

COLLEGE OF MEDICINE NEWSLETTER



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DEAN'S MESSAGE OF THE MONTH

We are nearly halfway through the semester; the college has been busy, and I expect it will continue to be so with many upcoming events planned and midunit quizzes underway.

The college celebrated Year 1 students during the White Coat Ceremony, which was well enjoyed by all those in attendance. Students, faculty, and parents enjoyed bearing witness to this special day where Year 1 students were initiated into medicine.

I wish all our students success in their medical journeys.



COLLEGE

news

White Coat Ceremony

Under the patronage of Professor Qutayba Hamid, Vice Chancellor of the Medical and Health Sciences Colleges and Dean of the College of Medicine, the annual White Coat Ceremony took place in Al Razi Hall on Monday 14th October 2024. The event was organized by Prof. Basema Saddik and Dr. Hiba Barqawi, with the support of student volunteers. It celebrated the beginning of the Year 1 medical students' journey.

The white coat, a symbol of professionalism and responsibility, marks the students' formal entry into the medical profession. During the ceremony, faculty members presented roses to the students as they donned their white coats, recited their oaths, and shared the proud moment with their loved ones. The ceremony concluded with a beautiful performance by the students.



FACULTY

news

First Arab Expatriate Health Professionals Conference

On 19th and 20th October, Prof. Qutayba Hamid, Vice Chancellor of the Colleges of Medicine and Health Sciences, was invited to participate in the First Arab Conference on the Role of Arab Expatriate Health Professionals in Supporting Health Systems in Arab Countries, held in Amman, Jordan. Under the patronage of His Majesty King Abdullah II, the conference was organized with support from the League of Arab States, the Council of Arab Health Ministers, and the Arab Board of Health Specialisations.

Hosted by the Ministry of Health in cooperation with the Arab League's Department of Health and Humanitarian Aid and the Arab Board of Health Specialisations, the event was inaugurated by Jordan's Minister of Health, Dr. Feras Hawari, and gathered leading healthcare experts, decision-makers, and policymakers from across the region to examine how the challenges of health worker migration might be leveraged for regional growth and development.



AHA Grant

In February 2024, Prof. Sulafa Ali was awarded the American Heart Association (AHA) Grant as a visiting professor at George Washington School of Medicine, Children's National Hospital in Washington, D.C. During her visit, she will be working with Prof. Craig Sable and his students to conduct hospital-wide grand rounds, give lectures to pediatric residents and cardiology fellows, and attend outpatient and inpatient cardiology services, as well as share ideas on joint research projects. This visit will also serve as an opportunity to extend collaboration between the George Washington School of Medicine and the University of Sharjah.



Postgraduate Diploma in Medical Education

Dr. Deepika Kamath completed her Postgraduate Diploma in Medical Education from the University of Dundee in August 2024. The course provides a deeper understanding of curriculum planning and assessment methods in medical education.



AMEE 2024 Conference

Dr. Mohamed Taha attended the International Association for Medical Education in Europe (AMEE) 2024 Conference in Basel, Switzerland, from 23rd to 28th August 2024. He presented a workshop titled "Beyond Translation: Navigating Cultural Diversity in International Collaboration," moderated a session on "Global Perspectives in Education and Management," and participated in the annual ASPIRE Award panel meeting. As a member of the AMEE Postgraduate Committee, he also took part in the committee's first meeting, which focused on supporting the development of postgraduate medical education globally.



Virtual Forum on Mental Health

Prof. Maha Saber-Ayad participated in a virtual forum on "Mental Health of Youth: Support and Strengthening for a Better Future," organized by the Emirates Association for Social Development on 27th September 2024.



CAA Appointment

On 28th September 2024, Prof. Salman Guraya and Dr. Mohamed Taha were appointed by the Commission for Academic Accreditation (CAA) to join a national committee to integrate interprofessional education into the UAE medical and health sciences curricula. Dr. Mohamed, the initiative's coordinator, will collaborate with Dr. Susan Anne Waller from UAE University and Dr. Eman Moussa from Gulf Medical University. The committee will present its recommendations to the CAA by the end of the academic year for dissemination to all relevant colleges.



UAE Psychiatry League Session

On 2nd October 2024, Dr. Hamid Alhaj was invited to deliver a lecture at the UAE Psychiatry League Session, organized by Lundbeck in Dubai. The event gathered mental health professionals, psychiatrists, and researchers to discuss advancements in psychiatric care. Dr. Hamid's presentation focused on the profound impact of severe mental health conditions like schizophrenia and major depressive disorder, emphasizing the need for innovative treatments.



EHS International Mental Health Conference

In collaboration with Emirates Health Services, Dr. Hamid Alhaj organised the EHS International Mental Health Conference 2024, hosted at Al Razi Hall on 4th and 5th October 2024. The conference was inaugurated by His Excellency Dr. Essam Howayyer, EHS Acting CEO in the Medical Services Sector, and Prof. Qutayba Hamid, Vice Chancellor of the Colleges of Medicine and Health Sciences. The theme revolved around "Empathy-Driven Innovation: Shaping the Future of Mental Health," where speakers emphasized the critical role of blending cutting-edge research with compassion to revolutionize mental health care worldwide. The event included students from the College of Medicine who actively contributed through poster presentations and discussions.



Interview on Postgraduate Leadership Program

In a series of interviews conducted by the College of Medicine on Sharjah TV, Dr. Mohamed Taha was interviewed on 7th October 2024 regarding the Master of Science in Leadership in Health Professions Education program. He provided an overview of the program, the university's ongoing efforts to support future leaders in health professions education, and significant contributions aimed at enhancing the medical education community, health system, and healthcare services. The discussion also highlighted the program's impact, featuring reflections from students on their experiences, as well as the support of the University of Sharjah's leadership, including Prof. Qutayba Hamid, Vice Chancellor of the Colleges of Medicine and Health Sciences.



SDOH Webinar

On 8th October 2024, Dr. Mohamed Taha delivered a webinar hosted by the Saudi Medical Education Society on integrating Social Determinants of Health (SDOH) into medical education. The session covered key topics, including the importance of integrating SDOH into healthcare and health education, frameworks for integration, and effective teaching strategies. Dr. Mohamed also shared real-world case studies and provided a step-by-step guide for implementing an SDOH curriculum.



Breast Cancer Awareness Lecture

Dr. Noha Elemam gave a lecture about breast cancer awareness at Kings School, Nad Al Sheba branch, in Dubai on 10th October 2024, where she informed high school students about the importance of early detection and screening, as well as the crucial role of medical research in the field of breast cancer.



World Mental Health Day Presentation

On 10th October 2024, in recognition of World Mental Health Day, Dr. Hamid Alhaj delivered a presentation titled "Mental Health for All." Organized by the Deanship of Student Affairs, the session addressed the growing prevalence of mental health challenges such as burnout, depression, and anxiety. Dr. Hamid highlighted the importance of mindfulness in combating stress, referencing Eckhart Tolle's concept of the "power of now." He also emphasized the critical roles of empathy and self-compassion in enhancing emotional well-being. Dr. Hamid engaged the audience in discussions and provided practical strategies for managing mental health issues.



EIOC Conference Lecture

At the Excellence in Oncology Care (EIOC) Conference, held in Dubai on October 12th 2024, Prof. Maha Saber-Ayad presented a lecture titled "Precision Nutrition in Oncology: From a Molecular Perspective to Clinical Application."



RCOG World Congress 2024

Dr. Ghada Mohammed participated in the Royal College of Obstetricians and Gynecologists (RCOG) World Congress 2024, hosted in Oman from 15th to 17th October 2024. She delivered an oral presentation titled "The Application of 3D Printing in Gynecology Patient Counseling," as well as a poster presentation titled "Investigating the Risk Indicators for Urinary Incontinence in Young Nulligravid Women."



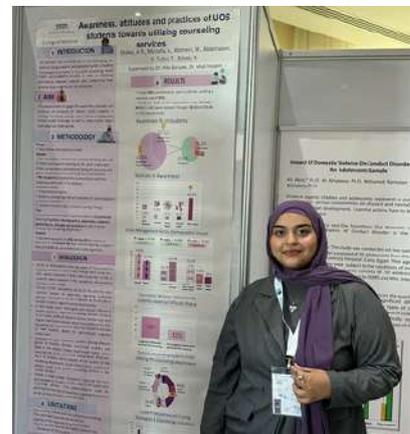
STUDENT

news

EHS International Mental Health Conference

Several students from the College of Medicine participated at the EHS International Mental Health Conference, held on 4th and 5th October 2024 at the University of Sharjah, where they presented their Community-Based Research projects:

Year 4 students Abdulrahman Sheiko, Sara Abdelrasool, and Yasmeen Rahmi presented their project, titled "Awareness, Attitudes, and Practices of UOS Students Towards Utilizing Counselling Services," which earned them the 3rd place award. The project was supervised by Dr. Hiba Barqawi and Dr. Amal Hussein, with group members Abdallah Mustafa and Maha Al Mhairi contributing to the research.



Year 5 student Esraa Ismail presented her group's project, titled "Awareness and Beliefs of Postnatal Depression Among Female and Male Adults in the UAE." The project was supervised by Dr. Ghada Mohammed and Dr. Amal Hussein, with group members Ayah Mohtaz, Bashar Al-Samirraie, Hana Skheta, and Walid Abu-Libdeh contributing to the research.



Student Representatives

College of Medicine Committees

2024 - 2025

Committee Name	Phase	Student Name	Year
College Council	Pre-Clinical	Mahra Salem Albreiki - ID # U21103169	Year 3
	Clinical	Malek Nasrallah - ID # U19101175	Year 5
Curriculum	Pre-Clinical	Shahem Alhaj Ahmad - ID # U21100854	Year 3
	Clinical	Mukram Ayman Jamour - ID # U19104444	Year 5
Student Assessment	Pre-Clinical	Kareem Mustafa - ID # U21100425	Year 3
	Clinical	Mustafa Hasan Aal Yaseen - ID # U19101207	Year 5
Student Success	Pre-Clinical	Mohammed Al-Kubaisi - ID # U21100620	Year 3
	Clinical	Obada Al-Wawi - ID # U19103259	Year 5
Research	Pre-Clinical	Lamees Amir Mohamedali - ID # U21100497	Year 3
	Clinical	Mazen Alhaj Ahmad - ID # U19102393	Year 5

MEDICAL OR MYTHICAL

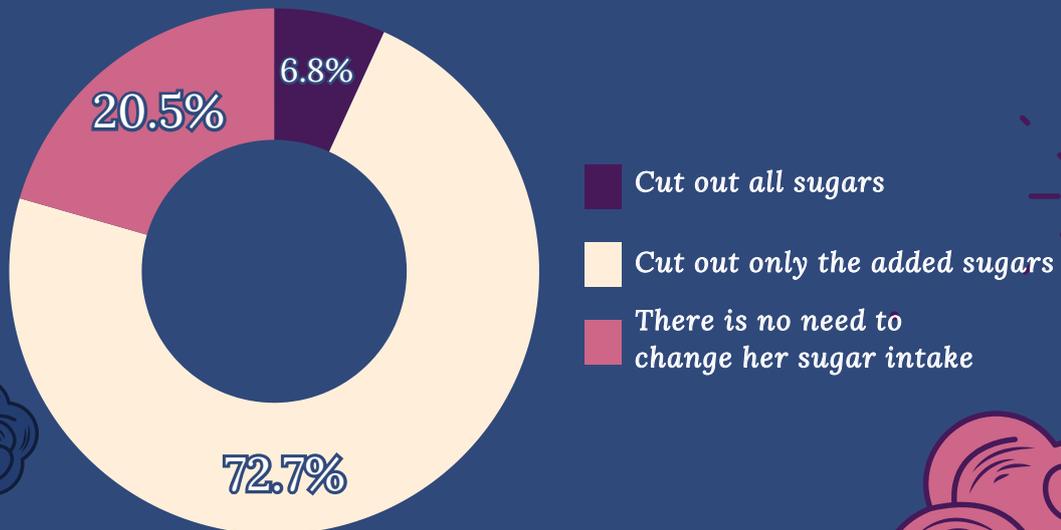
BREAST CANCER

By: Jana Eissa

Maria, a 23-year-old medical student with a normal BMI, enjoys her daily routine of sweetened coffee and sugary snacks in between lectures to keep her fueled up. A month ago, her aunt was diagnosed with stage-2 breast cancer.

Maria is now considering changing her diet because she thinks it will reduce her risk of breast cancer. What do you think Maria should do?

Results



THE VERDICT

Is sugar fueling breast cancer? It's a question that keeps coming up, but let's set the record straight.

The short answer is: no, sugar itself is not a direct cause or risk factor for breast cancer.

However, too much sugar leads to weight gain and eventually obesity, which has been proven to increase the risk of breast cancer. According to Dehesh et al. (2023), obese women are 1.29 times more likely to develop breast cancer. That's not all—obesity is also linked to larger tumors, a higher chance of metastasis, and resistance to hormone therapy. These aren't minor risks.

Interestingly, obesity may have a protective effect among premenopausal women, but this was found to be only statistically significant among European women. The overall negative impact of obesity on cancer outcomes is undeniable!

What about sugar-sweetened drinks? Koyratty et al. (2021) reported that frequent consumption was associated with increased breast cancer mortality, while Duchaine et al. (2014) found that an increase in sweet foods and sugar-sweetened beverage intake is associated with higher mammographic density.*

The evidence is mounting: while the direct link between sugar and breast cancer remains uncertain, it's undeniable that maintaining a healthy weight and curbing excess sugar intake is a smart strategy for reducing cancer risk and protecting overall health.

**Mammographic density - dense breast tissue, characterized by a higher amount of fibro-glandular tissue, reduces mammographic sensitivity and is a significant risk factor for breast cancer.*

REFERENCES

MEDICAL MARVELS

By: Jana Al Shouha

What Doesn't Kill You Makes You Stronger

Imagine a cancer patient's tumours shrinking after a severe infection—without any treatment. Sounds unbelievable, right? But that's exactly what happened to a 37-year-old woman battling metastatic melanoma. Against all odds, her illness took a stunning turn when her body's immune response, triggered by infections and fever, did something remarkable: it fought back.

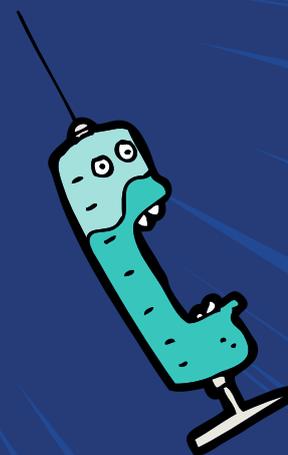
After undergoing surgery for removal of the lesion on her left scapula, new metastases developed in her brain, lungs, and abdomen. Her condition worsened with two major infections and a high-grade fever; yet afterward, her tumours unexpectedly decreased in size, leading to a spontaneous regression. How could this be true?



The phenomenon of spontaneous regression, though rare, occurs without specific cancer treatment. Researchers have identified a common trigger: infection, fever, and an enhanced immune response. One would assume that an acute infection weakens a cancer patient, but its "beneficial" impact was long overlooked. In 1891, William B. Coley unlocked a new chapter in cancer therapy by injecting *Streptococcus pyogenes* into a patient with inoperable bone cancer. Building on the work of two German physicians who observed similar effects in patients with skin infections, Coley showed that an activated immune system, through increased cytokine release, and the oncolytic effects of some viruses, could lead to tumour regression.

Though controversial, Coley's methods proved successful with hundreds of patients, paving the way for other therapies, like the use of the BCG vaccine for treating bladder cancers. In fact, a 2013 case report described a 44-year-old man with metastatic melanoma who experienced regression after a tetanus-diphtheria-pertussis vaccination.

Now to answer your biggest question: is there hope for a cancer cure based on this phenomenon? Definitely! Clinical trials are underway, exploring various mechanisms of spontaneous regression, like biopsy procedures and disruptions of the tumour microenvironment. There's nothing more remarkable than using the body's built-in defenses to fight cancer—one of medicine's greatest foes.

**REFERENCES**

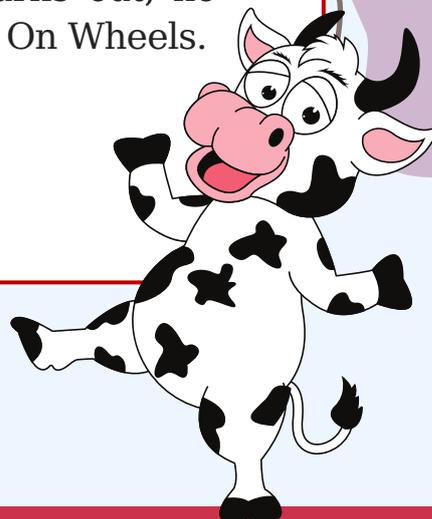
based on a
true story

COWFUSION ON MY ROTATION

It's my first day at a new hospital, and I'm on rounds with my senior doctor. Lucky me, he looked like he had just found out his coffee was decaf—definitely not in a good mood. Out of the blue, he starts yelling, "BRING THE COW HERE!"

I froze for a moment. A cow? I glanced around the room. Not a single cow in sight. Maybe he was testing my sanity? Without any further thought, I hurriedly sprinted toward him, thinking he was mad at me and calling me a "cow."

I rushed over, out of breath, and said, 'I'm here, Doctor!' He blinked at me, utterly baffled, then suddenly broke out into laughter. Turns out, he was referring to the COW - Computer On Wheels.



STUDENTS'

corner

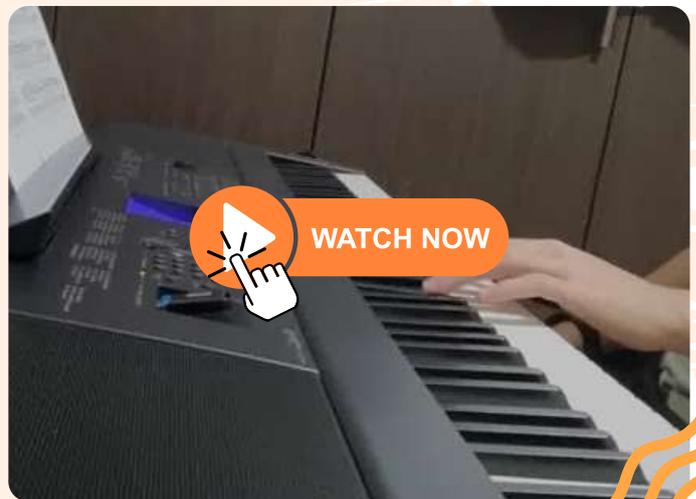
“

Alaa Marji

Year 2

Petit Chien - Frédéric Chopin

”



“

Sara Jafleh

Year I

"Medicine bridges the soul and the skeleton, nurturing the spirit while tending to the body, reminding us that true healing harmonizes both."

”

“

Mariam Wehbe

Year 3

“على هذه الأرض ما يستحق الحياة: على هذه الأرض سيدة الأرض، أم البدايات، أم النهايات. كانت تسمى فلسطين. صارت تسمى فلسطين.”

”



“

Abeer Alhosani

Year 5

My first ever diamond painting. It was very therapeutic I would definitely do it again <3

”



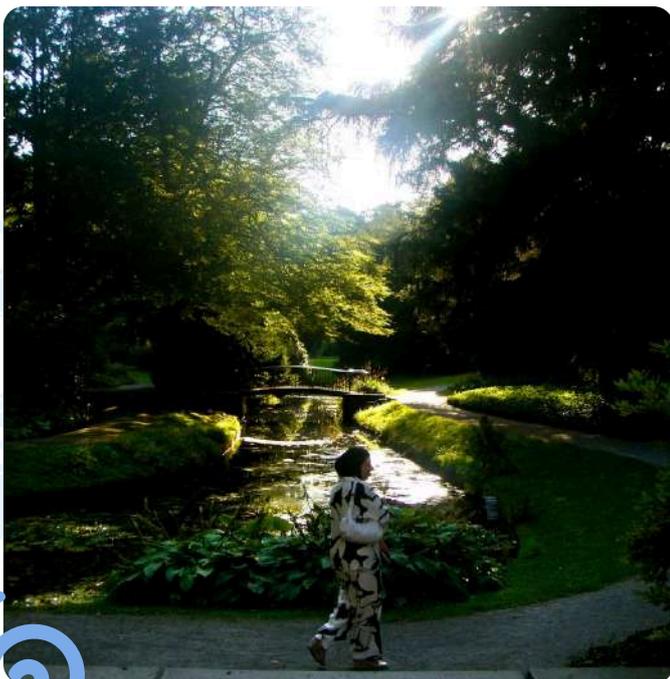
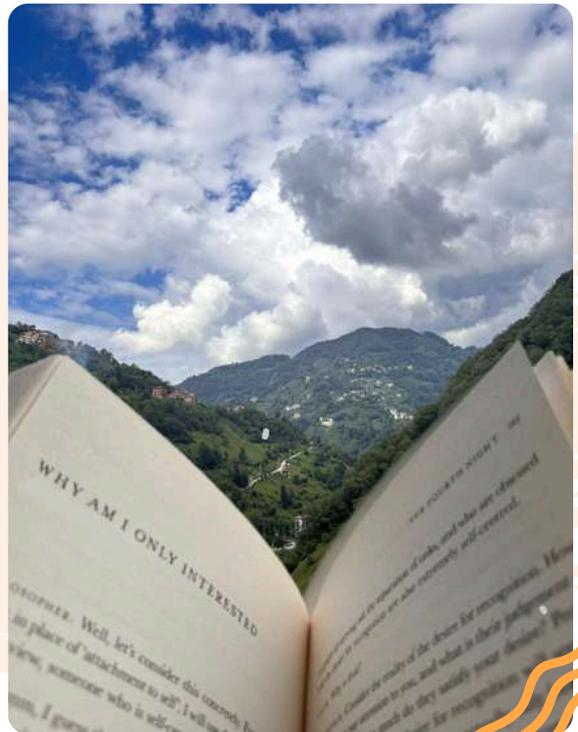
“

Malak Abudoreg

Year I

Ever wonder what the best combination is? Books and the serenity of nature!

”



“

Batool AlKaram

Year 3

I never got how tourists travel for a week and blend in like locals-until I saw my beautiful mom do it effortlessly.

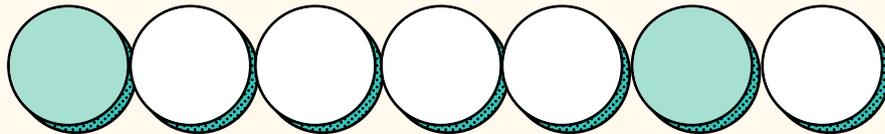
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JUMBLE!

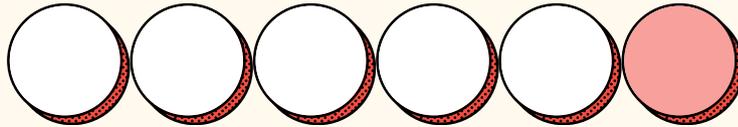
HOW TO PLAY?

Un-jumble the letters below to form a word. Finally, re-arrange the highlighted letters from each of these answers and use the hint to solve the final bonus Jumble!

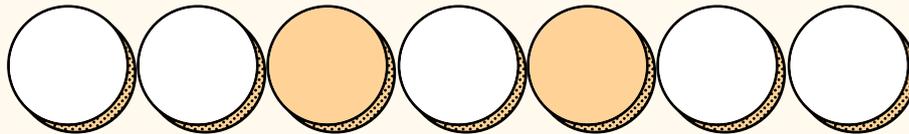
C A P L E S L



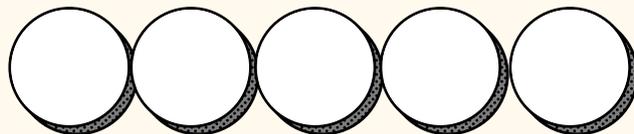
A U N S A E



R C N E T E I



FINAL ANSWER:



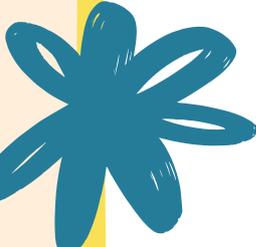
Submit Answer



Hint

*The surgeon had to ---
--- at the patient's x-
ray for so long that even
the skeleton started
feeling awkward!*





STUDENT LETTERBOX

STEP 3. ADD ICE

I am familiar with recipes for disaster.
When it comes to chaos, I'm a refined master.
One distraction, one wrong step to the right,
And suddenly none of my progress is in sight.

When the details of a plan get blurry,
Your sensible thoughts in hectic flight.
When the winds pick up in a hurry,
Your body locked up in frozen blight.

Just breathe.

When your omelette breaks, make scrambled eggs.
When you run out of luck, just roll the dice.
When things get awkward, make a joke.
And when the coffee goes cold, just add ice.



Riham Hafiz
YEAR 3



WHEN YOU PLAN TO WAKE UP AT 4AM, BUT REALITY HITS HARD

By: Dana Haj Mohammed

