



COLLEGE OF MEDICINE NEWSLETTER

EDITOR-IN-CHIEF

HIBA JAWDAT
BARQAWI

FIRST EDITOR

LAMEES AMIR

CREATIVE DIRECTOR

ALYA ALJASMI

CREATIVE TEAM

HANEEN RADWAN
REHAB JAMALI

EDITORIAL TEAM

AHMAD KHAZALI
JANA AL SHOUHA
JANA EISSA
SHAHD FARIS
SNDS SALAMA

DEAN'S MESSAGE OF THE MONTH



Many events took place over the last month, including the Sharjah-Ohio Symposium and the Emirati-German conference that was held under the patronage of His Highness Sheikh Sultan Bin Ahmed Al Qasimi, Deputy Ruler of Sharjah and President of the University of Sharjah. A delegation of the Faculty of Medicine of the Armed Forces from Egypt also visited during that time and discussed future collaboration. I would like to thank all those who helped to make this conference a success.

I would also like to welcome the new members of faculty who have joined us, as well as congratulate our faculty and students on all their wonderful achievements. They continuously make me and our college proud.



COLLEGE NEWS

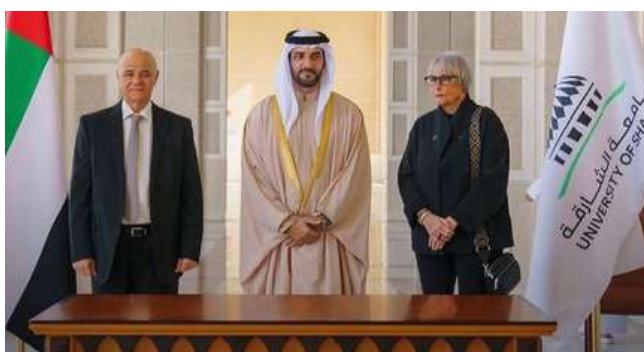
The 10th Emirati-German Congress in Medicine, Dental Medicine and Pharmacy

The ongoing collaboration between the University of Sharjah and the University of Lübeck was reinforced with the annually anticipated “Emirati-German Congress in Medicine, Dental Medicine, and Pharmacy,” marking its 10th edition. Under the patronage of His Highness Sheikh Sultan Bin Ahmed Al Qasimi, Deputy Ruler of Sharjah and President of the University of Sharjah, the opening ceremony was held in Al Razi Hall on 5th February 2024, with the congress spanning two days. Led by experts and distinguished speakers from Germany and the UAE, the event provided an opportunity for healthcare professionals to upgrade their current knowledge and network with the world-renowned scientists from the University of Sharjah, Academic Reinbek’s Hospital Hamburg, the University of Lübeck, and several other speakers from the UAE.



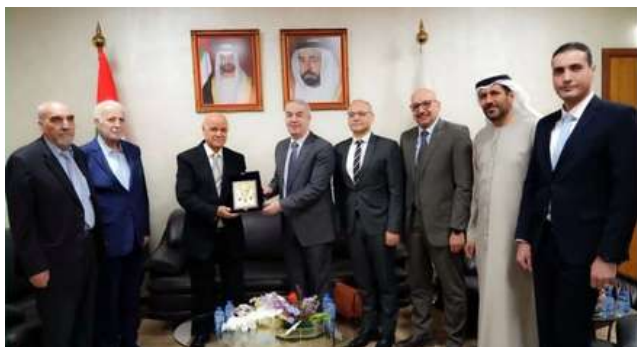
Signing of Research Cooperation Agreement

Sheikh Sultan bin Ahmed Al-Qasimi witnessed the signing of a research cooperation agreement between the Universities of Sharjah and Lübeck in the field of artificial intelligence. This agreement will facilitate research and experimentation, paving the way for upcoming advancements and discoveries within the field.



Delegation from the Armed Forces College of Medicine

The Chancellor of the University of Sharjah welcomed the delegation from the Armed Forces College of Medicine in Egypt, led by Major General Dr. Ayman Mohamed Shawqi, Director of the College, on the sidelines of their participation in the 10th Emirati-German Congress of Medicine, Dentistry, and Pharmacy. Discussions between the two sides focused on methods to enhance cooperation in the field of training medical students and joint scientific research.



Sharjah-Ohio Symposium

On 1st February 2024, under the patronage of Prof. Qutayba Hamid, Dean of the College of Medicine and Vice Chancellor for Colleges of Medicine and Health Sciences, the College of Medicine hosted a symposium on gastrointestinal and hepatobiliary cancers, organized by Prof. Iman Talaat and Dr. Noha Elemam, in association with The James Center at The Ohio State University. It served as an opportunity to connect with local and international pioneers within this field, providing a platform for sharing insights, research findings, and clinical experiences, as well as getting updated on treatment modalities and emerging trends. Additionally, the symposium featured the signing of an MOU between the University of Sharjah and The Ohio State University, which marked a significant step towards global collaboration in research. The eventful day of lectures was concluded by a tour of the Research Institute for Medical and Health Sciences in the presence of Prof. Rabih Halwani, the Director of the institute.



FACULTY NEWS

DUPHAT 2024

Prof. Nabil Sulaiman was a significant contributor to DUPHAT 2024, which took place from 9th to 11th January 2024, where he was chairperson for the main scientific program as well as moderator for a session titled "Mental Health and Insights on Quality Pharmacy Program". He also gave two presentations titled "QPP: A 3-year Continuous Medical Education Program for Community Pharmacists in GCC (Gulf Council Countries)" and "Exploring the Insights of University Students, Public and Sports Club about Performance Enhancing Agents: A Mixed Method Study."



University of Jordan Honorary Appointment

As a show of respect and appreciation for her efforts and contributions to the field of Pharmacology and Toxicology, the University of Jordan appointed Prof. Eman Abu Gharbieh as an Honorary Professor among their ranks as of 24th January 2024.



Arab Health Exhibition Presentation

On 29th January 2024, at the Arab Health Exhibition, Dr. Wafa Alnakhi was invited by the Dubai Health Authority to present her research project titled “Utilization of Telehealth Services at Dubai Public Health Facilities during COVID-19, in the Years 2020-2021.” She shared her findings with field experts and audience members alike. The scientific session was shared with Her Excellency Dr. Farida Al Hosani, the first Emirati female to join the WHO’s Pandemic Influenza Preparedness Framework Advisory Group.



Assistant Director Appointment

Congratulations to Dr. Wafa Alnakhi for being appointed Assistant Director of the Clinical and Surgical Training Center at the University of Sharjah on 31st January 2024.



Sharjah-Ohio Symposium

On 1st February 2024, at the Sharjah-Ohio Symposium, Dr. Jibran Sualah Muhammad gave a talk titled “Estrogen-induced Epigenetic Silencing of Iron Metabolism-Related Genes in Hepatocellular Carcinoma,” and Prof. Riyadh Bendardaf presented the latest biliary cancer management updates and the role of immune checkpoint inhibitors.



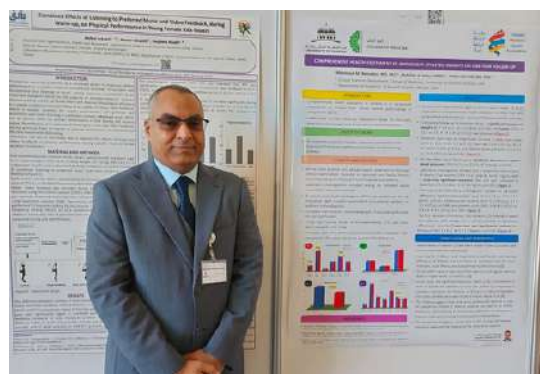
Sharjah Humanitarian City Workshop

Dr. Mohamed Taha led a workshop for trainers at Sharjah Humanitarian City on 6th February 2024. The workshop focused on poster design and presentation strategies aimed at enhancing communication effectiveness during conferences.



First International Conference for Women's Sports Medicine and Sciences

At the First International Conference for Women's Sports Medicine and Sciences on 7th February 2024, two poster presentations were given by two of the university's faculty, Prof. Arkan Sam and Dr. Mahmoud Ramadan. The posters were titled: "Comprehensive Health Assessment of Adolescent Athletes: Insights on One-Year Follow-Up" and "Functional Outcome of Non-Surgical Treatment of Proximal Hamstring Ruptures in Recreational Female Athletes."



Postgraduate Scientific Poster Presentation

Under the supervision of Prof. Maha Saber, master's student Fatima Al Maazmi, along with Dr. Lara Bou Malhab and Ms. Leen Aldohaji, won second place in the Postgraduate Scientific Poster Presentation at Al Ain University which took place on 8th February 2024.



2022 Outstanding Paper Award for Young Scientists

On 12th February 2024, Dr. Zeinab Ibrahim was awarded the 2022 Outstanding Paper Award for Young Scientists, awarded by the Committee on Space Research (COSPAR), for her paper titled "Suppression of endoplasmic reticulum stress prevents disuse muscle atrophy in a mouse model of microgravity."



Director Appointment

Congratulations to Prof. Basema Saddik for being appointed Director of the Center of Excellence for Public Health at the Research Institute for Medical and Health Sciences on 15th February 2024.



Social Accountability Dialogues

Dr. Mohamed Taha was invited by the National University for Medical Science and Technology in the Sultanate of Oman to lead discussions on fostering social accountability on 18th February 2024. This initiative aims to promote dialogue in collaboration with the stakeholder in addressing societal healthcare needs.



Arab Research and Innovation Co-funded Alliances (ARICA) Grant

In collaboration with investigators from Port Said University, Egypt and King Faisal University, KSA, Prof. Maha Saber received a \$300,000 grant funded by the Arab Research and Innovation Co-funded Alliances (ARICA). Co-investigators from the University of Sharjah included, Prof. Rifat Hamoudi and Dr. Nelson Soares. The project is titled "Developing an AI-based model - to predict and/or detect colon cancer, its migration, or its resistance to treatment: a longitudinal proteomic multi-marker approach."



STUDENTS NEWS

International Conference on Women's Sports Medicine and Sciences

On 7th February 2024, under the supervision of Dr. Abubakr Moosa, Year 3 students Abdel Rahman Abu Aladas, Maitha Al-Ali, Maryam Alblooshi, Mohammad Allababidi, Rehab Jamali, and Shams Shakir presented their CBR project titled "Awareness of Varicose Veins and Relation to Physical Activity Among Adult Females in the UAE," at the First International Conference on Women's Sports Medicine and Sciences, held at Al Razi Hall.



Global Medical Education Course

On 16th February 2024, Cleveland Clinic Abu Dhabi concluded its Global Medical Education Course on "Antimicrobial Resistance and Immigration Health" with a final case presentation. The presentation, featuring the participation of Year 5 student Zainab Alkorkhardi and students from various universities across the UAE, showcased actionable strategies to address these critical global health challenges.



LEAF Planting Project – Medical Dorms

LEAF's new venture achieved a significant milestone as the medical dorms planting project continues to progress. Led by Dr. Anu Ranade, and supported by colleagues, students eagerly participated in assessing the impact of their efforts on SDG1. The activity provided a platform for students to reflect on their contributions to transforming barren land into a productive garden, yielding red and white radishes.

As students witnessed the fruits of their labour, the results instilled a sense of accomplishment among one another and the community. Additionally, visits from Dr. Amina Al Marzooqi, Prof. Eman Abu-Gharbieh, Dr. Waseem El- Huneidi, Dr. Mohamed Eladl, Ms. Bakhita Alkhatri, and Mr. Mohamad Al Hammady, underscored the value of the project. Their presence also emphasised the innovation of this initiative particularly cultivating black wheat, the first of its kind in the UAE.





MEDICAL STUDENTS ASSOCIATION

Arab Health Centro Hotel Dinner

As part of the Arab Health Conference, representatives from The Ohio State University invited the MSA board to a wonderful dinner in recognition of the partnership and efforts during the conference. Held on 31st January 2024, OSU hosted the gathering at the Centro Hotel, Sharjah.



Emirati German Conference

The Medical Students Association, in collaboration with the Colleges of Dentistry and Pharmacy, volunteered for and organized the 10th annual Emirati German Conference. Held on 5th February 2024, the conference combined fields of medicine and healthcare to showcase new research among doctors around the globe.



Student Societies Exhibition

As part of the Student Clubs and Societies Exhibition held on 21st February 2024, the Medical Students Association and their members displayed their scope of activities, shared information about their history, performed free blood pressure screening tests for guests, and much more.



Health Awareness Week Event

The Medical Students Association made historical collaborations with Dar Al Kamal Hospital and Rivoli Group at the UOS Health and Environmental Awareness Event held in the Men's campus, on 28th February 2024. By combining their efforts with partners, the association provided blood pressure screening tests, blood glucose tests, general medical advice, and auto-refractive eye tests performed for students by volunteers. As relationships grow, further collaborations are on the horizon as community services are made more accessible for the public.



THE COMMITTEES

THE SCIENTIFIC COMMITTEE



Civil War – Head VS Co-Head Debate

The Scientific Committee hosted the first debate competition of the semester on 19th February 2024. Faculty, students, and competitors alike enjoyed an evening of heated discussion, exciting storylines, and incredible topics. For the first time in history, the committee Head and Co-Head battled as debaters! Setting the tone for the year, winners enjoyed special vouchers, prizes, and recognition as their batches cheered on!



CoM Trivia Competition

The Scientific Committee enthusiastically invited faculty, staff, and students alike to the returning and beloved CoM Trivia Competition. In a battle between batches, students formed teams to compete against one another and against faculty in a breathtaking event filled with heated moments! Held on 27th February 2024, the return of this competition sparked a bond between colleagues as students supported their representatives.



THE COMMUNITY COMMITTEE



Sharjah-Ohio Symposium

The Community Committee continues to impress as they took pride in organizing, supporting, and hosting the Sharjah-Ohio Symposium on 1st February 2024. Led by Prof. Iman Talaat and Dr. Noha Elemam, the symposium recognized the incredible partnership by hosting an event filled with fun activities, booths, games, informative presentations, traditional Arabic food, and more!



Sharjah Diabetes Awareness Program

The Community Committee established a major public health awareness program addressing diabetes, its risk factors, complications, and prevention strategies around Sharjah. Members aim to visit schools to raise awareness about the disease and its effect on health, starting with Al Hikmah International Private School. With the second visit held on 6th February 2024, the committee hopes to continue growing the program further in the future.



Dubai Green Run

Community Committee members took part in AADMD's Green Run, held on 18th February 2024. As a vessel for raising awareness regarding environmental concerns, students joined members of the public through the run and volunteered to assist in mobile clinics around the area, providing checkups free of charge.



CEHA Program

The Community Committee continues its collaboration with the Center of Excellence for Healthy Aging (CEHA) during the month of February. Volunteers conducted screening tests, measuring blood pressure, cholesterol tests, and performing various examinations on the elderly. This initiative serves both community needs and provides valuable experience in geriatric care.



MISDIAGNOSED

By: Jana Eïssa

Patient Profile

Age: 18 years old

Gender: Female

Chief Complain: Experiencing excessive sleep, depression, and hallucinations for 6 years.

Symptoms & Signs:

- Excessive Daytime Sleep (EDS)
- Occasional episodes of falling asleep while walking
- Decline in academic performance
- Persistent exhaustion and loss of interest
- Increased appetite leading to obesity
- Multimodal hallucinations while falling asleep, including:
 - Olfactory hallucinations of the smell of honey
 - Auditory hallucinations of her mother
- Inability to move limbs or speak during hallucinations

Initial Diagnosis: Schizophrenia

Treatment: The patient underwent a 2-month hospitalization and was treated with sertraline (an antidepressant) and olanzapine (an antipsychotic).

Post-treatment: The patient's EDS symptoms worsened, and hallucinations persisted, leading her to discontinue her studies.

Re-evaluation: The patient was diagnosed with Narcolepsy – a chronic neurological disorder affecting sleep-wake cycles. The diagnosis was primarily based on the findings of a Multiple Sleep Latency Test (MSLT) examination, which revealed:

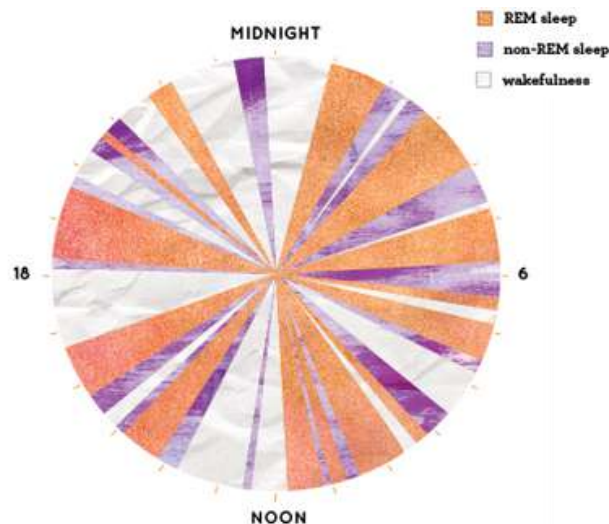
- 5 Rapid Eye Movement (REM) episodes
- 3 Sleep Onset REM Periods (SOREMPs)
- Mean sleep latency of 5.9 minutes

Positive MSLT: Mean sleep latency ≤ 8.0 minutes and ≥ 2 SOREMPs.

Bupropion (an antidepressant) was initially prescribed but was later switched with modafinil (a eugeroic). After 2 weeks of treatment with modafinil, the patient's EDS symptoms significantly improved, the hallucinations disappeared, and her nocturnal sleep became normal.

Why is Narcolepsy often misdiagnosed?

According to Lee et al (2017) and Dunne et al (2016), over 50% of patients with narcolepsy face misdiagnosis. It is commonly misdiagnosed as other neuropsychiatric disorders such as depression and schizophrenia due to similarities in symptoms. Additionally, the disorder's low prevalence, ranging from 0.03% to 0.16%, contributes to delays in diagnosis, which can extend up to 5 to 10 years.



References

BASED ON A TRUE STORY

During my pediatrics rotation, my colleagues and I spent some time with the doctor in the OPD.

After examining a child with a respiratory complaint, the doctor exclaimed, "Stay away from the cat at home, and do not sleep next to teddy bears or anything with fur!"

With a smug expression, the mother looked at her son and asked, "Did you hear that?"

The doctor carried on, "There should be no smoking around the house..."

Silence swallowed the room.

A few seconds later, and with conviction, the child interjected, "Did YOU hear that mama?"

The room erupted with laughter!

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

@DrRizwanQaiser



@DrNasserZahra



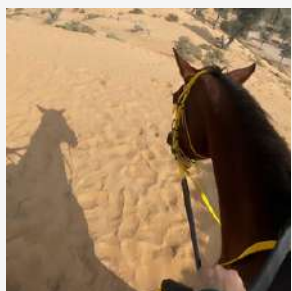
@RaghadAbbas Y5



@MariamElemam Y5



@AmnaAlhammadi Y5



@Amna Mohammed Y5



@HiyamSubehY5



@AhmadWajdi Y4



@WalidAbuLibdeh Y4



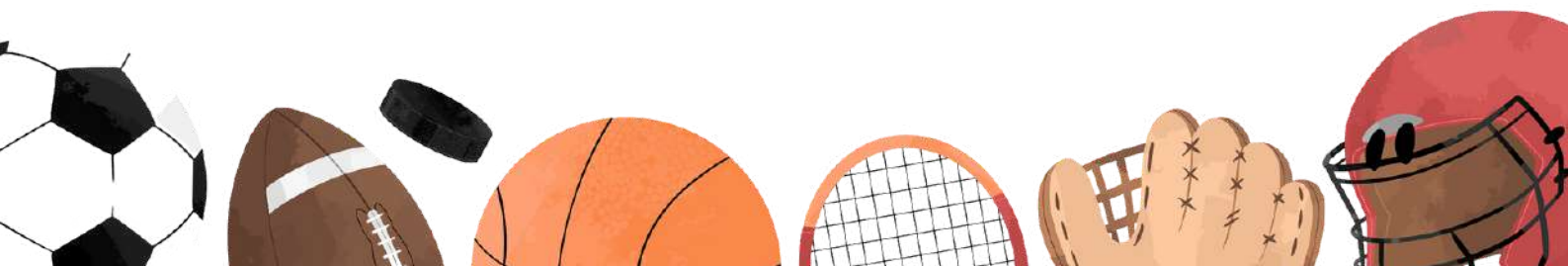
@DhabiaAlMehrz Y3

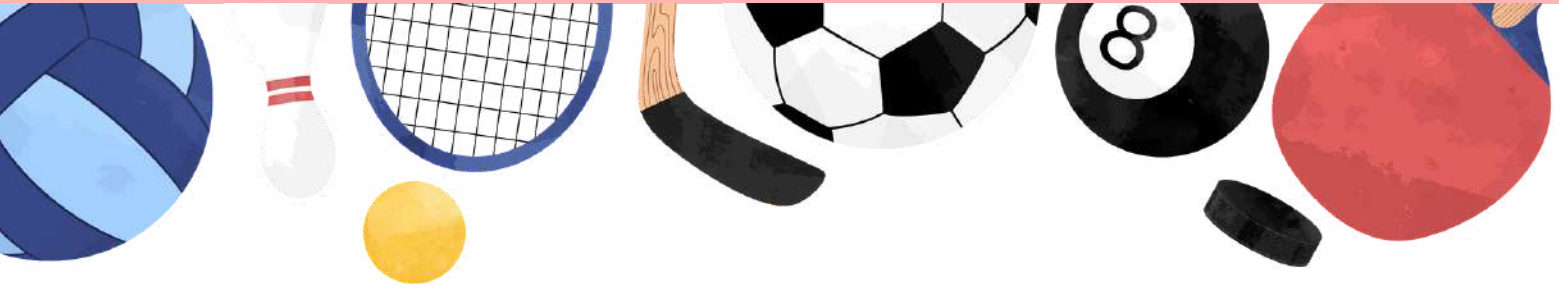


@OmarAbuEid Y3



@RaniyaAlJanabi Y3





@DimaAlQaimari Y3



@ArwaAhmed Y3



@ShahemAnas Y2



@AmnaAlteneiji Y2



@SamiullahHaroon Y2



@KhaledElsousi Y2



@JaaferAlShareef Y2



@AhmedLayth Y2



@FatimaAlansari Y2



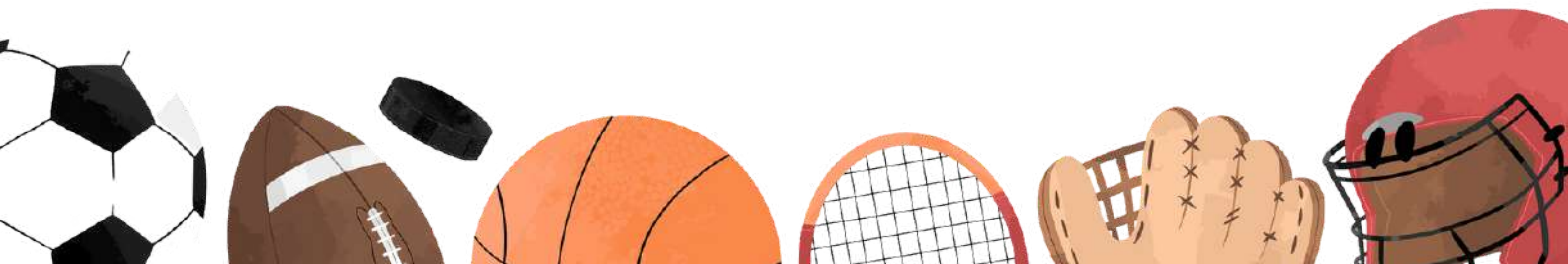
@MuhammadNajah Y2



@DeenaLuay Y2



@JanaEissa Y1





Dr. Ahmad Habash
Alumni

Rashid Almheiri
Year 5

Humaid Askari
Year 5

Rashid Abu Helwa
Year 5



Ayten Mannaa
Year 5

Ahmed Aboeldahab
Year 5

Zaid Melhem
Year 3

Osama Daas
Year 3



Tabarak Mustafa
Year 3

Osama Razouk
Year 2

Mohammed Al-Khalidi
Year 2

Jana Hassoun
Year 2

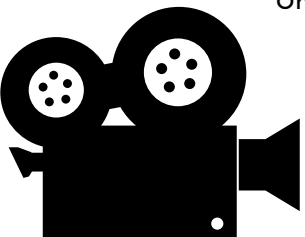


Omar Layth
Year 1

Monassar Alajmi
Year 1

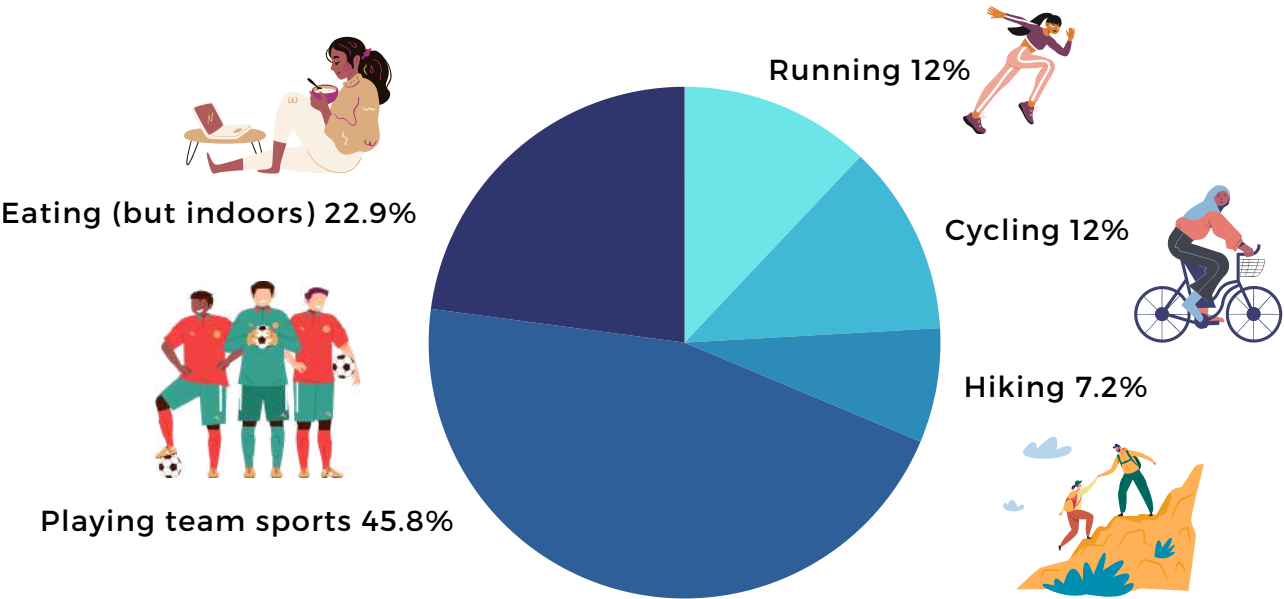
Mohammed Salih
Foundation Year

Yaman Habach
Foundation Year

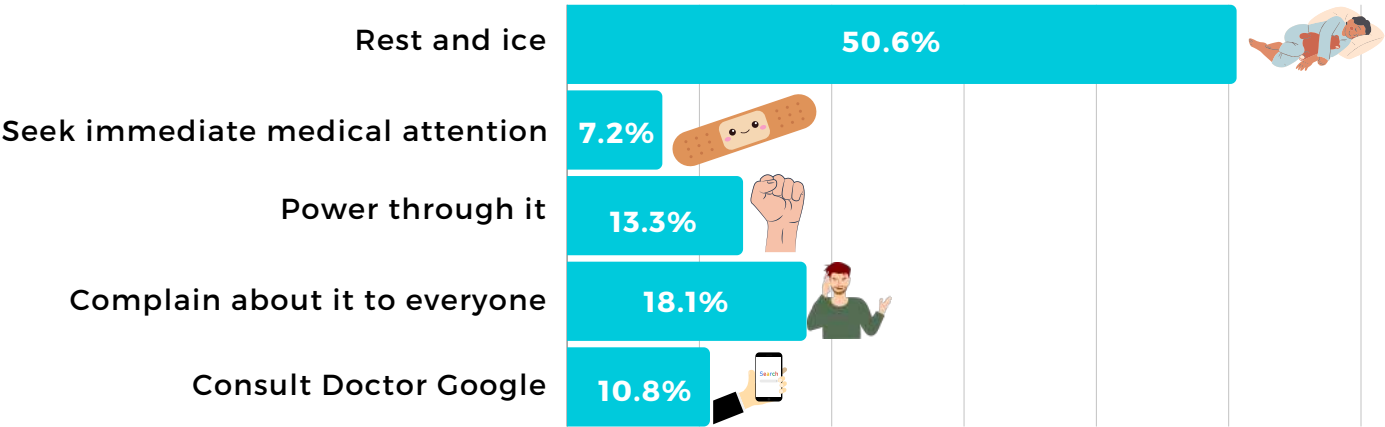


STUDENT SELECTED

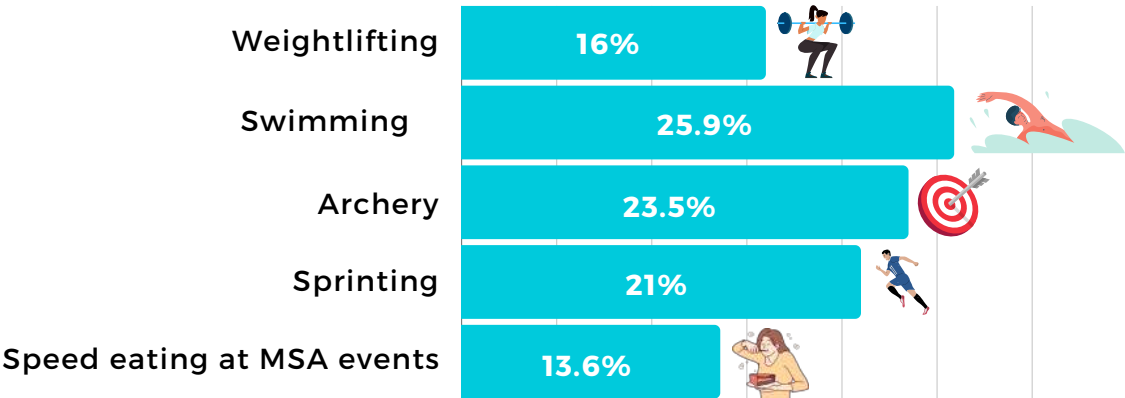
WHAT IS YOUR FAVORITE OUTDOOR ACTIVITY?



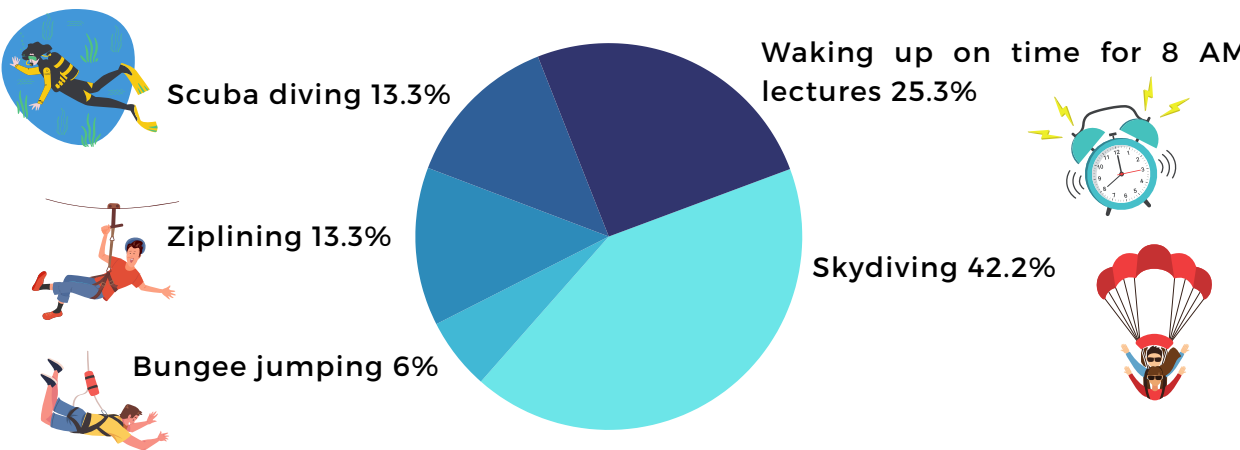
HOW WOULD YOU HANDLE A SPORTS-RELATED INJURY?



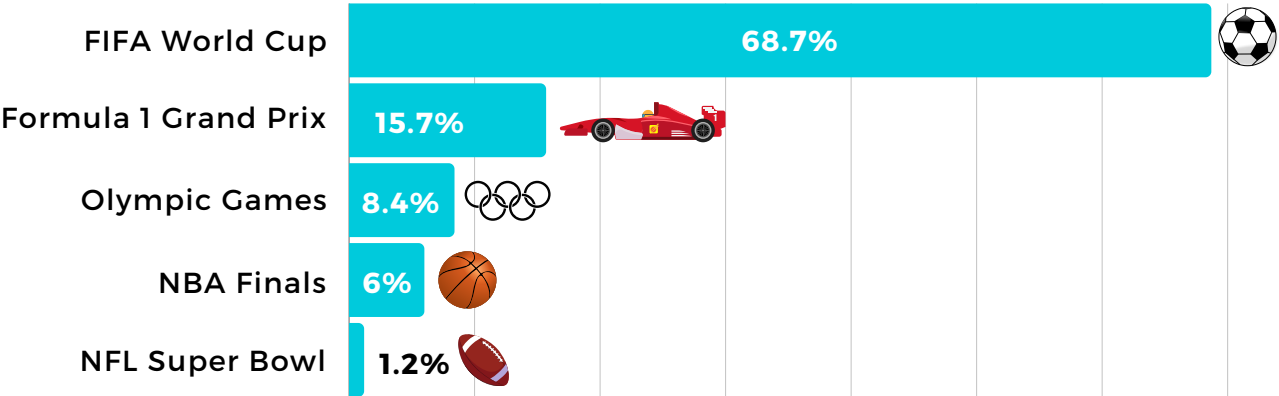
IF YOU COULD COMPETE IN ONE OLYMPIC SPORT, WHICH WOULD IT BE?



WHAT IS AN EXTREME SPORT YOU'VE ALWAYS WANTED TO TRY?



IF YOU COULD ATTEND ONE MAJOR SPORTING EVENT, WHICH WOULD IT BE?



SPOTLIGHT

with Shahid Fawis

SHINING THE LIGHT ON UOS ALUMNI AROUND THE GLOBE

Batch 2019 graduate, Dr. Suhaib Alhaj Ali is currently in his PGY2 stage of Internal Medicine at Henry Ford Hospital, USA. He shares his experiences under the spotlight:

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

One major obstacle I faced was unexpected “delays” in the plan I set for myself due to personal circumstances. I say “delays” in quotations because when our path isn’t as linear as we anticipated, we immediately label it as a delay and end up demotivating ourselves. The truth is, many do not have a straightforward path after medical school; be it life stressors, health issues, financial burdens, visa limitations, or otherwise, there are so many factors affecting our individual journeys.

Another obstacle I faced was subconscious comparison to others leading to self-doubt, fueled by the ever-increasing competitiveness of residency applications. However, as my journey progressed, I quickly learned to appreciate that we tend to underestimate ourselves. Lots of residency programs are looking for well-rounded individuals, and to a good program, it matters more that you’re a good human before you’re a good doctor.

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

It would probably have to be the massive cultural shift compared to the UAE. There is much greater emphasis on autonomy and individualism, while collectivism tends to come second. Perhaps most profoundly, the society in the US is much more heterogenous than I originally expected (given it's a first-world country) in terms of ethnicity, educational level, and financial ability. It is also heavily affected by unique challenges that I did not experience back home, such as politics, substance use, home insecurity, and mistrust of the medical system (whether rightfully based on historical events, or wrongfully based on fixed ideas/beliefs).

What do you miss most about home?

Predictably, my family and friends would be the main thing. In addition to that, however, I do miss the sense of familiarity, comfort, and peace of mind that I had back in the UAE, where I was born and raised for 27 years. I also miss the incredible food!

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

I would say earlier integration of external resources for residency exams in addition to the university curriculum. I started doing that during second year of medical school although it would’ve made the process a lot easier if I started earlier. The truth is it is never “too early” to reinforce your knowledge through external resources; start on day one! “Slow and steady” would’ve been less stressful than “fast and rushed”.

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

Now more than ever, I have become cognizant of how privileged I am to have good education, a stable household, the financial ability to pursue this journey, and most importantly the religious values and morals that guide my life. Recognizing these blessings, I strive on a daily basis to use my knowledge and position to truly impact and empathize with patients at their most vulnerable. After all, doctors are uniquely able to improve the societies they are part of, be it through patient care, research, volunteering, education, or even policy change.

On a personal level, I have become much more self-sufficient and independent in all aspects of my life thanks to my experience so far. I also developed thicker skin with higher tolerance towards the small issues that might've stressed me out earlier. I was always the person who is content with little victories or joyful moments, but I think this grew even more so through my journey.

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

This may be the most important question I answer! I am by no means an expert, but I hope these pieces of advice will help out my younger colleagues:

Have faith in yourself and your journey without comparing yourself to others, as every person's path and destiny is already pre-determined. What is in your control is the amount of work you put into your career.

Regardless of how busy you may get, minimize (as much as possible) missing out on important occasions with family or friends. The truth is, you will always be busy whether now or in your next chapter (residency is even busier than medical school!) You have to learn to integrate these meaningful moments into your career early on.

Your health and well-being should be just as much of a priority as your education. I know that medical school can be demanding, but this should not justify overworking yourself at the expense of your physical, mental, and spiritual health.

Find yourself a study partner or partners that have the same goals as you, so you can help and motivate each other out, especially during stressful times.

Biting the hand that feeds you is never a good look. Every medical school/system in the world is flawed, but nevertheless you are an ambassador of said school/system and you owe your parents and hard-working professors your sincere gratitude. UOS genuinely gave me most of the building blocks I needed to kickstart my career, all while creating lovely memories/lifelong friendships. P.S: I promise I was not paid to say these things!

Finally, do not be discouraged from approaching your seniors and alumni for help/advise! If I can be of any help to you, please feel free to reach out on my email: suhaib_al-hajali@hotmail.com.

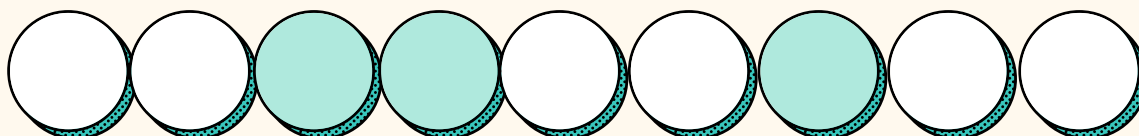


JUMBLE!

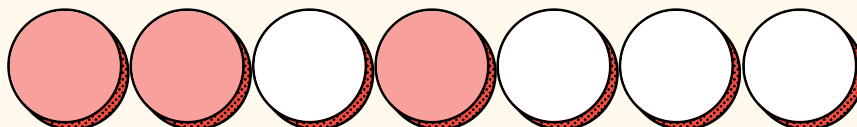
HOW TO PLAY?

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!

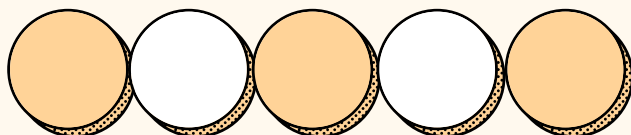
C I E J V E T O B



O E T A G T C



G R E A N

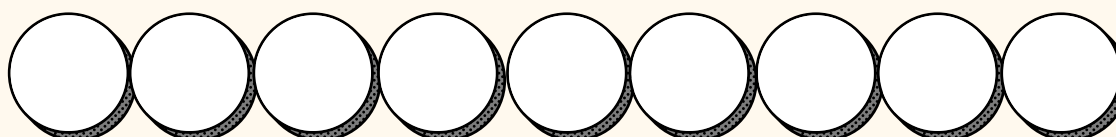


Hint

One thing about
transplant doctors
is that they can't
stand _____



FINAL ANSWER:



Submit Answer



Student Letterbox

The Smell of Grass

Whenever I feel lost,
My mind guides my body to walk outdoors,
With the blue sky above me,
And the green grass around me,
I close my eyes shut.

I breathe in air...
I am back on the pitch.

The harmony of the referee's whistle,
The melody of my coach calling me out.
The blinding sun rays,
The aftermath red face.
The hands waving from a distance,
Waiting for a pass,
While the nearby legs are rushing to snatch.
The chests colliding,
The hearts uniting.

And as the final whistle blows,
My aching body drops to the grass.
The field lifts my body and my mind.
My mind thoughtless,
Apart from one thought.

The smell of grass.
A waft of life.

Chaotic, yet calm.



Jana Eissa
Year 1



SPORTS & MEDICINE

By: Alya Aljasmi

