



COLLEGE OF MEDICINE

NEWSLETTER

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COLLEGE NEWS



HISTORICAL REMEDIES



THROUGH THE LENS



MSA



PAC



STUDENTS' CORNER

DEAN'S MESSAGE OF THE MONTH

I am pleased to announce that the University of Sharjah will be co-hosting the TUFH 2023 Conference. We have also received confirmation that a new medical innovation and education center has been approved and efforts are in place to ensure the timely completion of this project. Furthermore, the diabetes center will be opening soon.

From the 1st of March, the college will be operating on an increased capacity, and only vaccinated individuals will be permitted entry into campus, in line with the regulations set by the university. On that note, I kindly ask students to please adhere to parking in their allocated spots in the parking lot. The last month has been very busy at the College with numerous events that took place, as well as meetings, faculty development workshops, and seminars. McGill held a successful webinar on potential pathways in Canada for our graduates as well as collaboration opportunities. A delegation from Clemenceau also visited us. Prof. Hauke Busch from the University of Lubeck will be visiting us during March and April.



Our students have also been busy, not only with studying for upcoming major exams such as the exit exam and the final MBBS exam but also with events and extracurricular activities both in and out of the university. Our students have also been volunteering by conducting PCR tests at the COVID Clinic on campus. I would like to congratulate our faculty and students on all their wonderful achievements. They continuously make me and our college proud.

COLLEGE NEWS

Times Higher Education World University Rankings 2022

The University of Sharjah has been ranked 401-500 in Times Higher Education (THE) World University Rankings 2022, climbing 212 positions from the 2021 rankings. UOS has been ranked 201-250 in the Clinical and Health subjects ranking. With these achievements, our university continues to be among the top three universities in the UAE.



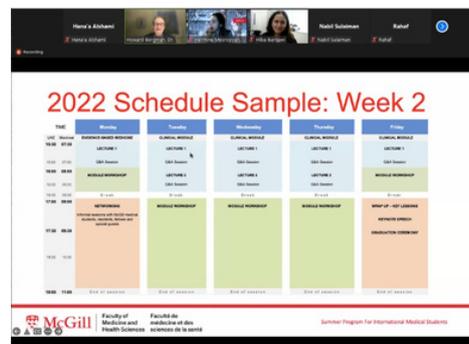
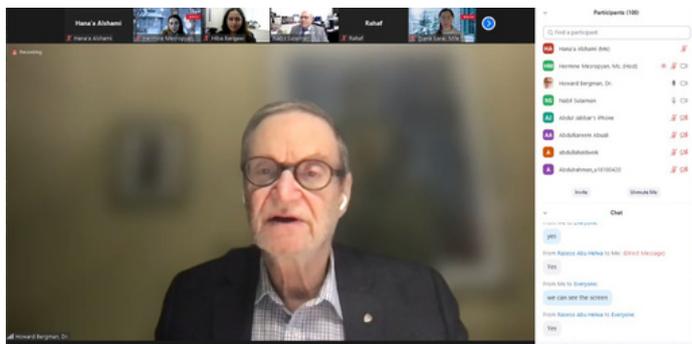
201-250
WORLD RANKING



401-500
WORLD RANKING

McGill University Seminar

Students and faculty from the College of Medicine attended a seminar hosted by McGill University on 14th February 2022. The meeting discussed the progression of medical education in the UAE and the collaborative projects between the two universities, which include training programs for residents and medical students. The speakers then opened the floor to questions from students and faculty alike.



TUFH 2023 Conference

The College of Medicine is pleased to announce that it will cohost the TUFH 2023 conference, the theme of which is "Moving Forward Together: Unity for Health for All". The Network: Towards Unity for Health (TUFH) is a non-profit, global organization that is strongly dedicated to the sustainment and improvement of medical practice. Through the collaborative efforts of the COM and TUFH, this conference will contribute to the betterment of health practices in an international network spanning both students and experts in the medical field.



Cooperation with Sharjah Social Services Department

As organized by the Sharjah Social Services Department (SSSD), the University of Sharjah has provided community services to elderly patients through home care visits since 7th December 2021. A total of 24 patients have been visited and reviewed by doctors of the University, with consultation and management recommendations provided and handed over to SSSD doctors. The activity, organized by Dr. Balsam Qubais, is set to be completed by 1st April 2022, and the doctors involved include Dr. Ali Shorbagi, Prof. Oktay Irkorucu, Dr. Ghada Mohammed, Dr. Noha Mousa, Dr. Mode Al Ojaimi, and Dr. Mohammed Chara.

Medical Innovations and Education Center



A new Medical Innovation and Education center has been approved to open in the medical campus soon.



COM Students at Emirates Innovates



Afnan Maher and Tasneem Basha, Year 5 students from the College of Medicine, presented their research project during the Emirates Innovates week at the University of Sharjah, which took place from 14-18 February 2022. The model is titled "Development of 3D-Printed Models for Patient Counselling on Gynecologic Pathology", and it was supervised by Dr. Noha Mousa and Dr. Ghada Mohammed in collaboration with other team members from the colleges of Engineering and Radiology. The project is part of the student research activities organized by the Women's Health Clinical Research program of the Clinical Sciences Department.



Faculty Achievements



DUPHAT 2022

Prof. Qutayba Hamid gave a talk on the 23rd February 2022 at DUPHAT. The talk was held in Dubai and was titled 'New Therapies in Asthma Management'.



AD Scientific Index

Congratulations to the six faculty members who ranked amongst the AD Scientific Index Top 100 Scientists in the United Arab Emirates:

Prof. Qutayba Hamid, Prof. Naveed Khan, Prof. Rifat Hamoudi, Prof. Saleh Ibrahim, Prof. Rabih Halwani, and Prof. Azzam Maghazachi.

AD Rankings for Scientist
University, Subject, Country, Region, World

World Scientist and University Rankings 2021

University of Sharjah
Oktaý Irkörücü

In University of the United Arab Emirates (168200) (750471)

	Scores	Rankings			
Total H	24	#62	#317	#3541	#213455
Last 5 year H	15	#97	#530	#58050	#283989
Last 5 year H / total H	0.625				
Total I10	42	#65	#320	#37473	#207207
Last 5 years I10	24	#88	#467	#52379	#255389
Last 5 years I10 / Total I10	0.571				
Total Citations	2179	#69	#389	#39495	#244277
Last 5 years Citations	866	#88	#508	#60918	#310463
Last 5 years Citations / Total Citations	0.397				
Medical and Health Sciences *	#7	(35) *	(148) *	(17452) *	(83483) *
General Surgery *	#1	(1) *	(1) *	(6) *	(826) *

Furthermore, congratulations to Prof. Oktaý Irkorucu for being rated as the top General Surgeon in the United Arab Emirates in the AD Scientific Index.

Emirates Pathology Society

Congratulations to Dr. Iman Talaat for being elected as the Chairperson of the Cultural Committee of the Emirates Pathology Society for the years 2021 to 2024.

Emirates Pathology Society Board Members 2021-2024
09 - January - 2022



Mediclinic Research Conference

As part of the 5th Annual Mediclinic Middle East Research Conference, Dr. Jalal Taneera participated as a speaker through its commencement on 1st February 2022. His presentation was titled "HMOX1, ID1, & ID3 – key response mechanisms against iron-overload in pancreatic β -cells; Potential therapy in hemochromatosis or thalassemia patients."



Certified Reviewer Project

Congratulations to Prof. Eman Abu-Gharbieh and Dr. Mohamed Taha for completing the Certified Reviewer Project workshop provided by the Commission for Academic Accreditation of the Ministry of Education and obtaining the status of Certified Reviewers.

Sabah al Sharqiya TV Interview

Dr. Hamid Alhaj, presented a seminar series workshop titled: "The forgotten facts: What do we know about memory?" on 2nd February 2022. He also discussed methods used to identify signs and symptoms of mental health struggles in an interview hosted by the Sabah Al Sharqiya TV program held on 9th February 2022.



Infectious Respiratory Diseases

In a virtual talk given to students and faculty at the University of Sharjah held on 16th February 2022, Dr. Balsam discussed infectious respiratory diseases that spread in a campus environment, focusing on their mode of transmission and prevention.



Publications



Congratulations to our faculty in the College of Medicine for their recent publications:

- Dr. Rizwan Qaisar and Dr. Firdos Ahmad in their study titled: "Nicotinamide riboside kinase-2 inhibits JNK pathway and limits dilated cardiomyopathy in mice with chronic pressure overload". <https://pubmed.ncbi.nlm.nih.gov/35048952/>
- Dr. Hamid Alhaj in his collaboration with researchers from the United Kingdom for his study titled: "Cognitive and neuroimaging endophenotypes in a consanguineous schizophrenia multiplex family." Published in the Journal of Psychological Medicine. <https://www.cambridge.org/core/journals/psychological-medicine/article/in-memory-of-professor-iain-wilkinson-cognitive-and-neuroimaging-endophenotypes-in-a-consanguineous-schizophrenia-multiplex-family/983948C26583046FEBCE9B257E2FD4C7>

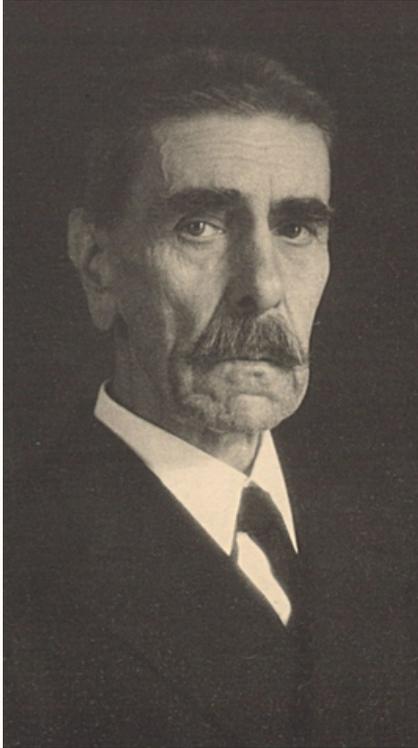


HISTORICAL REMEDIES



PYROTHERAPY

By: Rama Qadri



It might shock the reader to learn that, a century ago, the primary treatment for end-stage syphilis was a regular regimen of malaria. However, I would urge the reader to consider that current guidelines recommend the use of Penicillin G as the first-line medication, and Alexander Fleming had only discovered that mold prevented staphylococcal growth in a petri dish in the year 1928. Thus, before the year 1928, physicians and researchers had to get creative if they wanted to save their patients.

Syphilis had previously been a death sentence, as it was an incurable disease with a grim prognosis. The bacterium *Treponema pallidum* is acquired through sexual contact, and in an untreated patient undergoes several stages until it enters the tertiary phase, which can have severe neurological or cardiovascular manifestations. It was one such patient with neurosyphilis, or general paresis of the insane, that first caught the attention of Austrian neuropsychiatrist Julius Wagner-Jauregg in 1883. While working in an asylum, he encountered a woman that spontaneously recovered from her psychosis after a bout of high-grade fever triggered by erysipelas, a bacterial skin infection.

After witnessing that miracle, Wagner-Jauregg attempted to replicate these findings in his next patients, to no avail. It was only until the year 1917, in the midst of the first world war, that he found his chance in a malaria-ridden soldier that had been accidentally admitted into the psychiatric ward. Wagner-Jauregg took a small sample of the soldier's blood and inoculated three patients with advanced neurosyphilis with it before treating the soldier with quinine. He performed the experiment on nine patients in total: six recovered, and three did not. The results were groundbreaking at the time, and soon tens of thousands of patients with syphilis were treated with this newfangled fever therapy.

The procedure went like this: a patient with malaria would be relieved of several samples of their blood, which would then be introduced into the syphilitic patient through scarification. Without a doubt, other bloodborne diseases such as hepatitis or cytomegalovirus were spread, in addition to malaria itself, which would be allowed to run its course several times until the high temperatures had "fried" the bacterium inside the patient's brain, and then the physician would administer quinine to cure the patient of malaria. Despite the riskiness of the treatment, it was a large success, and it won Wagner-Jauregg the Nobel Prize for Medicine in 1927.

Would this experiment stand up to evidence-based medicine today? A historical cohort study that investigated records from a Dutch psychiatric hospital between the years 1924 and 1954 reports that patients treated with malaria therapy had significantly longer survival durations and the practice was well-tolerated. Regardless of the outcome, such risky treatments serve to remind us of the advancements in medicine today, and that better and more effective solutions are always possible.

References:

- Daey Ouwens, I. M et al. (2017). Malaria Fever Therapy for General Paralysis of the Insane: A Historical Cohort Study. *European Neurology*, 78(1-2), 56-62.
Kreston, R. (2019, May 17). Pyromania! On Neurosyphilis and Fighting Fire with Fire. *Discover Magazine*.



THROUGH THE LENS

The Fifth Vital Sign

By: Ahmad Khazali

Pulse, respiration, blood pressure, and temperature... determinants of life and health. The addition of a colossal fifth recognizes the consequence of its effects on the body, and just how debilitating 'pain' can truly be. Mankind has set to find ways to escape it since our dawn into this world and has been traced back to the belief of the magic healing properties of Poppy Pods in ancient Egyptian civilization. Its tendency to vary in intensity left populations with accidental overdoses and occasional fragility, deeming it a perceived unreliable analgesic.

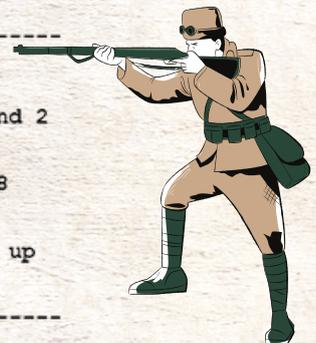
It was not until 1804 that a curious German pharmacist by the name of Friedrich Sertürner discovered a method to extract a 'sleep-inducing and pain-relieving chemical'. Poppy Pods were boiled in water as a controlled amount of Ammonia was added to leave a 'white crystalline substance' left to purify. Sertürner judged it appropriate to name this substance "Morpheum" derived from the mythical Greek God 'Morpheus' (an imaginative creation by the Roman poet, Ovid). It was later renamed by a French Chemist, Joseph Gay-Lussac to what we now know as 'Morphine', with its industrial manufacture established in Darmstadt, Germany, 1827 – the then world standard of its production.

Spearheading the extraction of drugs was its discovery as a weaponized tool in the early stages of the 20th century. Its impact rippled through politics and the second World War entirely and was exploited during tactical combat. The 3rd Reich regime passed laws to increase the production of analgesics and targeted Temmler, a pharmaceutical company in Berlin, to develop methamphetamine-based drugs named 'Pervitin' and 'Benzedrine'. 35 million tablets were given to the German army and air force in a 4-month period, as its pitched technique to 'build confidence, induce fearlessness and control appetite' was perfect for enhancing performance.



Guidelines Recommended:

- 'A soldier is to take 1 tablet during the day, and 2 at night, to sleep.'
- '2 tablets are able to eliminate sleep for 3 to 8 hours.'
- 'Adding another 2 tablets could be effective for up to 24 hours.'



Pervitin's influence on soldiers, along with the effective and consistent use of Morphine for alleviating pain, were contributors to the battles' prolonged and desolate outcome of bloodshed. Behind every political decision and tactical recalculation was a surge in provision over their intake. Ironically, engineering pain tolerant militia has played a major role in the understanding of modern-day analgesics. From purchasing mass-produced chocolates laced – back then – with speed, to controlled use of anesthetics permitting what was believed to be an impossible operative procedure, there is much to uncover between policy and medicine.

If it were not for a remarkable young pharmacist and the devastating unnecessary death of millions in an era of destruction, advances in patient care would not have been this sophisticated just 77 years after its hollow cessation.

References:

- Natale, F. (2020, May 11). Pervitin: how drugs transformed warfare in 1939–45. The Security Distillery. <https://thesecuritydistillery.org/all-articles/pervitin-how-drugs-transformed-warfare-in-1939-45>
- Rasmussen, N. (2011, October 25). JSTOR: Access Check. JSTOR. <https://www.jstor.org/stable/41291190>
- Walid, M. S. (2008, November 1). The Fifth Vital Sign—What Does It Mean? Wiley Online Library. <https://onlinelibrary.wiley.com/doi/10.1111/j.1533-2500.2008.00222.x>

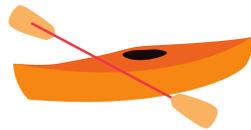
SOCIAL COMMITTEE

FOOTBALL TOURNAMENT

A football tournament involving students from the College of Medicine of all years was organized on Monday 7th February 2022. Congratulations to students from Batch 2025 for winning first place in the tournament, followed by Batch 2026 in second place and Batch 2023 in third place.



HATTA TRIP



To get students out of their ordinary routines, the Social Committee organized a full-day trip to Hatta Dubai on Sunday 13th February 2022. The trip gave students the opportunity to kayak at the Hatta Dam, followed by a barbeque dinner at the Wadi Hatta Park.



COMMUNITY COMMITTEE

BLOOD BANK DONATIONS



Members of the Community Committee went to donate blood at the Sharjah Blood Bank on Thursday 3rd February 2022.



VOLUNTEERING AT UOS COVID-19 TESTING CENTER



The Community Committee volunteered at the COVID-19 testing center at the University of Sharjah. The members collected samples for the PCR test in support of the center's growing demand to fight against the pandemic.



VOLUNTEERING AT AL THIQAH CLUB FOR THE HANDICAPPED

The efforts of the Community Committee to teach English at Al Thiqah Club for the Handicapped continued to take place throughout the month of February.



ORPHANS' PICNIC



In an effort to make a memorable day for the orphans under the care of the Community Development Authority, the Community Committee organized a picnic for them with games and activities taking place in Al Mushrif Park on Sunday 20th February 2022.



VOLUNTEERING AT THE MEDICAL MOBILE CLINIC



As part of promoting the importance of community health and well-being, volunteers from the Community Committee took part in the medical mobile clinic to offer the clinic's services to the citizens of Sharjah. This initiative started on Wednesday 23rd February 2022 and will continue throughout this semester.



SCIENTIFIC COMMITTEE

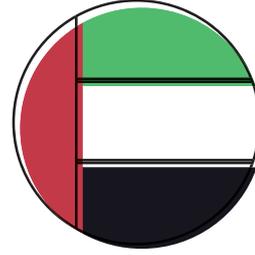
TRACE THE CASE



Organized by the Scientific Committee, a captivating on-campus event was held on Wednesday 23rd February 2022 on the grounds of M27. The event, titled 'Trace the Case', involved various booths and exciting activities revolving around the vast field of Forensic Sciences. Students were also given the opportunity to participate in escape room puzzles set up by Hungarian Games.



ROAD TO RESIDENCY



Disclaimer

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Medical Residency is the post-graduate training of doctors in the medical field who are interested in enhancing their professional expertise.

There are **three** pathways/authorities in the UAE that are currently engaged in the training of resident physicians:

- All these authorities have a unified entry examination conducted by the College of Medicine and Health Sciences, United Arab Emirates University: **EMREE (Emirates Medical Residency Entrance Examination)**.
- The exam is held during the months of December, January, February, and March.
- Registration for the exam is done online via the UAEU website: <https://fmhsmeb.uaeu.ac.ae/>.
- You need to register your seat for the exam 2 months prior to the exam date.
- EMREE is for both locals and non-locals.



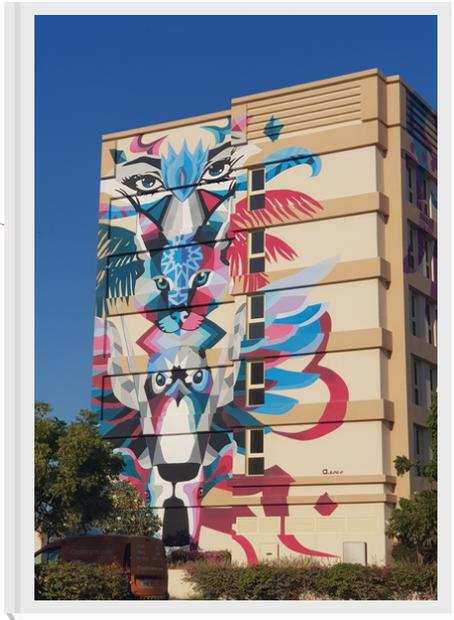
وزارة الصحة
MINISTRY OF HEALTH

Department of
Health - Abu
Dhabi
(HAAD/SEHA)

Dubai Health
Authority

Ministry of
Health and
Prevention
(Sharjah)

STUDENTS' CORNER



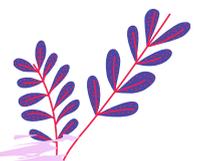
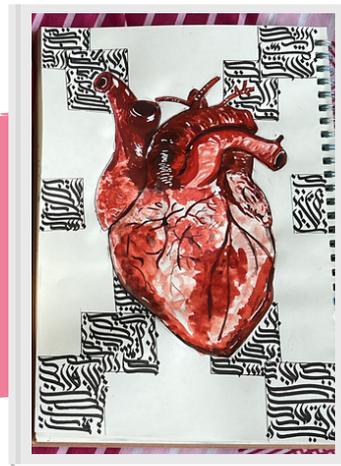
Never underestimate what surprises a quick trip around the country road might have in store.

ALAA KALASH - YEAR 3



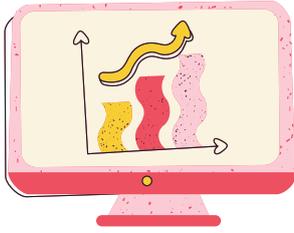
Mixture of old and new arts.

SHAHED HAMDAN - FOUNDATION



"Photography is the story I fail to put into words." — Destin Sparks

MOHAMED GHALY - YEAR 2



STUDENT-SELECTED



SHOULD DOCTORS BE ALLOWED TO PROMOTE MEDICATIONS (OTHER THAN SUPPLEMENTS)?

Yes 35.7%

No 64.3%



WHY OR WHY NOT?

MEDICATION SHOULDN'T BE AN ATTRACTIVE AND MASS CONSUMER-ORIENTED 'PRODUCT'. THOSE WHO NEED IT WILL PURCHASE/BE GIVEN THE MEDS. KEEP IT OUT OF A PROFIT INDUSTRY!!



ONLY IF IT'S NECESSARY FOR THE PATIENT'S HEALTH.

THEY MIGHT GIVE MEDICATIONS FOR PROFIT, RATHER THAN GIVING WHAT IS BEST FOR PATIENTS.



THE DOCTOR'S OPINION SHOULD BE BASED ON WHAT'S BEST FOR THE PATIENT BASED ON EVIDENCE PROVIDED BY LITERATURE AND CLINICAL TRIALS, NOT WHICH COMPANY PAID HIM MORE OR BOUGHT HIM LUNCH.

IF IT'S GOOD AND WORKS, THEN WHY NOT SHARE THE BENEFIT...



BECAUSE THEY HAVE COVERED THAT IN MED SCHOOL.

BASED ON A TRUE STORY



Ready for a laugh? Students from the COM have shared some of their funniest experiences as medical students below. For a chance to share your story, contact us at comnewsletter@sharjah.ac.ae

Starting Year 4 was like the first day in a new school; all I could think about was how to impress and finesse every task I was assigned to. My first rotation was OBGYNE, and on my first day, I was asked to take history from a patient who came to the outpatient clinic. I confidently walked into the room, sat across the patient, and introduced myself. The patient began to respond and state her complaint, but before she could get the chance to utter a word, I cut her off to say it for her. I had skillfully detected her concern, so how could I miss my moment of glory? 'You're here because you're pregnant,' I said, more sure about this than anything in my life. To my surprise, the patient stared at me and flatly said, 'No, I'm not.'



Since the start of time, all medical students around the globe have been asked the same question: what do you want to specialize in? No matter what the response is, it will always disappoint someone. During my Internal Medicine rotation in my internship year, the senior doctor got down on one knee and popped the question, which I directly replied to with Surgery. Naively, I didn't realize that she might have expected me to answer with her own specialization. She looked quite disappointed to say the least as she turned around to my friend, who now took the opportunity to shine as he replied with Internal Medicine. The doctor then eyed me from top to bottom as she told my friend, 'Well, you're gonna have to work hard. Or, you could just do surgery.'



Student's Letterbox



What is the most beautiful thing you've ever seen?

While we all wish for our answers to be something grandiose and poetic, like a valley full of flowers or marble Greek sculptures lining a hall, they don't really have to be. As the saying goes, "beauty is in the eye of the beholder" and there are about 7 billion people in the world. That is certainly more than enough beholders to find just about anything beautiful.

In truth, because of how hectic and competitive the world has become, most of us have lost sight of 'the little things'. In the race to achieve 'the most' given our little time here, we disregard concepts that have been beautiful to humanity since its dawn. Poets in the old days used to write full poems about even the smallest of details of their loved ones. Maybe these poems weren't traditionally adherent, but they were written in awe and appreciation of something that the writer saw worthy of living forever on paper. That might be because, compared to our lives now, theirs weren't as open or busy - but that can't be the only reason. Even if we do find the beauty of these things to be noticeable, we would never admit it out loud.

Are we afraid that finding something so small and intimate of value would make us the laughingstock of the people around us? Perhaps it's the thought that this tiny thing is constant in our lives and even if we were to lose it, it wouldn't matter much. Maybe because of how money-based the world has become, we might assign the amount of beauty we perceive in something in its material value, even if subconsciously. We mostly fail to understand that beauty isn't just in a museum or in a mansion, it can also come from the smile of someone we love. It can come from hours spent doodling in the corner of a page or perhaps, a perfectly browned pancake. It isn't a sight to be seen but rather an experience, a feeling to be felt and sometimes can't even be captured in words.

In truth, this lack of appreciation for true beauty could be a cause for the feelings of loss we experience. We feel no attachment to most things and continue to strive for bigger "more beautiful" counterparts, and when we get them, we find ourselves without a purpose in life. Maybe the beauty that we seek comes from within us, in moments when we feel comfortable, stable, and happy. So go out and watch a sunrise with a friend, ride a bike into new places you've never been, or spend hours drawing or writing whatever it is you're feeling in the moment. Perhaps in one of them, you'll find true beauty.

MEDICAL CROSSWORD



Click on the icon to the right to access an interactive version of the crossword. You can type in your answers and it will check if they are correct. Good luck!

[CLICK HERE](#)

ANSWER KEY

Across

- 2. Bone affected in boxer's fracture
- 4. Carcinogen from stored grains
- 7. Fertilized egg cell
- 9. Loss of bladder control
- 10. Protein covering of the skin

Down

- 1. Earliest site of RBC production
- 3. Major parasympathetic nerve
- 5. Type 1 hypersensitivity
- 6. Prevents spina bifida
- 8. Lateral epicondylitis is known as ____ elbow

WEARING A MASK

By: Hanae Al Chame

