



COLLEGE OF MEDICINE NEWSLETTER

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DEAN'S MESSAGE OF THE MONTH



We are nearly halfway through the semester; the college has been busy, and I expect it will continue to be so with many upcoming events planned.

The college celebrated Year 1 students during the White Coat Ceremony, which was one of the biggest ceremonies we have had thus far. I wish them all success in their medical journeys. The long-awaited TUFH2023 Conference has finally arrived. This global event united healthcare professionals, educators, and researchers from various countries and was hosted at our very own medical campus. Preparations are well underway for the 4th Annual Prostate Diseases and Cancer Congress; I urge you all to attend this event which is scheduled to be held on the 8th and 9th of November 2023 in Al Razi Hall.

As always, we will be working hard to provide the best education for our students, the best service for our community, and the best standard of research and clinical training.

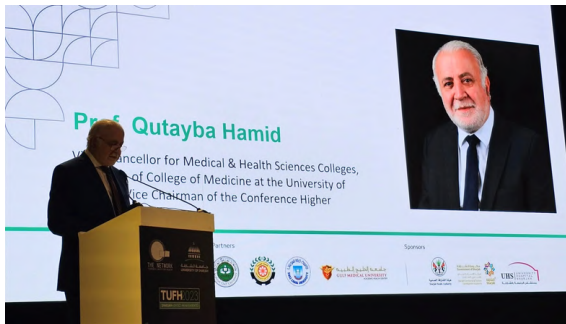


COLLEGE NEWS

TUFH 2023

Under the patronage of His Highness Sheikh Sultan bin Ahmed bin Sultan Al-Qasimi, Deputy Governor of Sharjah and President of the University of Sharjah, the University of Sharjah saw the commencement of the Network: Towards Unity for Health (TUFH 2023) Conference. This significant event, held under the banner of "Beyond Borders: Health Justice through a Culture of Learning," has brought together 300 researchers and scientists from 37 countries across the world. The primary aim of this event is to engage in discussions about knowledge-sharing and the advancement of healthcare education.

The opening ceremony took place on 24th October 2023, marking the beginning of a week filled with workshops, oral presentations, and poster displays. These activities served as valuable opportunities for interaction and learning for all attendees.



White Coat Ceremony

Under the patronage of Prof. Qutayba Hamid, Vice Chancellor of the Medical and Health Sciences Colleges and Dean of the College of Medicine, the annual White Coat Ceremony was held in Al Razi Hall on 9th October 2023. Planned by Prof. Basema Saddik and Dr. Hiba Barqawi together with the Medical Student Association, the ceremony celebrated the commencement of Year 1 students' medical journey. Faculty presented roses to the students as they donned their white coats, recited their oaths, and filled their loved ones with pride. The ceremony concluded with a beautiful choir performance by students.



Family Medicine Symposium

On 1st October 2023, the Department of Family & Community Medicine & Behavioural Sciences at the College of Medicine proudly launched the Family Medicine Symposium. The aim of the project is to empower primary care physicians with evidence-based knowledge on challenging clinical presentations within healthcare. Awarded 5 CPD Credit Hours by the UAE's Emirates Health Establishment, the symposium program consisted of five interactive sessions delivered by esteemed clinical faculty members. The remarkable success of the symposium is attributed to the diligent work of the organizing team, which included Dr. Sarra Shorbaji, Ms. Wafa Aljneibi, Mrs. Eman Alshaibani, for their efforts in preparing for the event, and the dedicated volunteers who played a crucial role in its organization.



Women in Research Forum Honoring Ceremony

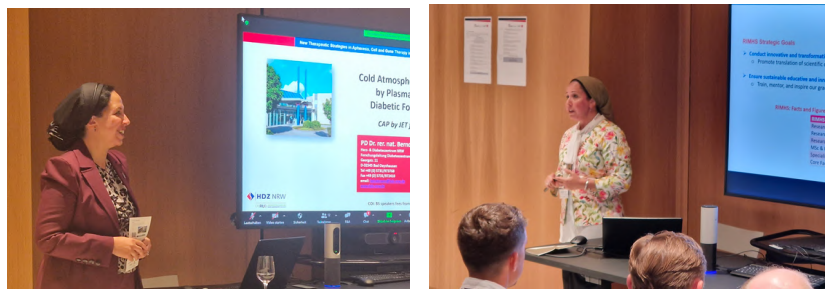
On 2nd October 2023, The Office of the Vice Chancellor for Research and Graduate Studies hosted the Women in Research Forum Honoring Ceremony. The ceremony aimed to acknowledge the distinguished efforts of the forum organizers and contributors.



FACULTY NEWS

Diabetes and Metabolic Syndrome Research Presentation

From 13th to 15th September 2023, Prof. Maha Saber presented a research project titled “Diabetes and Metabolic Syndrome” at the University of Sharjah during a TransCampus meeting with the Technical University of Dresden, Germany. She also gave an outline of different translational research projects at the Research Institute of Medical and Health Sciences and on the Master's program in diabetes management.



L'Oréal-UNESCO Award

Dr. Noha Elemam was recognized by the L'Oréal-UNESCO for Women in Science Middle East Regional Young Talents Program on 20th September 2023. Dr. Noha is the first female scientist from the University of Sharjah to be recognized in the postdoctoral category and her work is a source of pride on a national scale. As a member of the immuno-oncology research group at RIMHS, she aimed at developing early breast cancer biomarkers with the goal of understanding cancer progression and achieving better patients' survival rates.

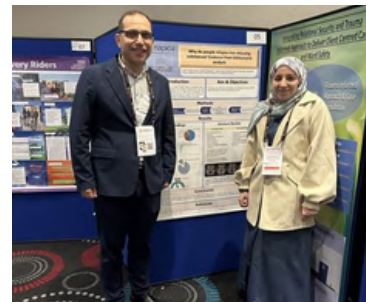
Dr. Noha was also recognized for her work by His Highness Sheikh Sultan Bin Ahmed Al Qasimi, Deputy Ruler of Sharjah and President of the University of Sharjah, during the UOS 5th Annual Strategy Conference.



NAPICU Annual Conference

Dr. Hamid Alhaj chaired the morning and afternoon sessions at the National Association of Psychiatric Intensive Care Units (NAPICU) Annual Conference on 22nd September 2023, in England, United Kingdom. This conference covered an array of important topics related to the most up-to-date experience of psychiatric care and was attended by senior international presenters and delegates.

Also at this conference, under the supervision of Dr. Hamid Alhaj, graduates and students from our university presented their research projects on the following topics: "Why do people relapse into misusing substances? Evidence from bibliometric analysis", "The use of virtual and augmented reality in the dental care of psychiatric patients", and "The use of Brexpiprazole in acute agitation in elderly patients with Alzheimer's disease".



Indoor Air Quality and Health Workshop

On 27th and 28th September 2023, Prof. Basema Saddik was invited to participate in a workshop aimed at shaping a research agenda concerning indoor air quality and its implications for health within the UAE. This event, sponsored by the Abu Dhabi Public Health Centre, gathered a distinguished assembly of local and international experts. The primary objectives were to pinpoint areas of research that require attention and explore potential opportunities. Specifically, the workshop centered around two key themes: examining the impacts of indoor air quality on public health in the UAE, and brainstorming interventions to mitigate the adverse health effects associated with indoor air quality.



Health Promotion Lecture

Dr. Balsam Qubais gave a lecture titled "Seasonal Flu" on 3rd October 2023. This was in cooperation with the Health Promotion Department in the Supreme Council for Family Affairs as a service to the community.



Social Responsibility Towards Elderly Lecture

Dr. Balsam Qubais gave a lecture at the University of Sharjah on 4th October 2023, entitled “The Social Responsibility Towards the Health of the Elderly”. This lecture was in cooperation with the College of Arts, Humanities, and Social Sciences and was attended by faculty, staff, and students.



International Conference of Medical Education

On 9th October 2023, Dr. Emad Nosair gave an oral presentation entitled “How do poor MCQ items affect the quality of test parameters and students' achievements?” at the International Conference of Medical Education in Baku, Azerbaijan.



Sharjah Islamic Forum

Dr. Emad Nosair gave a talk at the Sharjah Islamic Forum titled “Enhancing Physical and Mental Health Awareness” on 12th October 2023.



World Mental Health Day

Dr. Hamid Alhaj presented a session on 18th October 2023, to commemorate World Mental Health Day. Organized by the Student Council, the session explored the significance of mental well-being and how burnout can affect people’s ability to achieve their potential. Dr. Hamid also gave tips on developing resilience and managing stress to improve general health and well-being.



Emirates Obstetrics Gynecology & Fertility Forum

Dr. Ghada Mohammed participated as an instructor for the Shoulder Dystocia Workshop held on 22nd October 2023 as part of the 19th Emirates Obstetrics Gynecology & Fertility Forum (EOFF) 2023.



STUDENTS NEWS

Family Medicine Symposium

On 1st October 2023, a group of medical students from various years had an enriching volunteering experience at the Family Medicine Symposium organized by Dr. Sara Shorbaji. This opportunity gave them a chance to interact with the attendees and offered an interesting insight into diagnosing and managing common clinical encounters, ensuring the significance of primary care. Students viewed this as a unique opportunity for learning, engagement, and making a meaningful contribution.



Leaf Sustainability Project

On 18th October 2023, students from the College of Medicine participated in the plastic bottle activity, an ongoing project that has been running at the college since 2021, under the guidance of Dr. Anu Ranade. Students collected leftover water from disposed plastic bottles to water the campus greenery, in an effort to maintain sustainability and make the college environmentally friendly.





MEDICAL STUDENTS ASSOCIATION

GEMS Wesgreen Address



The president of the Medical Students Association, Ahmad Khazali, was invited by Wesgreen International School to address students and faculty in a ceremony held on 14th September 2023. His speech emphasized the importance of utilizing available resources and opportunities to develop one's character and leadership skills.



THE COMMITTEES

THE COMMUNITY COMMITTEE



Tarahum – Red Crescent Volunteering Program



In light of recent events, the Community Committee's members volunteered for the Emirates Red Crescent Tarahum campaign on 22nd October 2023. Packages with food items, water, clothing, and other essential needs were packed and loaded to be delivered as humanitarian aid for Palestine.



Community School Visits



The Community Committee organized and hosted discussions, games, and activities in various schools throughout Sharjah. The long-term project aims to discuss the journey to becoming a medical student, including the nature and importance of the field and aspires to spark passion in the younger generation.



Community CEHA Program



The Community Committee has worked closely with the Center of Excellence for Healthy Aging (CEHA) to provide opportunities for students to take blood pressure measurements, speak with elders, share important information about health, and improve their skills in geriatric care.





Planting Project

In collaboration with the College of Medicine’s LEAF team, Community Committee members volunteered for a long-term planting project under the guidance and supervision of Dr. Anu Ranade. The planting project aims to improve sustainability and revitalize areas around the medical campus through seed planting and composting.



THE SCIENTIFIC COMMITTEE



Medical Students’ Research Program

The Scientific Committee’s MSRP representatives, Abdelrahman Al Midani and Rawan Aswad have reinstated the long-awaited Medical Students’ Research Program (MSRP) for the new academic year. Sessions throughout the month included journal clubs, article discussions, fun activities, and a special address by the Research Committee chairs, Dr. Amal Hussein and Dr. Mohamed Saleh.





Escape The Unseen

The Scientific Committee hosted the largest on-campus event of the year, Escape the Unseen! on 17th October 2023. Students and faculty alike were able to enjoy escape rooms with Hungarian Games, play informative games with special booths, and learn more about how diseases are transmitted. The committee also provided various choices for food and beverages, creating a wonderful atmosphere for all guests.



THE SOCIAL COMMITTEE



Glimpse of The Arab World



In a major collaboration for the association, the Social Committee has worked with TUFH to organize and host an incredible cultural event as part of the TUFH conference. Twelve Arab countries represented and displayed their history, culture, heritage, and traditions to students, faculty, and guests attending the event. Held on 24th October 2023, the committee proudly united students to enjoy customary food and clothing, while celebrating numerous cultures on a large scale.



MISDIAGNOSED



By: Jana Eissa

Patient Profile

Age: 42 years old

Symptoms & History:

- Tremors progressively increasing in severity when physically active or resting
- Verbal abuse of relatives in the last 3 years
- History of self-neglect
- Decreased food intake
- Muttering to self & wandering aimlessly
- Inability to walk for 6–7 months



Ocular KF Ring

Initial Diagnosis: Schizoaffective disorder

Sodium valproate and olanzapine (antipsychotics) were prescribed.

Re-evaluation:

A diagnosis of Wilson's disease (WD) was made. WD is a neurodegenerative disorder due to impaired copper metabolism. The diagnosis was based on:

- Decreased level of ceruloplasmin; a liver protein that stores and carries copper from the liver.
- Presence of Kayser–Fleischer (KF) rings
- 24-hour urinary copper level of $>40 \mu\text{g}/24 \text{ h}$; high levels of copper excretion

Zinc sulfate and olanzapine were prescribed, leading to a decrease in the psychotic symptoms and generalized tremors.

What led to the misdiagnosis?

Only one-third of patients with Wilson's disease are diagnosed at the time of presentation, with an average delay of 13 months in diagnosis. Schizophrenia-like psychosis and delusional disorder are rare forms of psychiatric manifestations of WD, which can lead to a misdiagnosis.

How can we avoid this misdiagnosis?

By conducting ocular examinations to identify the presence of KF rings in all patients with psychotic symptoms and tremor.

References



POTENTIAL DIFFERENTIAL



Woman of Steel

Search

By: Leena Amir

It is widely known that children are remarkably resilient and possess the ability to “bounce back” quickly from various illnesses. Yet, on the other hand, it might surprise you just how much the elderly can endure before seeking medical assistance.

GG, an 82-year-old patient, had been voicing her concerns to her daughter for over a week about persistent back pain. The pain started suddenly one evening and would just not go away. While it was diffuse and dull, she primarily felt it in her lower back and dismissed it as a consequence of “getting old,” especially since it worsened with stress and physical activities, like walking, standing, and notably, stair-climbing. When GG started complaining that the pain now involved her abdomen as well, her daughter could not stand it any longer and finally persuaded her mother to consult an orthopedic doctor.

GG's doctor, considered one of the best in his field, had encountered cases like GG's many times before. However, upon hearing her medical history, he chose to forgo physically examining her as he stated it would take her forever to get into the required position. Instead, he promptly arranged for a lumbar X-ray. Consequently, he was quite confused when he received an urgent call from the radiology department, alerting him that one of his patient's results was flagged as “critical” and required immediate review.

Upon GG's return from radiology, the doctor immediately rushed to examine her and was quite shocked when he felt discernible pulsations upon light palpation of her abdomen. He then ordered a CT angiogram, which then confirmed the diagnosis he had initially missed. GG had to be referred to a vascular surgeon, as her condition required surgical intervention. Despite her hypertension, GG did not fit the typical criteria for a patient with her diagnosis. This unexpected presentation had blinded her doctor, nearly leading him to a grave error due to his hasty judgment.

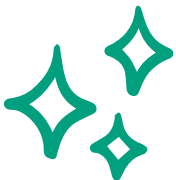
Reference

What condition did GG have? Does this condition always require surgical intervention?


CLICK HERE

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

BASED ON A TRUE STORY !!





Once upon a time, I made my senior doctor cry... Going into Abu Dhabi during the pandemic, you had to have a Green Pass. It was a time of heightened restrictions and precautions. I had a late shift that day, and I needed to leave early to ensure that I would reach the border before my Green Pass expired, which was in 4 hours. This meant I had a slim 1 to 2-hour window to leave the hospital and make it to the border on time!



With a sense of urgency, I approached my senior doctor and nervously asked, "Hello, doctor! I'm really sorry, I know it's early, but can I leave now? My Green Pass is about to expire."

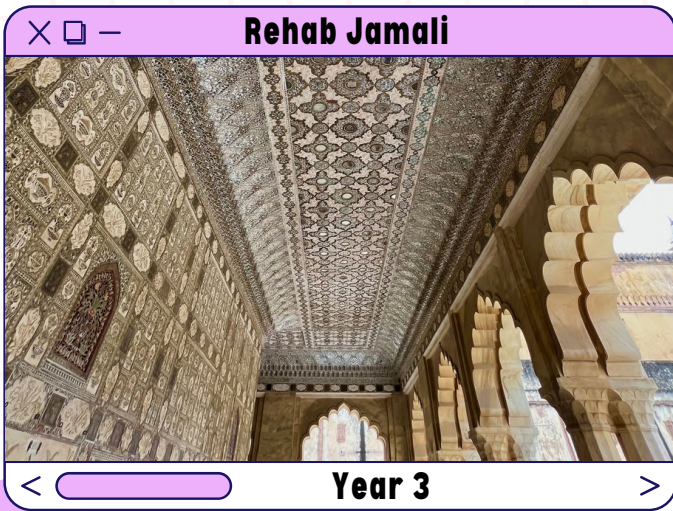
As I spoke, I looked up, only to find them with tears. Concerned, I asked, "What's wrong? I can stay if you don't want me to leave." My senior doctor, overwhelmed in tears, replied, "No, you have to go to your family." I offered once more, "I can really stay if you need me to." The doctor responded emphatically, "No, I insist. Your grandpa is about to expire. I'm truly sorry for your loss." Taken aback, I quickly responded, "No, not my grandpa! My Green Pass is almost expired."



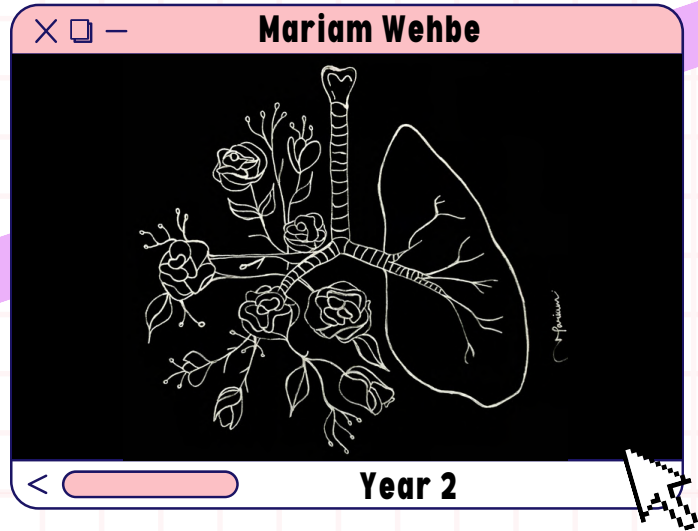
Ready for a laugh? Students from the COM have shared some of their funniest experiences as medical students. For a chance to share your story, contact us at comnewsletter@sharjah.ac.ae

STUDENTS'

Cornel



Where history meets enchantment, the Palace of Mirrors in Amer Fort, Jaipur, whispers tales of bygone eras through its glistening reflections.



In honour of starting respiratory unit



Painted Polaroids > Printed Polaroids



The magic of winter has officially knocked our doors.

SPOTLIGHT

with Shahad Fawis

SHINING THE LIGHT ON UOS ALUMNI AROUND THE GLOBE

Shining the light on a special graduate from batch 2018, Dr Meena Wamidh is currently a Pediatric Resident at Al Jalila Children's Specialty Hospital, Dubai Academic Healthcare Corporation (DAHC). She shares her story under the spotlight: light on a special graduate from batch 2018, Dr Meena Wamidh is currently a Pediatric Resident at Al Jalila Children's Specialty Hospital, Dubai Academic Healthcare Corporation (DAHC). She shares her story under the spotlight:

Did you face any obstacles on your journey to residency?

My decision to join the College of Medicine was one of love, as a source of inspiration. A lot of the time, I do not feel that work is an obligation, in fact, I love what I do. However, the struggle to find a suitable residency program was a real hassle. I wanted to enter pediatric surgery, but joining a surgical program was and still is notoriously difficult. After multiple trials, I somehow ended up in pediatric residency, which was my second option. Thankfully, I love it more than surgery now!

What do you miss most about university life?

What I miss most are the responsibilities, that is, the lack thereof! We had a clear path to follow, and all parts of our day were planned for us. Now? I am a grown adult who needs to do grown-up things. Let me tell you, that is not fun.

What is one thing you would do differently if you could go back in time?

Surprisingly, I would not change a thing. I would do it all over again the exact same way. Every interaction, hurdle, thought, and experience taught me a lesson to help shape who I am today.

How did your choice of residency affect you as a physician and how is it reflected in your everyday life?

As a physician, the program taught me how to deal with different characters, and how to navigate colleagues' and patients' various emotions. As a person, the work I do every day has made me more resilient.

What inspired you to pursue the dreams you are achieving today?

Dr. Najeeba Al Daheri, my grandmother, is the inspiration behind my pursuit of a medical career. Her passion for medicine and dedication to saving lives ignited my love for the field. She was and always will be my role model.

She was a woman marked by resilience and overcoming challenges, ultimately becoming a distinguished gynecologist. Notably, she served as the President's Grand Palace Gynecologist in Baghdad, with patients seeking her expertise from far and wide.

In 2012, she confronted and beat breast cancer, subsequently becoming an advocate for breast cancer awareness. She decided to pursue numerous volunteering efforts, including the Pink Caravan, playing a vital role in early detection.

I cherish the memories of returning home to share my day, eager to discuss and read cases together. She instilled in me the importance of lending an ear to those in need and conducting examinations with precision. She never let a patient with discomfort leave without the reassurance or care they required.

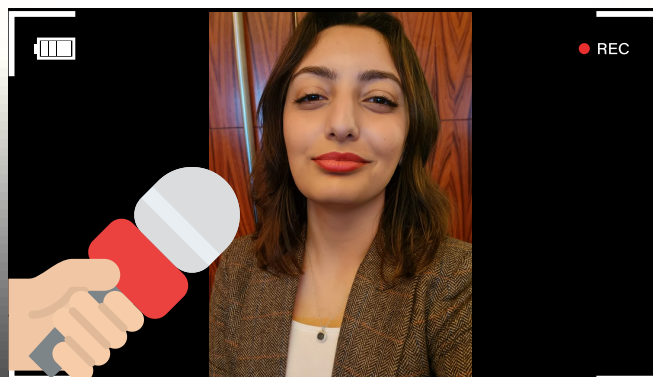
Unfortunately, her battle with breast cancer resurfaced, more aggressive than before, leaving her with only a few months to live. Yet, she wore a bright smile through it all, maintaining her grace till the day she departed to a better place.

To me, and to countless others, she stands as a legend who not only extended a helping hand to those in need but also inspired everyone fortunate enough to cross paths with her. May she rest in peace.

What advice would you give your younger peers who are thinking of embarking on a similar journey?

You will see everyone rushing after university ends, slow down and walk at your own pace, you will reach your goal.

Live life to the fullest and do not waste a second! At the end of it all, you and your well-being are most important and should always come first.

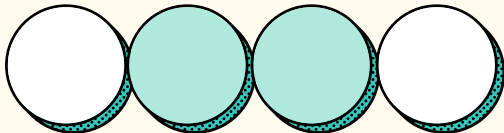


JUMBLE!

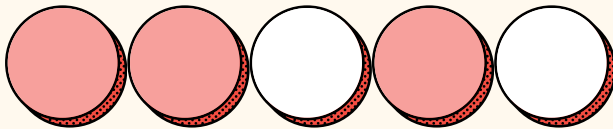
HOW TO PLAY?

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!

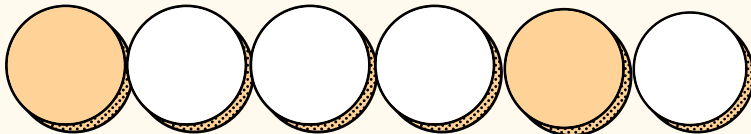
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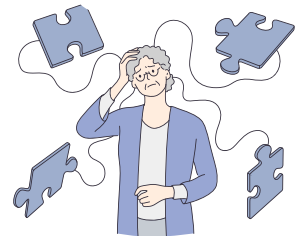


S A M R T E

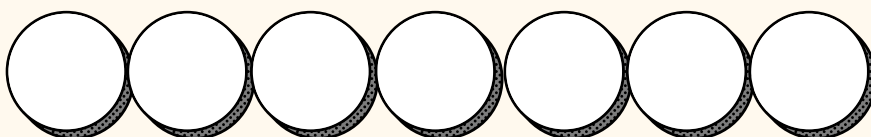


Hint

I heard a joke about _____ but I forgot how it went!



FINAL ANSWER:



Submit Answer





Student Letterbox



Change the Narrative

Steer clear of that coffee shop, forever haunted by the news you once received there. Bury that outfit in the deepest corners of your closet, keeping it untouched—a reminder of the day when everything crumbled. In that pause, you took in the whole scene, immersing yourself in every detail. You wondered how life could go on in the midst of it all. The only solution was to lock all those memories in the back of your mind, hoping those thoughts would dull their own sting. Your mind keeps your heart safe, only allowing the memories to resurface when your soul can endure them.

Life conspires to remind you of everything—everything that triggers the emotions and pain you worked hard to keep on the highest shelf. It all replays in your head like a broken CD. From that day onwards, addressing all your memories becomes a relentless battle. Over time you understand the strength you possess. Eventually, you comprehend that what you kept sealed shut has shaped the person you are today. Holding nothing but faith in yourself, you address and process, building yourself up more.

One day, you wear your favorite outfit and sit in that coffee shop, changing the narrative. Turning all the triggers into symbols of resilience and empowerment, you forgive yourself. As you sip your coffee, a smile breaks across your face, and you look ahead with a renewed sense of closure. In this long journey, you have transformed your pain into power and your memories into wisdom. Your once burdened heart now feels lighter, ready to embrace all that the future holds.

Farah Al Mudhafar
Year 2



TOGETHER FOR PALESTINE

By: Alya Aljasmi

قال رسول الله ﷺ : مَثَلُ الْمُؤْمِنِينَ فِي تَوَادُّهِمْ وَتَرَاحُمِهِمْ وَتَعَاطُفِهِمْ، مَثَلُ الْجَسَدِ إِذَا اشْتَكَى مِنْهُ عُضْوٌ تَدَاعَى لَهُ سَائِرُ الْجَسَدِ بِالسَّهَرِ وَالْحُمَّى.

THE MESSENGER OF ALLAH (PBUH) SAID, "THE BELIEVERS IN THEIR MUTUAL KINDNESS, COMPASSION AND SYMPATHY ARE JUST LIKE ONE BODY. WHEN ONE OF THE LIMBS SUFFERS, THE WHOLE BODY RESPONDS TO IT WITH WAKEFULNESS AND FEVER."

[صحيح] - [أخرجه البخاري (601)، ومسلم (2586) واللفظ له]

