



NEWSLETTER



COLLEGE NEWS



STUDENTS' CORNER



STUDENT ASSOCIATIONS



MEDICAL MISHAPS



RECOMMENDATIONS



DOCTOR'S ORDERS

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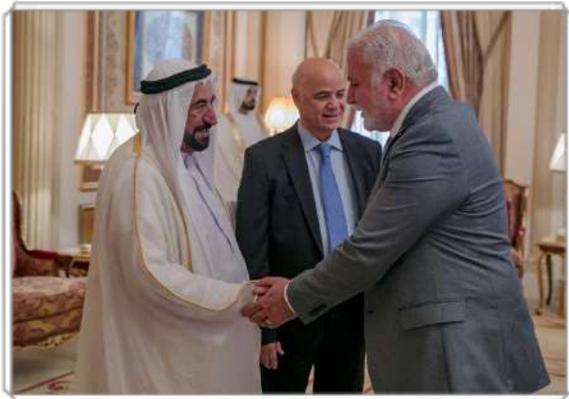
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JUMANA MUSTAFA
KAMEL SAMARA
DUA'A ALNUSAIRAT

DRISHTI KAMPANI
ABDULLAH MALEK

DEAN'S MESSAGE OF THE MONTH

I would like to welcome back all the faculty, staff and students to a new academic year at the College of



Medicine. I hope you have had a great summer break and prepared yourselves for the year ahead. Our mission is to continue to achieve excellence in teaching, research and community service, as we have consistently done over the past few years. Hence, I am pleased to announce that our medical campus has undergone a re-haul in terms of facilities, offices, lecture halls and labs - all aimed to enhance the students' experience.

These past few weeks have been busy, yet I have already met with all the students from Foundation Year to

Year 5 and, as always, I am pleased with the calibre of students we have accepted. It was an honour to see the new Year 1 students initiated into the college at the White Coat Ceremony. I would like to also take this opportunity to welcome the new members of faculty and staff who have joined us.

As always, I am very proud of our college's achievements; this would have not been possible if not for the continuous efforts and dedication of our faculty and staff. 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 wish you all a successful academic new year!



COLLEGE NEWS

White Coat Ceremony

The White Coat Ceremony was organized by the College of Medicine at the University of Sharjah to



mark the beginning of the Year 1 students' journey. This initiative was orchestrated by the medical faculty members Dr. Basema Saddik and Dr. Iman Talaat, alongside the Medical Student Association. The event was



held on Thursday 12th of September 2019 at 3:00 pm in Al Razi Hall under the patronage of the Vice Chancellor of the Medical and Health Sciences Colleges, Prof. Qutayba Hamid. The Dean of the College of Dentistry Prof. Hien Chi Ngo and faculty members from the Colleges of Medicine and Dentistry were all in presence. The parents and guardians of the Year 1 students were invited to attend this special ceremony where students wore their white coats with the help of the faculty members and took an oath to represent their commitment as students to the medical profession.



Reflection and Appreciation Award Ceremony

The Department of Family and Community Medicine and Behavioral Sciences organized a workshop on the 29th of August 2019 for the adjunct faculty, reflecting on the previous year and planning for the new one. Prof. Qutayba Hamid welcomed the participants and gave an overview of the university's plans. This was followed by group reflections on the clerkship training last year, highlighting the strengths and areas for improvement. Prof. Nabil Sulaiman facilitated the session, assisted by Dr. Sarra Shorbagi, the coordinator of field training. The workshop was also attended by new faculty members.

At the end of the workshop, appreciation certificates were awarded to Dr. Amira Saif Al Khaja, Director of the Primary Health Care Department, Dr. Azza Khalfan, Director of the Family Health Promotion Centre, and to the technical directors and coordinators who supervise the clinical training at the PHC: Dr. Hayat Abdulla, Dr. Heba Yousif, Dr. Asma Hadif Alshamsi, Dr. Khawla Rashed Alshehhi, Dr. Wassim Fares Kaddoura, Dr. Ghadah Najm Alazzawi, and Dr Hiba Rabea Mohammed Khair.



Educational Innovations - Flipped Classroom

Dr. Jibrán Sualeh Muhammad used the Flipped Classroom learning technique to teach Year 1 medical students about the early development of human embryo. This approach consists of two parts: non-face-to-face and face-to-face sessions (referred to as NF2F and F2F).



NF2Fs requires students' pre-session preparation for a specified topic, while F2Fs allow a more interactive session to build upon learning through application of knowledge, leading to enhanced student engagement and learning outcomes. For NF2Fs reading materials and videos were provided to the students to be completed prior to coming to class. During the F2F session, students were divided into small groups and provided with high-quality embryology specimens. Each group was asked to apply their knowledge to understand those specimens and later present their findings. Based on the students' feedback, this new method was highly appreciated and very useful in enhancing their learning.



Faculty Publications

Congratulations to Prof. Salman Guraya for the following publications:

1. Guraya SY. The pattern, stage and time of recurrent colorectal cancer after curative surgery. *Clinical Colorectal Cancer* 2019. <https://doi.org/10.1016/j.clcc.2019.01.003>.
2. Guraya SY, van Mook WN, Khoshhal KI. Failure of faculty to fail failing medical students: Fiction or an actual erosion of professional standards?. *JTUMED*. 2019; 14 (6); 1-7.
3. Guraya SY, Al-Qahtani MF, Bilal B, Guraya SS, Almaramhy H. Comparing the usage of social networking sites by medical and non medical university students: a multi-center study. *Psychology Research and Behavior Management*. 2019 Jan 1;12:575-84.

New Faculty

Prof. Rabih Halwani

Prof. Rabih Halwani recently joined us at the Col-



lege of Medicine in the Department of Clinical Sciences as a Professor of Immunology.

Previously, he was serving as the Associate Director of the College of Medicine Research

Center (CMRC) as well as the Scientific Director of the Immunology Research Laboratory at the College of Medicine, King Saud University (KSU), Riyadh, Saudi Arabia. He also served as a member of the Board of Deanship of Scientific Research at King Saud University, which oversees all research programs and activities at the university.

Prof. Halwani obtained his Bachelor's degree in Medical Lab. Technology in 1995, and Master's in Microbiology and Immunology in 1997 from the American University of Beirut. He received his Ph.D. in Experimental Medicine (Virology and Immunology) from McGill University, Montreal, Canada in 2004. He then joined the lab of the pioneer immunologist Prof. Rafick Sekaly as a Post-Doctorate Fellow, where he worked on developing vaccines against HIV/SIV viruses. He then moved to KSU in 2009 where he established and led the Immunology Research Laboratory, the main immunology laboratory in KSU specialized in asthma

pathogenesis as well as primary immune deficiencies.

Prof. Halwani's research interests include: development of novel therapeutic approaches for the treatment of chronic inflammatory diseases; understanding the molecular mechanisms involved in chronic inflammation, with a focus on asthma; discovery of novel genetic variants associated with primary immunodeficiency diseases; and vaccine development. He has published more than 65 articles in high impact peer-reviewed journals including prestigious journals such as *NEJM*, *SCIENCE*, *Cell*, as well as *JEM*, *JACI*, *EMM*, *PLOS One* and others. He has also trained and supervised many Medical, Master's, and Ph.D. students and conducted several training workshops on various areas of immunology research. Moreover, Prof. Halwani has secured considerable research grant funding for his research from external and internal funding agencies as well as pharmaceutical companies. Prof. Halwani received several international awards and was recently presented with the King Saud University Award for Scientific Excellence, First Rank (Research Quality Branch), 2017; and the KSU Elite Journals Publishing Award, 2016. Both awards were presented by his Excellency Prince Faisal Bin Abdulaziz Al-Saud, the Governor of Riyadh province.

Dr. Mohammed Saleh

Dr. Saleh received his Bachelor's degree in Pharmaceutical Sciences from Mansoura University,



Egypt in 2000, where he continued to work as a Teaching Assistant in the Department of Pharmacology and Toxicology till 2004. Soon after, Dr. Saleh

received his Master's of Science in the field of Pharmacology and Toxicology. His thesis was focused on investigating new therapeutic aspects directly targeting the chronic complications of diabetes. In 2010, Dr. Saleh received his Ph.D. degree from Augusta University, Georgia, USA in the field of Biomedical Sciences (Pharmacology).

The PhD dissertation focused on the role of endothelin-1 in chronic kidney diseases. In 2012, he received a post-doctoral fellowship in Vanderbilt University, Tennessee, USA. From 2012 to 2016, his postdoctoral work focused on investigating a novel link between inflammation and hypertension.

Dr. Saleh was promoted to an Associate Professor in 2016 for his outstanding quality, productivity, and scholarly impact. He taught physiology, pharmacology, molecular pharmacology, pharmacotherapy and toxicology courses at both the undergraduate and graduate levels at Mansoura University in Egypt. In 2018-2019, Dr. Saleh joined the College of Clinical Pharmacy at Imam Abdulrahman University (Dammam, Saudi Arabia) as Associate Professor of Pharmacology and Toxicology. During that academic year, Dr. Saleh was the main course coordinator for all therapeutic courses. Dr. Saleh has received several recognitions from the American Heart Association (AHA) and the American Physiological Society (APS) during his PhD and postdoctoral fellowship.

His scientific literature has been published in 30 publications in leading, highly impacted international biomedical journals. In 2019, his "h-Index" reached 20, according to the "SCOPUS" data base evaluation system.

Dr. Ali Shorbagi

Dr. Ali Ibrahim Saeed Shorbagi has recently joined the Department of Clinical Sciences in the College of Medicine, as an Associate Professor of Internal Medicine and Gastroenterology. In his previous tenure, Dr. Ali was in charge of in and out patient follow-up and management at Near East University, North Nicosia, Northern Cyprus, Turkey. Moreover, he was the Assistant Coordinator of Medical Education in the Department of Internal Medicine; he coordinated the medical students' core training in the Internal Medicine Clinical Rotation.



Dr Ali was Born on the 30th of June 1979 in Khartoum, Sudan. He graduated from St. Mary's Catholic High School, in 1994. Commencing his medical education in Hacettepe University, Turkey and then attained "Doctor of Medicine" in 2000, then "Specialist of Internal Medicine" in 2007. On top of that, trained as a research fellow of gastroenterology and hepatology at Hacettepe University Hospitals, where he amassed experience in diagnostic and interventional upper and lower gastrointestinal endoscopic procedures. Dr Ali then received the title of "Specialist of Gastroenterology" in 2011, Associate Professor of Medicine in 2014 and the European Board Certification for Gastroenterology and Hepatology (EBGH) in 2016.

In 2008, Dr. Ali was the general secretary for the 18th World Congress of the International Association of Surgeons, Gastroenterologists and Oncologists (IASGO), held in Istanbul. Numerous scientific papers in esteemed national and international medical journals were published by him. Furthermore, he is a member of several associations such as the Turkish Society of Gastroenterology (TGD), Turkish Association for the Study of the Liver (TASL), European Association for the Study of the Liver (EASL) and European Crohn's and Colitis Organization (ECCO).

His main fields of interest are gut microbiota and inflammatory bowel diseases. Other interests include viral and autoimmune hepatitis in addition to advanced diagnostic and interventional endoscopy

Dr. Ibrahim Hachim

Dr. Ibrahim Yaseen Hachim recently joined us at the College of Medicine in the Department of Clinical Sciences as an Assistant Professor in Pathology. Dr. Ibrahim is a medical doctor with M.Sc. in histopathology from College of Medicine, Al-Nahrain University, Iraq. He obtained his Ph.D. from Cancer Research Program, College of Medicine, McGill University, Montreal, Canada.



Dr. Hachim is renowned for his research work in the field of cancer biology and molecular pathology. Additionally, he had doctoral internship in Clinical Trails from Clinical Research Program, Lady Davis Institute, Sir Mortimer B. Davis J. General Hospital, Montreal, Canada. During his

career, Dr. Ibrahim received several awards including two doctoral scholarships, two Graduate Excellence Award, George G. Harris Fellowship in Cancer – Faculty of Medicine – McGill University, Montreal, Canada. Moreover, he received Pauline Blinder Krupp Award for the most promising clinical researchers (Oncology-2018) in Montreal, Canada.

Dr. Ibrahim has more than 15 publication in numerous prestigious journals including Scientific Reports, Human Pathology as well as EBiomedicine. His research work entitled “Prolactin Receptor Expression is an Independent Favorable Prognostic Marker in Human Breast” was highlighted in the Health section of the prestigious, Wall Street Journal.

Dr Ibrahim has more than 8 years of experience in teaching medical students in PBL base curriculum in RAK Medical and Health Sciences University, UAE. Moreover, he also worked as a secretary and member of the Research and Ethics Committee, RAK Medical & Health Sciences University and second year coordinator (2008-2010). He was a member of the Scientific Committee of the UAE Genetic Diseases Association (UAEGDA) (2012-3013) and a member of the Organizing Committee for the (1st, 2nd and 3rd) Students Scientific Conference in RAK Medical & Health Sciences University and the Organizing Committee for the 3rd National Genetic Diseases Conference (2012). This extensive teaching and research experience were also enriched by obtaining a certificate in Medical Education issued by Association for Medical Education in Europe (AMEE) - United Kingdom.

Dr. Mohammad Taha

Dr. Mohammad Hassan Taha has recently joined us as an Assistant



Professor of Medical Education at the College of Medicine.

Prior to this, he served as head of the Faculty Development Unit, Coordinator of the Curriculum Reform Committee and Member of the Steering Committee of Curriculum at the College of Medicine of Qassim University, Saudi Arabia for the past four years (2015 -2019). Since 2016, he also served as a facilitator of the Master's program of Health Professions Education at Gezira University, Sudan. Additionally, he has been a facilitator at Ain Shams University Middle East North Africa-FAIMER Regional Institute (ASU-MENA-FRI) for the past two years.

During his time there, he contributed to building the capacity of the faculty of Qassim region and also shared his experience with other fellows from Middle East. Currently, he is working as a consultant to many colleges for their respective curricula in Sudan, East Africa and Saudi Arabia.

Dr. Mohamed Taha has also worked with experts from internationally well-recognized universities to develop undergraduate and postgraduate curricula in Sudan, from 2010-2014. He has also worked with the World Health Organization (WHO) to validate standards and to improve the quality of post-graduate medical education in Sudan.

He completed his MBBS degree from University of Gezira, Sudan. Following that, he received a post-graduate diploma in 'Research Methods and Biostatistics' from University of Medical Science and Technology, Khartoum, Sudan. He continued his further education at University of Gezira, where he received his Master's and PhD in 'Health Professions Education'.

Dr. Taha is proficient in several areas of Health Professions Education, particularly faculty development, curriculum development and analysis. His research interests are curriculum development, medical education, teaching and learning. He has published in many international peer-reviewed journals and has served as a reviewer for some.

Conference Participations

Dr. Mohamed Elhassan participated in the 40th annual conference of the Network: Towards Unity For Health (TUFH) which was held from the 9th till 13th of September 2019. It is an international organization that focuses on fostering equitable community-oriented health education, services and research. It is a consortium of innovative healthcare organizations, universities, community institutions, and thought leaders from all over the world.

During the conference, Dr. Elhassan was:

- Appointed officially as the Eastern Mediterranean Region Representative in the Board of Directors of the Network and gave two presentations at the conference, additionally, he was selected as Co-Chair of the Social Accountability and Accreditation Taskforce.
- Joined a group to plan international research on mapping the teaching of social determinants of health in medical schools, the study will be led by West-Sydney University, Australia.
- Held a meeting with Maastricht University to discuss the way forward to complete the suggested collaboration with the Medical Education Centre.



CTC NEWS

Vagus Nerve Stimulator (VNS) Cadaveric Workshop in Col- laboration With Livanova



The University of Sharjah, Sharjah Surgical Institute (SSI) in collaboration with Livanova conducted the VNS Cadaveric Workshop on Sunday September 8th 2019. A VNS is a device used to treat seizures when medications are not effective, and surgery is not possible. VNS consists of a pacemaker-like generator that is implanted in the chest wall and is programmed by the physician to stimulate the vagus nerve in the neck. VNS Therapy can safely lead to fewer and shorter seizures and better recovery. A total of 23 participants from the Middle East, Pakistan and Africa learned the latest trend in this field of neurosurgery.

There were 5 faculties headed by Prof. Saleh Baeesa, Professor and Consultant of Neurosurgery, College of Medicine, King Abdulaziz University, Jeddah, Kingdom of Saudi Arabia together with Dr. Anwar Ahmad, Consultant Neurosurgeon and Pediatric Neurosurgeon at Sheikh Khalifa Medical city Abu Dhabi UAE; Dr. Faisal Alotaibi, Consultant Neu-

rosurgeon, Division of Neurosurgery, Neuroscience Department King Faisal Specialist Hospital and Research Center; Dr. Raafat Riyad Yahya, Neuro Surgery, American University of Beirut General Medicine, American University of Beirut, Lebanon and Dr. Marwan Wahib Najjar, Associate Professor of Clinical Surgery- Neurosurgery, American University of Beirut, Lebanon.

Cadaveric Workshop in Col- laboration with Arab Associa- tion of Urology and Boston Scientific



The University of Sharjah Surgical Institute (SSI) in collaboration of with Arab Association of Urology (AAU) and Boston Scientific has recently conducted several courses during the month of September. “Tactra™ Semi-Rigid Penile Implant Limited Market Evaluation Meeting” was conducted on Friday 6th September 2019. A total of 10

and Lebanon were mentored by Prof. Mohit Khera from the USA, an expert in this field. “2nd MENA Erectile Restoration Cadaver Course” was held on Saturday 7th September 2019 with a total of 12 participants from several different countries. The workshop was conducted by Prof. Yasser Farahat (UAE), Prof. Saleh BinSaleh (KSA), Prof. Mohit Khera (USA), and Prof. Gabriel Antonin (Italy).

Members from the Arab Association of Urology (AAU) met with the director of SSI to discuss further strategic collaboration to run a multitude of courses such as a Professional Diploma and a joint health promotion campaign for prostate screening in the near future. This is in an attempt to continue the center's mission to foster and expand the network of health care professionals in education and clinical training to achieve more effective patient care and higher level of patient's safety worldwide.

Opening Ceremony of 3rd National Ambulance EMT Program



The 3rd National Ambulance EMT program opening ceremony was conducted at University of Sharjah in Clinical and Surgical Training Center on the 3rd of September 2019. Forty three Emirati students attended the inauguration ceremony. This year's program commemorates the steady growth in

student numbers since initiation in 2017. Thirty-eight UAE nationals completed the course and began working as EMTs with the UAE National Ambulance after the first year of initiation.

No full-time course offers UAE Nationals the opportunity to gain the theoretical knowledge and practical experience necessary to take up a full-time position as an EMT with National Ambulance. The program consists of three modules: a ‘Foundation’ module handled by the University of Sharjah; a ‘Core’ module based on international academic curriculum run by National Ambulance Clinical Education Department and an ‘Operations’ module based on practical training and in field rotations led by National Ambulance Operation team.





STUDENTS' CORNER

College of Medicine - Student Representatives 2019/2020

Committee Name	Phase	Student Name	Year
1. College Council:	Pre-clinical:	Ahmad Saad Sawan ID # U16103386	Year 3
	Clinical:	Khaled ElSayed ID # U14110046	Year 5
2. Curriculum :	Pre-clinical:	Balkis Omar Zaitoun ID # U17101664	Year 2
	Clinical:	Musab Mohammed ID # U14111063	Year 5
3. Research:	Pre-clinical:	Dima Arab Saleh ID # U17100648	Year 2
	Clinical:	(Majd Al Deen) Alhuarrat ID # U14111044	Year 5
4. Student Assessment:	Pre-clinical:	Homam Galal Algebail ID # U16105482	Year 3
	Clinical:	Esraa Al Sayed ID # U14121063	Year 5
5. Student Advising & Welfare:	Pre-clinical:	Fatema Adel Marhoon ID # U16105817	Year 3
	Clinical:	Haneen Shahin ID # U14123710	Year 5
6. Medical Education:	Pre-clinical:	Imad Dalla ID # U17100082	Year 2
	Clinical:	Lina Al Sheikh ID # U14121972	Year 5
Year 1 - Representative		Omar Fawzi Lootah – ID # U18100829	Year 1
Year 2 - Representative:		Majd Haj Rubaeih – ID # 17100170	Year 2
Year 3 - Representative:		Tasneem Shamsi Basha – ID # 16103542	Year 3
Year 4 - Representative:		Saryia Adra – ID # U15104133	Year 4
Year 5 - Representative:		Abdullah Malek – ID # U14110324	Year 5

Electives

To experience the electives through the eyes of our beloved year 5 students



STUDENT ASSOCIATIONS



Medical Students' Association

2019-2020 BOARD MEMBERS

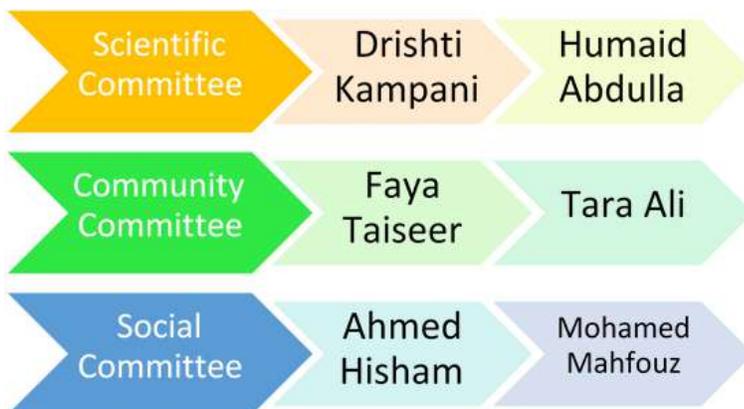


The Medical Students' Association (MSA) was introduced 6 years ago in an attempt to improve the student life in the College of Medicine: an association by the students, for the students. It offers a platform that provides students with academic and extracurricular opportunities that will help them express themselves, enhance their skills, improve their communication, and most importantly, provide an outlet from constant stress. This year's team, with the help of their members, will continue the legacy of MSA in contributing to the student body and to their community. By joining MSA you will be part of a team that will push you to innovate, create and accomplish. Your suggestions are always welcome on any ideas, events or campaigns.

OPENING CEREMONY



On the 17th of September 2019, MSA conducted its first event: the MSA opening ceremony. The ceremony was held in the College of Medicine in the presence of the Dean, Professor Qutayba Hamid, several faculty members and students from different years. The event commenced with a word from the Dean which addressed the expectations he had from MSA and the future of the association. This was followed by a speech from the current president of MSA, Homam Al-Anees, who introduced the committee heads and explained the vision and mission of MSA. Most importantly, he discussed the agenda and plans that were made in conjunction with the various heads of committees for this academic year. The opening ceremony was concluded, and students were given the opportunity to sign up to different committees. By this, MSA will embark a compelling journey that will make this academic year a remarkable one for the students.





Research and Development Association



Research and Development Association
University of Sharjah – College of Medicine

Stay tuned ... BIG THINGS ARE COMING

- ❧ **Medical Student Research Program**
- ❧ Conference Volunteering Opportunities
- ❧ Soft Skills Workshops
- ❧ Mobile Clinic



Peer Advisory Committee

Since the beginning of the academic year, members of the Peer Advisory Committee (PAC) have had their hands full preparing the junior batches' orientations. This involves providing useful recommendations and tackling the important aspects of each unit, hoping to appease everyone's worries. As is customary, Year 2 member recruitment will take place in the upcoming weeks. We are looking forward to starting the process and welcoming them to our family!

We will be resuming the USMLE Step 2 tutoring sessions, which began during the summer, as they seemed to garner a lot of interest from the Year 5s. These sessions, held by senior students who completed their exams, benefit not only those planning on taking the Step 2, but everyone interested in improving their clinical knowledge and reviewing the associated topics. They would also be of great value to the Year 5s who will attempt their IFOM CS exam at the end of this academic year. Additionally, we hope to expand tutoring sessions to the basic science years to help those facing difficulties in any subject.

We bank on this year being one where PAC thrives under the new heads and the help of all its members. PAC wishes everyone a prosperous year ahead!





UOS Model United Nations Club

UOS Model United Nations Club is a student-led organisation that consists of like-minded debators who aspire to change the world. We have participated and sent delegations to more than five conferences and won many awards. We look forward to accepting and welcoming new MUNers. We are aiming to joining other MUNs in the UAE and abroad; below is a message from the upcoming AUSMC conference:

Don't like the rules? Rewrite them! This is the motto over at the American University of Sharjah Model Congress (AUSMC), which is the first conference in the region to host both high school and university students in a diverse meeting of minds, in which U.S., Middle Eastern, and international political and socioeconomic policies alike are debated and discussed. A Model Congress seeks to simulate the legislative, executive, and judicial branches of the United States government. Students will have the opportunity to represent elected officials based on states and party affiliations designated to them for the purpose of resolving debates in the American political system.



**WE WANT YOU
FOR AUSMC!**

Delegates at the conference are presented with hard-hitting and crucial issues, and with the diversified views that delegates must take into account, they will come to understand the art of debate and dispute settlement, along with how to reach constructive solutions to problems they are presented with. The United States plays a significantly powerful role within the anarchic international system, hence, it is an invaluable asset for any member of today's interconnected society to develop a thorough understanding of how the U.S. system works, get a chance to experience as well as thoroughly understand party politics, and develop an understanding of the internal workings of the entire congressional system in a way that no classroom or textbook can ever do.

To those who truly wish to thrive and prosper across the globe and contribute to society and bring changes for the better, they must understand the world before they go about seeking to change it. Applying to be a delegate during AUSMC will get you started on formulating that understanding, starting with Congress and then the world. Interested applicants can send their details to register.uosmun@gmail.com.

MEDICAL MISHAPS

By: Drishti Kampani

Hysteria and the Wandering Womb

Hysteria, a word we commonly use to describe mental conflict and expression of extreme emotion. Hysterectomy, a word we use to describe a medical procedure involving the removal of the uterus.

Two different words, yet they stand united by the Greek root, 'hystera' which translates to 'uterus'. History shows us that hysteria was considered a disease that exclusively affected women and one that had fatal consequences. This reproductive organ was considered to be the root cause of most unexplained symptoms that women faced – anxiety, shortness of breath, fainting, nervousness, irritability, loss of appetite and promiscuous behavior.

Until 1980, 'hysteria' was a formally studied psychological disorder and prior to that, it was classified as a physical ailment. This brings to light some questions - What was hysteria? How was it treated? Why does it continue to be a source of contention?

The 'wandering womb' was a universal belief in ancient Greece, supported by eminent philosopher Plato and physicians Hippocrates and Aretaeus. It was theorized that the uterus could migrate around the female body and place pressure on other organs, resulting in the above-mentioned symptoms. If the womb moved up, it would compress on the veins in the head and cause vertigo and loss of strength whereas if it were to descend, there would be choking, loss of sensibility and perhaps, sudden death. There were two treatments for the wandering womb – a) to coax the uterus back to its original position by sweet-smelling vaginal suppositories and b) semen was considered to have healing properties and thus, marriage with lots of children was the recommendation.

As implausible as this hypothesis sounds today, hysteria wasn't well-understood even in the 19th century. Jean-Martin Charcot in 1880 was the first to scientifically describe this female-exclusive disease. His student, Sigmund Freud attributed hysteria to the castration of male sexuality from females. A third treatment option was devised – a bimanual gynecological massage until convulsions were achieved. The impropriety was not realized nor acknowledged as a problem. Roughly around 1910, this method of treatment was disbanded.

Fortunately, now we know that the uterus is not the seed of most medical problems and many of the symptoms of hysteria may be due to an underlying mental illness or just healthy methods of expression. Hysteria was the answer to everything that men found mysterious or inexcusable in women, an absurdity further propagated by men's historic dominance over medicine. Gendered stereotypes and ideas that women should be submissive, even-tempered and inhibited have caused massive damage in the past. It isn't a coincidence that the treatments of marriage and childbirth were provided because they were considered 'proper' activities for women of that time. It is time we recognize the imperfections of the past and learn our lessons as we move forward in our understanding of human anatomy and pathology.

Before ending this piece, I'd like to leave you with a question – Is premenstrual syndrome (PMS) the new 'wandering uterus' theory of our times?

RECOMMENDATIONS

By: Dua'a AlNusairat

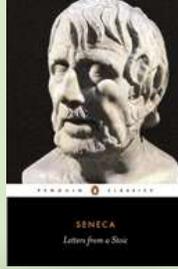
Book of the month

Name: Letters from a Stoic

Excerpt from Letter CXVI:

On Self-Control:

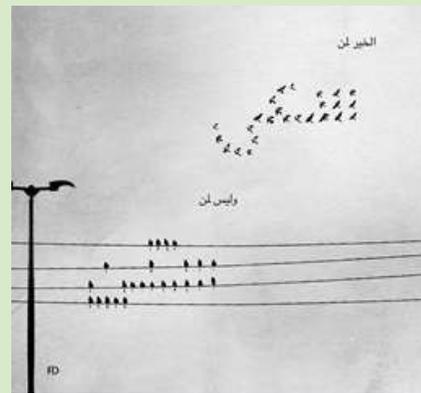
"In so far as we are able, let us step back from slippery places; even on dry ground it is hard enough to take a sturdy stand. At this point, I know, you will confront me with that common complaint against the Stoics: "Your promises are too great, and your counsels too hard. We are mere manikins, unable to deny ourselves everything. We shall sorrow, but not to any great extent; we shall feel desires, but in moderation; we shall give way to anger, but we shall be appeased." And do you know why we have not the power to attain this Stoic ideal? It is because we refuse to believe in our power. Nay, of a surety, there is something else which plays a part: it is because we are in love with our vices; we uphold them and prefer to make excuses for them rather than shake them off. We mortals have been endowed with sufficient strength by nature, if only we use this strength, if only we concentrate our powers and rouse them all to help us or at least not to hinder us. The reason is unwillingness, the excuse, inability." Farewell."



Hadith of the month

"من سَلَكَ طَرِيقًا يَبْتَغِي فِيهِ عِلْمًا سَلَكَ اللَّهُ بِهِ طَرِيقًا إِلَى الْجَنَّةِ وَإِنَّ الْمَلَائِكَةَ لَتَضَعُ أَجْنَحَتَهَا رِضَاءً لَطَالِبِ الْعِلْمِ وَإِنَّ الْعَالَمَ لَيَسْتَغْفِرُ لَهُ مَنْ فِي السَّمَوَاتِ وَمَنْ فِي الْأَرْضِ حَتَّى الْحَيَاتَانُ فِي الْمَاءِ وَفَضَلَ الْعَالَمِ عَلَى الْعَابِدِ كَفَضْلِ الْقَمَرِ عَلَى سَائِرِ الْكَوَاكِبِ إِنَّ الْعُلَمَاءَ وَرَثَةُ الْأَنْبِيَاءِ إِنَّ الْأَنْبِيَاءَ لَمْ يُوْرَثُوا دِينَارًا وَلَا دِرْهَمًا إِنَّمَا وَرَثُوا الْعِلْمَ فَمَنْ أَخَذَ بِهِ فَقَدْ أَخَذَ بِحِطِّ وَافِرٍ"

Picture of the month:



الخير لمن سعى وليس لمن سكن

By Faried Omarah



For any comments regarding this newsletter or suggestions for improvement, you can reach us at:
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DOCTOR'S ORDERS - DR. SARRA SHORBAGI

Working Together to Prevent Suicide

Every 40 seconds, someone, somewhere in the world, dies by suicide.

Who is at risk of suicide?

- Those who have previously tried to take their own life.
- Those suffering from depression or an alcohol or drug problem.
- Those suffering from severe emotional distress such as the loss of a loved one.
- Those living with chronic pain or illness.
- Those who have experienced war, violence, trauma, abuse or discrimination.
- Those who are socially isolated.



What can you do?

- Find an appropriate time and a quiet place to talk about suicide with the person you are worried about. Let them know that you are there to listen.
- Encourage them to seek help from a professional, such as a doctor, mental health professional, counsellor or social worker. Offer to accompany them to an appointment.
- If you think they are in immediate danger, do not leave them alone. Seek professional help from the emergency services, a crisis line, or a health-care professional, or turn to family members.
- If they live with you, ensure that they do not have access to means of self-harm, such as pesticides, firearms or medication.
- Stay in touch to check how they are doing and constantly follow-up with them.

Remember: If you know someone who may be considering suicide, talk to them, listen with an open mind and offer your support. If you feel like life is not worth living, reach out for help. You are not alone. Help is available.

Reference

World Health Organization. (2019). Suicide. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/suicide>