



COLLEGE OF MEDICINE NEWSLETTER

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DEAN'S MESSAGE OF THE MONTH



I would like to begin by wishing you and your families a very blessed Ramadan. The last month has been very busy at the college with meetings, workshops, and seminars. This month has also seen a close to many activities, including student ones. 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 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.



COLLEGE NEWS

Dubai Stem Cell Congress 2024

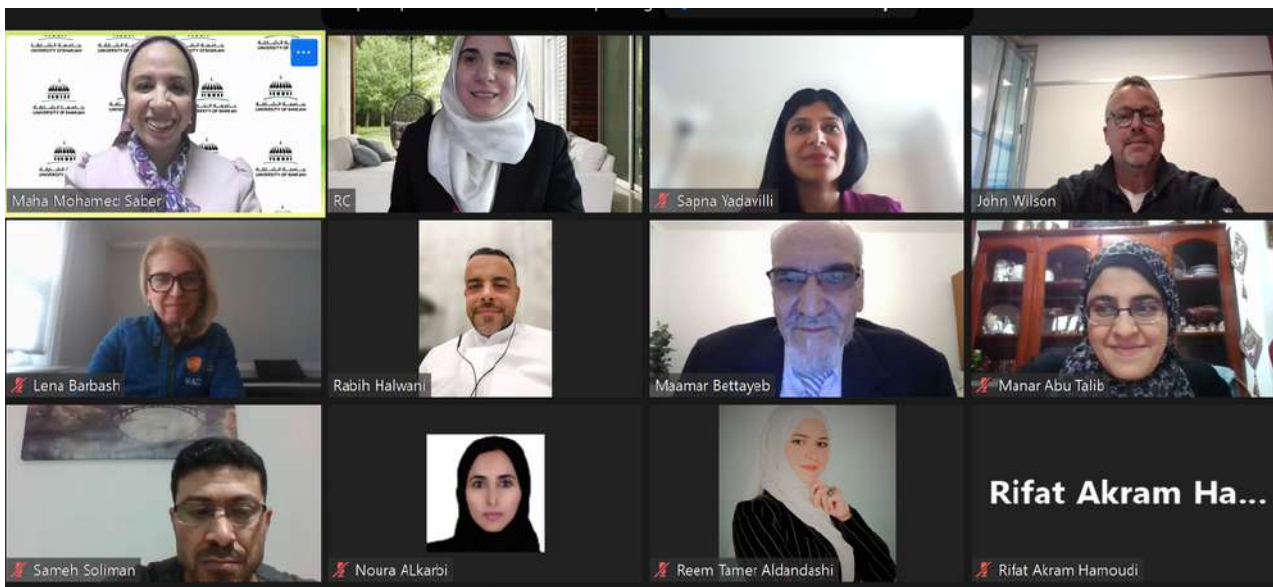
Under the guidance of Prof. Rabih Halwani and Dr. Zainab Al Shareef, the University of Sharjah made a significant impact at the Dubai Stem Cell Congress (DSCC). The event aimed to raise awareness about regenerative medicine's latest advancements and the role of stem cell research in treating diseases like cancer, thalassemia, and diabetes. The two-day event, held on 26th and 27th February 2024, provided a platform for sharing inspiring patient success stories and for global physicians and specialists to present recent breakthroughs in the field.

Dr. Zainab Al Shareef, a featured speaker, highlighted pioneering research on prostate cancer in the UAE, showcasing the potential of stem cell therapy in treatment. Students and research assistants from the university, including Ms. Rula Al-Shahrabi, Ms. Raniah Al Hakm, Ms. Hadeel Aljubeih, and Ms. Shahad Erekat, showcased the Research Institute of Medical and Health Sciences, presenting its achievements, postgraduate programs, and research groups. Additionally, Dr. Aghila Nair, a postdoctoral research associate, received the "Ingenious Thinker Award", further displaying the university's contributions to the congress. Dr. Fatima AlHashimi, Director of the Hortman Stem Cell Laboratory and Chair of DSCC, honoured Dr. Zainab Al Shareef twice, as UAE Speaker and on behalf of the University of Sharjah.



GSK Research Project Contract

On 18th March 2024, the University of Sharjah signed a research project contract with GSK pharmaceuticals. Proposed by Prof. Maha Saber-Ayad, the project aims to provide an evaluation of potential therapeutic combinations with immunotherapy that may benefit a wider range of patients, including those with colon cancer. The contract was signed by Prof. Maamar Battayeb, Vice Chancellor for Scientific Research and Postgraduate Studies, on behalf of the University of Sharjah, and Dr. Olena Barbash, Vice President of Clinical Biomarkers and Correlative Sciences, Precision Medicine, on behalf of GSK.



International Accreditation from AOME

The Master of Leadership in Health Professions Education program has received international accreditation from the Academy of Medical Educators (UK), entitling graduates to an accelerated application process to become members and fellows of this academy. Members of the AOME may use the post-nominal letters MacadMED, demonstrating that they have been judged to meet the Academy's professional standards for medical educators at an appropriate level.

The college extends its gratitude to all faculty members who teach in the program and congratulates the students studying within it. Special recognition is owed to Dr. Mohamed Taha, the program coordinator, and Prof. Esam Agamy, the Vice-Chancellor of Quality Assurance and Accreditation, for their invaluable support. This accomplishment underscores the university's dedication to excellence in medical education.

Medical Students Research Day (MSRD)

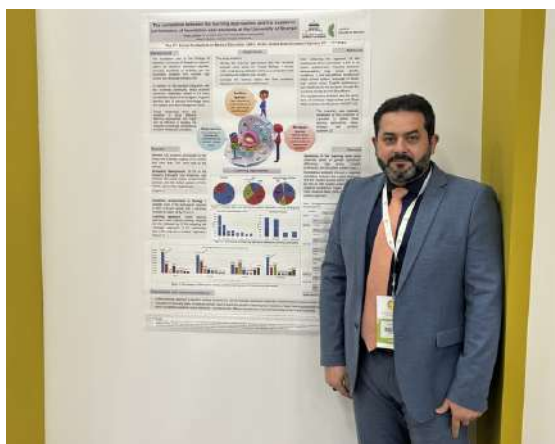
On 26th March 2024, the Medical Students Research Day, led by Dr. Amal Hussein and organized with the help of Dr. Hiba Barqawi and the Medical Student Association, was held in Al Razi Hall. The event served as an opportunity for Years 4 and 5 students, along with select alumni, to showcase their CBR posters, completed under diligent supervision and guidance. The top three presenters were awarded prizes during the closing ceremony at the end of the event.



FACULTY NEWS

Second Emirati Conference on Medical Education

At the Second Emirati Conference on Medical Education, held at the United Arab Emirates University in Al Ain on 10th and 11th February 2024, Dr. Abubakr Mossa presented a poster titled "The correlation between the learning approaches and the academic performance of foundation year students at the University of Sharjah." This work was jointly performed by Human Biology 1 instructors at the College of Medicine, including Dr. Asima Karim, Dr. Suha Al-Naimi, and Dr. Mohamed Eladl.



7th Global Public Health Conference 2024

Dr. Ibrahim Eltayeb participated in the 7th Global Public Health Conference, held from From 22nd to 24th February 2024, in Bangkok, Thailand. During the conference, he chaired a session on 'Social Determinants of Health' and delivered an oral presentation titled "Metabolic syndrome in a multicultural society: insights from the UAE."



Sharjah First International Conference on Fasting Research

At the Sharjah First International Conference on Fasting Research, held on 28th and 29th February 2024, Prof. Maha Saber-Ayad presented her research titled "Molecular aspects of the effect of fasting on cancer," where she discussed the suppressive effects of fasting on cancer cells.



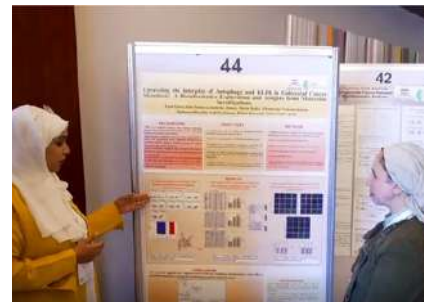
Second International UAE Rare Disease Society Congress

From 29th February to 2nd March 2024, Dr. Mahmoud Ramadan participated in the Second International UAE Rare Disease Society Congress, where he submitted an abstract and presented his research titled "The Detection of a Novel LAMP-2 Gene Mutation Associated with Familial Hypertrophic Cardiomyopathy (Danon Disease)."



WIN Symposium 2024

At the WIN Symposium- Precision and Molecular Oncology: Caring for Patients and Future Generations, held in Abu-Dhabi on 1st and 2nd March 2024, two posters were presented by PhD students Eglal Omer Mahgoub and Nasrah Ali Abdulla, under the supervision of Prof. Maha Saber-Ayad. Both research studies, which will be published in the Journal of Immunotherapy and Precision Oncology (JIPO), discussed the relationship between autophagy and colorectal cancer.



Accreditation Council of Pharmacy Education (ACPE)

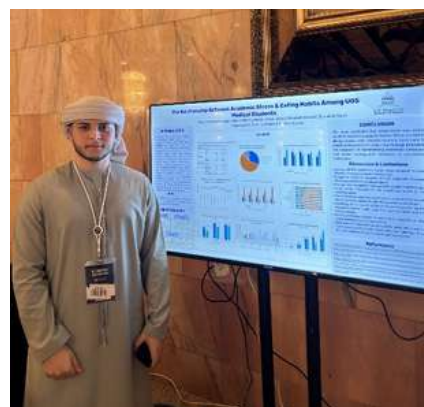
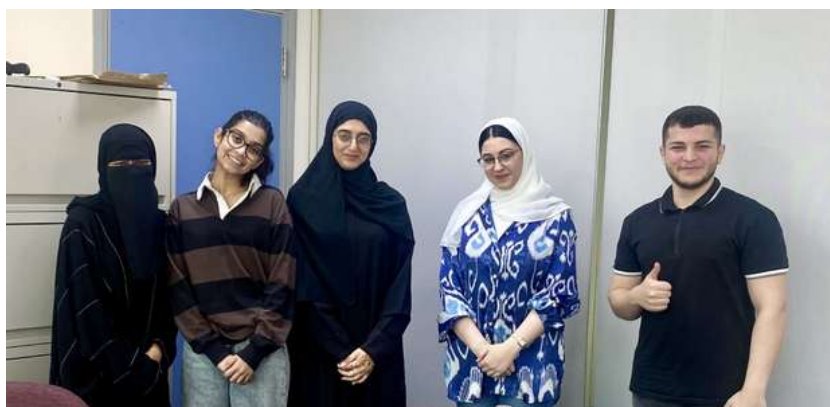
From 4th to 7th March 2024, Prof Eman Abu-Gharbieh served as a member of the international evaluation team for the Accreditation Council of Pharmacy Education (ACPE), assessing the Bachelor of Pharmacy degree program at Amman Arab University (AAU) in Amman, Jordan.



STUDENTS NEWS

4th Abu Dhabi Integrated Mental Health Conference

On 27th and 28th January 2024, Mazen Sooud, a Year 3 student, presented his group's CBR project titled "The relationship between Academic Stress and Eating Habits among UOS Medical Students" at the 4th Abu Dhabi Integrated Mental Health Conference. The project was under the supervision of Dr. Suha Al-Naimi and Dr. Amal Hussein and also included Fida Thacharayil, Huda Lunje, Maitha Alyahyae, Musabah Almarar, and Zainab Al-Saedi as part of the group.



Emirati Leadership Program

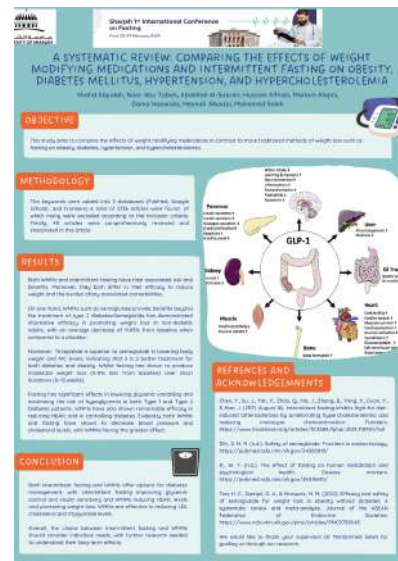
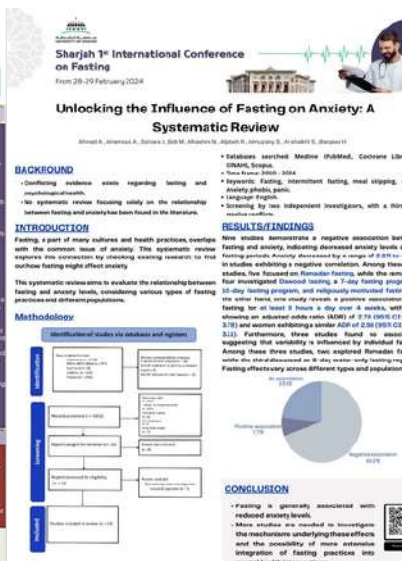
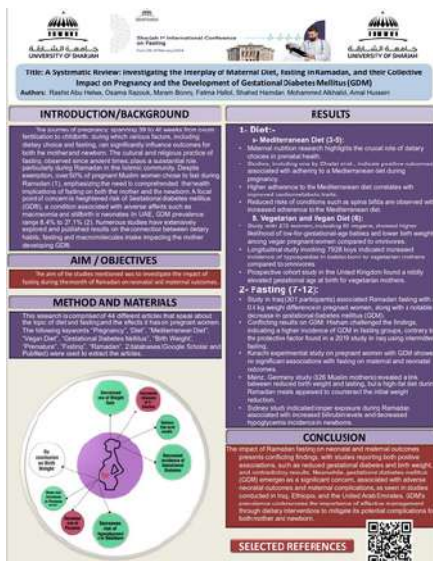
On 6th March 2024, students from the College of Medicine celebrated their graduation from the Emirati Leadership Program, which was established by the Institute of Leadership in Higher Education at the University of Sharjah. Among the graduates were Year 5 students Amna Alhammadi, Aisha Alyassi, Fatima Alshehhi, and Mariam Alshamsi, Year 4 student Fatima Almadani, and Year 3 students Meera Alharmoodi, Hind Almaeeni, and Maitha Alyahyae.



Sharjah First International Conference on Fasting

Several students from the College of Medicine presented their research posters at the Sharjah First International Conference on Fasting, held on 28th February 2024 at Al Razi Hall:

- Under the supervision of Dr. Hiba Barqawi, Year 2 students Abdalla Nedat, Saif Almuzainy, Mohamed Lemine Sidi Mohamed, Alyamama Alnamous, Jana Samara, Sarah Nameer, and Nasir Alhashmi presented their research poster titled "Unlocking the Influence of Fasting on Anxiety."
- Under the supervision of Dr. Amal Hussein, Year 5 student Rashid Abu Helwa and Year 2 students Osama Razouk, Maram Bonny, Fatma Hallol, Shahed Hamdan, and Mohammed Alkhalidi presented their research poster titled "Investigating the Interplay of Maternal Diet, Fasting in Ramadan, and their Collective Impact on Pregnancy and the Development of Gestational Diabetes Mellitus (GDM)."
- Under the supervision of Dr. Mohamed Saleh, Year 2 students Shahd Alqudah, Noor Abu Tobeh, Abdallah Al-Sakran, Hussain Alfnish, Mariam Alajmi, Dania Nazanda, and Meznah Alkaabi presented their research poster titled "Comparing the Effects of Weight Modifying Medications and Intermittent Fasting on Obesity, Diabetes Mellitus, Hypertension, and Hypercholesterolemia."





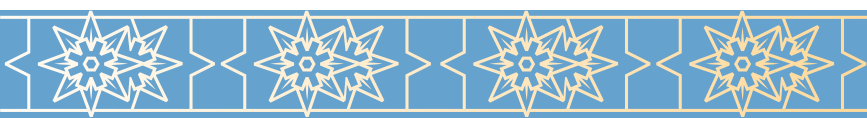
LEAF Project: Milestones & Reflections

This year, LEAF's journey was marked by several milestones. During their black wheat harvesting event, LEAF harvested a remarkable 6 kg of black wheat using traditional sickles, underlining their commitment to agricultural excellence. With the help of Dr. Anu Ranade, students planted flowering plants and seeds near the college's entrance. Additionally, through repurposing discarded plastic bottles, they saved a total of 64 liters of water, which were redirected to nourish plants around the campus. These bottles will soon find new life through Dgrade, a company dedicated to transforming plastic waste into valuable products like clothing and shoes.

Heartfelt appreciation is extended to all faculty members and students that made these achievements possible. A special recognition goes to Mr. Nasser, Mr. Prakash, Ms. Tara, Mr. Raju, and Mr. Zayed for their unwavering support and their commitment to environmental stewardship.

As the semester approaches its end, Year 5 students enjoyed their final LEAF activity before graduation. One of the first members of the project, Yazan Melhem, a Year 5 student whose guidance and commitment have left an unforgettable mark on LEAF, reflects:

"It has been 5 years since LEAF was initiated by Dr. Anu – they passed very quickly! Alhamdulillah, I am grateful to have been a member of this incredible journey with Dr. Anu and our dear colleagues. I am confident that the current and future members will continue the remarkable work at LEAF, by the will of Allah."





MEDICAL STUDENTS ASSOCIATION

Closing Ceremony – 2023/24

The Medical Students Association concluded its activities for the academic year by celebrating, highlighting, and displaying their achievements with its members and select faculty members. Held on 7th March 2024, the anticipated ceremony was hosted by the board, as active members among the student body were awarded for their special contributions to the association this year.



THE COMMITTEES

THE SCIENTIFIC COMMITTEE



Medical Students' Research Day

The Scientific Committee, in collaboration with and under the supervision of Dr. Amal Hussein, hosted the largest-scale scientific event of the year on 26th March 2024. The return of MSRD provided an opportunity for Year 4 and 5 students, along with alumni, to present their posters to a group of judges. An exciting atmosphere filled with games, booths, and fun activities created a wonderful experience for all attendees in Al Razi Hall, University of Sharjah. The best posters and presentations were awarded 1st, 2nd, and 3rd place prizes at the end of the event.



THE COMMUNITY COMMITTEE



Community CEHA Program

The Community Committee continues its collaboration with the Center of Excellence for Healthy Aging (CEHA) through the tail end of the spring semester. Volunteers conducted screening tests, measured blood pressure and cholesterol, and performed various examinations on the elderly. This initiative serves both community needs and provides valuable experience in geriatric care to students.



BASED ON A TRUE STORY !!

During our time in the ER, we had a head-scratcher when a patient with a bite wandered in, lost in translation and unable to explain what happened to him.

With the language barrier hindering communication, we tried everything to understand him, but it was like playing charades with a mime who had lost the plot. Then, out of nowhere, our patient pointed at his bitten finger and uttered two unexpected words: "Meow, meow."

Suffice to say that cleared things up.

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



THROUGH THE LENS

An Eye for a Fever

By: Ahmad Khazali

How far would one go to explore the barren lands of novel diseases and their hypothesized treatments? What constitutes a cure developed in the name of medicine? Do you dare trade a life for the sake of a remedy? The great explorer of these lands, Hippocrates of Kos, Father of Medicine, dared to snap the roots of an oath we pledge to uphold in veneration of triumph.

The homeostatic abilities of human defenses meant we controlled the environment in which pathogens attack, triggering a self-induced fever to rid of debility. Galen of Pergamon (129–216 AD), the Greek philosopher and surgeon, claimed the effects of quartan fever cured a case of melancholy in his patient, concurrent with Hippocrates' observation of malarial fever producing a calming effect on epileptics.

As the treacherous timeline took its course, a doctor at the Vienna Psychiatric Clinic named Julius Wagner-Jauregg (1880 AD) published an article in defense of some contentious beliefs, audaciously proclaiming that "a man with character needs no principles." It was seven years later when he finally traded 'An Eye for an Eye' while observing a patient of his who contracted erysipelas, experiencing a full recovery from a state of psychosis after acquiring an intense fever.

Jauregg blurred the lines of ethics in pursuit of his exploration by conducting small-scale, non-consensual experiments on patients in his clinic. This would be his first attempt at artificially inducing fevers to cure illnesses, termed 'pyrotherapy.' (πῦρ (pyr) – 'fire').

After another three decades, during the tail end of the Great War (1914–1918 AD), a Balkan soldier who contracted malaria was mistakenly transferred to Jauregg's psychiatric clinic. This time, he treaded further than any previous explorer was willing to travel. Now trading 'An Eye for a Fever', he extracted multiple samples of malaria-infected blood from the soldier, using it to inject an inoculated disease to treat 'general paralysis of the insane', now known to be neurosyphilis, caused by *Treponema pallidum*.

Nine of his neurosyphilis patients fell victim to this questionable experiment, and yet six of them recovered. The disease had been partially cured. After justifying his actions by prescribing quinines, he could somewhat control the outcome of most patients.

By the early 1920s, pyrotherapy had struck Europe as the treatment of choice for a variety of psychotic disorders. In fact, Dr. Julius Wagner-Jauregg was the first and only psychiatrist to be awarded the Nobel Prize in Medicine (1927 AD). It was not until the 1950s, when penicillin's distribution had grown, that its use was confirmed as the treatment of choice for neurosyphilis, tipping the scales for a new era of medicine.

The most recent reported case of pyrotherapy was conducted in 1990 after Dr. Henry Heimlich claimed its efficacy against antibiotic-resistant Lyme disease. By writing to the *New England Journal of Medicine*, clinical trials were conducted in China with unpublished results. Since then, its controversy has denied it a future.

References

Compton, A., Lassmann, H., & McDonald, I. (2006). The story of multiple sclerosis. In Elsevier eBooks (pp. 3–68). <https://doi.org/10.1016/B978-0-443-07271-0.50003-3>

Zuschlag, Z. D., Lalich, C. J., Short, E. B., Hamner, M. B., & Kahn, D. (2016). Pyrotherapy for the Treatment of Psychosis in the 21st Century: A case report and literature review. *Journal of Psychiatric Practice*, 22(5), 410–415. <https://doi.org/10.1097/JPR.0000000000000181>

STUDENTS' Corner



Year 5

Embracing the serenity of Ramadan amidst the tranquil beauty of the mosque, as the faithful gather for Taraweeh prayers.

Hanae Al Chame



Year 3

Where faith and art intertwine.

Rehab Jamali



Year 2

إِلَيْكَ وَإِلَّا لَا تُشَدُّ الرِّكَابُ:
وَمِنْكَ وَإِلَّا فَالْمَوْمِلُ خَائِبٌ...
وَفِيكَ وَإِلَّا فَالْغَرَامُ مُضَيِّعٌ:
وَعَنْكَ وَإِلَّا فَالْمُحَدِّثُ كَاذِبٌ...

Ameen Al Borom



Year 3

Symbol of faith, unity, and devotion in Islam's holiest city, Mecca.

Zaid Melhem

STUDENTS' *Corner*



Year 1

Jana Al Shouha

Not only a place of worship, but also a place of peace and harmony!



Year 4

Hadeel Alamlah

Peaceful taraweeh nights.



Year 2

Hamdah Al-Ali

This is the Sharjah Mosque and its architecture speaks volumes of the beauty it holds in every nook and cranny.



Year 3

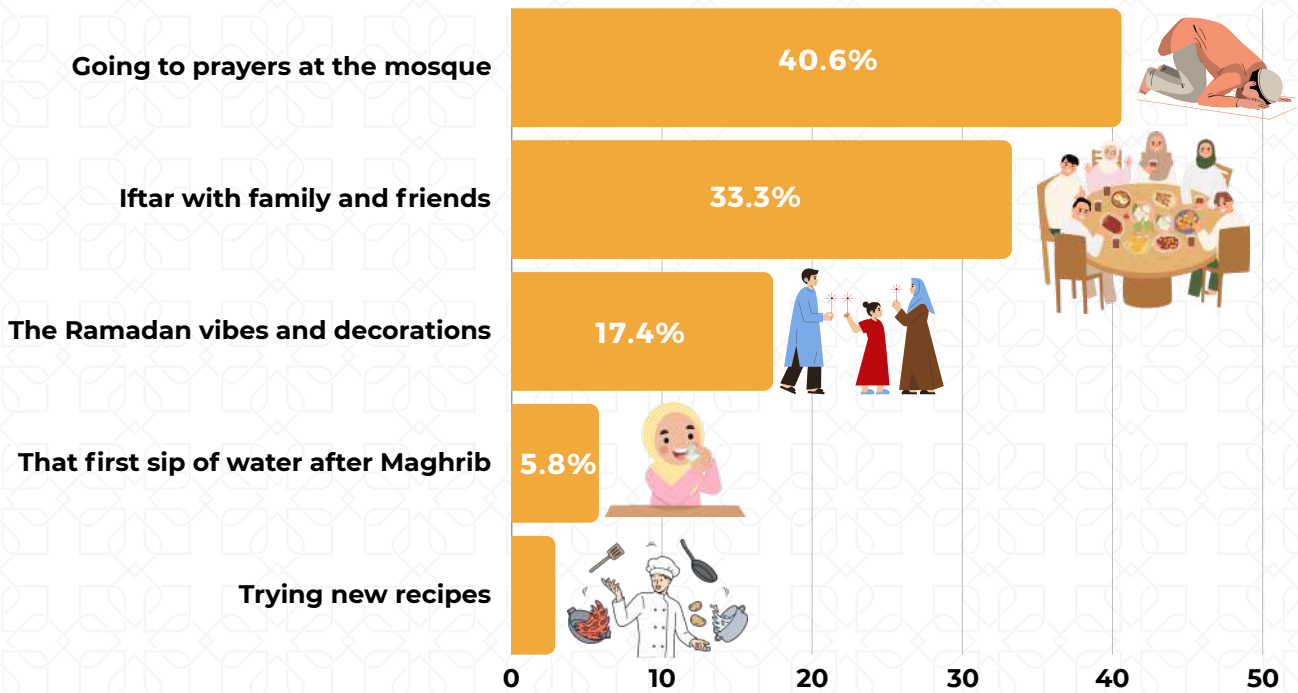
Alya Aljasmi

May this Ramadan enlighten our souls and cleanse our sins.

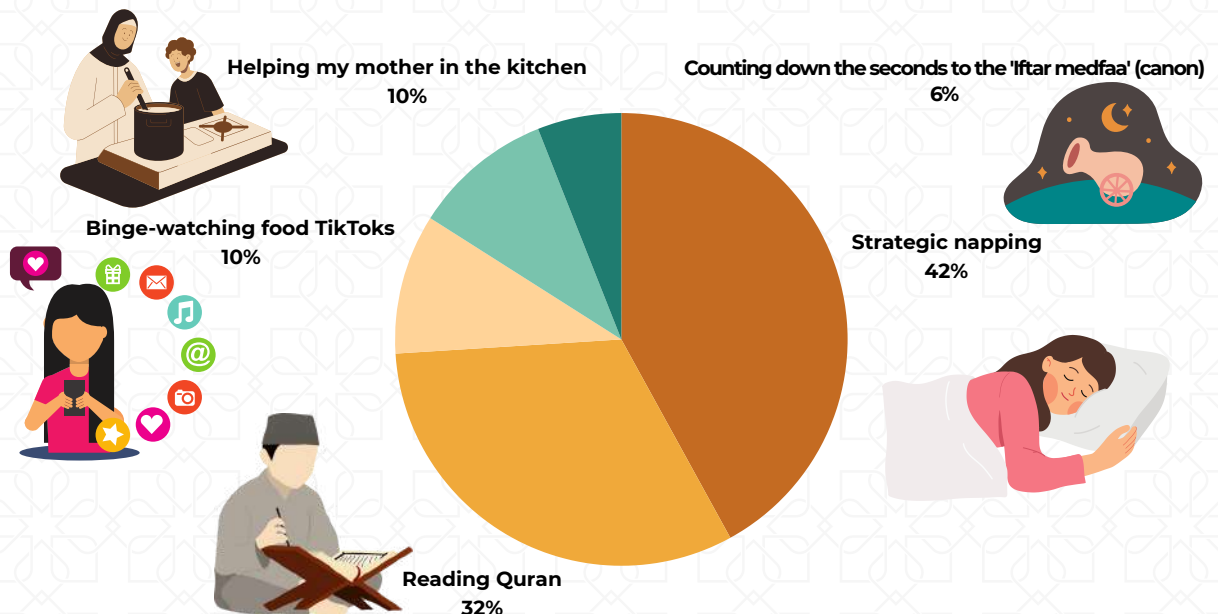
STUDENT SELECTED



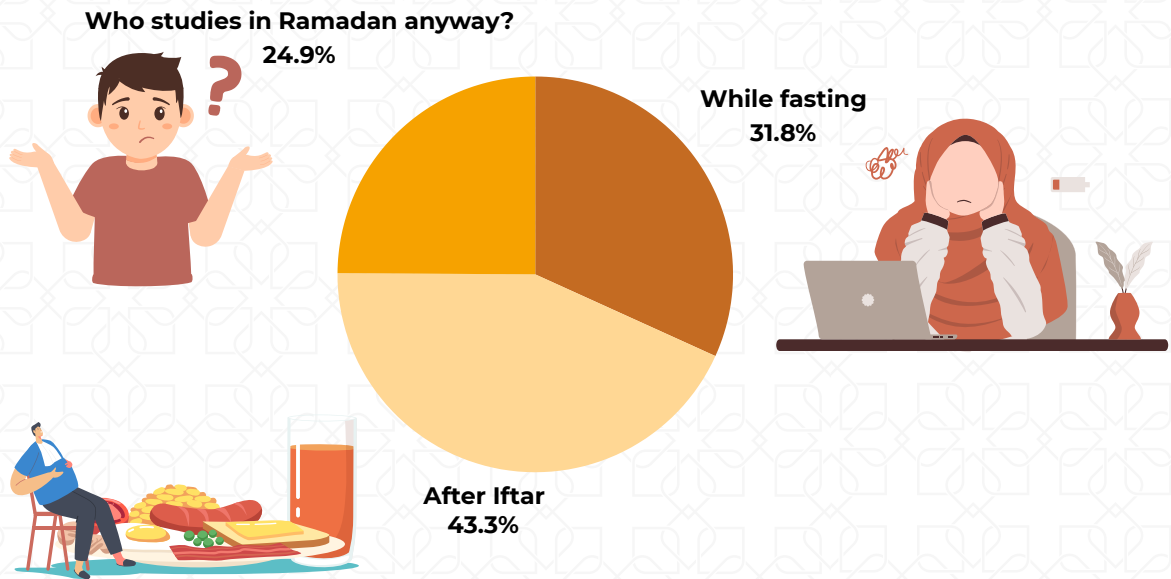
WHAT ARE YOU LOOKING FORWARD TO THIS RAMADAN?



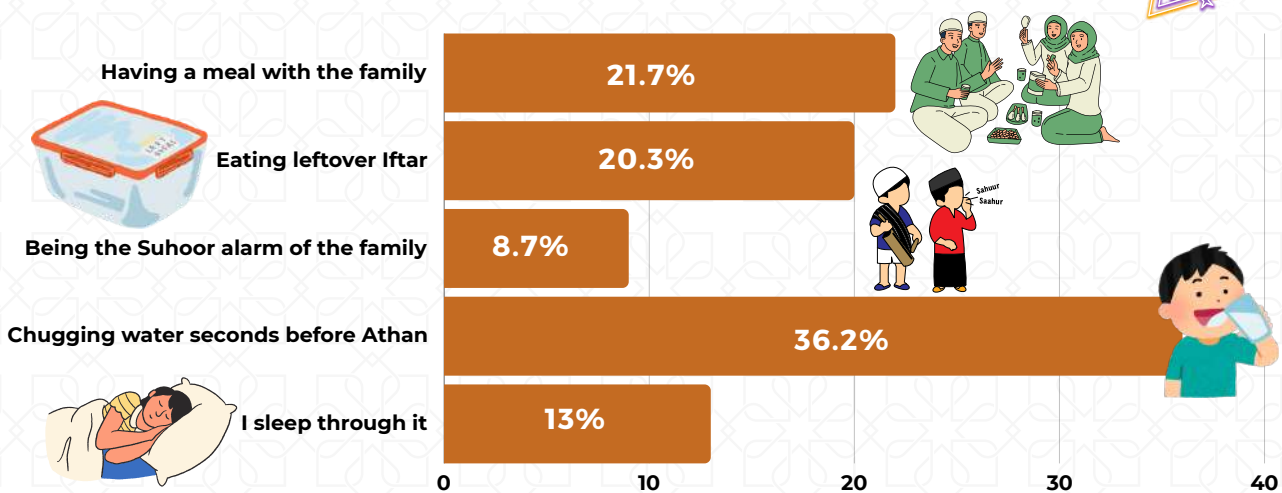
WHAT'S YOUR GO-TO ACTIVITY TO STAY ENERGIZED DURING FASTING?



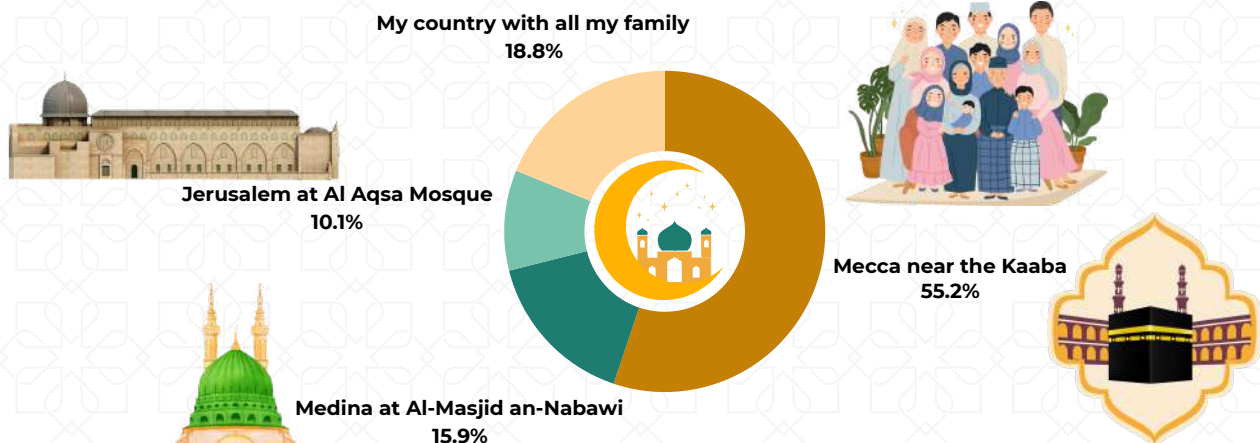
WHAT'S YOUR FAVORITE TIME TO STUDY DURING RAMADAN?



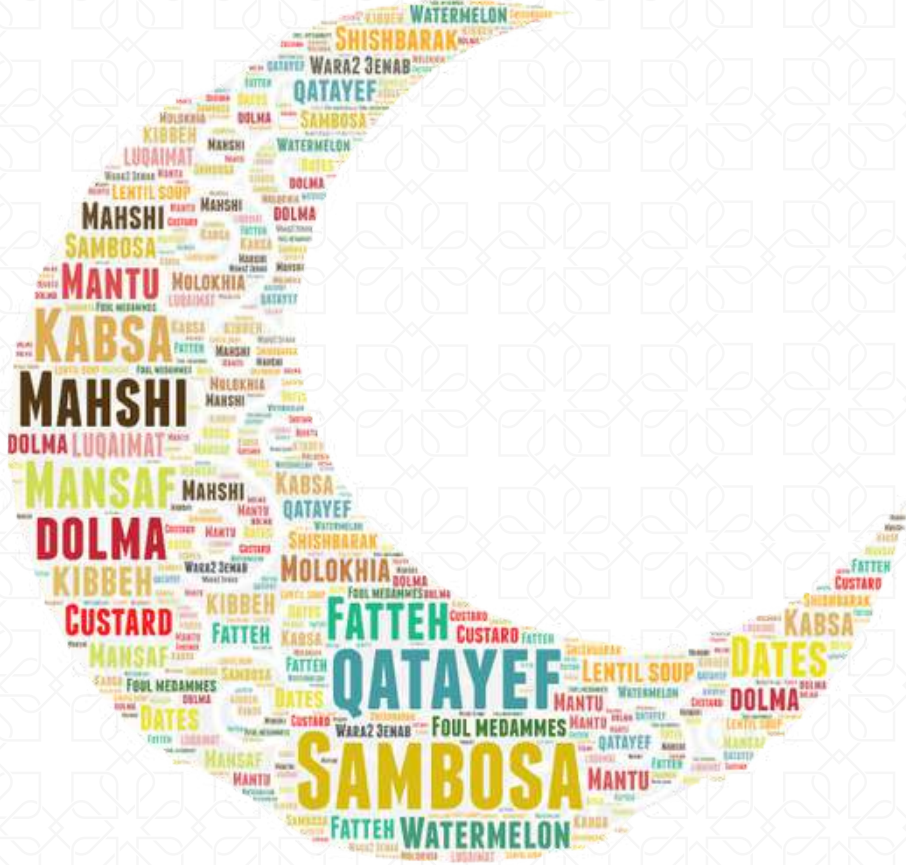
WHAT DOES SUHOOR LOOK LIKE IN YOUR HOME? سُحُور



IF YOU COULD SPEND YOUR RAMADAN ANYWHERE IN THE WORLD, WHERE WOULD IT BE?



WHAT'S YOUR FAVORITE DISH/FOOD TO EAT AT IFTAR?



(اللهم أعد علينا رمضان أعوامًا عديدة وأزمنةً مديدة ونحن في صحة وعافية وحياة سعيدة، وتسلم منّا رمضان متقبلاً)



وصايا نبوية

ببرّها وصّى النبي المرسلُ
عن وصفها ينبو اليراعُ الأكملُ
وهنا على وهني ألا فاعجب لمن
رغم الشقاء تحب ما هي حاملُ
ما فارقت جنب ابنها مذ زاره
سقم، فباتت للكتاب ترتل
حتى إذا شب الفتى ولربما
زلّ الشريف للحظة إذ يجهل
أماه مهلاً قد أتيتك راجياً
عوّدتني جليماً وحسن تجاوزُ
العفو والغفران إني آمل
قامت وضمنت ابنها بحرارة
عن زلتي ولذاك فعلُ ينبلُ
إن الكرام ذوو المروءة هكذا!
وأبان منها الصفح عين تهملُ
يا رب فارزقنا بحق دعائها
عن بابهم ما ردّ قط السائل
وارحم إلهي من علاها الوابل

بقلم أحمد عليلو - سنة ثانية

SPOTLIGHT

*with
Shahd Fawis*

SHINING THE LIGHT ON UOS ALUMNI AROUND THE GLOBE

Batch 2021 graduate, Dr. Dana Othman, is currently a PGY-1 Pediatrics resident at the Case Western Reserve University residency program. She shares her experiences under the spotlight:

What are the most challenging obstacles on your journey to residency?

I truly think the biggest challenge I faced was the process of relocation after knowing I had matched. It was both emotionally and practically an extremely challenging time for me. The process of leaving my entire life at home and moving to a place I knew little about was daunting. The few months leading up to moving, and a couple of months after arriving, were some of the most difficult and stressful times of my life. The bureaucratic processes seemed to be quite literally endless, I was miserable every day, and I missed home. I doubted myself and my decision to come numerous times. The difficulty of exams and interviews was nothing compared to the actual reality of leaving. Besides that, prior to matching, a lot of the obstacles I faced were mostly related to self-doubt. Doom-scrolling on Reddit and listening to skewed and often inaccurate opinions about what it takes to match often made me feel inadequate and like I could never make it here.

What was the most surprising thing about the country you ended up in?

I think the USA has a reputation for being particularly tough on residents with grueling work culture, and the reality was very different from that. While the working hours can be very long, you are very well compensated with weeks of much lighter working hours. The workplace is also extremely positive and accommodating.

What do you miss most about home?

It goes without saying that I miss being around family and friends the most. As you make friends and form relationships in a new place, it does get easier and makes the adaptation more smooth. With that being said, I still wish I had more time at home. Other than my friends and family, I miss the vibes and safety of the UAE overall.

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

If I could go back in time, I would be more deliberate about my decisions and place more thought into the type of life path I was choosing. While I'm very happy with everything so far, I do feel like a lot of the choices I made came out of doing what everyone was doing rather than an active decision I made. I don't know if I would have chosen differently if I had placed more thought into the matter. But ideally, a decision that so drastically changes the rest of your life should be made with more contemplation than I feel a lot of us put into it. While a lot of more career-oriented individuals think it may be an easy choice to make, I think we often forget how much you can lose and how drastically your life changes.



How did this experience affect you as a physician and how is it reflected in your everyday life?

I think the most drastic change has been the experience of being constantly thrown outside of your comfort zone. The growth you undergo within the first couple of months is truly exponential as you learn not only to be a doctor but also to be a "real adult" for the first time in your life. The experience is so humbling. I am more cognizant now of how difficult tasks I used to consider "minor" can be. I think, in my everyday life, it reminds me to give everyone some grace. Life can be incredibly hard, and I cannot imagine how much harder it can be if you are sick, juggling two jobs, or if you can't speak the language of the country you're in.

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

The first piece of advice is to always make sure the decision you are making is the right one for you rather than the decision you were simply expected to make, or the decision everyone else is making. Take all aspects of your personal life into consideration before starting the journey. The process may very much take you places you did not expect to go, so make sure you're all in. Second, don't listen to popular opinion. Throughout my time in university, there were plenty of sentiments of "if you don't have many publications you cannot match," or "if you don't have US clinical experiences no one will even interview you." I am living proof that these statements are false. I don't mean to discourage anyone from doing any of these things but if it so happens that you do not have them, don't worry. Third, find what you truly love and do that. I knew my interests were in medical education and global health, and that was what I focused on actually doing, to build a profile that portrayed who I was as a person and my genuine interests.

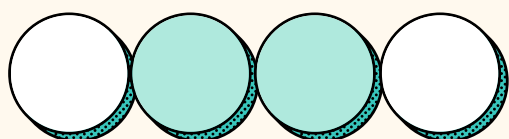


JUMBLE!

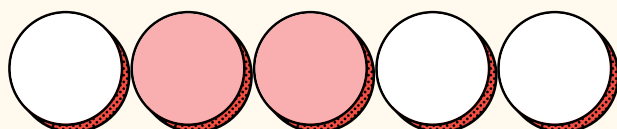
HOW TO PLAY?

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!

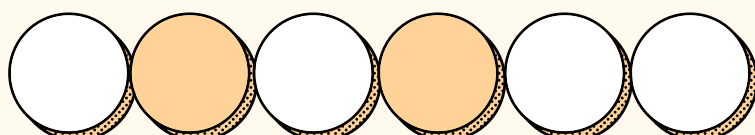
K C B A



S O U N B

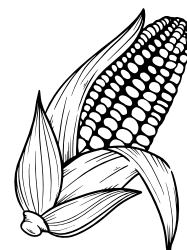


Z E R E F E

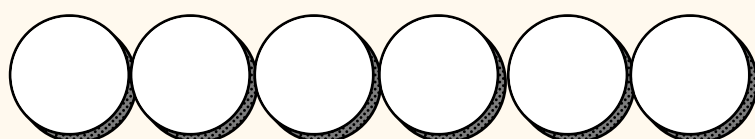


Hint

*Ophthalmology
jokes just keep
getting ----*



FINAL ANSWER:



Submit Answer





Student Letterbox

Month of Oneness

In the confines of a dreary room, where the burdens of the world press heavily upon our weary shoulders, rays of hope beam through the cracks in the door— Ramadan has arrived, casting its glow upon the darkness, bringing with it a time of forgiveness, tranquility, and spiritual awakening. Woven with the threads of devotion, we discover the true essence of our humanity. Our souls yearn for something deeper, something greater than the mundane concerns that often consume our days.

Wrapped in the warmth of collective pursuit, our hearts beat in unison in a tender competition of goodness, all racing towards seeking His mercy. With tearful eyes turned towards the heavens, we pour out our souls to Him, expressing every complaint, wish, and gratitude within us. Our supplications transcend the confines of self, bridging the distances to embrace our brothers and sisters in far lands.

Shoulder to shoulder, human to human, row after row, our oneness pulsates, resonating with each **آمين**.

Hadeel Alamleh
Year 4



WHAT TIME IS MAGHRIB?

By: Rehab Jamali

