

COLLEGE OF MEDICINE NEWSLETTER



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DEAN'S MESSAGE OF THE MONTH

I would like to welcome back all faculty, staff, and students to a new academic year at the College of Medicine. I would also like to take this opportunity to welcome the new members of faculty and new students who have joined us. Our mission is to continue to achieve excellence in teaching, research, and community service, as we have consistently done over the past few years. Our college has ranked in the top 101-150 universities worldwide in the Clinical Medicine category, according to the Shanghai 2024 Academic Rankings of World Universities. We are in discussions with Great Ormond Street Hospital in London, UK, to accept our Year 3 and 4 students for electives. Additionally, we have introduced Mid Unit Quizzes for preclinical medical students, as per the suggestion of a special committee and approved by the Chancellor of the University.

I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, Member of the Supreme Council, Ruler of Sharjah, and Founder of the University, His Highness Sheikh Sultan bin Ahmed Al Qassimi, the Deputy Ruler of the Emirate of Sharjah and President of the University of Sharjah, and Prof. Hamid Al-Naimiy, Chancellor of the University of Sharjah, for their continuous and tremendous support. I wish you all a successful academic new year!



FACULTY

news

2024 Chapter Publications

In 2024, Prof. Maha Saber-Ayad has published three chapters in three books (Elsevier publications). In January, she co-authored a chapter titled "Histone Modification in Cancer" with Prof. Raafat Al Awady and Dr. Wafaa Ramadan. She also collaborated with Prof. Iman Talaat and Dr. Noha Elemam on writing a chapter about "Immunomodulatory Treatment of COVID-19." In July, she worked with colleagues in Sweden to publish a chapter on "Skin Regeneration Using Stem Cells."



Excellence in Master's for Telemedicine Education

In the spring semester of the academic year 2023/2024, Dr. Rania Salaheldien Ahmed was awarded a Master of Science degree in Leadership in Health Professions Education from the University of Sharjah with a standing of "Excellent". Her thesis was on the introduction of "Telemedicine Education" during the Medicine II rotation for Year 5 students at the College of Medicine.



Interview with Sharqiya TV

On 8th May 2024, Dr. Hamid Alhaj was interviewed on Sharqiya TV to discuss the impact of technology on children's mental health. In the interview, he emphasised the need for a balanced approach that considers both the positive and negative effects of technology, noting that excessive use of devices in children can lead to sleep issues, anxiety, addiction, and attention problems.



[WATCH VIDEO](#)



Young Investigator Award

At the 43rd International Society for Gravitational Physiology (ISGP) Annual Meeting, held on 29th May 2024, Dr. Zeinab Ibrahim was awarded the Young Investigator Award for her research on the effects of microgravity on cardiovascular and skeletal muscle health and its connection to the gut microbiota.



Middle East Employee Well-Being Summit

On 29th May 2024, Dr. Hamid Alhaj was invited to speak at the Middle East Employee Well-Being Summit. His presentation, titled "From Exhaustion to Empowerment: Navigating Burnout and Cultivating Personal Well-Being," addressed key factors that can aggravate stress and burnout leading to a negative impact on employees' performance, job satisfaction, and overall well-being. He provided strategies for the prevention and management of mental health problems.



Empower Program

In collaboration with the Royal College of Surgeons in Ireland (RCSI), Prof. Maha Saber-Ayad graduated a new batch of the "Empower" program in June 2024. The program is dedicated for talented potential female leaders at Johnson and Johnson. The group included employees from the MENA region, Russia, and Poland.



Medical Educator Fellowship

In June 2024, Dr. Suni Ebby was awarded the Medical Educator Fellowship by the International Association of Medical Science Educators (IAMSE). Her collaborative study, "Exploring the Medical Educators' Role in Developing Growth Mindset among Medical Students," showed that intentional guidance and support could boost students' confidence, effort, and academic performance.



Royal College of Psychiatrists International Congress

At the Royal College of Psychiatrists International Congress in Edinburgh, held from 17th to 20th June 2024, a team of medical students and graduates from the University of Sharjah, led by Dr. Hamid Alhaj, presented their research projects, titled:

- “Prevalence of Nomophobia and FOMO and Their Relation to Depression, Anxiety, and Stress.”
- “Can Virtual and Augmented Realities Be Used in Dental Care of Psychiatric Patients? Evidence from a Literature Review and Bibliometric Analysis.”
- “The Neurobiology of Depression, Burnout, and Resilience Among Healthcare Students.”



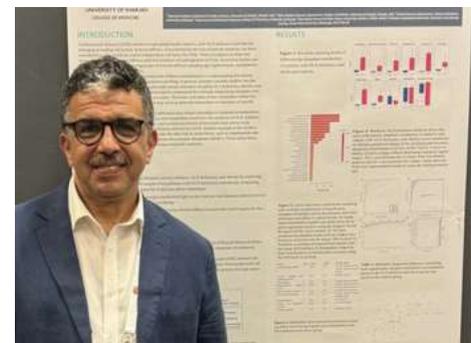
Annual Research Meeting

Dr. Wafa Alnakhhi participated in the Annual Research Meeting 2024, which was held in June and July, and organised by Academy Health in Baltimore, USA. She presented her poster titled “Utilisation of Telehealth Services Among Patients with Diabetes in Dubai Health Authority During COVID-19.” This project was a subsample of a previous study related to telehealth utilization during the pandemic, with a special focus on diabetic patients.



Paul Dudley White International Scholar Award

At the American Heart Association’s Basic Cardiovascular Sciences Scientific Sessions, held from July 22nd to 25th in Chicago, USA, Dr. Adel Elmoselhi was awarded the 2024 Paul Dudley White International Scholar Award for his abstract titled “Exploring Metabolomic Profiles in Vitamin D-Deficient and Obese Individuals: Relevance to Arterial Stiffness.”



Professional Diploma in Occupational Medicine

On 13th August 2024, Dr. Ibrahim Eltayeb was awarded a Professional Diploma in Occupational Medicine from the Royal College of Physicians of Ireland.



New Faculty

Prof. Sulafa Khalid Mohamed Ali

Prof. Sulafa Khalid has joined the College of Medicine as a Professor in the Department of Clinical Sciences. She holds a fellowship in Pediatrics (FRCPCH), Pediatric Cardiology, and Echocardiography. She is a Fellow of the American College of Cardiology (FACC) and a member of the American Heart Association (AHA). Prof. Sulafa has received numerous awards, including the WHO Kuwait State Prize for Control of Cardiovascular Disease in 2020, the Advocacy Award from the World Heart Federation in 2022, and the honor of being the American Heart Association Visiting Professor at George Washington School of Medicine in 2024. As a consultant interventional pediatric cardiologist, she has established pediatric cardiology programs in Sudan and Yemen and served as a WHO Expert in rheumatic heart disease. Her research interests span congenital heart disease, cardiomyopathies, and rheumatic heart disease. She is also recognized in the Lancet Journal as a pioneer of pediatric cardiology in Sudan.



Dr. Wael Hassan

Dr. Wael Hassan has joined the College of Medicine as an Associate Professor in the Department of Clinical Sciences. He obtained his MBBS and his Master's degree in Pathology from Egypt. He was granted a full scholarship to pursue his studies in Japan, where he obtained his MD and Ph.D. degrees in Pathology. Dr. Wael is a consultant histopathologist with over 15 years of experience teaching pathology to undergraduate and postgraduate students at several international medical schools. His primary research interest involves cancer, especially lung carcinoma, for which he has published several studies and has been acknowledged by his affiliated university in Japan.



Dr. Ream Langhe

Dr. Ream Langhe has joined the College of Medicine as an Assistant Professor in the Department of Clinical Sciences. She is a consultant OB/GYN, specialist menopause consultant, and researcher from Libya. Her combined clinical knowledge and dedication to research led her to international research opportunities, which are often featured in medical journals. She completed her master's and Ph.D. degrees on cervical and ovarian cancers, respectively. While pursuing her postgraduate education, she discovered a passion for teaching, which led to her obtaining a Master's degree in Clinical Education Studies and a teaching role at the Royal College of Surgeons in Ireland. There, she devoted herself to her students and earned the prestigious award, "Teacher of the Year."



STUDENT

news

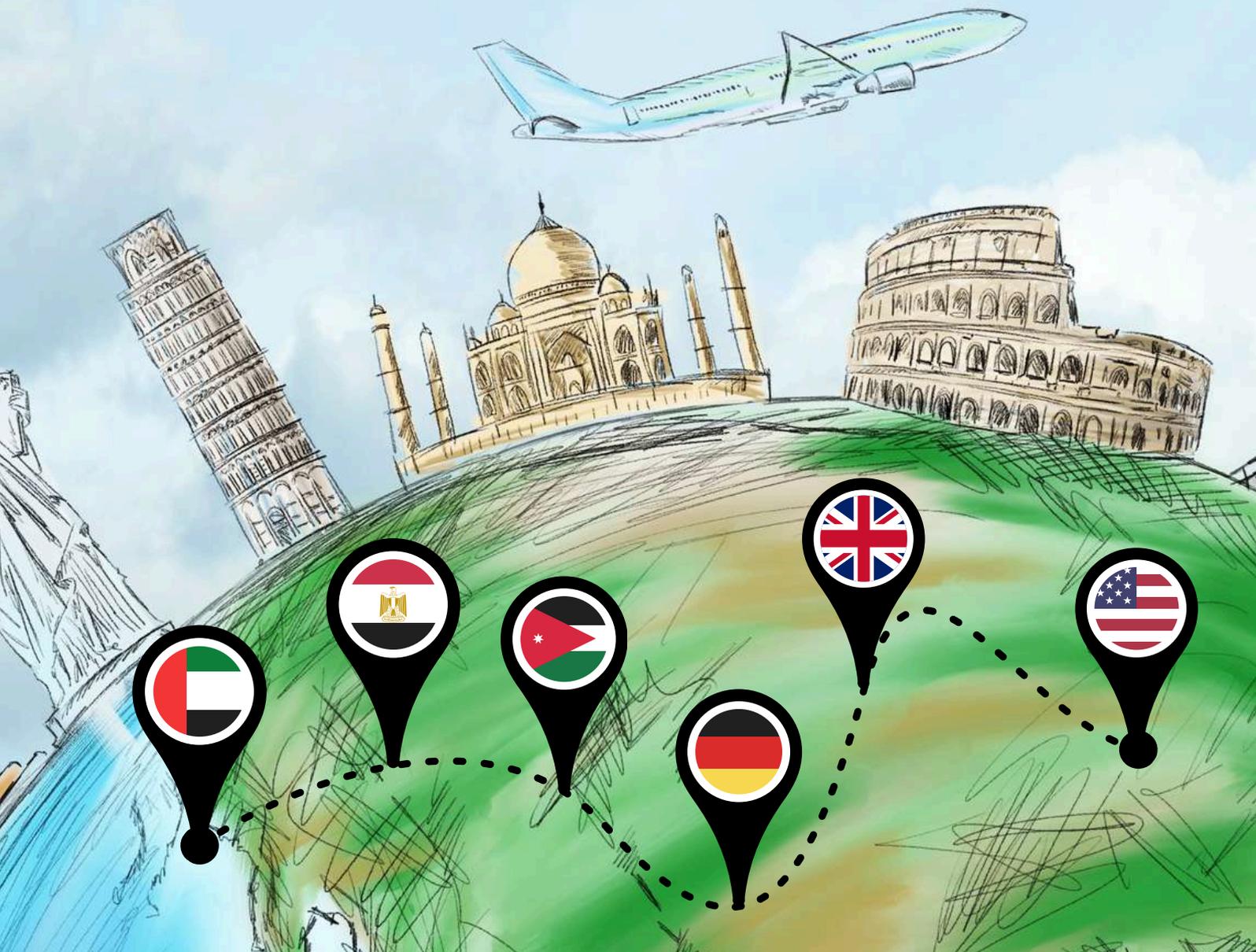
Pitch@gov Competition

On 21st September 2024, a group of Year 2 students participated in the shortlisting phase of the pitch@gov competition, organised by the Mohammed Bin Rashid Centre for Government Innovation (MBCGI) in partnership with the Mohammed Bin Rashid Innovation Fund (MBRIF) and the Ministry of Education (MOE). They presented their project, NexiLearn, an AI-powered platform designed to deliver personalised and adaptive learning experiences tailored to each student's unique learning style. This innovative project was the result of a four-month collaborative effort by eight students: Jana Eissa, Sara El Khatib, Mohamed Ramadan Elashry, Reem Abuthahir, Nada Haneefa, Yasmeen Mostafa, Sara Alnaqbi, and Raghad Al Najjar.

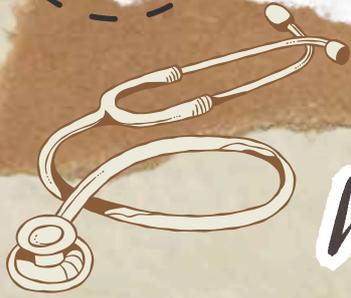


SUMMER ELECTIVE

CLICK ON THE FLAGS TO EXPERIENCE THE ELECTIVES THROUGH THE EYES OF YEAR 5 STUDENTS!



Student Volunteering Trip



Hakuna Matata! In Zanzibar, this phrase is everywhere, and it really captures the island's carefree spirit—"No worries, no problem, life just goes on." I was lucky enough to experience this laid-back lifestyle firsthand when I joined a medical volunteer team in July with NOMuHub. It was a dream come true! Imagine blending two of my favorite things—helping people and soaking in breathtaking views. It was a 70-day rollercoaster of emotions full of happiness and gratitude.

Our arrival in Zanzibar felt like stepping into another world. The breeze was soft, the sky was a deeper shade of blue than any I'd ever seen, and the clouds looked like fluffy cotton candy. It was like nature itself was welcoming us! As soon as we hopped off the plane, I knew this trip was going to be special.

We made our way to our accommodation—nothing too fancy or "bougie," but it had character. It was cozy, with that classic African style that made it feel like home. This little house gave us exactly what we needed: a place to crash after long clinic days. And oh, the memories we made there!



We kicked off our first evening with a warm welcome dinner, and that's when it hit me: we were in for an amazing journey. The food, the people, the vibes—everything was perfect. The next morning, we dove straight into clinic work. We spent our mornings helping patients, taking their vitals, running tests, and listening to their stories. You know, just the usual—blood pressure, blood sugar, hemoglobin checks. But every patient had a unique story, and every day felt like we were truly making a difference.

In the afternoons, we shifted gears. After the clinics, we hit the town for some sightseeing! One day, we wandered through local bazaars, eyeing beautiful handcrafted African items, grabbing ice cream, and sipping coffee. Another day, we hopped on a boat for a little cruise, with local music filling the air, and those endless blue waters stretching out like a dream. And yes, I definitely sang "Jambo Bwana" more times than I can count—it's basically the national anthem of joy over there!

One of my favorite excursions was to the famous Spice Forest. We went on a guided tour, guessing spices from the scent of tree trunks and leaves. I was blown away by how much flavor comes from nature itself—it's like walking into the world's freshest kitchen!





Oh, and let's talk about Prison Island. It's home to giant tortoises (yes, they exist outside of cartoons), and it was one of those surreal moments where you can't believe you're up close to animals that big!

On another day, we visited a village deep in Zanzibar, riding 4x4 motorcycles through the dirt roads. It was like being in an adventure movie! The people there greeted us with warmth, despite having so little. Every hug, every handshake—it felt like the universe was giving me a reminder to be thankful for all that I have.

But it wasn't all play—there were some heart-wrenching moments, too. Many patients came in with infections caused simply by walking barefoot, their feet vulnerable to dirt and worms. I remember holding back tears more than once. It was tough to see, but their resilience was incredible. Instead of focusing on their struggles, they greeted us with smiles and that timeless phrase: Hakuna Matata.

The clinics weren't just about treating illnesses, either. We got to share knowledge with local university students, teaching them about everything from hand hygiene to pregnancy. It felt like we were leaving a lasting impact, and that's priceless.

The food was another highlight—fresh fruits, vegetables, fish, and coffee that tasted like it had been brewed straight from heaven. Every meal felt like medicine for the soul, nourishing not just the body but the spirit too. And walking by the sea? That was healing in its own way. There's something about those gentle waves and the smell of saltwater that just melts stress away.

We formed tight bonds with each other, our project manager Ali, and the local community. Every night, we would try a new restaurant, each one offering unique flavors. One day we'd be in an abandoned school for lunch, and the next in a fancy beachfront restaurant for dinner—Zanzibar truly has it all.

This trip was a deep reminder of how lucky I am. The people I met in Zanzibar may not have had much, but they had joy, resilience, and an unshakable belief that life would always move forward. Seeing that made me more grateful for everything I have.

In the end, my time in Zanzibar wasn't just about giving medical aid. It was a personal journey, one that healed me as much as the people we helped. I'll never forget the smiles, the songs, the sea, and of course, the endless chants of Hakuna Matata!



Hanae Al Chame

MEDICAL OR MYTHICAL

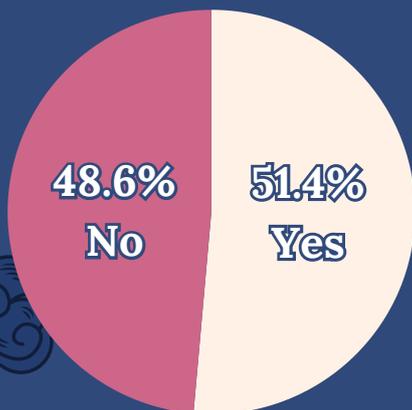
SLEEP DEBT

Samar missed several hours of sleep throughout the week studying for her mid-unit quiz and plans to catch up by sleeping in on the weekend. She believes it's possible to compensate her sleep debt.

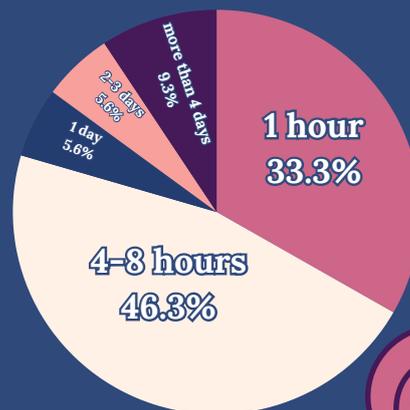
What do you think?

Results

Do you think Samar can succeed and compensate for those sleepless nights?



How many hours or days will she need to sleep to compensate for 1 hour of missed sleep?



EXPLANATION

A staggering 20% of university students pull an all-nighter every month, hoping to recover the lost sleep over the weekend. But can we really make up for lost sleep?

The short answer is: Yes, sleep debt can be reversed. But at what cost?

According to Kitamura et al. (2016), one hour of lost sleep requires four days of recovery; I don't think we have four hours, let alone four days! Even then, Depner et al. (2019) found that weekend recovery sleep is not an effective strategy for preventing the metabolic dysregulation associated with recurrent sleep deprivation. This increases the risk of reduced energy expenditure, weakened immunity, and elevated cortisol levels.

Nevertheless, recovery is still essential. Catching up on sleep, along with improving sleep habits, has been linked to better glycometabolism, thyrotropic activity, and the hypothalamic-pituitary-adrenal axis. It also enhances learning capacity and memory retention—those 3 a.m. study sessions aren't giving us medical students the advantage we think!

So, while sleep debt can be repaid to some extent, the long-term consequences of sleep loss can't be entirely undone by a few extra hours on the weekend. Prioritising regular, quality sleep is key to both our physical and mental health!

based on a
true story

I CAME, I SAW, I FAINTED

Over the summer, while on a clinical observation, I had my big debut in the OR. Naturally, it just had to be orthopedic surgery. As the sole female in a sea of male doctors, I was determined to make a good impression. Blood? No sweat. Screws and drills? No problem—I was ready to handle it all.

When the doctor asked me to hold a retractor to stretch the skin, things started heating up. Literally. Between the tight gloves, bright lights, and nerves creeping in, I started to feel myself getting hot. Then, I was handed a sponge to clean up the blood from the knee. Simple enough... except as soon as I began, my vision started narrowing, and my hand couldn't seem to find the right spot. Uh-oh.

With as much dignity as possible, I told the doctor that I was going to faint— and, well, I delivered on that promise.

So, how to stand out as a woman in orthopedics 101? Fainting in style is a memorable way to start!

STUDENTS'

corner

“

Mohamed Elshafey

Year 3

Cousin's Persian Feline

Creature <3

”



“

Roa Alayoubi

Year 3

حديقة الأزهر، القاهرة

”

STUDENTS'

corner

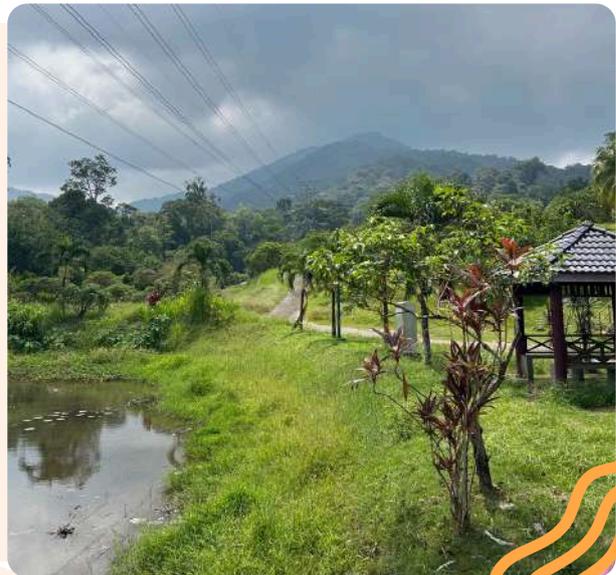
“

Shahid Samer

Year I

Dream Forest 

”



“

Goud Alassaf

Year 2

A part of my heart will always remain
in the peaceful creeks of Venice,
where beauty meets serenity

”

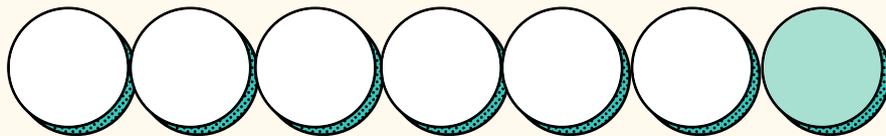


JUMBLE!

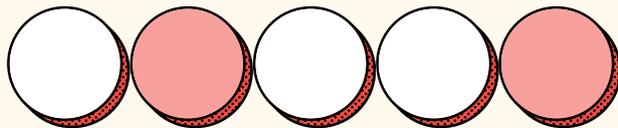
HOW TO PLAY?

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

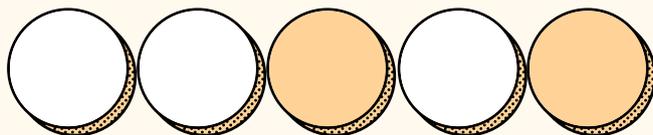
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L R V A I



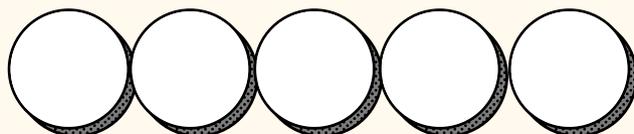
V E R F E



Hint

The- - - - -
 threw a temper
 tantrum because
 it was tired of
 being the 'organ-
 izer' of the
 party!

FINAL ANSWER:



Submit Answer



Student Letterbox



What a year...

Hearing the waves of laughter and the kind words that filled my living room, I felt my heart relax for the first time in a year - a year that flew by in a blink of an eye. July 25th, 2024, the day acceptance emails came out, was the day I saw all my hard work pay off.

It all started in March 2023 when I changed my mind about studying medicine abroad and chose to apply to foundation year, a competitive year where less than half of the students enrolled get promoted to study medicine. It is competitive and stressful indeed, so my family and friends advised me to stick to my original plan and study medicine abroad. Luckily, I did not listen.

The first week of university was smooth, but it was scary to meet people from different curriculums all aiming for the same goal. I would always doubt myself, thinking, "Why would I make it out of all these people? They are all so smart and hardworking; I am not as good as them." These thoughts lingered in my head throughout the year, but I made sure to keep them to myself so my parents would not share the stress with me. I convinced them that everything was under control, when in reality, that was not the case all the time.

The year was a rollercoaster of emotions. One quiz could make me feel extremely happy, while the next would humble me. I had to sacrifice my passion for playing the violin. The first time I played my violin during winter break, I could feel how angry it was with me for neglecting it for so long. Not only that, but also my untouched books on the shelf made the bookworm inside me sob every day.

Despite all that, I learned a lot from this hectic year. I learned that no matter how smart you feel, there is still much more to discover in the field of medicine. There are so many hidden secrets beneath the skin of the human body... ones that I myself cannot wait to uncover one by one throughout the years.

Eventually, I became aware of the fact that studying medicine is truly a blessing which I will never take for granted. I worked very hard to earn my place in medicine and to see the smiles on my parents' faces. The path I took to get promoted to the first year in the College of Medicine was not easy, yet that was only the first obstacle I had to overcome in this field. I know the next steps will only become progressively harder, but I promised myself to never complain, as it is a gift from God to be studying about HIS creation!

Julie Butros, Year 1



MILESTONE MISUNDERSTANDINGS

By: Alya Aljasmí

