



Editor: Hiba Jawdat Barqawi

Dean's message of the month

Welcome back faculty, staff and students!

I am very excited to start the academic year 2017-2018 with you. As always, I am very proud of our College's achievements; this would have not been possible, if not for your efforts and dedication towards our continuous advancement. I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, Member of the Supreme Council, Ruler of Sharjah and President of the University of Sharjah and Prof. Hamid Al-Naimiy, Chancellor of University of Sharjah, for their continuous and tremendous support.

I would also like to welcome all the newcomers to our college. From the new students to the F2s to the professors, I believe that you have a place here to grow, to learn and to share.

I have had the pleasure to meet with all the students from Foundation Year to Year 5 and, as always, I am available to support you all. Furthermore, I would like to stress the importance of attendance and punctuality, not only for your future academic assessment or evaluation but mainly as an integral part of your professional character as future physicians.

This year we have taken on approximately 350 foundation students and 144 students made it to Year 1 from Foundation this academic year, which reflects a grand success on the part of the faculty in aiding and guiding these students and also reflects the students' tremendous efforts and passion towards their futures as healthcare providers.

I urge you all to make the most of your academic year. Make this a rich and transformative year in your careers. To the students, you are surrounded by competent, intelligent and kind faculty and staff who are always willing to help and guide you. To the faculty and staff, this college and its students are indebted to your continuous efforts and motivations. Here's to new beginnings and to a successful academic year.

Professor Qutayba Hamid MD, PhD, FRCP, FRS

Dean of the College of Medicine

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Professor Qutayba Hamid MD, PhD, FRCP, FRS

Dean of the College of Medicine

College News

- The Dean of the College of Medicine and Vice Chancellor of the Colleges of Medicine and Health Sciences, **Prof. Qutayba Hamid** received the MBRU (Mohammed Bin Rashid University of Medicine and Health Sciences) award on behalf of our college. This award was presented to University of Sharjah's College of Medicine in recognition of all the support and contribution our college has given MBRU since its inception.
- The Dean of the College of Medicine and Vice Chancellor of the Colleges of Medicine and Health Sciences, **Prof. Qutayba Hamid** received an award from Bezmialem Vakif University in Turkey to mark their collaboration.



- Medical students from our College were honoured and given the Salem Bin Ham Award for excellent academic performance. Those students are:

- Ghada Osama AlAhmadani
- Ahmad Malallah Karmstaji
- Abdulrahman Alawadhi



بحضور جمع من القيادات الأكاديمية وأولياء الأمور

جائزة سالم بن حم للتميز العلمي تكرم أوائل كليات الطب في الدولة

وتقدير مما جعله موضع احترام وتقدير كبيرين من الإوسن والياشي للمفكر له الشيخ زايد بن سلطان آل نهيان ورفيقاً له " طيب الله ثراه " منذ سنوات الصبا والشباب وهي رقيقة طويلة تخللتها كثير من الأحداث والتحويلات الكبرى التي شهدتها دولة الإمارات والمنطقة وكان بن حم يحكم قربه من الشيخ زايد شاهداً حياً على كل تفاصيلها. لقد عاش بن حم وشهد الإنجازات الكبيرة الضخمة التي تحققت على أرض هذا الوطن المعطاء ولا شك أنه أحد الرجال الذين تعزز بهم دولة الإمارات قياً بما قدمه من خدمات وأعمال جليلة لوطنه مما أكسبه تلك المكانة الرفيعة وهذا الاحترام الكبير لدى عموم أبناء القبائل وأهله ومحبيه . ولطالما تومس في الشيخ سالم رحمه الله الخبرة والندرية ببواطن الأمور وكان يمتلك الكفاءة اللازمة للفصل بين التخصصين الذين يجانوا إليه ويرضون به حكماً لإقتناعهم بصواب رؤيته ولطالما كان الغفور له الشيخ زايد رحمه الله يناقشه في بعض القضايا والأمور ويطلب منه أن يدلوا به فيها وكان بن حم دوماً حسن الظن به.

محمد بن زايد آل نهيان ولي عهد أبوظبي نائب القائد الأعلى للقوات المسلحة وإخوانهم أصحاب السمو حكام الإمارات . في التواصل والتعاون المستمر بين مؤسسات القطاع الخاص والمؤسسات التعليمية بالدولة وعلى رأسها الجامعات ، حيث لم تدخر قيادتنا الحكيمة جهداً في بناء جيل متعلم وواع ومثقف والأمر الذي يتضح من خلال عملها الدؤوب والجاد لتصبح الإمارات منارة من منارات التنمية البشرية.

وأضاف أمين عام الجائزة أنه من هنا جاء انطلاق جائزة سالم بن حم للتميز العلمي في عام الخير ، إيماناً بأهمية التعليم ، والمشاركة بتقديم الدعم لأبنائنا المتفوقين للمساهمة في بناء دولتنا العالوية ، ومن منطلق واجبنا لأن التعليم بعد الركيزة الأساسية لتقديم المنوب والدول. مقدماً للتميز للتحريجين الكثرين على جهودهم وجهود أولياء أمورهم حتى وصلوا الى هذا المستوى من التحصيل العلمي المتميز. لخدمة دولتنا العالوية التي تنتظر منهم الكثير . كما أكد الأمين العام للجائزة أن هذه الجائزة ستستمر سنوياً في دعم المتميزين.

ومن جانبه قال الدكتور حميد مجول التميمي مدير

السمو الشيخ محمد بن زايد آل نهيان ولي عهد أبوظبي نائب القائد الأعلى للقوات المسلحة وإخوانهم حكام الإمارات من اهتمام بالتعليم ووره في بناء الانسان لانه الثروة الحقيقية لهذا الوطن المعطاء.

وأضاف عضو المجلس الاستشاري لإمارة أبوظبي إن تكريمنا للتحريجين المتميزين ماهو إلا رد الجميل لدولتنا ودعم للمتفوقين من الطلبة المتميزين في تحصيلهم العلمي وخلق جو من التنافس والتشوق في تحصيلهم العلمي لهم وللأجيال القادمة.

وأوضح بن حم ان جائزة سالم بن حم للتميز العلمي ستكون مخصصة العام المقبل 2018 لأولاد خريجي كليات الشريعة والقانون بالدولة.

بدأ الحفل بالسلام الوطني ، ثلثها كلمة ترحيبية من الشيخ الدكتور مبارك بن سالم بن حم العامري الأمين العام للجائزة ، أشار فيها الى استراتيجية قيادتنا الرشيدة برئاسة صاحب السمو الشيخ خليفة بن زايد آل نهيان رئيس الدولة حفظه الله وأخيه صاحب السمو الشيخ محمد بن راشد آل مكتوم نائب رئيس الدولة رئيس مجلس الوزراء حاكم دبي رعاه الله ، وصاحب السمو الشيخ

كرم الشيخ مسلم بن سالم بن حم العامري عضو المجلس الاستشاري لإمارة أبوظبي رئيس مجلس أمناء جائزة سالم بن حم للتميز العلمي ، اولى خريجي كليات الطب في دولة الامارات لعام 2017 وعددهم 15 خريجاً وخريجة بواقع 6 من كلية الطب جامعة الامارات ، 3 من كلية الطب جامعة الشارقة ، 2 من كلية فاطمة للعلوم الصحية ، 2 من كلية دبي الطبية للطليبات ، 2 من كلية الطب والعلوم الصحية بجامعة رأس الخيمة. وذلك خلال الحفل الذي اقيم بمنتدى رويال روز أبوظبي ، بحضور عدد من الشيوخ والوزراء ، رؤساء الجامعات، وعمداء كليات الطب في دولة الامارات العربية المتحدة، وأولياء امور الطلاب.

وأشار الشيخ مسلم بن حم الى ان الجائزة تعد مساهمة متواضعة في المسيرة العلمية التي تشهدها دولة الامارات والتي أصبحت جامعاتها ومعاهدها العلمية ذات مكانة مرموقة بين جامعات العالم المتقدم.

وأعاد رئيس مجلس أمناء الجائزة بما توليه القيادة الرشيدة بقيادة صاحب السمو الشيخ خليفة بن زايد آل نهيان رئيس الدولة حفظه الله ورعاه وأخيه صاحب



CTC News

Kick-off for national ambulance inaugural Emirati EMT program

By: Dalia Al Madfai

A ceremony held at the University of Sharjah's Clinical and Surgical Training Center marked the start of National Ambulance's Emirati Emergency Medical Technician (EMT) initiative. Twenty-one local students, who successfully passed the rigorous entry process, gathered for their orientation. This signaled the commencement of the year-long training program designed to provide UAE Nationals in the Northern Emirates with the knowledge and skills to pursue careers in emergency health services.

Every year, the program, which is being delivered in collaboration with the University of Sharjah (UOS) and Charles Sturt University, will train and prepare local people to serve on the frontline in support of the community.

The ceremony was attended by Dr. Ahmed Saleh Al Hajeri, Deputy CEO of National Ambulance; Robert Ball, CEO of National Ambulance and Professor Qutayba Hamid, Vice Chancellor for the Medical and Health Sciences Colleges at the University of Sharjah.



■ جانب من المشاركين في البرنامج - د. الدائمة أ. ع. العصف



Difficult Airway Management Workshop

By: **Lou Ann Tesado**

An exciting workshop on Difficult Airway Management was conducted on the 17th and 18th September 2017 at the Sharjah Surgical Institute (SSI) in collaboration with Karl Storz Endoskope.

Anesthesiologists from Saudi Arabia, Oman, Iraq, Pakistan and Nigeria attended this workshop to get updated on the different possibilities available for airway management. They also had an opportunity to experience hands on training in an advanced simulation environment on different crisis situations for airway management and this helped them have further understanding of the advanced difficult airway equipment.

The workshop was headed by Prof. Dr. Friedrich Puhlinger who shared his expertise and experience to this course. Dr. Puhlinger is the Chairman of Department of Anesthesiology & Intensive Care Medicine at Klinikum Am Steinenberg in Reutlingen, Germany.



Batch 2 of the Professional Diploma in Advanced Vestibular Science

By: Lou Ann Tesado

The Clinical and Surgical Training Center in collaboration with Advance Hearing and Balance Center (AHBC) is dedicated to the advancement of training of Health Care Practitioners in the field of Vestibular Science.

The Professional Diploma in Advanced Vestibular Science is the first of its kind Audiology Program in the UAE that offers professional advancement. The professional diploma program is designed to meet the demanding aspects for the working professionals in the field of Audiology and Vestibular Science. The program offers theoretical knowledge through weekend contact classes and hands-on clinical training offered at the Advanced Hearing and Balance Centre in Dubai. This provides a flexible schedule for the working professionals whilst enhancing their professional and clinical skills.

The duration of this course is 6 months with a combination of Theoretical and Clinical Attachment. Each participant should submit a Research Paper to complete the requirements of this course. The first day of the diploma course was the 15th September 2017. Prof. Nabil Sulaiman, the Director of CSTC, welcomed the participants to this exciting course.



Viral News

Young cardiac cells rejuvenate heart in animal study

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

Cardiac predecessor cells appear to rejuvenate the hearts of older animals, according to a recent study from Cedars-Sinai Heart Institute that may lead to tests in humans. Signs of rejuvenation in rats included a 20 percent increase in exercise capacity, faster regrowth of hair, and lengthening of the protective caps of chromosomes. The study used cardiosphere-derived cells, or CDCs, which are like stem cells, but can only develop into heart cells. These cells are already being used in a human clinical trial to repair damage from heart attacks. The trial is being conducted by Capricor in several hospitals.

Since these cells have already been found to be safe, it should be fairly straightforward to extend testing from repairing heart damage in people to rejuvenation, said study leader Dr. Eduardo Marbán. However, a researcher not involved in the study said that while it was well done, the history of stem cell treatments indicates that proving efficacy in people promises to be far more difficult. The study used cells taken from newborn rats, injected into the hearts of older, senescent rats. It was published Aug. 14 in the *European Heart Journal*. The study is “exceptional in both its scope and breadth,” said Dr. Richard Schatz, a cardiologist involved in the Capricor trial. “It examines an extraordinary number of variables rarely seen in such studies to ask the question of the impact of CDC (specialized stem cells) on cardiac aging in rats. Every parameter of how aging might be studied moved in the right direction, meaning there might be a biologic effect of their cells throughout the body.” Schatz cautioned that scientific excellence doesn’t equal clinical success. The technology’s muscle-improving effectiveness could also help patients with Duchenne muscular dystrophy, Marbán said. That use is in clinical testing. Early results in patients have been promising enough that more studies are planned.

Source: The San Diego Union-Tribune

The most important factor in academic and professional success that we largely all ignore

Submitted by: Dr. Azma Abdul Malek

What's the secret to success? It's not an easy question to answer. So, why do some people succeed in almost everything they do? Do they possess some hidden secret that most of us don't know about? Actually yes they do! According to psychologist Angela Lee Duckworth, who for 10 years studied the most common predictors of academic and professional success, success doesn't have much to do with intelligence or talent. In fact, Duckworth says that the data clearly proved that talent doesn't really amount to anything. Rather, the most successful students and professionals possess one trait that we largely all ignore:

GRIT!

Yep, our ability to stick with something when it's not working out. Who would of thought? Check Angela Duckworth's brilliant TED Talk which explains what grit is and how you can increase it in your daily life: Seeing as grit (our ability to stay motivated and passionate through failures and hiccups) is so important to our success, I'm sure you're wondering: Can I improve my grit? The good news is, yes you can! Here are 5 ways:

1) Focus on your self-talk

Whenever you give your best effort, even if you don't succeed, give yourself a pat on the back. Too often, we'll speak positively to ourselves for "being smart" rather than pushing through. However, this only teaches us to adopt a fixed mindset – the belief that our talents are largely innate and can't be improved. It's more fruitful to praise yourself when you bounce back from failure and push through tough times.

2) Surround yourself with people who persevere

Surround yourself with people who are positive and optimistic that they can beat the odds. There's no point in surrounding yourself with people who believe that everything is innate and that talent is only the predictor of success. Those types of people are boring and uninspiring.

3) Adopt flexible thinking patterns

Being less rigid in your thoughts and actions allows resilience and grit to blossom. Flexible people don't see problems. They see opportunities for growth!

4) Set tiny goals that align with your purpose

Research has found that people with a sense of purpose are happier. However, your purpose can be abstract and difficult to define. By creating smaller goals that align with your purpose, you'll stay motivated and purpose driven throughout your day.

5) Build time into your day for reflection.

When you give yourself time to think back on a day in a non-judgmental way, you can see what you have accomplished and what actions you need to take tomorrow to keep moving forward. It will help you stay clear, motivated and ready to take on the world.

Do you know what it means to be heart healthy?

By: **Dr. Sarra Shorbagi**

A message from the World Heart Day , 29 September 2017

“ Your heart powers your whole body. It lets you love, laugh and live your life to the full. That’s why it’s so important to look after it. If you don’t, you’re putting yourself at risk of cardiovascular disease (CVD), which includes heart disease and stroke. CVD is the world’s number one killer. Each year, it’s responsible for 17.5 million deaths, and by 2030 this is expected to rise to 23 million . But the good news is that much CVD can be prevented by making just a few simple daily changes, like eating and drinking more healthily, getting more exercise and stopping smoking. In World Heart Day, we’re asking you to know what it means to be heart healthy? ”



Take this Heart IQ test and find out how heart smart you are:

A healthy diet means at least 5 portions of fruit and veg a day. How much is a portion?

50 g

80 g

100 g

Too much of which kind of fat can increase cholesterol levels?

Unsaturated fat

Trans fat

Moderate-intensity exercise raises your heart rate and makes you break into a sweat. How much should adults aged 18-64 aim for every week to keep their hearts healthy?

50 minutes

120 minutes

150 minutes

Vigorous-intensity exercise makes you breath harder and it's difficult to talk at the same time. How much should adults aged 18-64 aim for every week to keep their hearts healthy?

50 minutes

75 minutes

95 minutes

Within how many years of stopping smoking does your CVD risk return to that of a non-smoker?

15 years

25 years

Never

What's the biggest cause of death from secondhand smoke exposure?

Lung Cancer

Pneumonia

Heart disease

There are two types of cholesterol, "good" and "bad". But which is the bad type?

Low density lipo-protein (LDL)

High density lipo-protein (HDL)

Answers to questions <https://www.worldheartday.org/take-action/>

1 (B)

2(B)

3(C)

4 (B)

5 (A)

6 (C)

7 (A)

Failure of faculty to fail the failing students; the need to enhance faculty support and revamp academic integrity

By: Prof. Salman Y. Guraya FRCS, Masters MedEd

Educators have incorporated a range of assessment tools that aim to determine the cognitive and meta-cognitive knowledge, and interpersonal and psychomotor competence of medical students. In addition, the characteristics of professionalism, decision-making, and problem-solving skills are judged by employing diverse assessment modalities. All aforementioned assessment tools used by faculty, however, are fraught with subjective biases [1]. *Per se*, without prejudice, its hard to determine the precise nature and extent of this practice. However, the purpose of this brief note is to elaborate the compelling reasons with some tangible solutions that can support faculty in dealing with such challenges.

Literature has signalled certain factors that sometimes deter faculty to fail underperforming students. The overarching barriers to faculty from preventing them to report an underperforming learner are identified as; 1) faculty unwillingness to document negative evaluation that would jeopardize reputation; 2) lack of knowledge about what to document; 3) threat of being engaged in litigation and appeals process; 4) faculty-learner personal relationships; 5) students' aggressiveness in pursuit for high grades; and 6) absence of remediation options. A survey-based report from McMaster University and Association of American Medical Colleges has proposed that the most frequent reason for failure of faculty to fail a failing student was the faculty unwillingness to record negative evaluations [2]. A sympathetic approach by faculty sometimes influences the decisions during evaluations particularly the concerns about students' financial investments as well as the fear of adversely affecting students' professional career. In contrast, a genuine challenge faced by medical faculty emerges in the event of failing a learner due to his non-cognitive deficits such as unprofessional behavior. This well-known shortcoming in assessment in healthcare system springs from the fact that the paradigm of professional behavior orchestrates along a spectrum and the threshold where a learner is deemed incompetent has not been clearly established.

The legal requirements for expulsion or dismissal of a university student depends on whether the institution is public or private and whether a disciplinary reason or unsatisfactory academic performance is the basis for dismissal.

The contract between student and institution lays down the recommended guidelines of entire dismissal process that need to be followed before a student is dismissed. Documentation prior to dismissal should adhere to these local and national (if available) guidelines and serves as a strong defence to a lawsuit by the student. This complexity of dismissal process somehow deters faculty from negatively reporting struggling students. The frustration, anger, disappointment, and role strain experienced by some assessors in failing medical students appear to obligate the assessors to internalize student's failures as their own. Any subsequent failure on the student's part then becomes heavily internalized to the same assessor and the 'error' is personalized as his or her own [3].

A proliferation of emerging cases of failure of faculty to fail underperforming student has been rightly labelled as a lapse of academic integrity by educators [4]. Institutions are ought to re-emphasize the need to collect faculty documentation with instant responsiveness to their concerns and remarks. Closing the loop of faculty documentation process and precise policies for addressing underperforming students, including those for probation and dismissal, should be re-visited in a more enforceable manner. Well-structured faculty development programs can effectively educate on how to assess struggling learners, to provide corrective feedback, and can shed light on necessary remedial actions and documentation. There is also a pressing need to raise the awareness about professionalism traits among faculty and students. The key message for faculty is the early identification of dysfunctioning students and in dealing with the struggling or failing students by taking the prescribed course of events as outlined by their institutions.

No conflict of interest declared.

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First Aid Facts that are actually lies!

Submitted by: **Prof. Mohamed Al Hajjaj**

It's important to know how to identify and treat minor accidents and injuries, but common knowledge in first aid isn't immune to myths, most of which have circulated for decades. While some myths are harmless, others can cause further injury or make things worse. Here are some of the most common first aid myths that must be unlearned:

LEAN BACK TO STOP A NOSEBLEED

Definitely do not lean back and look up to treat a nosebleed, even if you're pinching your nose. It can lead to blood running down the esophagus, which can accumulate in the stomach or, even worse, get inhaled.

Instead: Sit down, lean forward, and pinch the area just beneath the bridge of the nose. Do it for at least 10 minutes. If the bleeding doesn't stop after 20, seek medical attention.

ALCOHOL RUBS REDUCE FEVER

Rubbing down a person with isopropyl alcohol to bring down a fever is unlikely to be recommended today -- for good reason. It can not only induce shivering, which can raise body temp even further, but lead to serious medical complications, such as a coma.

Instead: Use provider-approved over-the-counter medications, such as acetaminophen or ibuprofen.

BREATHE INTO A PAPER BAG FOR HYPERVENTILATION

Don't take medical advice from cartoons. Breathing into a paper bag when hyperventilating can lead to hypoxia and death. Also, not all hyperventilation results from panic attacks; getting less oxygen can worsen a medical condition.

Instead: Try to calm the person, and get them to a medical facility to rule out serious concerns.

SMOTHER, BURN, OR TWIST A TICK

There are loads of old tales that instruct you to smother a burrowing tick with vaseline; hold a hot match to it; or twist it to get it out. All are huge no-nos and can lead to complications such as retained tick parts, or cause the tick to vomit or burrow even deeper, increasing the chances of a tick-borne illness such as Lyme disease.

Instead: Grasp the tick as close to a victim's skin as possible with tweezers and use steady, even pressure to pull it out. Wash and dry the affected area with soap and water. Dispose of the tick by flushing it down a toilet or sealing it tightly in a plastic bag.

URINATE ON JELLYFISH STINGS

Nobody wants to be stung by a jellyfish, but people also don't want to urinate on a friend's jellyfish sting. Good news: Urine is definitely not recommended as a first aid treatment for stings, despite the plot device from that episode of "Friends."

Instead: Rinse the sting with salt water and try to remove the stinging cells by scraping them out with a credit card. If there are signs of a severe allergic reaction or the affected area covers more than half of a limb, seek immediate medical attention.

USE TOOTHPASTE TO SOOTHE A BURN

Toothpaste has chemicals that can be dangerous for a wound, and the paste can seal in the heat of a burn instead of helping the burned area cool down.

Instead: Again, use cool water over a burned area to bring the temperature down gently.

INDUCE VOMITING AFTER INGESTING POISON

If household chemicals or other poisons are ingested, the natural inclination is to get it back out again immediately. But inducing vomiting can cause a host of additional problems, including serious damage to the esophagus.

Instead: Resist the urge to give syrup of ipecac or something else that induces vomiting. Contact poison control and seek immediate medical attention.

USE BUTTER TO SOOTHE A BURN

Putting butter on a burn may seem like a good idea, as it should help cool the skin, but it actually worsens the situation because its oily nature slows the release of heat.

Instead: Run a burn under cool -- not ice-cold -- water as soon as possible to bring down the heat slowly.

SUCK OUT SNAKEBITE VENOM

Don't bother trying to suck out snake venom from a bite (or cutting the wound) before seeking treatment. It's not effective, and could be dangerous.

Instead: Move a safe distance from the snake, remain calm, avoid tourniquets, seek immediate medical attention.

APPLY HEAT TO A SPRAIN

Warmth can make an injury feel better, but forget about it for a sprain. It can actually increase swelling.

Instead: Use ice as part of the RICE treatment: Rest, Ice, Compression, and Elevation. The ice will help reduce swelling.

Featured Faculty– Recruitment

We welcome the following new faculty to our college:

Dr. Jibran Sualeh Muhammad

has recently joined us as an Assistant Professor in the Department of Basic Medical Sciences at the University of Sharjah. He is a medical doctor from Pakistan and graduated his Ph.D. in Medical Life Sciences from the University of Toyama, Japan.



He has a teaching experience of almost three years in a PBL based curriculum at the Medical College in the Aga Khan University, Pakistan. From October 2016, he was employed as an Assistant Professor in the Department of Biological and Biomedical Sciences, in the Medical College at the Aga Khan University.

Dr. Jibran has many publications in international peer-reviewed journals and presented at various international conferences. His research focuses on Cancer Biology, Epigenetics and Natural Products. He has supervised several undergraduate and graduate researchers during his stay at University of Toyama, Japan and Aga Khan University, Pakistan. He is a recipient of Sasaki Award for Excellence in Research from University of Toyama, Young Investigator's Award from Japan Association of Helicobacter Research and National Scholar Award from the United European Gastroenterology Scientific Committee. He is also an editorial board member of World Journal of Gastrointestinal Oncology and Journal of Pioneering Medical Sciences.



Dr. Basema Saddik has recently joined the Department of Family and Community Medicine and Behavioral Sciences as an Associate Professor at the College of Medicine.

Prior to joining the College of Medicine, Dr. Saddik held the role of Associate Professor at the College of Public Health and Health Informatics at the King Saud bin AbdulAziz University for Health Sciences in Riyadh, Saudi Arabia. Her previous roles have also included; Assistant Professor at the Faculty of Health Sciences, University of Sydney, Epidemiologist with the NSW Department of Health, and Research Associate with UNICEF and the American University of Beirut

Dr. Saddik received her Health Information Management degree from the University of Sydney and her Master in Public Health and PhD from The University of New South Wales, Australia.

Dr. Saddik's research profile has included the supervision to completion of research projects for over 45 Masters and PhD students. She is also the recipient of various research grants in Australia as well as in Saudi Arabia including the prestigious KACST grants from Saudi Arabia. In 2013, she won the King Abdullah International Medical Research Center (KAIMRC), Ministry of National Guard Health Affairs research award in recognition for her outstanding contribution to research. She has published over 50 research papers in international journals and conferences and serves on the international advisory board for the Health Information Management Journal of Australia. In her previous role, Dr. Saddik served as Chair of the College of Public Health and Health Informatics Research Committee and Scientific committee member of the KAIMRC Research Committee.

Featured Faculty– Recruitment

We welcome the following new faculty to our college:

Dr. Firdos Ahmad has recently been appointed as an Assistant Professor at the Department of Basic Medical Sciences at the College of Medicine.



Dr. Ahmad earned his BSc from Lucknow University and MSc from Hamdard University in New Delhi. He received his PhD in Clinical Genetics from All India Institute of Medical Sciences at New Delhi. During his PhD, Dr. Ahmad also worked at University Medical Center, Eppendorf, Hamburg, Germany, as a Prof. Gunther Landbeck Fellow, to understand the pathophysiology of a common human genetic disorder, von Willebrand Disease.

After completing his PhD in 2009, Dr. Ahmad accepted a Postdoctoral research scientist position at Thomas Jefferson University in Philadelphia, USA. During that time, his research focused on non-malignant hematological disorder. In 2012 he moved to Temple University and joined the Center for Translational Medicine where he continued his research on cardiovascular diseases. In 2014, Dr. Ahmad was appointed as an Assistant Professor at the Department of Medicine of Vanderbilt University Medical Center, Nashville, USA where he continued his research on cardiovascular diseases and characterized the novel role of cell signaling molecules in heart failure. His research findings were published in several leading cardiovascular journals.

Dr. Ahmad received several prestigious awards including, Developing world Scientist award from International Society on Thrombosis and Haemostasis (ISTH) Boston Committee 2009, Pier M. Mannucci young investigator award from editorial committee of J. Thrombosis and Hemostasis, and several travel awards from international scientific societies. He is also an active member of American Heart Association (AHA), American Society of Hematology (ASH) and International Society for Heart Research (ISHR). He also serves as a review committee member for several peer-reviewed international journals.



Dr. Mohamed Rahmani has recently joined us as Associate Professor in the Department of Basic Medical Sciences at the College of Medicine.

Dr. Rahmani completed his Bachelor in Cell Biology (1995) at Pierre et Marie Curie University, and his Master and PhD (1999) in Molecular and Cell Biology at Denis Diderot, Paris 7 University, France. He subsequently joined Virginia Commonwealth University and the Massey Cancer Center, Richmond Virginia as a postdoctoral associate. He was promoted to instructor in 2003, assistant professor in 2005, and associate professor in 2010.

His research areas include investigating the molecular pathogenesis of various types of cancer particularly hematological malignancies employing *genome editing technology and animal models*. His work has led to additional 80 peer-reviewed publications (including 18 as first-author) most of which are in highly regarded journals including Molecular and Cell Biology, Blood, Cancer Research, Journal of Biological Chemistry, Oncogene, PNAS, Cell death and differentiation, etc. His work has also led to multiple clinical trials in hematological malignancies.

Dr. Rahmani has supervised many research specialists, medical residents and fellows, Master and Ph.D students, as well as postdoctorals and junior faculties. Dr. Rahmani's work has been continuously funded by many highly competitive grants including RO1 and Specialized Programs of Research Excellence (SPOREs) NIH grants, and leukemia & lymphoma society.

He has also been serving as associate editor and member of the editorial board in multiple journals which includes reviewing manuscripts for many well-respected scientific journals including Oncogene, Cancer research, Clinical Cancer research and Blood among others.

Featured Faculty– Recruitment

We welcome the following new faculty to our college:

Dr. Balsam Qubais Saeed recently joined the Department of Clinical Sciences as Assistant Professor.



Prior to this, she was serving in the University, as head of Health and Medical Sciences Department, and Dean's Assistant at the Community College. Furthermore, she served for five years, as Lecturer in the department of Anatomy in the College of Medicine - Mosul University.

Dr. Balsam got her PhD in Clinical Microbiology from Tikrit University and MSc from Mosul University. During her career, she was engaged in both teaching and research work. She taught many courses in Human Biology and Medical Microbiology. Furthermore, she followed up the accreditation of many programs in the University of Sharjah.

She also played an active role in Community Services; initiating relations between the University and Health Departments and Municipalities in Sharjah and other Emirates.

Her main research field is the area of medical parasitic diseases, infectious diseases, antibiotic resistance in bacteria and effects of medicinal plant extracts on the growth of bacteria and parasites. Her latest published paper was "Effects of some prepared coumarin compound on some *Salmonella species* isolated from clinical samples".

She participated in many local and international conferences, the latest of which was the Cebu International Conference on Biomedical, Medical and Pharmaceutical Sciences in January 2017 in Cebu, Philippines.



Prof. Diaan Al Muwafi recently joined the Department of Clinical Sciences as Associate Professor, Obstetrics & Gynecology.

Prior to this, he was working at the Faculty of Medicine and University Hospitals in Benha University, Egypt.

Prof. Diaan El-Mowafi has over 35 years of experience in the field of Obstetrics & Gynecology. He worked as a Research Fellow at Hutzel Hospital & C.S. Mott Center for Human Growth and Reproduction, Wayne State University, Detroit, MI, USA and an Educator at the Department of Obstetrics & Gynecology, Wayne State University, Detroit, MI, USA. Afterwards, he joined as a Fellow, Tutor, Lecturer and Examiner at the Department of Obstetrics & Gynecology, Geneva University Hospitals in Switzerland. Later he became Consultant and Head of Obstetrics & Gynecology Department at King Khalid General Hospital in Saudi Arabia then moved to the UAE where he worked as a Consultant in Obstetrics & Gynecology in Dubai before joining us at the College of Medicine.

Dr. Diaan has 55 international and national publications and is the author of 4 text books in Obstetrics & Gynecology. He is Editorial Advisor on OBGYN.net as well as being a member of the New York Academy of Sciences, Geneva Foundation for Medical Education and Research (GFMER), Egyptian Fertility and Sterility Society, Egyptian Society of Colposcopy and Cervical Diseases and he is also on the Directory Board of the Society of Obstetricians & Gynecologists.

He is a Coordinator at the WHO Collaborating Center in Geneva as well as being a Referee at the Middle East Fertility Society Journal and an Assessor for Associate professors promotion at the Universiti Sains Malaysia in Malaysia.

Faculty & Staff Achievements, Awards and Special Recognition

Publications:

- **Dr. Eman Abu Gharbieh** recently had the following paper published: Bash-eti IA, Abu-Gharbieh E. "Revealing treatment-related problems for outpatients with alarming health status in the United Arab Emirates". Journal of Pharmaceutical Health Services Research. 2017; 8 (3), 193-199
- **Dr. Nihar Dash** recently had the following publication: Hammami, M.B.A., Mohammed, E.Q., Hashem, A.M., Al-Khafaji MA, Alqahtani F, Alzaabi S, Dash N. Environ Sci Pollut Res (2017) 24: 20626. <https://doi.org/10.1007/s11356-017-9625-x>
- **Prof. Nabil Suliman** recently had an opinion piece published: Sulaiman N (2017) Family Medicine in the 21st Century: Challenges and Opportunities. Int J Fam Commun Med 1(1): 00002. DOI: 10.15406/ijfcm.2017.01.00002

Conferences, Seminars and Talks:

- **Dr. Maha Saber** participated in the 13th Congress of European Association of Clinical Pharmacology and Therapeutics, June 24th-27th 2017 in Prague where she presented a moderated poster: STATIN-INDUCED MYOPATHY SLCO 1B1 GENE POLYMORPHISMS IN EMIRATI POPULATION Maha Saber-Ayad, Shaista Manzoor, Ahmed El-Serafy, Ibrahim Eltayeb, Salah Abusnana, Nabil Sulaiman
 - **Dr. Nuha Yousif** completed a Diploma in 'Gynaecological Endoscopy' by Kiel School of Gynaecology Endoscopy, Germany in July 2017.
-

Student Corner

UOS Summer Electives

Electives have long been part of medical students' final stage of training and are invaluable opportunities to gain insight into healthcare in different social, cultural, economic and political environments. There are enormous benefits from a successful elective including improved communication skills, building confidence in working independently in unknown and difficult circumstances and observing diseases that are rare in UAE. However, the benefits of an elective can go far beyond improving a student's medical knowledge and interpersonal skill-set. The elective is a key to strengthening students' understanding of other cultures and a broadening of their world view – a vital preparation for working within an increasingly multicultural population in the UAE. It provides a unique opportunity for medical students to gain understanding of the complex interactions, barriers and opportunities within different health systems around the world, and the sharing of insight, for mutual learning and for advocacy for global health – both in the UAE and in the recipient countries.

Elective training at Sharjah

Medical students at the University of Sharjah are required to do six weeks elective training of their choice after completing Year 4. The elective can be used as an opportunity to learn more about oneself and to explore a particular area of medicine or even to explore different non-clinical skills such as teaching or research. Students are encouraged to do their electives in a different country to enrich their cultural experience, personality, confidence and diverse learning and teaching modalities and different health system. Many medical students take the opportunity to learn more about and experience medicine in a different setting within UAE, GCC, MENA region or anywhere else in the world.



Japan– Meena Al Hadithi

Konichiwa! Before heading to the boring bit, here are a few quick tips on how to blend in Japan.

1. Bow! Whenever you enter a place, exit a place, meet someone or *something*.. take a bow!
2. DO NOT YELL! We Arabs have quite a high pitch and we don't realize it. Well you will realize it once you reach Japan. It's so quiet there, even in the subway so mind your tone or else you'll be stared at. Learn to **whhispeerrrrr**.
3. Watch the anime "Your name is". You can easily make a whole conversation with literally any person in Japan about this anime. Even an infant would know it. Then watch some more.
4. Learn some basic greetings and daily used sentences. If you want to ask anyone anything, you need to call them in Japanese, no one will respond to the famous "Excuse me sir".



University of Sharjah has an exchange program with Mie University in Japan and so 17 students, including myself, went there this summer. It was such a great experience, an eye opener as they say. The science and the technologies they've reached in Japan is beyond astonishing. I was posted in Pediatrics for 2 weeks and in Orthopedics surgery for another 2 weeks.

In Pediatrics, I saw a lot of leukemia patients and how everyone is dealing with the disease is amazing. You'll get to do a full physical examination and take history, but as most patients don't understand English your focus will be the physical examination. As for Orthopedics surgery, the machines and devices they use during the surgery to measure the right angle for the replaced joint is very advanced. They wear a full-on astronaut like suit and you actually get to try it as you get to scrub in. We got assigned to doctors who could speak good English and would explain everything to us since everything there is in Japanese. All the other departments were outstanding and everyone benefited.

Coming to the fun, because this trip is not only about work, there are so many places that you MUST visit in Japan so use your weekends and after-hours wisely. Some of the places I recommend are:

1. Universal Studios
2. Disney Land
3. Mount Fuji (only if you dare to climb)
4. Shibuya Crossing
5. Shrines (*they're endless*)

And lastly, don't forget to make a lot of friends! They're the sweetest people on planet Earth and they're so much fun!



UK– Shahad Abobakr Abasaeed

During this summer, I did my elective program at Russells Hall Hospital in Birmingham. I decided to do my elective in the UK to become familiar with the healthcare system there, in order to be able to make some future plans for my residency program.

One thing you need to know before going there is that you won't be needing a lab coat, imagine that! Just go in formal clothing and you'll be fine. I started planning for this elective from last summer because seats are usually limited for international students. I joined the obs&gyne team for one week and then I did 3 weeks of internal medicine. Internal medicine department there is divided into different units so in each week I joined a different team which were respiratory, GI and geriatric units.

The doctors are very welcoming and the environment is student-friendly so you don't have to worry about learning as everyone is willing to help and teach you.

During my practice there, I noticed that the cases I saw are very similar to the ones I see here, usually with a huge difference in the number of cases seen per day. Each day I would see around 30 patients in each department and even more in the outpatient clinics. Moreover, the guidelines over there are a bit different than here. I really advise anyone who would like to have a very enriching experience to apply for a placement in the UK, especially those who are planning to do their residency program there.



India– Meena Al Hadithi and Shahad Abobakr Abasaheed

If I were you, I'd think twice before skipping the India part. Take a deep breath as you won't believe what you're about to read.

We went to St. John's Hospital in Bangalore, India with a group of our friends and it was such an enriching experience. Before telling you about our hospital experience, allow us to tell you some fun facts.

First of all, Bangalore is safe, we didn't get robbed and we didn't get killed. On the contrary, everyone there is happy to help but that doesn't mean you shouldn't take your precautions. We'd always make sure we were back home by midnight but you must travel in groups at night to get home in one piece. Another interesting thing is that no one stared at us as if we're aliens and literally everyone speaks English; adjust the accent, shake your head and you'll blend in just fine.

India was different from Japan and the UK and we wanted the best of both worlds, as those countries have advanced technologies and India didn't. We arranged this elective by ourselves as our university doesn't have arrangements with India. First week for us was in Emergency Medicine and the team was so cooperative and nice. We saw so many different cases that we don't or rarely see here in UAE, like Dengue fever and a liver cirrhosis patient with the typical signs in Robbins book. Second week was general surgery and those who love surgery will enjoy it here as there's OT every single day with at least 6 different cases. Laparoscopic surgeries are very rare so you'll see a lot and learn a lot with open surgeries. You'll get the chance to scrub in easily and help a lot with the surgery. Our third week was in Community Medicine and it's different as the one we have here, we'd go to villages and we'd help with primary health care. As for our final week, we spent it in Pediatrics surgery where they had so many cases we've never seen before and so many anomalies, it was very enriching as you see diseases you've only ever read in books. If you want to have a lot of hands on and see different cases you should definitely go to India.

Now coming to the fun part, there are a lot of beautiful places and beautiful nature in India so tourism there will be breathtaking, you have city of Goa, Ooty, Maysoor and so many more. Don't forget Taj Mahal!



UAE & Germany– Mohamed Mekresh

I am glad to have completed my elective training in two premium hospitals and in an interesting specialty. I have just finished 6 weeks training in urology (2 weeks at Almafraaq hospital, Abu Dhabi + 4 weeks at Klinikum Bremen mitte, Germany) with my colleague Tareq Alzain.

During this period, I practiced how to take a focused history and I've conducted patient interviews so many times till I mastered doing it in a proper, professional manner. I made sure to attend morning rounds and morning meetings so that I get in touch with the doctor-patient relationships, the way of discussing cases and with the documentation system as well. I had the chance to attend a large number of operations in which I scrubbed in. These operations include one day minor surgeries, open surgeries and robotic surgeries using Da Vinci. Some of the operations that I have attended are: kidney transplantation, cystectomy, radical prostatectomy, nephrectomy, nephroureterectomy, ureteroscopy, percutaneous nephrostomy, microscopic vasovasostomy, orchiectomy, adrenalectomy and circumcision.



UK– Ghiath Ismayl

Clinical Elective at King's College Hospital (KCH) in London was one of my greatest experiences. Little can words express my feelings during those amazing six weeks. Where should I start and what to talk about; from the amazing and respectful staff to the countless cases in the theatres and clinics.

I remember my first day in the neurosurgery department. I was very excited to get started, but at the same time a little bit anxious since I didn't know anyone. Eventually I realized there is nothing to worry about. Everyone from the consultants and registrars to the nurses were very welcoming, kind and supportive, and made me feel part of the team.

Entering the theatres was the joy of the day for me. I saw many fascinating cases and the surgeons would explain every step which made me feel more involved. I started staying after work hours and doing overnight on-calls to get even more experience and encounters. As a result, I managed to attend over 40 operations and learnt a great deal of new skills and techniques.

The clinics were also a great environment for developing oneself. I learned how to perform proper history taking and physical examination for neurosurgical referrals. It was also a great opportunity for me to improve my communication skills and consultation ability.

The morning seminars were one of the best parts of the day. I gained a lot from the discussions they had in the meetings. Waking up really early was a challenge though. Nevertheless, it was worth leaving your comfort sleep for.

Six weeks passed quickly and I wish I could have stayed for more. It was truly a wonderful experience; one that I would definitely like to go on again.

King's College Hospital (KCH), London, United Kingdom:

<https://www.kcl.ac.uk/lsm/education/meded/mbbs/electives/apply.aspx>



Palestine– Safa Mohammad Hussein



My elective training at Rafidia Hospital in Palestine was a unique, exciting and motivating experience. I had the opportunity to learn more about the healthcare system in Palestine, to encounter medical conditions that I did not see before, and to meet new doctors and students, and make friends. I trained in the surgery and emergency departments, for a total of 6 weeks. I gained new knowledge, practiced several important clinical skills, and saw many different interesting cases. Everybody was very welcoming, helpful and supportive.

Overall, it was a valuable, enjoyable experience, where I learned a lot and at the same time had fun. Not just that, but it also helped me to realize that surgery is the medical specialty which I passionately belong to.

Canada and USA– Hussain Majeed

As part of our Medical College's curriculum, medical students are all required to complete 6 weeks of clinical elective at the end of their 4th year of medical school. My 6 weeks of elective training have no doubt been some of the most productive clinical experiences I've ever had.

I had my first elective at the Kingston General Hospital in Kingston, Ontario, Canada where I completed 2 weeks of General Surgery. I immediately noticed that final year medical students are made to work just almost just as hard as interns as they're entrusted with many obligations when starting their clinical years. The students get full computer system access, oversee the preparation of patient lists, write the morning progress notes, and prepare discharge, imaging and surgery reports, amongst other types of paperwork. Their work hours are also insanely demanding, starting from 6 am in the morning and never reaching home before 6 pm in the evening. They learn, eat and train and basically live at the hospital. I had to take on all the same responsibilities from the beginning of my training. The first week was challenging due to the steep learning curve, however, by the end of the 2 weeks, I've taken on my share of the workload, had tons of exposure in the OR and became a useful member of the team.

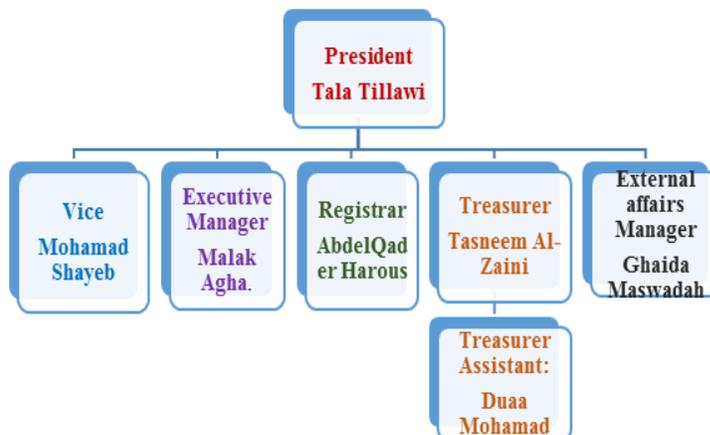
My next elective was at Froedtert Hospital in Milwaukee, Wisconsin, USA where I completed 4 weeks of Cardiology. Since the first year of residency in the US is considered an internship, from my experience, American medical students have fewer responsibilities and tasks than Canadian medical students. This doesn't betray the fact that they're also worked to the bone. Their work hours are just as demanding and they have similar duties to Canadian students. However, they are less involved with the direct care of patients as almost every final decision they make must go through their respective intern/resident. Students are also allowed to perform a wide variety of procedures, from IV cannulation to cardioversion. I have undoubtedly learned a whole lot about cardiology and have more than benefitted from this training. Their teaching methods are more clinically relevant and the attending physician and fellows are passionately involved in the education of not only the students but the residents as well.

All in all, I've come out of these two clinical electives as a more confident and competent healthcare professional. Clinical exposure is key to improving our medical knowledge and skills, I recommend all my fellow students to get as much international clinical exposure (whether it's a hands-on elective or an observership) wherever they can.



MSA 2017-2018

“Unity is strength , when there is teamwork and collaboration, wonderful things can be achieved”



The Medical Student’s Association (MSA) is a platform for medical students from different batches to unleash their potential towards extracurricular activities. The successful activities that have been achieved over the last three years since the birth of MSA make medical students believe they have the ability to dream up events and organize them for the benefit of themselves and others. MSA is one of the biggest associations in the university, involved in various activities such as scientific, social and community. There have been some changes for this academic year 2017-2018; a registration team has been assigned in each committee where the Registrar will provide guidance and a new board position: ‘External Affairs manager’, has been added where he/she will be involved in dealing with events and collaborations outside the university.



MSA is one means that offers self-development in a unique way. Our message in the MSA is that a medical student is far more than just a human being trying to be a doctor, to help and do no harm. The potential every one of us carries is so promising and to unlock this, we need to work together as a team, and that is when we can be the most powerful.

Our Heads	
Abdullah Nidal Head of Scientific	Haneen Shaheen Head of Community
Louay Mohammed Head of Social	Rami Karkout Head of Innovation

MSA White Coat Ceremony

It was the MSA's pleasure to host the very first White Coat Ceremony for our beloved Year 1 students. We believe this event will excite them for medicine and motivate them so as to make the long medical journey unforgettable.



The event started with the Dean's speech to Year 1 students. This was followed by the MSA president's introduction to the MSA and the Vice President's elaboration on past events. Students from Clinical and Basic Sciences years shared their experiences. Finally it was time for Year 1 students to wear their lab coats and solemnly make their vows.

Prof. Qutayba surprised everyone by randomly selecting three students to present them with stethoscopes as a gift for the beginning of their medical journey. Souvenirs were distributed and food was served. A very positive feedback was received from the dean, faculty and medical students on hosting the very first White coat ceremony in the medical college.



To watch the vow and for more photos visit our Instagram page on [[msa_medicine](#)]

Student Sport Participation

Our students came in first place in the Football Championship at the UOS New Student's Festival on the 19th September 2017.

The students who participated and won in this competition are:

- 1- Alaa Naser (Year 4)
- 2- Tareq Al Zain (Year 5)
- 3- Mohammad Elamin (Year 5)
- 4- Momin Earl (Year 4)
- 5- Ali Ayman (Year 5)
- 6- Motaz Yahia (Year 5)
- 7- Abdelkader Harous (Year 5)
- 8- Dr. Haitham (F2)
- 9- Dr. Adnan Kharsa (Intern)
- 10- Amr Arafa (Pharmacy)



Congratulations!

Events

• One Health Initiative: UAE Perspective

A symposium entitled 'One Health Initiative: The UAE Perspective' will take place on 18th October 2017 at the HCT Women's Campus. It will be related to the concept of 'One World, One Medicine, One Health' from the UAE perspectives towards today's critical global health challenges. The symposium intends to build strong interdisciplinary bridges to improve human and animal health, environment and climate changes that impact UAE society. It will cover four topics:

- * One Health Approach at animal-human-environment interface
- * One Health in emerging and Zoonotic diseases
- * One Health in food safety and meat inspection
- * One Health in Veterinary laboratory diagnostic work and disease surveillance

For students who are interested in participating in this symposium, present your poster in the above domains, and please check the following link for more information:

<http://www.onehealthinitiative.com/>

• Student Journal Club

This activity involves presentation and discussion of current literature in selected medical fields with the goal of achieving the following:

- * Gaining a better understanding of the most recent high-impact discoveries in medicine through an in-depth analysis of the current literature.
- * Applying discussion and scientific interaction among attending students and faculty.
- * Developing presentation skills, critical thinking, and scientific analysis.

This activity is targeted to Years 3-5, but all students and faculty are welcome to attend and participate. Keep an eye out for announcements!

HCT 2.0
كليات التقنية العليا
HIGHER COLLEGES OF TECHNOLOGY

ONE One Health Initiative: The UAE Perspective

1st HCT Veterinary Science Symposium

In partnership with the One Health Initiative, the Higher Colleges of Technology's Health Sciences Division is hosting HCT's inaugural Veterinary Science Symposium, entitled One Health Initiative – the UAE Perspective on 18th October 2017 at the HCT-Sharjah Women's campus.

The planned scientific program will address four topics on One Health approach in

- Animal-Human-Environment Interface
- Emerging and Zoonotic Diseases
- Food Safety and Meat Inspection
- Veterinary Laboratory Diagnostic Work and Disease Surveillance

The symposium will also feature poster presentations, workshops and exhibitions.

Wednesday, 18th October 2017
HCT-SJW Tanweer Hall

For more information:
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For any comments regarding this newsletter or suggestions for improvement please contact the Editor **Hiba Jawdat Barqawi** on hbarqawi@sharjah.ac.ae Ext: 7268

Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Dr. Sarra Shorbagi**

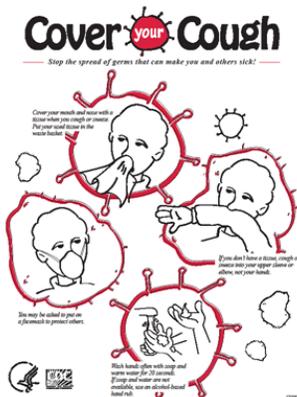


2017-2018 Influenza Season

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Take 3 Actions to Fight the Flu:

1) Influenza Vaccine each year: The best way to prevent the flu is by getting a flu vaccine each year. Yearly flu vaccination should begin in September, or as soon as the vaccine is available, and continue throughout the flu season. While flu season can begin early as October, most of the time seasonal flu activity peaks in January or later.

Vaccination is especially important for people at high risk of serious influenza complications or people who live with or care for people at high risk for serious complications. Persons working in health care settings also should be vaccinated annually against influenza.



2) Stop the spread of Influenza viruses:

- * Avoid close contact with people who are sick.
- * Stay home when you are sick.
- * Cover your mouth and nose with a tissue when you cough or sneeze.
- * Wash your hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- * Avoid touching your eyes, nose or mouth.
- * Practice other good health habits.

3) Antiviral drugs: CDC recommends that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and are at high risk of serious flu complications, either because of their age or because they have a high risk medical condition.



<https://www.cdc.gov/flu/consumer/three-actions-fight-flu.htm>

<https://www.haad.ae/haad/tabid/1008/Default.aspx>