



جامعة الشارقة
UNIVERSITY OF SHARJAH

COLLEGE OF MEDICINE

NEWSLETTER

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DIFFERENTIAL

BASED ON A TRUE STORY
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DEAN'S MESSAGE OF THE MONTH



It brings me great pride to see so many of our graduates match into top residency programs around the world. The last month has been very busy at the college with meetings, faculty development workshops, and seminars as well as visits from international university delegations. This month has also seen a close to many activities. I thoroughly appreciated and enjoyed the efforts of our students in the Medical Student Association throughout the year in organizing and executing events and activities that were both beneficial and interesting to all of us.

As we approach the end of the academic year, I would like to wish Years 3 and 5 the best of luck on their upcoming IFOM examinations. On that note, I wish you all a very productive spring break and month ahead before the preparation for the exams begins. Wishing you and your families a very blessed Ramadan.

COLLEGE

NEWS



Colorectal Cancer Awareness

In collaboration with the Office of the Vice Chancellor for Research and Graduate Studies and the Medical Students Association, the College of Medicine held an event on 15th March 2023 to spread awareness about colorectal cancer. Organized by Prof. Maha Saber, Prof. Iman Talaat, and Dr. Zainab Al Shareef, the program included keynote speeches, presentations, and discussions regarding the latest research, including graduate student projects from the Tissue injury, Immuno-oncology, and Diabetes research groups. Booths and fun activities attracted a positive atmosphere with their success.



Faculty Development Workshop

Focused on continuous progression, the College of Medicine held a clinical faculty development workshop on 18th March 2023, in collaboration with the Department of Health. The virtual session involved the encouragement of effective clinical teaching, the enhancement of peer-to-peer learning, and the promotion of student engagement.

Unites States Residency Program Lecture

In cooperation with the University of Texas at Houston, the College of Medicine organized a United States residency program lecture given by Dr. Emma Ferguson. Held on 23rd March 2023, the discussion covered the latest requirements for residency programs as well as strategies for successful application navigation.

UTHealth Houston
McGovern Medical School

جامعة الشارقة
UNIVERSITY OF SHARJAH

In Collaboration with the University of Sharjah

**Pathway to US Residency:
Navigating the Match**

Presented by:

Emma C Ferguson, MD
Professor of Radiology
Program Director
University of Texas
at Houston

Stephen W. Jones, MS, POC
Senior Program Manager
Expert, Medical Student Affairs
University of Texas
at Houston

23 March 2023
5:00 pm UAE
time
8:00 AM (CDT)

Via Zoom
Email: stephen.w.jones@uth.tmc.edu
for zoom link


UTHealthTM
The University of Texas
Health Science Center at Houston
School of Public Health

TUFH Conference 2023

The Network: Towards Unity for Health (TUFH) and the University of Sharjah look forward to welcoming you to TUFH 2023. This conference will take place virtually and in person in Sharjah from 23rd to 26th October. The theme for this year's conference is 'Beyond Boundaries: Health Equity through a Culture of Learning' and has many interesting subthemes. The submission deadline for oral presentations, TUFH talks, workshops, and TUFH documentaries is 30th April 2023. To submit your abstract, [click here](#).

THE NETWORK
TUFH 2023
SHARJAH-UNITED ARAB EMIRATES

Beyond Boundaries
Health Equity through a
Culture of Learning

23-26 October 2023
tufh2023.com

TUFH

Toward
Unity For Health



FACULTY

NEWS

Obstetrics and Gynecology Sudanese Society Conference

Dr. Ghada Mohammed took part in the Obstetrics and Gynecology Sudanese Society Conference that took place in Sudan, from 22–25th February 2023. Dr Ghada discussed two topics, “The Role of 3D-printed Models in Patient Education in Obstetrics and Gynecology” and “Challenges in the Management of Second-Trimester Fetal Demise With Multiple Caesarean Sections”.



Community Awareness Session

Dr. Mode Al Ojaimi, presented an awareness session organized by 971events on 22nd February 2023 in Dubai Hills Mall. The event provided an opportunity for Dr. Mode to discuss anxiety and depression for pediatric and adolescent patients.



Stem Cell Transplant TV Interview

On 23rd February 2023, Al Qahera News TV conducted an interview with Prof. Rabih Halwani regarding a novel stem cell transplant that could potentially cure HIV infection. During the interview, Prof. Halwani explained that this new technology appeared to be highly effective in treating HIV and that stem cell transplantation had the potential to cure the disease by rebuilding the immune system and eliminating virus reservoirs.



[CLICK HERE](#)



Tissue Engineering TV interview

On 10th March 2023, Prof. Rifat Hamoudi was interviewed by Al Qahera News TV channel on tissue engineering research and its application to patients. The interview discussed new research on how tissue engineering can be used to print cells that have been removed from patients using real-time, minimally invasive surgery.



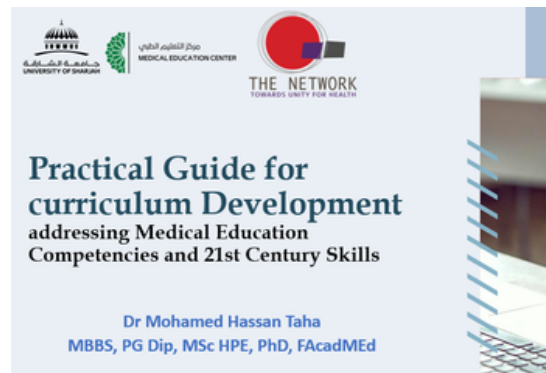
Breast Cancer among Women

On 20th March 2023, Prof. Iman Talaat presented a talk about breast cancer among women. The virtual session focused on its prevalence and characteristics in women under 40 years of age.



EMRO Virtual TUFH 2023 Conference

Dr. Mohamed H. Taha provided a workshop in the EMRO Virtual TUFH 2023 Conference entitled: "Practical Guide for Curriculum Development". The workshop discussed medical education competencies and 21st century skills.



Emirati Genome Project Analytics

As a key member in a national gene sequencing project aiming to aid prevention and treatment of chronic diseases, Prof. Rifat Hamoudi begins the development of software and algorithms to analyze data in the Emirati Genome Project.



Leaf Sustainability Project



From Fungi to Fun-gi: A workshop on Growing Mushrooms

On 1st March 2023, a mushroom growth workshop provided for students and faculty alike was conducted by Dr. Anu Ranade. It delivered a unique opportunity for participants to learn about the science of mushroom cultivation. Members were shown optimal growing conditions, different types of mushrooms, and methods of weekly harvesting. This can provide a valuable source of fresh, nutritious food that is easy to prepare and enjoy, and is a great stress-relieving skill!



Pond-tastic: Creating a water oasis

Achieving a significant transformation in any area is a gradual process that requires time and patience. By aiming to improve the environment and enhance the well-being of the community, LEAF created a small waterbody near the entrance of the College of Medicine. Students and faculty can take a few minutes to unwind and recharge before heading to class or starting their workday. Additionally, this can also help to transform the college into a more sustainable environment, providing a valuable ecosystem for both people and wildlife.





STUDENTS'

NEWS

Rare Syndromes Associated with Disability Conference

Ten outstanding College of Medicine students, along with Dr. Hiba Barqawi, represented the college at the international scientific conference "Rare Syndromes Associated with Disability" which was held at the Male Students Forum under the patronage of His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, the Sovereign Ruler of the Emirate of Sharjah and Member of the Federal Supreme Council of the UAE, on 27th February 2023.



Hamdan Bin Rashid Al Maktoum Award

Mohammad Muneef, a Year 5 student, was awarded the Sheikh Hamdan Bin Rashid Al Maktoum Award for Distinguished Undergraduate University Student, celebrated in recognition for his efforts under the academic field category during a ceremony held on 1st March 2023.



Undergraduate Programming Contest

Our warmest congratulations to Kamel Samara, a Year 5 student who placed 2nd in the undergraduate programming contest, held on 2nd March 2023. The contest consisted of questions which dealt with several mathematical and computing problems in various programming languages (Java, Python and C++).



International Gynecology and Obstetrics Conference

On the 4–5th March 2023, two groups presented their Community Based Research (CBR) projects at the International Gynecology and Obstetrics Conference in Abu Dhabi. Year 5 student Balkis Zaitoun, presented the project titled "Polycystic Ovarian Syndrome Awareness among Females in the UAE: A Cross-Sectional Study" on behalf of her group. This project was supervised by Dr. Ghada Mohammed and Dr. Amal Hussein. Year 3 student Nour Al Khatib presented her group's CBR project titled "Prevalence of Menstrual Problems Among Female University Students", which was supervised by Dr. Bashair Mussa and Dr. Amal Hussein.



Year 5 Farewell Gathering

As the year comes to an end, we are saddened yet proud to say goodbye to the students of the 2023 batch. Year 4 students held a farewell gathering for the graduates on 8th March 2023, with speeches by the Dean and the students, followed by interactive games for everyone to enjoy. A heartwarming video of highlights from the past few years was played, and finally, the event culminated with a Dabke performance and a cake-cutting ceremony.



Sports Complex Swimming Competition

It is with utmost pride that we extend our congratulations to Mariam Elemam and Raghad Abbas, both Year 4 students, on their achievements in the swimming competition organized by the university's Sports Complex on 27th March 2023. Mariam won bronze in the 50m butterfly race and Raghad won silver in the breaststroke, back, and freestyle, all in 50m.



A Gateway to Research

Ms. Fatima Abdul Salam, a Master's Student and Research Assistant in the Immuno-Oncology Research Group, won the 2nd prize at the "A Gateway to Research" event organized by the Research Promotion Committee in the Sharjah Institute for Medical Research.



US Residency Matches

Our heartfelt congratulations to our alumni who matched for residency in the United States.

Dr. Ahmad Barazi- Batch 2022

Dr. Enad Haddad- Batch 2022

Dr. Hamam Aneis- Batch 2022

Dr. Dana Othman- Batch 2021

Dr. Fadi Alsayegh- Batch 2021

Dr. Salma Moustafa- Batch 2021

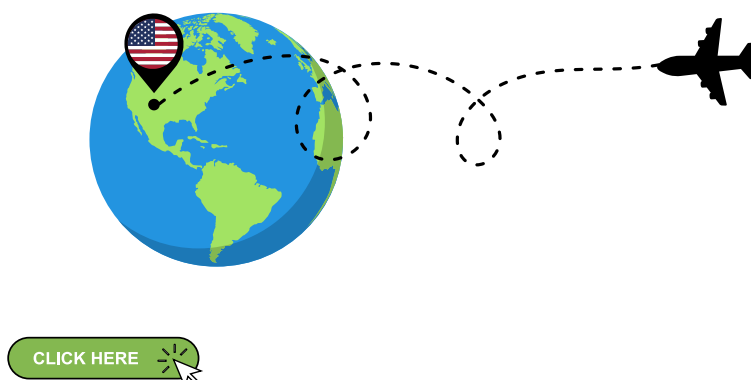
Dr. Ahmed Ashraf- Batch 2020

Dr. Hanadi Janajrah- Batch 2020

Dr. Mariah Malak Bilalaga- Batch 2020

Dr. Obaida Adi- Batch 2019

Visit this link created by our alumni!





CLOSING CEREMONY 2023

With the activities of the Medical Students' Association coming to an end for this academic year, the MSA board hosted a ceremony in the Bahi Ajman Palace Hotel to thank those who volunteered and supported the association in its projects throughout the year. Held on 16th March 2023, students watched videos and listened to speeches given by the board members. The board, along with Dr. Hiba Barqawi and Prof. Basema Saddik, presented certificates and awarded shields to members of their respective committees.



THE COMMITTEES

THE SCIENTIFIC COMMITTEE



The Final Strike

As the final debate event of the year, the Scientific Committee creatively introduced the college's first-ever Arabic debate! Students tussled with exciting arguments and strong discussions. With the inclusion of students in the Health Sciences College, debaters were awarded certificates for participation, along with medals for winning teams and trophies for Best Speaker Awards. Held on 13th March 2023, the committee concluded the year in a strong fashion and welcomed a satisfying end to their activities.



Medical Students Research Program

Continuing the initiative of the newly-introduced, student-oriented research program, the Scientific Committee expands its activities as students discuss a voted topic through the journal club. On 7th March 2023, volunteering students presented a study and analyzed its methodology and study practices, results, and what those results mean for the greater population. The program continues to encourage the growth of our students and the expansion of their horizons.

THE COMMUNITY COMMITTEE



Al Maaref School Career Counseling

The Community Committee was welcomed by Al Maaref Private School on 24th February 2023 to present and showcase the path to becoming a doctor! As part of a counseling session for young students, their questions were answered and their interest was encouraged as members of the committee provided a First Aid tutorial session, with games and prizes given out to attendees.



MINDFULNESS WORKSHOP

As part of their constant effort to aid fellow students, the Peer Advisory Committee arranged a Mindfulness Workshop on 15th March 2023. The session was hosted by Dr. Amna Khalid, who provided valuable expert advice to students, with special emphasis on managing stress and prioritizing mental health.



THROUGH THE LENS

Abstinence

By: Ahmad Khazali

With a view into literature from the past, it may be evident that ancient health practices emerged on a foundation of daring experience. From bloodletting to spiritual cleansing, no rock was left unturned for the human race in the quest to uncover its destiny.

At a time when illness and death were attributed to superstition and culturally placed beliefs, unorthodox forms of self-enhancement sprouted from the lands of Central Europe, including that of ancient Greece.

Soon, the systematization of medical education would reform the lifestyle of its people. The proclaimed father of medicine, Hippocrates of Kos (460–375 BCE), was the first man recorded to prescribe the practice of abstaining from food as a form of treatment. "The natural healing force in each one of us is the greatest force in getting well... to eat when you are ill, is to feed your illness," he claimed, swearing by its efficacy.

So truthful did the people of ancient Greece find his attribution to its benefits that it became customary for their athletes to fast as a form of preparation for the Olympic games which were held in Athens.

Passing away only 30 years before Hippocrates' birth, the renowned philosopher and mathematician, Pythagoras of Samos (570–495 BCE), desperate to obtain wisdom through education in ancient Egypt, accepted a challenge of his willpower placed unto him. Upon his request, he was ordered to fast for 40 continuous days and nights as a condition of enrollment. It is noted that he began to require the same from his students as a result of the profound lucidity he discovered in the state.

In fact, even dating back to the Renaissance period, the father of toxicology, Paracelsus (1493–1591 AD), described the state of fasting as the greatest remedy, acting as the "physician from within."

Today, the technology behind evidence-based medicine has allowed us to reveal the truth behind the claims of intellectuals from the past and religious practices as acts of worship, defining parameters for their justification. The ritual of fasting has transcended its early suspicion of medical benefits, becoming a staple of different cultures and justifying its place as a pillar of belief for the Islamic faith.

Its role and power to reduce inflammation, improve cognitive ability, rebalance hormone production ratios, regulate blood sugar levels, reduce the risk of neurodegenerative disorders, and even act as a form of cancer prevention have been unsurprising discoveries in the midst of its deep and rich history.

As the holy month of Ramadan begins, the mindful and attentive eye of curiosity follows along on our journey of discovery, just as Hippocrates, Pythagoras, and Paracelsus daringly did in a time of resistance. May your abstinence be a source of strength. Ramadan Kareem!

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Fasting | Definition, Description, Types, Benefits, & Facts

Potential Differential



Break It Fast



By : Leena Amir

Fasting is one of many beneficial acts that one can perform to reduce inflammation, support weight loss or just to improve overall fitness– but it only works when it is done properly. Sometimes people forget that breaking a fast is just as important as starting it.

KC is a 23-year-old woman, presenting to the emergency room, unconscious. Her mother tells the admitting nurse that KC had been acting strange over the last week. As a fitness enthusiast, KC got into intermittent fasting to help regulate her diet. She noticed that she could go several days without eating, and thus, lose a good amount of weight.

After putting on some weight, she decided to tighten the fasting periods. She started by not eating for a day, and then that turned into 2 days and then 3. As the weeks passed, KC lengthened her fasts until she would go for almost a week in a row without eating– simply sustaining herself on fluids.

She did lose weight, but noticed her workouts were sluggish. One day, after fasting an entire week, KC knew it was time to eat. She prepared herself a proper meal and finally broke her fast. As expected, KC developed her usual headache. She drank some water for it and started eating some more, but then her stomach started to swell and she ended up going to bed shaking and feeling unbearably cold.

She was still very hungry the next day and so, decided on eating fruit for breakfast. In a blink of an eye, she realised that she ate around 10 pounds of bananas. Minutes after, KC became thirsty and started drinking as much water as she could. She could feel her heart skipping, as her headache started piercing her skull. The last thing she could remember was her stomach swelling up while parts of her legs start twitching.

Her mother finds KC on the floor wheezing and sweating and calls 911. On arrival, paramedics find that KC drifts in and out of consciousness as she's brought to the emergency room, where we are now.

On examination, the doctors notice KC's BMI was a little low. A quick test finds that KC has various vitamin deficiencies and is hypoglycemic. This may be a possible explanation for her altered mental status and so, the doctors start her on a glucose IV and administer vitamins. As treatment is continued, KC is found to be dehydrated and very quickly, starts to become agitated. Shortly after, her blood pressure and heart rate start dropping, her muscles begin twitching and her kidneys shut down.

KC's doctors take another blood sample and find that she has hyperglycemia now, which could be a result of glucose IV, but the test also shows that she has significantly low levels of magnesium, potassium, calcium and phosphorus. This is because in a fasted state, the body becomes sensitive to insulin which signals nutrients to rush into the cells.

Nevertheless, her condition did not deteriorate as her low electrolytes were corrected by replacing them carefully. With care and constant monitoring, along with the support of family and friends, KC is able to make a full recovery.

What could be the possible cause to KC's deranged symptoms?

Answer the questions and check if you are right by filling out the form!

[CLICK HERE](#)

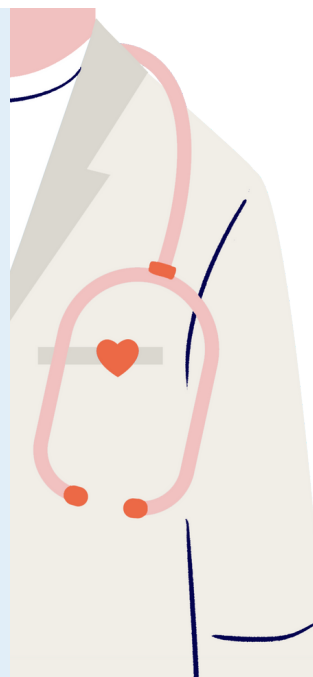


BASED ON A TRUE STORY

Oh, how unfortunate it is for my male colleagues to suffer through silent abandonment during the OBGYN rotation. As per normal procedure, I ask the patient for clear consent to allow my male colleague to take her history...

She nods "yes" twice. "Great!" I think, "this doesn't usually happen, I'm glad it did."

There I am ushering my friend in, he takes a step inside the room and a deafening scream emerges behind me, "NO MAN NO MAN NO MAN!". Between the screams of the patient, a panicked colleague who somehow turned whiter than hospital walls, and the doomed feeling overwhelming me, I eventually piece together... There might have been a slight language barrier here.



Another 5 weeks, another new hospital, and new characters to meet. My friend and I were assigned to a Gastrointestinal doctor who had an unusually and comically long name. A Guinness book of world records type of length. "What was the doctors name again?" my friend asks as we ready ourselves to meet her in the office, I struggle to read it aloud in the elevator as someone walks in to join us going up the building. We walk ahead and finally find it; there it is! The length in full.

"Wait..." my friend says as she takes a peek behind us.

"Good morning doctors! Are we ready?" She was in the elevator the whole time!

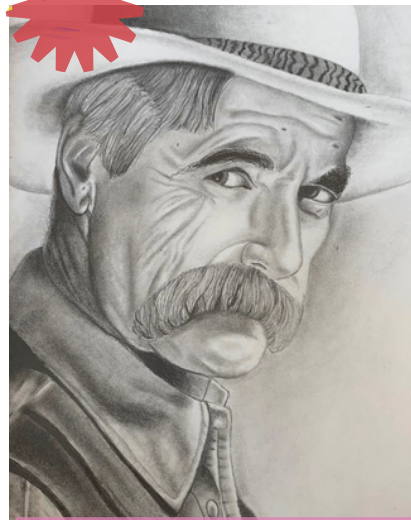


STUDENTS' CORNER



Nature is
the
greatest
place to
heal and
recharge.

Mardin Zanki
Year 2



I've always
loved to
draw! So I
wanted to
share one of
my recent
sketches :)

Raneem Daher
Foundation Year



I almost fell
in the water
for this!!

Saif Alshehhi
Year 3



Soothing and
healing
environment
of our
campus.

Hanae Al Chame
Year 4



Ramadan Riddles

فوازير رمضان

Click on the
lanterns
for answers!

اضغط على
الفاونوس
للتوصل إلى
الإجابة!

Which organ is
most immediately
affected by
fasting?

During fasting, what
do human skeletal
muscles depend on
for energy substrate
metabolism?

أي وجبة في رمضان
تسمى "وجبة منتجة
للطاقة"؟

عَلَامَ كان رسول
الله صلى الله عليه
وسلم يفطر؟

What causes
heartburn while
fasting?

What happens to
insulin levels when
fasting?



STUDENT'S LETTERBOX

THE GUEST

My whole body trembled with excitement enough to send a rocket to the moon. As my hands squirmed with anxiety, my eyes observed the clock slowly clobber and clack its hands towards the appointed time. Seconds remained. Frantically, my mind raced through an imaginary checklist:

- ☒ Clean house: check.
- ☒ Decorations: check.
- ☒ Quran timetable: check.
- ☒ Prayer book: check.
- ☒ Donations' planner: check.
- ☒ Family ready: check.
- ☒ Dates: check.
- ☒ Shower: check.
- ☒ Clean heart: I hope.

Oh, am I missing anything else?

Knock, Knock

My breath ran away for a second before I staggered to my feet, my eyes fixed on the door. It's time. A whole year had passed since we last met. A wall of doubts shadowed my path, catching me unaware: am I ready?

Knock, Knock

I broke down the imaginary wall with the help of a little prayer, mustered up all my courage, took a deep breath and hastened towards the door, fighting the storm of doubts rising within me. A violent struggle ensued; I grappled the handle and opened the door.

Whoosh! A peaceful breeze met me at the landing; miraculously, the storm was nowhere in sight. Light poured in voluminous rays right into my soul, while the crescent above the clouds gleefully smiled at the world: an uplifting, delightful smile. My soul smiled back.

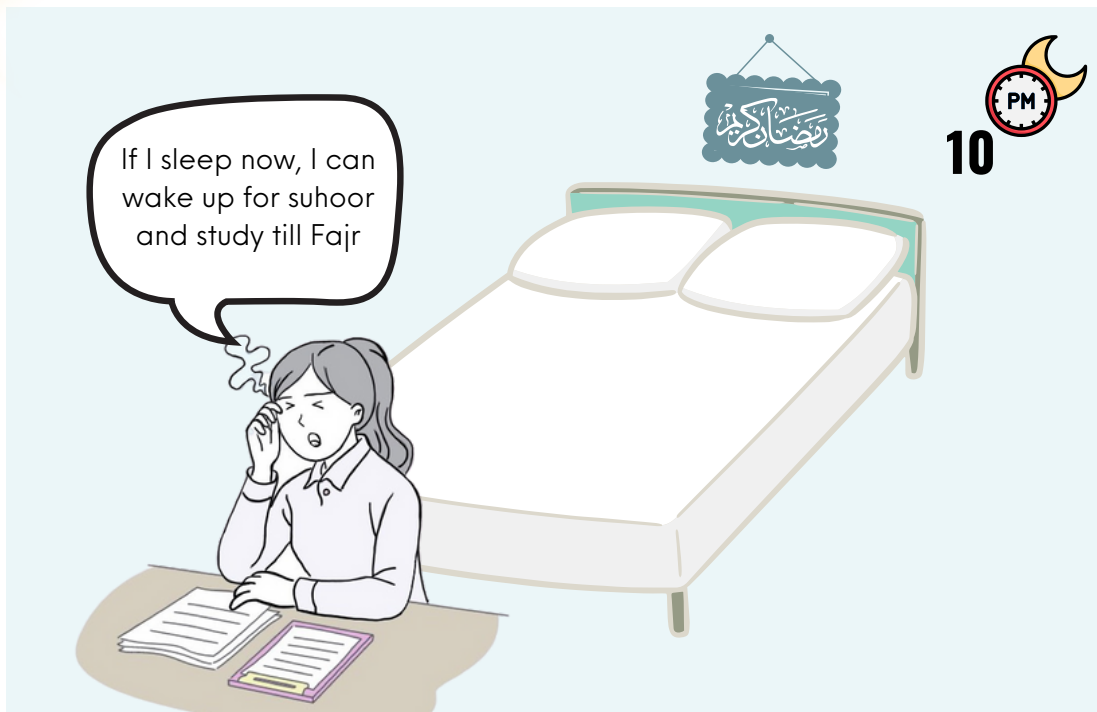
"Welcome, please come in," I entreated. The guest was finally here, and it was none other than Ramadan!



MANAL AHMED
YEAR 1

STUDYING IN RAMADAN

By: Alya Aljasmi



20 hours later...

