



# COLLEGE OF MEDICINE NEWSLETTER



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## DEAN'S MESSAGE OF THE MONTH

*First and foremost, I would like to express my sincere gratitude to Professor Esameldin Agamy, Chancellor of the University of Sharjah, and to all of you for entrusting me with the responsibility of serving as the Acting Dean of the College of Medicine. It is a true honour and I am wholeheartedly committed to meeting your expectations.*



*My vision for the College of Medicine is to maintain its status as a leading medical school in the region, while also advancing its standing among international institutions. To achieve this, I intend to build on our existing strengths and address areas in need of improvement, steering the college in a direction that promotes excellence in education, research, and clinical training. A key priority will be to enhance clinical training opportunities for our students.*

*Additionally, our vision for the next five years includes establishing a university hospital that covers all specialties, including advanced, high-end services. Within the next two years, we aim to have an updated simulation center and expand the university clinic, opening it to the public to better serve our community.*

*Together, I am confident that we can achieve remarkable progress and continue to shape the future of medical education at the University of Sharjah.*



# College NEWS

## White Coat Ceremony

The White Coat Ceremony for the Class of 2030, organized by Dr. Noha Elemam and Prof. Iman Talaat, marked a significant milestone as Year 1 medical students officially began their journey into the medical profession. Held on 2<sup>nd</sup> October 2025, the event commenced with the UAE National Anthem and a recitation from the Holy Quran by Year 1 student Mohammad Bashir Hassoun, followed by heartfelt speeches from Prof. Qutayba Hamid, Vice Chancellor of the Medical and Health Sciences Colleges, and Prof. Mohamad El-Shobari, Acting Dean of the College of Medicine, who shared words of inspiration and guidance. Representing the students, Year 1 student Alia Al Shehhi delivered an inspiring address on behalf of her batchmates. The highlight of the ceremony was the presentation of the white coats by esteemed faculty members, symbolizing the students' commitment to compassion, integrity, and service in medicine. The event concluded with words of gratitude to the faculty, families, and students, celebrating a memorable beginning to the Class of 2030's medical journey.





## World Heart Day 2025

The College of Medicine, in collaboration with the Medical Students' Association and Health Sciences Nutrition students, organized a series of health awareness events to celebrate World Heart Day 2025 under the theme "Healthy Children's Hearts for Healthy Adults." Led by Prof. Sulafa Ali through the Community Committee, the events were held on 25th September 2025 at Al Talaa Intermediate Girls School, and on 29th September 2025 at Rosary School and the College of Medicine. Across all venues, students engaged with participants through interactive sessions, health talks, and activity stations that promoted healthy eating, physical activity, and heart health awareness, emphasizing the importance of adopting healthy habits from an early age.



[SEE MORE](#)

## CEHA Volunteering Program

Students and faculty members from the College of Medicine actively participated in the CEHA Volunteering Program organized by the Centre of Excellence for Healthy Aging. Through this initiative, participants engaged in various community health activities across different areas of Sharjah, including Al Madam and Al Dhaid. The program provided valuable opportunities for students to apply their medical knowledge, promote healthy aging, and contribute meaningfully to community well-being.





# Faculty NEWS

## ***NAPICU International Mental Health Conference***

*From 17<sup>th</sup> to 19<sup>th</sup> September 2025, Dr. Hamid Alhaj, Executive Member and Director of Research for the British National Association of Psychiatric Intensive Care Units (NAPICU) chaired the second day of the NAPICU International Conference held in Northampton, England. He led dynamic discussions on cutting-edge developments and emerging research within the field of psychiatric intensive care. The conference brought together clinicians, researchers, and service users from across the UK and beyond to share insights, innovations, and best practices aimed at advancing the quality and safety of mental health care.*



## ***Accreditation Visit***

*Prof. Eman Abu-Gharbieh was invited by the Accreditation Council for Pharmacy Education (ACPE) to serve as a member of the international evaluation team for the Doctor of Pharmacy Program at Hafr Al-Batin University in Saudi Arabia. The accreditation visit took place from 28<sup>th</sup> September to 2<sup>nd</sup> October 2025. This appointment reflects Prof. Eman's long-standing contributions to academic quality assurance and accreditation in medical and pharmaceutical education.*





## Emirates Pathology Society Meeting

On 4<sup>th</sup> October 2025, Prof. Iman Talaat assisted in organizing the Emirates Pathology Society Meeting, hosted at RAK Medical and Health Sciences University. The event brought together pathologists and medical professionals from across the UAE to discuss advances in diagnostic medicine, research collaboration, and clinical innovation. Prof. Iman chaired the second session, facilitating productive discussions that emphasized the importance of professional networking and continuous development in pathology practice.



## Interview with Noor Dubai

On 5<sup>th</sup> October 2025, Dr. Hamid Alhaj was featured on Noor Dubai's Balsam health program. The discussion, titled "Taking Psychological Breaks to Recharge," explored the vital role of rest in maintaining emotional and physical health. During the interview, he emphasized the importance of rest for both mental and physical health, explaining how chronic overwork can lead to burnout, insomnia, and emotional exhaustion. He also discussed the underlying neurobiological mechanisms of stress.



WATCH NOW



## Mental Health Day Workshop

In observance of World Mental Health Day on 9<sup>th</sup> October 2025, Dr. Hamid Alhaj conducted a lecture and workshop titled “Managing Stress and Anxiety.” During his session, he explored the causes and effects of stress, offered practical coping strategies, and emphasized the vital role of sleep, exercise, and nutrition in maintaining mental well-being. The talk provided students with practical, evidence-based techniques to manage daily pressures, fostering self-care and open communication within the university.



## Advances in Breast Cancer Management Lecture

The School of Pharmacy at the University of Jordan hosted a special online lecture on 27<sup>th</sup> October 2025, featuring Prof. Eman Abu-Gharbieh, Honorary Professor at the School of Pharmacy, University of Jordan.

Her lecture, titled “Advances in Breast Cancer Management,” focused on recent developments in breast cancer research and treatment, highlighting the role of pharmacological innovation and personalized therapy in improving patient outcomes.

THE SCHOOL OF PHARMACY – UNIVERSITY OF JORDAN  
INVITES UNDERGRADUATE STUDENTS TO  
ATTEND A LECTURE BY

Professor Eman Abu-Gharbieh

PROFESSOR OF PHARMACOLOGY AND  
TOXICOLOGY AT THE UNIVERSITY OF SHARJAH,  
UAE.  
HER RESEARCH FOCUSES ON CANCER,  
PHYTOTHERAPY, AND PHARMACY PRACTICE.

**Lecture Title:**  
**Advances in Breast  
Cancer Management**

27/10/2025  
MONDAY  
9:00-10:00 AM



# Student NEWS

## **World Mental Health Day**

On 9<sup>th</sup> October 2025, the Medical Students' Association hosted an event in observance of the World Mental Health Day aimed at raising mental health awareness among students and staff. Various activities included interactive booths, games, and an informative workshop on stress and anxiety management led by Dr. Hamid Alhaj.



## **Promoting Wellness at the Health Awareness Fair**

Medical students from the College of Medicine and staff from the University Medical Clinic participated in the Health Awareness Fair organized by the Deanship of Student Affairs, on 16<sup>th</sup> October 2025, coinciding with Breast Cancer Awareness Month. The event provided a valuable opportunity to promote preventive care, student engagement, and wellness within the university's community, while familiarizing visitors with the services offered by the University Medical Clinic.





**MSA Pinktober Event**

On 16<sup>th</sup> October 2025, the Medical Students’ Association, in partnership with the Deanship of Student Affairs, organized an event dedicated to raising awareness about breast cancer. Through a series of educational booths and engaging activities, the initiative aimed to equip the community with vital knowledge regarding early detection methods and underscore the importance of community support for those affected by the disease.



**MENA Congress for Neurogenetic Disorders and Metabolism conference**

Year 2 students Julie Butros and Nicol Lubbos volunteered at the MENA Congress for Neurogenetic Disorders and Metabolism from 17<sup>th</sup> to 18<sup>th</sup> October 2025.





## 12th IFM Conference and Exhibition

At the 12th International Family Medicine Conference and Exhibition (IFM 2025), held in Dubai between 21<sup>st</sup> and 23<sup>rd</sup> October 2025, two groups of students from the College of Medicine participated and presented their research posters:

Year 3 students Goud Alassaf, Noor Alali, Mohamed Ramadan, Zain Dhiya, Asia Mansoor, Hala Obaid, and Khuloud Alameeri won second place for Best Student Poster. Supervised by Dr. Hiba Barqawi and Dr. Amal Hussein, they presented their community-based research (CBR) study titled “The Knowledge, Attitude, and Perception of Medical vs. Non-medical Students in the UAE Towards Complementary and Alternative Medicine”.



Another group of Year 3 students, including Youssef El Soussi, Hamda Al Mazrouei, Ali Khalaf, Nadhira Gibrata, and Dima Abdallah, presented their CBR study titled “Knowledge, Attitude, and Practices of the UAE Population Towards Dengue Fever” under the guidance of Dr. Hiba Barqawi and Dr. Amal Hussein.

The groups showcased their work through both poster and oral presentations, emphasizing the critical role of assessing community awareness within the region. Their participation underscores the university’s dedication to promoting public health research among its students.





# based on a TRUE STORY



## TOTE-ALLY SUSPICIOUS

It was the end of a painfully slow day at what had to be the quietest hospital imaginable. My friend and I were starving, so we decided to head down to the cafeteria. The only issue? Her tote bag. No lockers, no safe spots, nowhere to leave it. So, she just placed it on a chair upstairs. “It’s fine,” we said. “The hospital’s basically empty.”

It was not fine.

While we were downstairs peacefully eating, the security team discovered the “suspicious unattended item” and launched a full emergency response. They reviewed CCTV footage, called the police, and —my favourite part— printed our faces from the cameras and handed them out to all the guards like a hospital-wide wanted poster.

Meanwhile, we were blissfully eating pasta, completely unaware that we were now on the hospital’s Most Wanted list. When we got back, two men were hovering over the bag like it was radioactive. One was panicking on the phone, and the other said the POLICE were on their way. I thought he was joking. He was not. My friend calmly picked it up, revealing, wait for it, an iPad and a stethoscope.

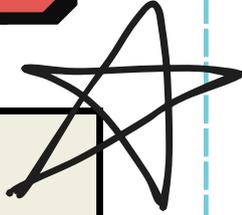
Thankfully, they called off the police before they arrived, and we didn’t end up spending the night in a jail cell. After 15 minutes of dramatic lecturing, we were released back into society, bag and dignity *mostly* intact.





# MEDICAL MARVELS

*By Jana Al Shouha*



## THE LAST GOODBYE

For those whose brains have long faded to disease, can consciousness find its way back just one more time?

Families and caregivers have witnessed it for centuries: a grandmother with severe dementia who hasn't spoken or recognized faces for years, suddenly sits up and asks about her grandchildren. A stroke victim whose brain scans show irreversible damage awakens to share one final conversation coherently. Then, within hours or days, they quietly pass away.

This phenomenon, scientifically called terminal lucidity, occurs in approximately one in ten patients with severe cognitive impairment, brain injury, or psychiatric conditions. In over 80% of documented cases, observers report a complete return of memory, speech, and recognition. One daughter described it as if her father's brain had been "unplugged for so many years... and then all of a sudden it got plugged back in again."

The mystery deepens when you consider the physical state of these brains. Many are ravaged by tumors, hollowed by Alzheimer's, or destroyed by strokes. How can a severely damaged brain function again?

Science has recently uncovered some theories. One proposes that near death, the brain floods with neurotransmitters like dopamine, waking up dormant connections. Another suggests that "silent synapses", or hidden neural pathways, get activated, forming temporary detours around damaged tissue. Some think that as the older, primal parts of the brain shut down, the higher cortical centers get a brief moment to shine.

Families call it a miracle; clinicians call it a mystery. It stands as the mind's last, powerful act of connection. A final, graceful bow before the curtain falls.



**REFERENCES**



# Prescription: Perspective

## Parkinson's Disease



By: Jana Eissa

*Parkinson's isn't just a neurological condition—it's a reshaping of rhythm, identity, and daily life.*

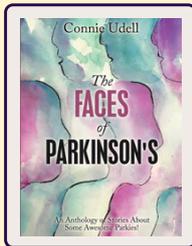
### Rx1: Podcast

The *Secret Life of Parkinson's* by Jessica Krauser and Brian Baker—both living with Parkinson's—this podcast is a candid space where patients share their daily struggles, triumphs, and unspoken truths. With over 170 episodes, it's a rich archive of real voices navigating life with Parkinson's.

**DOSE: 1 EPISODE WEEKLY**



### Rx2: Biography



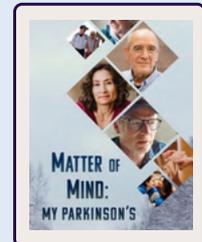
*The Faces of Parkinson's* by Connie Udell — a collection of first-hand stories from individuals around the world navigating Parkinson's — each voice revealing how creativity and perseverance reshape identity.

**DOSE: 10 PAGES DAILY**

### Rx3: Documentary

*Matter of Mind: My Parkinson's* — follows three people living with Parkinson's through very different life paths: an optician pursuing Deep Brain Stimulation surgery, a mother navigating raising a pre-teen, and a cartoonist coping with motor decline.

**DOSE: ONE-TIME PRESCRIPTION**



[Link to Diary Series](#)

### Rx4: Art & Diary Series



*Bad Days in the Studio with Parkinson's Disease* by Timothy John — on days when tremor eclipses control, artist Timothy John trades brushes for fingertips. Each scrawl resists the shrinking letters of micrographia, translating frustration into texture and fatigue into form.

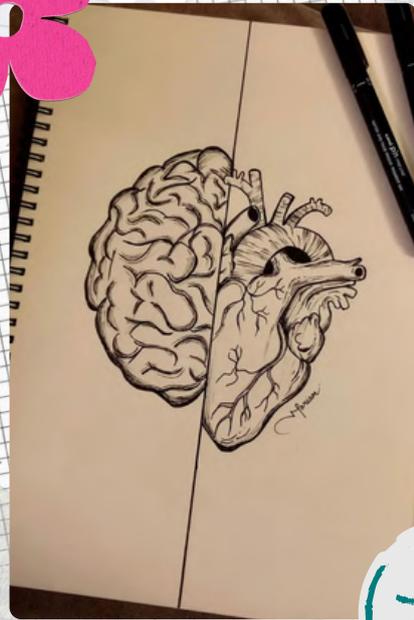
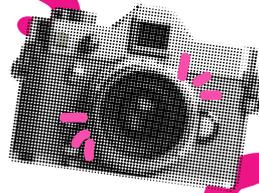
**DOSE: ONE-TIME PRESCRIPTION**

DISCHARGE NOTE:

In every tremor, there's still rhythm — and in every struggle, art finds its way out.



# STUDENTS' CORNER



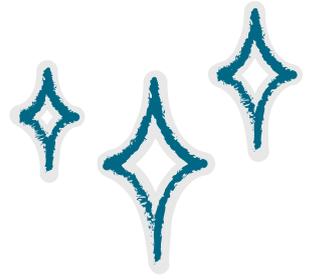
**Mariam Wehbe**  
**Year 4**

<3

**Rama Rabboua**  
**Year 3**

*Study sessions powered by  
matcha and good company*





CLICK HERE

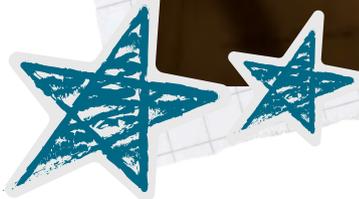


## Monassar Alajmi Year 3

لا أجمل من أن تتركب الخيل في  
الصباح الباكر مع من تحب 🤗🔥

## Malak Abudoreg Year 2

إذا ضاقت بك الدنيا فقل يا الله 🤍🌟





## Hosna Torshabi Year 2

*I always have a board in front of me,  
a little world I renew each year.  
I fill it with duaas, inspiring words,  
and images that remind me to keep going.*

## Reem Ali Year 4





## PRECLINICALS ASK



## CLINICALS ANSWER



By Yasser Abbas



@sidxx.\_.n

When doctors bombard you with questions you don't know the answers to, what's your go to response?

❤️ 📌 #preclinicals #advice #y2

@anonymous34857



Just stay silent and have a staring contest, it works. Then it gets awkward so the doctor usually breaks the silence and you just nod and smile :) I'm kidding lol, actually simply say "I don't know" and they will most definitely explain it to you. I also believe that doctors enjoy teaching, so it's fun for them.

❤️ 📌 #clinicals #y4 #y5



@rahaf\_al\_dulaimi\_



With time, you'll learn not to panic or overthink when that happens. I just admit I'm not sure and try to reason it out or share what I do know, they respect that more. It's not about having every answer but showing you can think logically. You can always look up what they asked and bring it up again next time. It's frustrating at first, but it gets easier, and you start seeing it as part of learning. Just remember, they were once in your position too, and if they judge you, that's on them.

❤️ 📌 #clinicals #y4 #y5



@ab.\_.\_u



Look at my partner and hope he answers the question or just give the doctor silent treatment 🤔 Most of the times I just say I don't know and it's fine, they don't expect you to know everything, and neither will they think you're stupid just based off of this. One of the doctors in my hospital told me to just admit when you don't know something, it'll make your life easier instead of going in circles.

❤️ 📌 #clinicals #y4 #y5





@salmahanyy04



I just smile and pretend I'm deaf. Works about 50 percent of the time. The other 50 percent the Dr will call you stupid, but at this point he's not even wrong 🤖

❤️📖 #clinicals #y4 #y5



@zyn2006

Is marriage a possibility in clinicals?

❤️📖 #preclinicals #advice #y2



@Tibaaldelaimi



From what I've seen: it takes a village and it's wonderful when possible.

❤️📖 #clinicals #y4 #y5



@salmahanyy04



HAHAHHAHAHAHAHAHAHAHAHAHAHAHAHAHA, Billah Zaleko 🤔? Honestly, I know some people can do it and I applaud them so much for that, but coming home everyday after being on my feet for 8 hours, I just wanna rest, have my mom's food ready at the table, and bedrot for the next couple of hours 🤖

❤️📖 #clinicals #y4 #y5



@Rabi3alassaf



Yes, absolutely. I got married during third year, and I've always believed I would've done it even earlier if possible. The key is that both families understand what marriage truly means in Islam, a sincere commitment, not just playing around. Marriage makes things halal and removes uncertainty and temptation of craving intimacy in the haram. Many think you need complete financial stability first, but our parents knew this path was better than falling into the haram. It's no longer just about you, it's about caring for your partner too. Marriage brings peace, comfort, and the beauty of halal companionship that friends can't replace.

❤️📖 #clinicals #y4 #y5





@hosnvaa

Does it ever start to feel less overwhelming — and when did it start to feel worth it, like you knew you were in the right place?

❤️📖 #preclinicals #advice #y2



@Tibaaldelaimi



Each semester feels differently challenging. Medicine won't transform after graduation so try to enjoy your own journey fully. The grades will follow. It has been worth it since the first (and only) time the Krebs cycle clicked. And again the (many) times a patient genuinely thanked me.

❤️📖 #clinicals #y4 #y5



@anonymous47859



It's always worth it. No matter how heavy the workload feels, remember: we chose a path where we sacrifice our comfort to save others. The prayers and gratitude of patients heal every ounce of exhaustion. When you feel drained, remind yourself, while others rest, someone out there is in pain, and God placed you here to relieve it الحمد لله

❤️📖 #clinicals #y4 #y5



@ab.\_\_\_\_u



Honestly, I'm not the right person to ask about overwhelmed. My sensors turned off for that most of the time except before the exam. Personally, it always felt like the right place because I actually enjoy medicine as cliché as it sounds. Sure, it gets heavy at times but eventually you come out of it knowing more and able to actually do something with that knowledge. I guess it really starts to become worth it in clinical years, everything you've done actually starts to take shape.

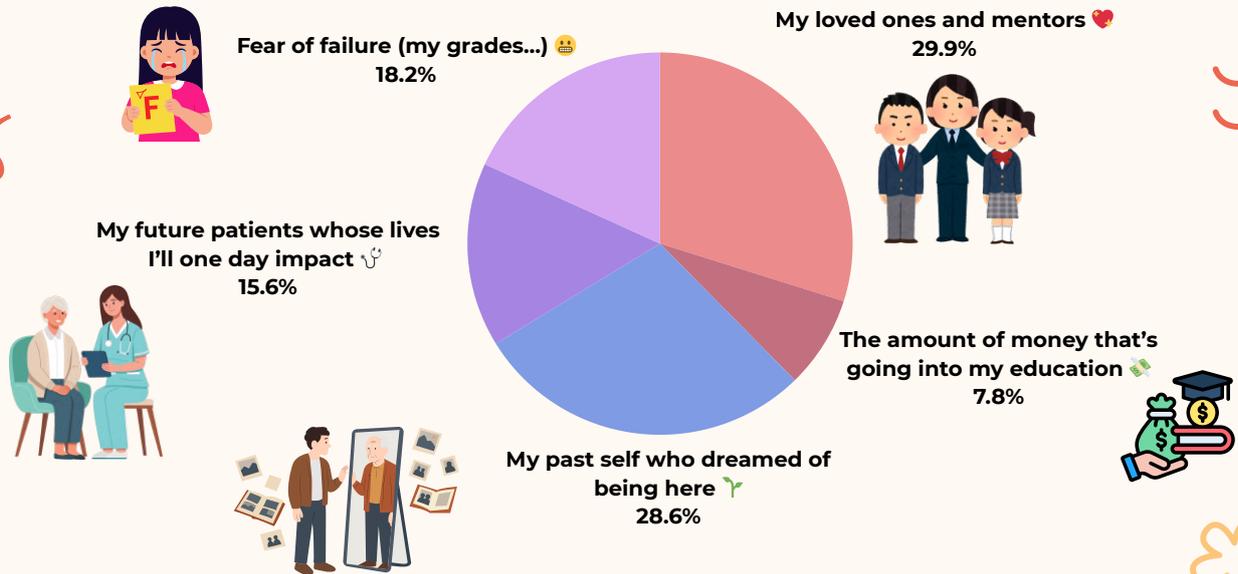
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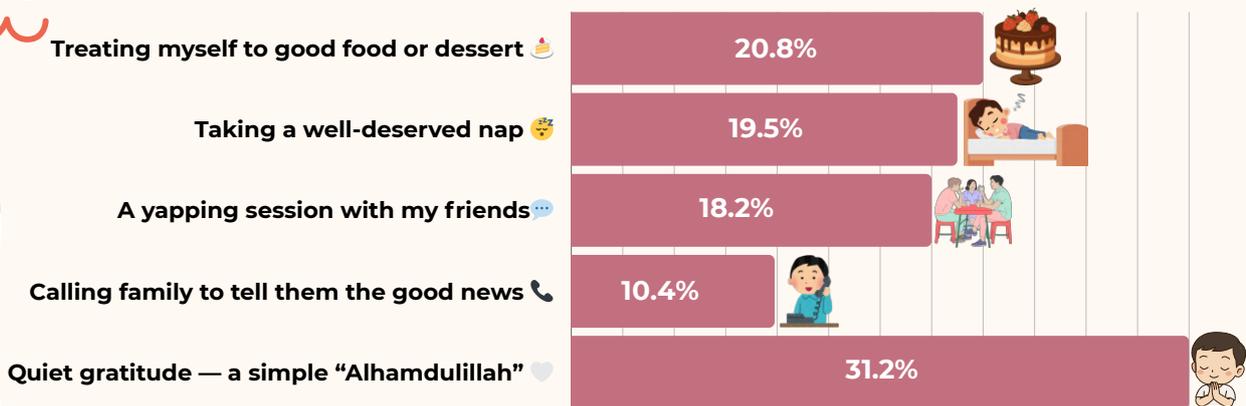


# STUDENT SELECTED

## Who or what reminds you to keep pushing forward?

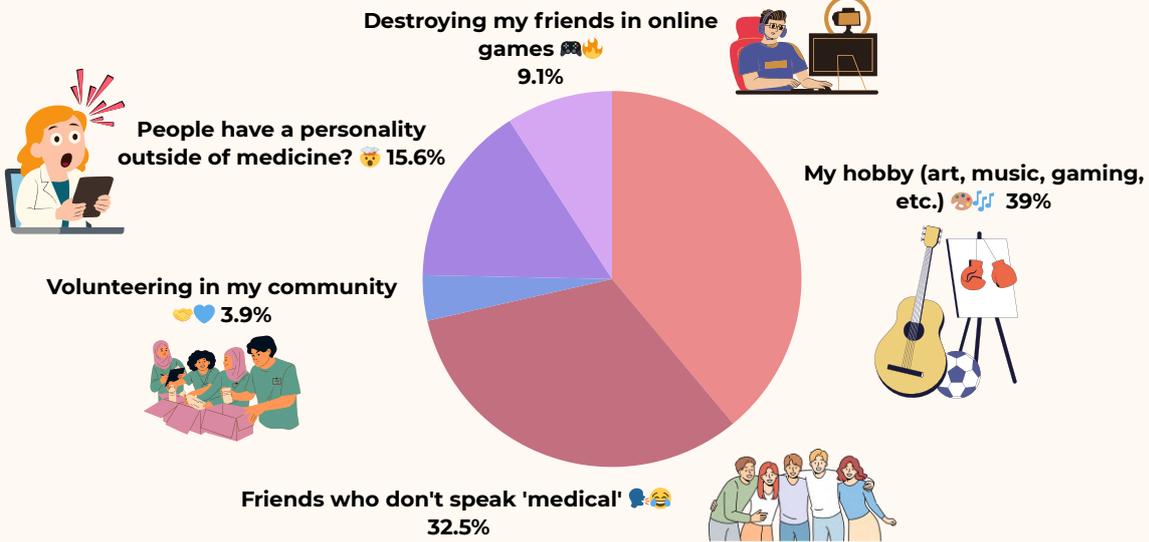


## How do you celebrate small victories in medical school?

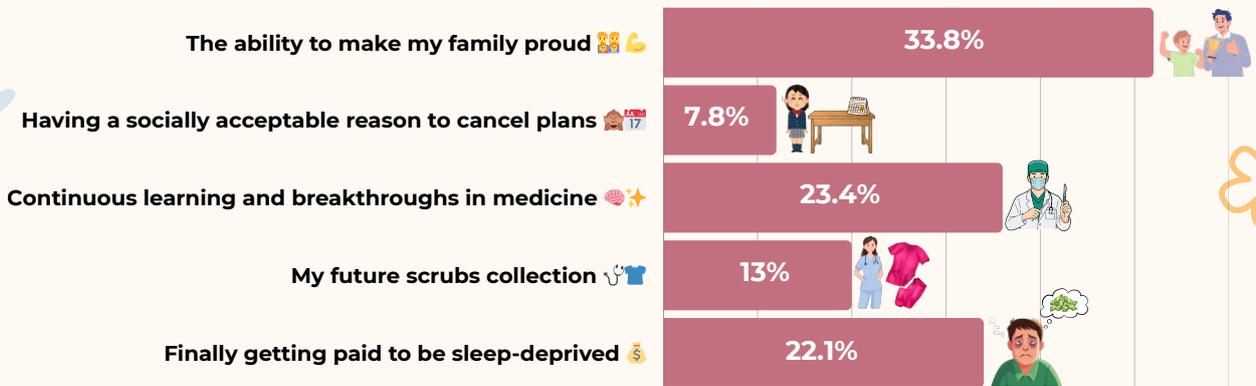




## What helps you stay "you" outside of being a med student?

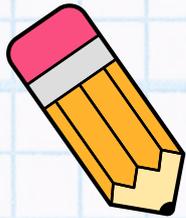


## When you imagine your future as a doctor, what excites you most?

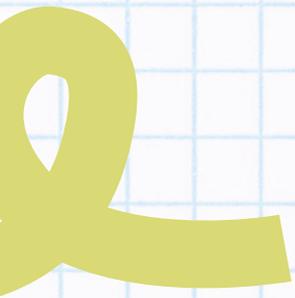
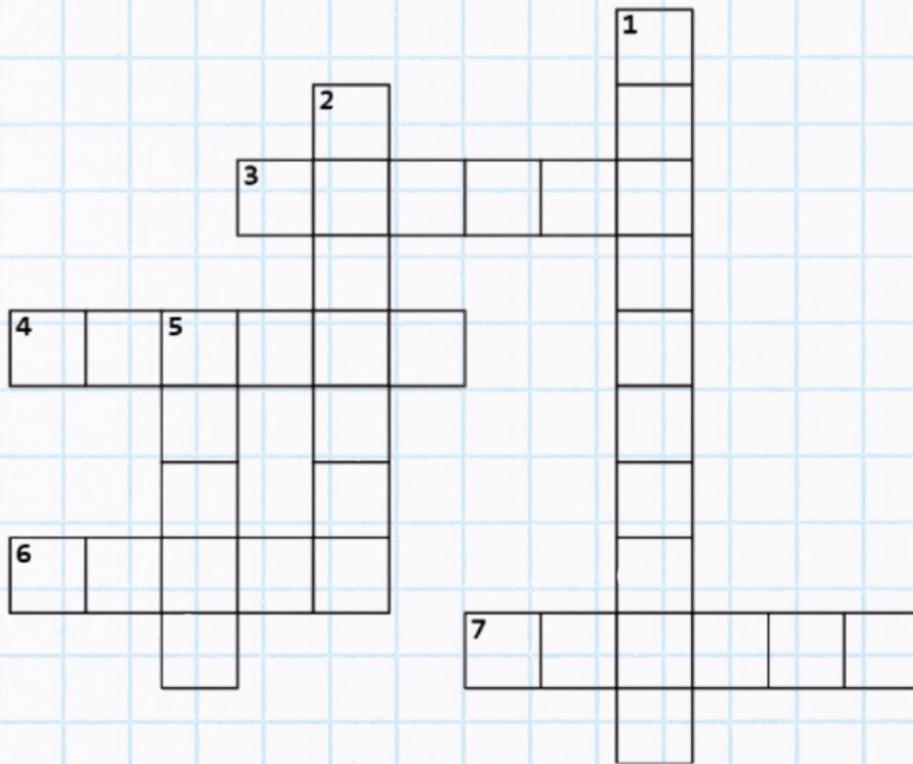


## AS A CHILD, I DREAMED OF BEING A(N)...





# CROSS WORD



### Across

3. Something you take between lectures.
4. The fuel you sneak into the library.
6. What students take during lectures and review before exams.
7. That energizing person who guides your path.

### Down

1. The habit that outlasts motivation.
2. The ones who remind you you're not alone during exam week.
5. Belief in something greater than yourself.

**SUBMIT ANSWER**





# Student Letterbox

## BRIDGES OF PEACE

Is it not human nature to make a mistake,  
To prick a soul and make it ache?  
Why do we seek peace in aimless direction,  
Though it lies in our own reflection.

Is it not a 'sorry' that warms the heart,  
With regret and empathy, sincere from the start?  
Apologies build bridges of light,  
Connecting mankind beyond words they write.

Is it not the vengeance that ignites,  
A disease that poisons the body and mind?  
Why cling to rage and eternal despair,  
When forgiveness can lift the burdens we share?

Is it not the sweetness we aspire,  
From the ones we cherish and admire?  
Let go the shadows of the past,  
And embrace harmony to the very last.



**AFRAH HAJMYDEEN  
YEAR 4**



# HOW I ACTUALLY GET THROUGH

By: Shahla Bint Shareef

