



COLLEGE OF MEDICINE NEWSLETTER

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DEAN'S MESSAGE OF THE MONTH



As we approach the end of this academic year, I would like to thank 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, His Highness Sheikh Sultan bin Ahmed Al Qassimi, President of the University of Sharjah, and Prof. Hamid Al Naimiy, Chancellor of the University of Sharjah, for their continuous support.

Congratulations to our graduating batch of students, as well as their parents, on their efforts and achievements. I look forward to the graduation ceremony. Sadly, we say goodbye to some faculty and staff who will be missed by their colleagues and students. I wish them all the best.

I would like to thank the faculty and staff for their hard work during the exam period. Rest assured that we are dealing with the difficulties faced in scheduling exams due to the weather conditions. We will do our best to accommodate all students' concerns. I wish all students the best of luck on their exams. Wishing you and your families a pleasant and productive summer break.



FACULTY NEWS

Healthy Fasting Awareness Forum

The UAE High Office of Family Affairs organized an informative awareness forum on "Healthy Fasting." On 20th March 2024, Prof. Maha Saber was invited to provide a talk regarding controlling diabetes and kidney diseases in the holy month of Ramadan.

Fujairah TV Interview

In her interview with Fujairah TV held on 23rd March 2024, Prof. Maha Saber highlighted the effects of fasting in addressing a variety of diseases as well as its association with immunity. Discussions included adopting healthy lifestyle habits and a balanced diet to make the most of the holy month of Ramadan.

Immuno-Oncology Research

Prof. Rifat Hamoudi led an international immunology and oncology research group to decipher the immunological mechanisms of various cancers using Artificial Intelligence and computational systems. The study, titled "Understanding the immuno-oncological mechanisms of cancer using systems immunology approaches," used sophisticated mathematical modeling systems to make use of BIG data from various OMICs platforms and clinical patients' data to identify the dynamic modulation between immune system and various cancers. This work generated an e-Booklet with the latest up-to-date immuno-oncological findings, including diagnostic, prognostic, and therapeutic biomarkers as well as understanding of the molecular immuno-oncological mechanisms involved in various cancers.

University College London Collaborative Study

A multidisciplinary preclinical study, led by Prof. Rifat Hamoudi, in collaboration with the University College London Division of Surgery and Interventional Science, has shown that photodynamic therapy treatment elicited an immune response signature in triple-negative breast cancer (TNBC) patients, leading to a more effective treatment of this complicated form of breast cancer. The findings of the study are undoubtedly a valuable addition to the knowledge and guidelines of TNBC treatment, providing insights into the potential role of immunotherapy in TNBC.

التأثيرات الصحية للصيام
 أ.د. مغل الإسلام فارس
 أستاذة التغذية في قسم التغذية العلاجية والحميات في كلية العلوم الصحية بجامعة الشارقة

الرياضة وصحة المفاصل في شهر رمضان
 د. أسامة اللال
 أخصائي النشاط البدني وجودة الحياة

التحكم بأمراض السكري والكلبي في شهر رمضان
 أ.د. مها صابر عياد
 أستاذة بكلية الطب في جامعة الشارقة وزميلة الجمعية الملكية البريطانية لأطباء الأمراض الباطنية، حاضرة على ماجستير العدد الصماء والسكري من جامعة كوين ماري في إنجلترا

الأمم والرخصة الطبيعية في شهر رمضان
 د. هادية رضوان
 أستاذة مشارك في قسم التغذية السريرية والحميات في كلية العلوم الصحية بجامعة الشارقة



STUDENTS NEWS

University of Sharjah 3M Competition

On 15th April 2024, the University of Sharjah held the 3M Competition in Al Bayruni Hall. Students from different colleges had the opportunity to present their research projects to judges, faculty members, and fellow students. Based on auditions evaluated by a panel of judges from the Medical Students Research Committee, three undergraduate students were nominated to present their community-based research projects from the College of Medicine:


- Year 3 student Dima Al-Qaimari: "Assessing the readiness and knowledge of medical students in the UAE, towards the integration of artificial intelligence applications in the medical field." supervised by Dr. Emad Nosair and Dr. Amal Hussein.
- Year 3 student Zahraa Al-Haboobi: "Prevalence and correlates of health anxiety in the UAE community." supervised by Dr. Amna Khalid and Dr. Amal Hussein.
- Year 4 student Obada Al-Wawi: "Prediabetes: knowledge, attitudes, practices & risk levels in the adult UAE population." supervised by Dr. Nabil Sulaiman and Dr. Amal Hussein




Dima Al-Qaimari's research won second place in the undergraduate category. Additionally, master's student Fatima Abdullah Abdul Salam, supervised by Prof. Iman Talaat and Dr. Noha Elemam, won first place in the postgraduate category with her project titled: "Investigating the expression of CCL19/CCR7 and its association with PD-1/PD-L1 in colorectal cancer."



BASED ON A TRUE STORY





In the midst of my emergency medicine rotation, an orthopedic case threw me in for a loop- I hadn't even scratched the surface of orthopedics yet! Armed with the confidence of successful back slab application, I informed the patient we'd apply one and administer some painkillers, and they'd be good to go! When the patient asked, "and no surgery?" I confidently reassured, "No, no! No surgery needed at all" convinced that Allah's healing was all we required.



When the orthopedic doctor entered the room, the patient expressed relief about not needing a surg... only to be abruptly cut off by the doctor, "What? Surgery is necessary. Your fracture needs immediate attention!"

As the patient's gaze shifted towards me, I hastily made my exit, leaving behind a confused patient and a mess of explanations to untangle.



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

MISDIAGNOSED

By: Jana Eïssa

Patient Profile

Age: 47 years old

Gender: Female

Chief Complain: 2 months of anxiety, weight loss, and sleep problems linked to work stress.

Symptoms & Signs:

- Constant nervousness and restlessness
- Muscular tension
- Excessive sweating and heart palpitations
- Dizziness
- Epigastric discomfort
- Amenorrhea



Initial Diagnosis: Generalized Anxiety Disorder

Treatment: Paroxetine, a selective serotonin reuptake inhibitor, and lorazepam, a benzodiazepine anxiolytic, were prescribed. However, lorazepam was replaced with clonazepam, a longer-acting benzodiazepine anxiolytic, after one week due to unresolved anxiety symptoms.

Post-treatment: Patient gradually developed depression, delusions, and suicidal thoughts. Following a suicide attempt, she was obligatorily admitted to a psychiatric facility.

Re-evaluation: Blood tests revealed persistent hypokalemia and progressive hypothyroidism. Laboratory tests after referral to the department of endocrinology revealed elevated serum free cortisol and 24-hour urinary free cortisol, which were not suppressed after a dexamethasone suppression test, and elevated Adrenocorticotrophic hormone (ACTH). An enhanced MRI of the head found a microadenoma on the right side of the lower pituitary gland, confirming a diagnosis of Cushing's Disease (CD) – a condition caused by cortisol overproduction. Subsequently, a resection of the microadenoma was performed.

Post-surgery: One week after discharge, the patient was admitted to the emergency department with a high fever, tachycardia, hypertension, and impaired consciousness. This was because the patient remained taking multiple antidepressants due to persistent anxiety, leading to the development of serotonin syndrome. As a result, serotonergic medications were discontinued. One month later, the patient's anxiety gradually subsided.

Why Can Cushing's Disease Be Misdiagnosed?

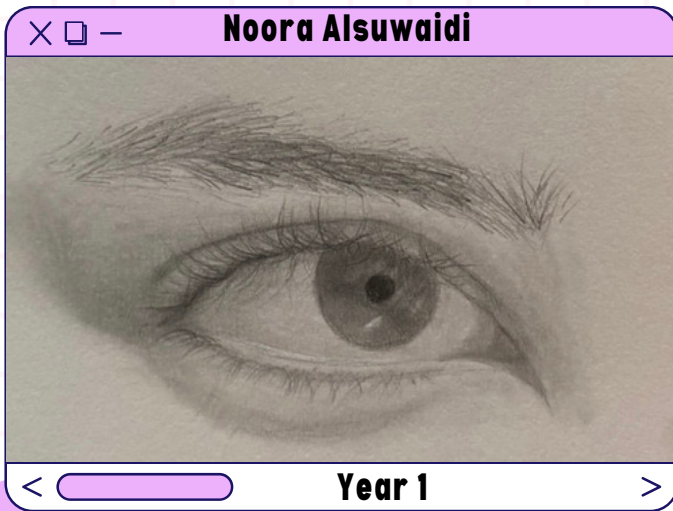
Neuropsychiatric symptoms in CD, such as depression, anxiety, and cognitive impairments, can lead to misdiagnosis as primary psychiatric disorders. This can be explained by the structural and functional changes in the central nervous system, including the hippocampus and amygdala, caused by chronic hypercortisolism. Further research, however, is needed to develop more effective treatments targeting the symptoms of secondary psychiatric syndromes alongside the treatment of CD.

References

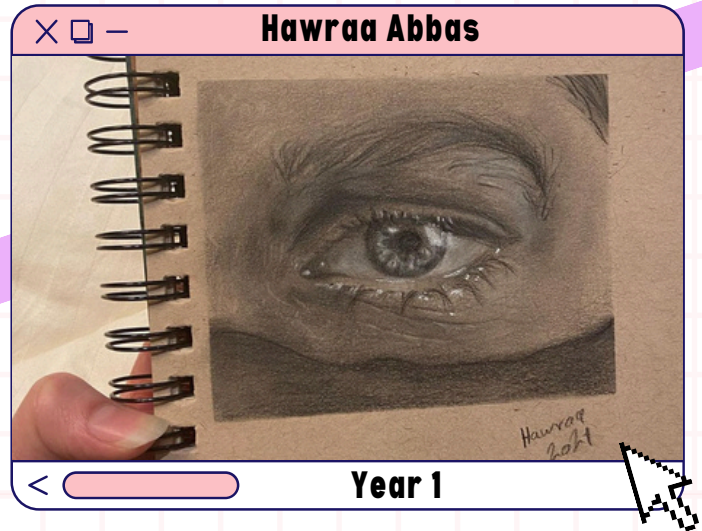


STUDENTS'

Corner



My drawings are a reflection of my feelings but on paper.



إنما الأعين نواطق



Creative moment.

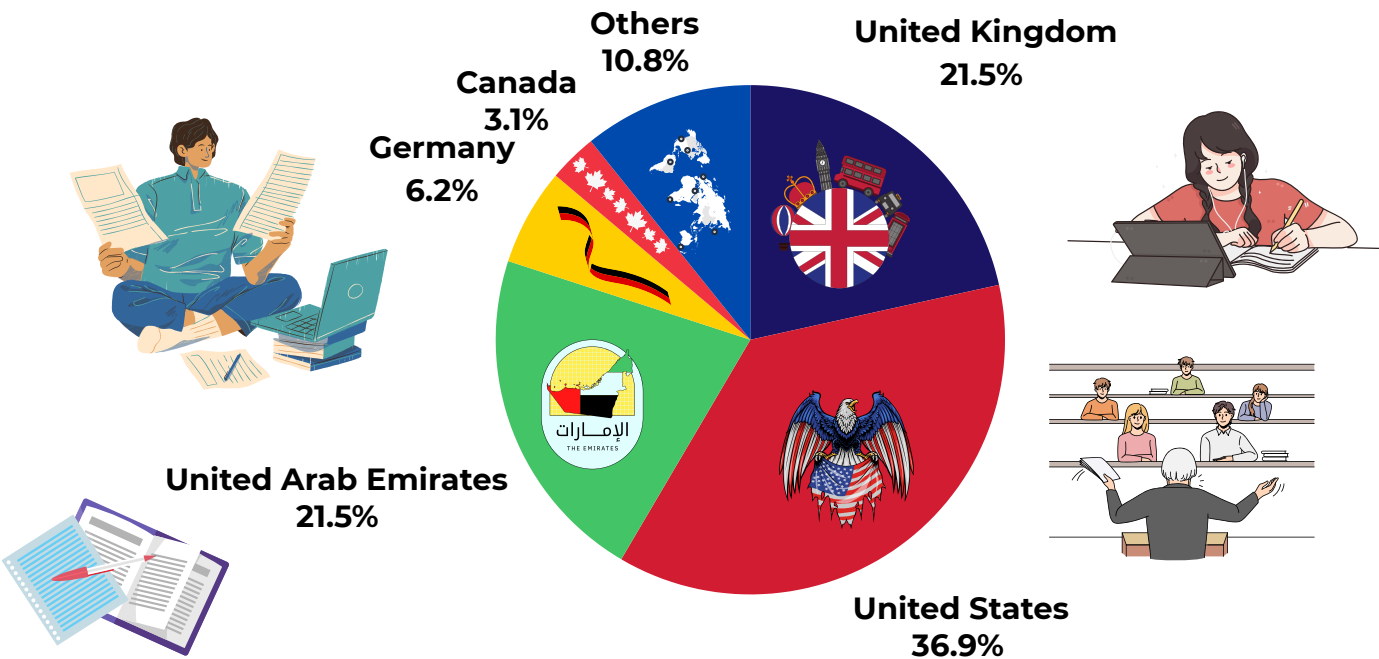


Embracing contrasts: A striking black and blue beauty takes flight.

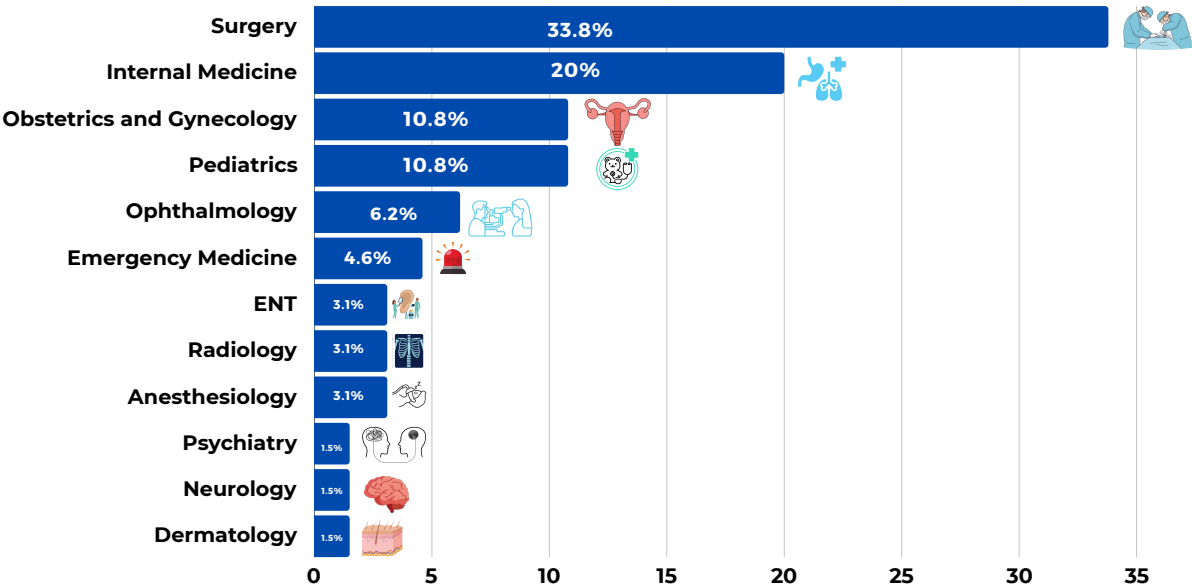
STUDENT SELECTED

STUDENT ASPIRATIONS

WHERE ARE YOU PLANNING TO DO YOUR RESIDENCY?

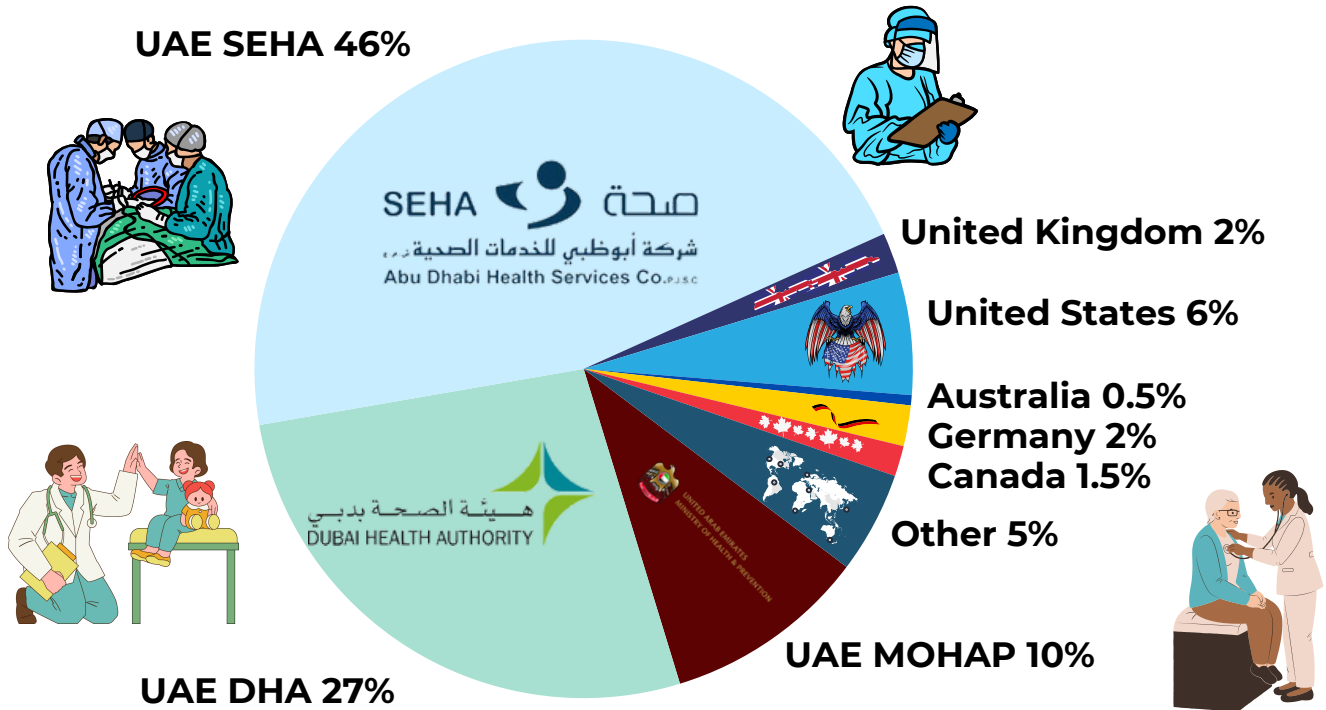


WHAT SPECIALTY ARE YOU AIMING FOR?

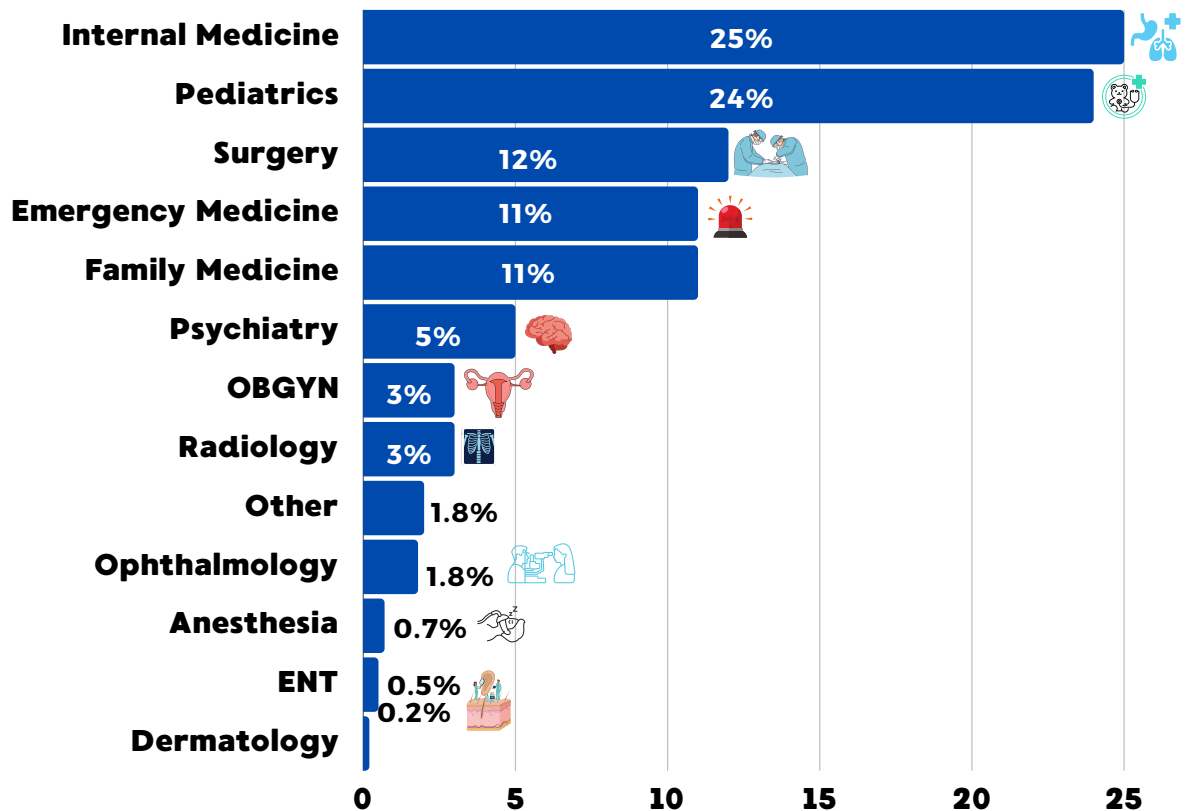


ALUMNI REALITIES

ALUMNI MEDICAL RESIDENCY LOCATIONS



ALUMNI MEDICAL SPECIALITIES



ASPIRATION VS. REALITY: MEDICAL SPECIALTY CHOICES OF CURRENT STUDENTS AND ALUMNI

Speciality	Current Students (%)	Alumni (%)
Surgery	33.8	12
Internal Medicine	20	25
OBGYN	10.8	3
Pediatrics	10.8	25
Ophthalmology	6.2	1.8
Emergency Medicine	4.6	11
ENT	3.1	0.5
Radiology	3.1	3
Dermatology	1.5	0.2
Anesthesia	3.1	0.7
Neurology	1.5	-
Psychiatry	1.5	-



SPOTLIGHT

with Shahd Faris

SHINING THE LIGHT ON UOS ALUMNI AROUND THE GLOBE

Batch 2018 graduate Dr. Mahmoud Saleh is a final year internal medicine resident in Newcastle, UK. He will commence his oncology/hematology subspecialty in August. He shares his experiences under the spotlight:

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

Number one would definitely be the delay in obtaining residency. Not matching into residency right after internship, working in a non-clinical capacity & COVID-related delays were all factors that contributed to the stress of chasing a residency spot. Additionally, adapting to a new healthcare system and culture, navigating the complicated processes of medical registration in a new country, and acclimating to different clinical practices and patient populations were some of the most challenging obstacles on my residency journey.

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

This experience has profoundly shaped me as a physician, particularly in terms of my approach to self-improvement and work-life balance. Upon transitioning to the healthcare system in the UK, I was struck by the prevalent culture of continuous improvement among doctors. There's a drive to enhance clinical skills, expand medical knowledge, and refine patient care practices, extending far beyond the demands of residency training. This commitment to ongoing professional development has been inspiring and transformative for me. It has instilled within me a deep sense of responsibility to seek out opportunities for learning and growth. This dedication to self-improvement not only benefits individual doctors but also translates into better outcomes for patients, as we constantly strive to provide the highest standard of care.

Moreover, the emphasis on work-life balance in the UK healthcare system has had a profound impact on my everyday life. Doctors here recognize the importance of maintaining a healthy equilibrium between professional responsibilities and personal well-being. Working hours are respected, and there are strict regulations in place to prevent doctors from being overworked or experiencing burnout. Additionally, there are mechanisms in place to support doctors who may find themselves consistently working beyond their rostered hours, ensuring that their welfare is prioritized. This focus on work-life balance has allowed me to cultivate a healthier lifestyle and prioritize self-care amidst the demands of medical practice. It has enabled me to carve out time for hobbies and interests outside of work, fostering a sense of fulfillment and overall well-being. By striking a balance between professional and personal pursuits, I am better equipped to serve my patients with compassion, attentiveness, and resilience. In essence, this experience has transformed not only my approach to medicine but also my perspective on life as a whole. It has taught me the importance of lifelong learning, self-care, and maintaining a healthy work-life balance, principles that I carry with me each day as I strive to be the best physician and individual I can be.

What do you miss most about home?

I definitely miss the warmth of my home, the familiar sights, sounds, and flavours, as well as naturally my family and friends. Additionally, I miss aspects of the culture, such as traditional celebrations and customs. Last but not least, I do miss the food!

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

The most surprising aspect of the UK for me was the National Health Service (NHS) and its universal healthcare system. Coming from a country where healthcare is predominantly privatized, experiencing a system where healthcare is accessible to everyone regardless of their financial status was a nice experience. It is definitely busier for us as doctors this way but it is also very rewarding. I also came across residents who were very hardworking & knowledgeable, seeing how good they are certainly made me work harder to improve myself as a doctor.

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

I would do it all again, exactly the same way without any change. The journey is by no means easy but I have learnt to enjoy it! The difficulties, the struggle and the uncertainties are the things that make success a 100 times worth it.

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

My advice to the younger generation embarking on their medical journey is: it's not a race. I've come to understand that success in medicine isn't solely defined by how quickly you progress through the ranks or how soon you reach certain milestones. Instead, it's about the journey itself, the lessons learned along the way, and the impact you have on the lives of others.

I've learned that finishing faster doesn't necessarily equate to being better. It's about the quality of your work, the depth of your understanding, and the compassion you bring to patient care. Each individual has their own unique journey, their own pace, and their own set of circumstances. What matters most is staying true to yourself, staying focused on your goals, and embracing the journey at your own pace.

Undoubtedly, having a clear goal is important. Setting your sights on a specific destination gives you direction and purpose. But it's equally important to recognize that the path to achieving that goal may not always be linear or swift. There will be detours, obstacles, and unexpected twists along the way. And that's okay.

So, my advice to the younger generation is simple: trust in your abilities, have patience with yourself, and embrace the journey, wherever it may lead. Remember, to each their own path. Your journey in medicine is uniquely yours, and it will unfold in its own time, exactly as it's meant to.

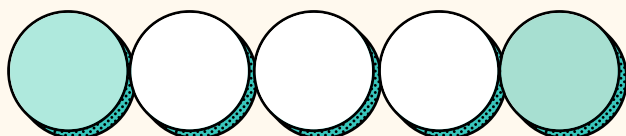


JUMBLE!

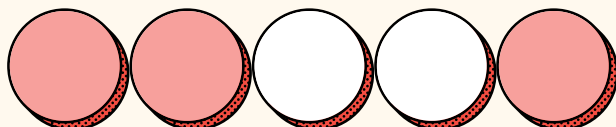
HOW TO PLAY?

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!

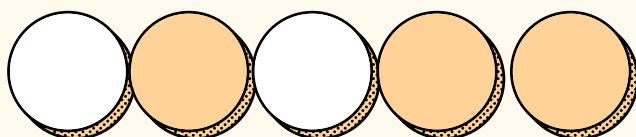
S C S B A



A H T R C

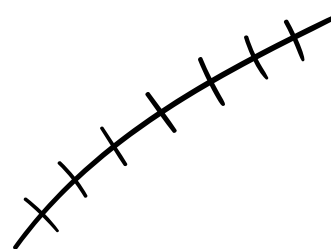


T L H G I

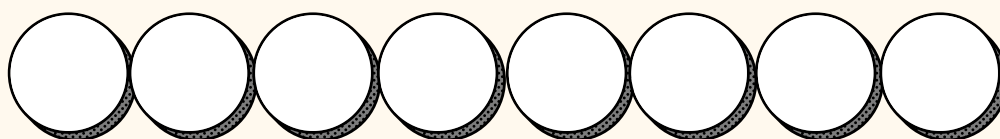


Hint

ER doctors are
so funny; they'll
have you in ____



FINAL ANSWER:



Submit Answer



Student Letterbox

ONWARD>>>

Never look back, you're not going that way,
That's what they all preach, what they all say.
Look forward, keep moving, onward and ahead,
But at times we must pause and reflect instead.

It had been quite a journey; one of a kind,
Like walking through a desert, the heat muddling your mind,
Like walking against the wind amidst a wild hurricane.
A journey akin of a long tunnel where the darkness held reign.

But as your thoughts began to wander,
"How did I get through this?" you began to ponder.
The challenge had changed you, made you stand tall and wise.
The dark night made you a knight that stood after every demise.

Throughout these trials, you picked up more than skill.
You developed resilience, brilliance, and powerful will.
For every locked door, you have learnt to find a key,
And from every failure, you have learnt to stand not flee.

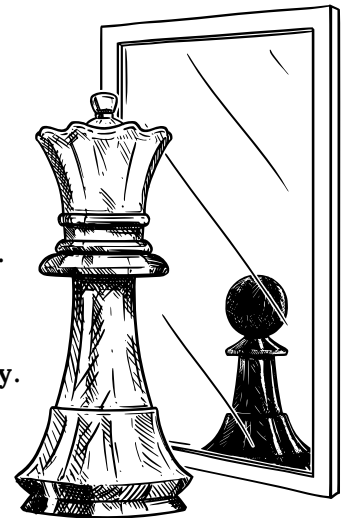
And as you battled on, you realised you weren't alone.
You found lanterns to light your way back home,
Held by peers and mentors, they guided you ahead,
And when you felt like crying, they made you laugh instead.

With all these brilliant minds at your back, you managed
to find an epiphany.
You found every oasis, as you moved onward to your destiny.
Found those to dance with you in the rain,
Stars to fill your night, friends to ease your pain.

Now that this chapter is over, the pen lifted, its ink dry,
If you went back 6 years, would you choose again to try?
It had been a long journey, but Rome wasn't built in a day,
And I hope that you built a future where you wish to stay.

As you stand in the fields to sow once more,
As you face another tunnel; your ship far from shore,
Remember that the darkness is waiting for you to find its stars,
And you have those to call on when hope gets sparse.

So look forward, keep moving, onward and ahead,
But remember to sometimes pause and reflect instead.



Riham Hafiz
Year 2



THINGS YOU DON'T WANT ON EXAM DAY

By: Alya Aljasmi





CLASS OF 2024

CONGRATULATIONS!

CLICK  HERE

MEET OUR TEAM



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