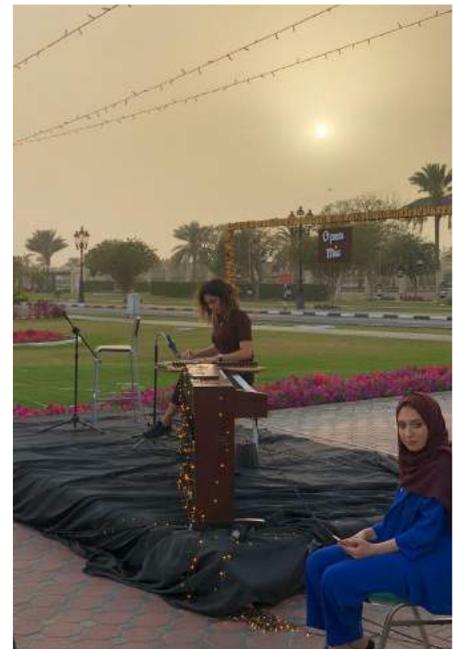
“The worst man of science is he who is never an artist” – Dr. Armand Trousseau

Brimming with talents, the College of Medicine celebrated art and music in the annual Open Mic on Wednesday 26th February 2020.

The event brought to light the hidden talents of students and faculty alike, leaving audiences amazed with the performances, always ending with loud cheers and applause. Around 40 students from the college showcased a variety of talents including poems, musical performances and spoken words in both Arabic and English. There was a spectrum of themes touched upon, right from the philosophy of life and nostalgia of the past to national pride and self-love.



The event saw a larger audience than previous years and was set under the shine of fairy lights. The scenery, the weather and the fantastic food from the sponsors inspired an incandescent love for life amongst all present. Executed by the Innovation and Media Team, this event was a roaring success and once again proved that the College of Medicine houses doctors with soul and doctors with a purpose.





Research & Development Association

UNDER THE MICROSCOPE



بوجهٍ بشوشٍ وابتسامةٍ صادقةٍ قابلنا عُمرَ حَمَادِي، طالبٌ في السنةِ الرابعةِ شعارُهُ التفاؤلُ والطموح، متوسِّمٌ في حياته الخَيْرَ دوماً، متَّخِذٌ من الدينِ منهجاً يرسمُ طريقه، ومن الإيمانِ منبعاً للإيجابيةِ والسعادة. حَفِظَ من كتابِ اللهِ وجعلَ من معانيه دروساً يُطبِّقُها، جاعلاً من قضاءِ حاجاتِ الناسِ وجبرِ خواطرهم رسالتهُ في الدنيا، ومن رسمِ الابتسامةِ على وجوههم مهمتهُ اليوميَّة، ومن العلمِ هدفاً سامياً يصبو إليه، عملاً بقول رسول الله: (خيرُ الناسِ أنفعكم للناس). وقد اتَّخذَ عمر من رجلِ الأعمالِ الأسترالي "علي بنات" قدوةً له في تفكيره، وتوليدِ الخَيْرِ والإيجابيةِ من أصعبِ المواقِفِ وأشرسها سلبيةً وتشاؤماً، فَعَدَا النُّظْرُ إلى النُّصِفِ الممتلئِ من القَدَحِ عادةً يصفُلُ بها تفاؤلهُ مهما خَدَشَتْهُ مَثاقِلُ الحياةِ ومَصاعِبها، ومن هذهِ الصَّعابِ فقدانهُ لصديقهِ المُقَرَّبِ -رحمه الله- في عمرٍ صغيرٍ، مقابلاً ذلكَ بالقناعةِ والرِّضا، وأخذاً إِيَّاهُ درساً عن قيمةِ الدُّنيا ومدى ضآلتها، وعَظْمَةِ الآخرةِ والعملِ لها، معتبراً بَرّه بوالديه أقربَ إنجازاته لقلبه، وأكثرها نبلاً. كذلك وقد تَوَجَّحَ مسيرتهِ العلميَّةَ محققاً أحدَ أحلامه بدخوله كليةِ الطبِ البشري، ونجاحه فيها، واستغلاله لها وسيلةً للسعي وراء تحقيق رسالته السامية، طامحاً في المستقبلِ القريبِ لتكريسِ عِلْمِهِ في خدمةِ المحتاجين إليه، وبذلِ الجهدِ والوقتِ لجعلِ العالمِ مكاناً يَرْتَعُ بالتفاؤلِ.



Peer Advisory Committee

#TIPS_N_TRICKS_TO_TACKLE_TESTS

How often do you check the time on your phone screen and wonder what exactly it is you've spent the past five hours scrolling through? From watching cute cat videos to replaying that episode of your favorite show or simply catching up with friends, we are all guilty. However, technology can be quite useful in boosting your productivity and increasing your knowledge, if used in the right way. Compiled below are a few tools to make the best use of your precious time spent browsing the web!

Youtube channels:

- Ali Abdaal's Youtube channel: A Cambridge University Medicine graduate and now a working doctor in the NHS, Ali Abdaal is best known for his evidence-based revision tips. He uploads a variety of videos from study tips to daily vlogs. Not to mention the weekly newsletter posts. He also runs a company called 6med, which helps students in the medical application process in UK medical schools. Ali Abdaal's channel is truly inspiring as it will help you get back on track, enhance your study methods, increase your efficiency and help you retain more information.
- Thomas Frank: Probably one of the best productivity gurus on Youtube, Thomas Frank's videos cover many topics in the fields of study skills, productivity hacks, time management skills, and tips on building new habits. Thomas runs a blog and a podcast, both under the name of 'College Info Geek'. He also has a complete productivity course on Skillshare that might be interesting to those seeking more tips on becoming more productive and efficient.
- MahaDotCom: As a US medical student with Egyptian origins, Maha shares her medical school journey with us, starting from the very first day up till her USMLE Step 1 examination. Her videos feature Q&A's, hours of "study with me" videos, and examination tips to help you on your journey through medical school.

Applications:

- Notion: With its user-friendly interface, Notion is a relatively new all-in-one workplace app. Its well-built organization system allows you to take notes, save web clips, create to do lists, mood boards, design products and so much more! The free plan, accessible for all users, allows 1000 free 'blocks', allowing the conventional student to build a whole work platform. This app is a real game-changer in its field, and can be found on your iOS, Android, Mac, and Windows device.
- Todoist: Despite its minimalistic interface, Todoist offers features tailored to your personal workflow. These include initiating new projects, tasks, setting due dates and a lot of other tools. The app works on all platforms.
- Tide: This is a time tracking app. It helps you schedule time for work, provides you with daily inspiring quotes, allows for themed meditation, sounds from nature and several other features. Certain features of this app can even help improve your sleep schedule!

Bonus:

@firstaidteam account on Instagram won't only keep you updated on every medical student's favorite textbook – First Aid for USMLE Step 1 – but also frequently posts USMLE-style questions! Make scrolling through your Instagram feed at least a fraction more beneficial by following this page.

MEDICAL MISHAPS

By: Drishti Kampani

WHY HEALTHCARE MUST COMMIT TO FEMINISM?

It's a bright, breezy day in March with just the right amount of sunshine. You're walking down the street, trying to strategize a way to avoid the lines at your go-to café, when you unexpectedly see a person drop to the ground. You rush to see if they need any help but they're not responsive. There's no pulse and there's no visible breathing. Would you stop your plans for the day and perform CPR on this victim? The altruists in us would definitely think that we would. We can claim with 110% assuredness that we would perform CPR, as civilian bystanders. What if the person affected was a woman? Would your answer still be the same? The question may seem unnecessary, but a 2017 study published in *Journal of the American College of Cardiology* found otherwise. Women are less likely to receive CPR in public settings and are more likely to die.

The researchers found that only 39% women who had a cardiac arrest in public were given the life-saving CPR, compared to 45% men. Consequently, men were 23% more likely to survive. This spurred several other studies which hypothesized that rescuers worry about touching a woman's breasts and a general lack of training on the female torso. This is one of the countless examples in healthcare wherein women get the short end of the stick. Emotional stability and female hysteria had been discussed in one of our previous columns. It's alarming that medicine – which essentially aims to keep people healthy and alive – is not free of gender bias.

A part of how the public and medical practitioners may be biased to the masculine form because that's mostly what we're exposed to at schools. Anatomical models, life-like CPR models, simulated patients are usually male. You may remember the viral tweet from 2019 which displayed lactating ducts in raw detail on a women's muscular system diagram; it took the common and medical world by storm. Accurate or not, it sparked a large debate on how frequently medical education, research and treatment protocols presume the male body as the default. Why is the normal for only half the population considered the standard?

Pain is another classic example through medical history. Women have been reported to experience pain more frequently, are more sensitive to it and are more likely to report pain compared to men. Yet, counter-intuitively men's reports of pain are taken more seriously by healthcare providers. In 1990, Calderone found that male patients undergoing coronary artery bypass graft received narcotics whereas their female counterparts were given sedatives more often. The assumption is clear – women were supposed to be more anxious than in pain. A 1994 study further identified that amongst the 42% of patients with metastatic cancer who were undertreated for pain, women were significantly more likely to be undertreated than men, with an odds ratio of 1:5. Women's pain is usually considered emotional or psychogenic in nature, based on pre-existing sexist biases. Would this be a violation of the Hippocratic oath we take? You decide.

Critics termed this phenomenon 'Yentl syndrome.' For context sake, in the 1983 film *Yentl*, Barbra Streisand played the role of a woman who pretends to be a man to receive education. The Yentl syndrome, similarly, describes the phenomenon whereby women are misdiagnosed and poorly treated because their symptoms and/or disease presentation doesn't conform to those of men. This may have fatal consequences and was previously used to describe the under-recognition of heart attack symptoms in women by primary care centers and the differences in its treatment.

The big question is whether the Yentl syndrome is still alive and thriving in medicine today? The answer is, unfortunately, a resounding yes.

Low dose aspirin, which is commonly prescribed to prevent heart attacks, is ineffective and even harmful to women in primary prevention. Unlike the supposedly classic presentation of chest and left arm pains, women present with stomach pain, breathlessness, nausea and fatigue during a heart attack. The labelling of these symptoms as atypical causes an underappreciation of the risks associated with them. A 2016 paper published in the British Medical Journal identified that the normal diagnostic threshold for heart damage biomarkers like troponin are higher in women. This may lead to drastic differences in diagnostic approaches.

The problem is not exclusive to cardiology and extends to other medical disciplines. Women have a higher risk of developing right sided colon cancer but the standard screening, fecal occult blood test may not be as sensitive for right sided tumors. Furthermore, female colons are usually longer and narrower than men, standard colonoscopy protocol may not be adequate. Another example is tuberculosis (TB), which is classically described as a male disease. Female social responsibilities such as cooking using unclean fuels in small rooms leave them more vulnerable to infection. But because the resulting cough doesn't produce enough sputum and neither do the lung lesions appear as severe, the disease gets a late diagnosis in women. Recent statistics found that TB kills more women than all other causes of maternal mortality. These examples are just the tip of a gigantic iceberg.

All this vast evidence is a consequence of women not being sufficiently recruited in research trials and clinical studies and insufficient studies being done about women. Premenstrual syndrome (PMS), presenting with a large set of symptoms such as mood swings, bloating, acne, abdominal pain, headaches, affects nearly 90% women. Yet, recent reviews found that there are five times the number of studies on erectile dysfunction than PMS. Since they don't feature in 'national health priorities', pharmaceutical companies do not fund research in this direction, and neither are independent researchers offered grants for the same.

Psychiatry isn't too far behind in their gender bias either. Swedish researchers found that women are two and a half times more likely to be prescribed anti-depressants than men, when they don't have any reported depression. Why does this discrepancy seem to exist? Is it because women are simply more 'feeble-minded' or "irrational" or "over-emotional"? The faults of our bias run deep.

The proof that women are continuously left under-recognized by the upholders of medicine is staggering. The existing data gap in research, along with inherent sexist notions, form the belief that men are the default humans. This isn't true. They're just men and data collected on them should not apply to women. There needs to be a revolution that aims to be more inclusive in how we train our medical students, how we approach clinical guidelines and how we design research studies to better understand women and their problems. Women aren't lying and neither are they 'hysterical'; stop dismissing them and be loyal to the oath we make – saving people, without a bias.



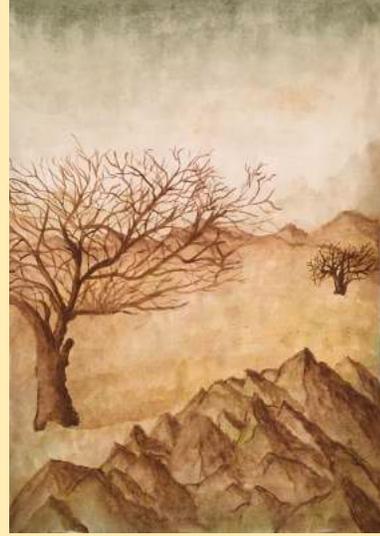
RECOMMENDATIONS

By: Dua'a AlNusairat

Quote of the month:

'People have two deaths," writes Karnad; ' the first at the end of their lives, when they go away, and the second at the end of the memory of their lives, when all who remember them are gone. Then a person quits the world completely.'

Painting of the month:



"هذه حديقة عمري في الغروب.. كما رأيت... مرعى خريفٍ جائعٍ ضارٍ"

Hadith of the Month

"أَحْفَظُ اللَّهَ يَحْفَظُكَ، أَحْفَظُ اللَّهَ تَجِدَهُ تُجَاهَكَ، إِذَا سَأَلْتَ فَاسْأَلِ اللَّهَ، وَإِذَا اسْتَعَنْتَ فَاسْتَعِنْ بِاللَّهِ، وَاعْلَمْ أَنَّ الْأُمَّةَ لَوِ اجْتَمَعَتْ عَلَى أَنْ يَنْفَعُوكَ بِشَيْءٍ لَمْ يَنْفَعُوكَ إِلَّا بِشَيْءٍ قَدْ كَتَبَهُ اللَّهُ لَكَ، وَإِنْ اجْتَمَعُوا عَلَى أَنْ يَضُرُّوكَ بِشَيْءٍ لَمْ يَضُرُّوكَ إِلَّا بِشَيْءٍ قَدْ كَتَبَهُ اللَّهُ عَلَيْكَ؛ رُفِعَتِ الْأَقْلَامُ، وَجَفَّتِ الصُّحُفُ."

Be mindful of Allah and Allah will protect you. Be mindful of Allah and you will find Him in front of you. If you ask, then ask Allah [alone]; and if you seek help, then seek help from Allah [alone]. And know that if the nation were to gather together to benefit you with anything, they would not benefit you except with what Allah had already prescribed for you. And if they were to gather together to harm you with anything, they would not harm you except with what Allah had already prescribed against you. The pens have been lifted and the pages have dried.

DOCTOR'S ORDERS - DR. SARRA SHORBAGI

COVID-19 - A PRIMER

What is it?

COVID-19 is an infectious disease that spreads from person to person through small droplets from the nose or mouth from person to person. The following are the most important facts:



- Symptoms of COVID-19 are usually mild and begin gradually.
- Common symptoms include: *fever, tiredness, dry cough, aches and pains, nasal congestion, runny nose, sore throat, diarrhea.*
- Some people become infected but don't develop any symptoms and don't feel unwell.
- *Most people (about 80%) recover from the disease without needing special treatment.*
- Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.
- *Older people, those with underlying medical problems like high blood pressure, heart problems or diabetes are more at risk of having serious diseases.*

How do I protect myself?

The following are protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading:

- Follow the guidance outlined in the infographic on the right. These measures apply to everyone
- Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.

Coronavirus prevention



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose, and mouth with unwashed hands.



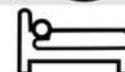
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid close contact with people who are sick.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick.



For any comments regarding this newsletter or suggestions for improvement, you can reach us at:

comnewsletter@sharjah.ac.ae

When to use a mask?

- *If you are healthy, you only need to wear a mask if you are taking care of a person with suspected 2019-nCoV infection.*
- Wear a mask if you are coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly.



How to put on, use, take off and dispose of a mask

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Cover mouth and nose with mask and make sure there are no gaps between your face and the mask.
- Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

Where can I find more information?

World Health Organization (2020). Q&A on coronaviruses (COVID-19). Retrieved from <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

World Health Organization (2020). Coronavirus disease (COVID-19) advice for the public: When and how to use masks

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>