



# College of Medicine Newsletter

November 2015

## Dean's message of the month

By Professor Qutayba Hamid

This newsletter is an opportunity for the College of Medicine to share the college news and updates, announce upcoming events and activities, as well as show the achievements and successes of the faculty and students. It is also intended to increase the feasibility of our college in and outside the university.

Firstly, I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, Member of the Supreme Council, Ruler of Sharjah and President of the University of Sharjah and Professor Hamid Al- Nuaimy, the Chancellor of the University of Sharjah and all of you for giving me the opportunity to serve you as the Dean of College of

Medicine and I hope I will live up to your expectations.

My vision for the College of Medicine at the University of Sharjah is to be the top medical school in the Gulf region and one of the top in the Arab countries as well as increasing its ranking among international institutes. I would like to achieve this within the next 5 years.

My plan is to build on the strengths and to deal with the weaknesses and move towards a new direction to achieve excellence in education, research and clinical training. I hope to achieve that through supporting our old faculty and providing them with the time and resources to move forward, and to inject new blood by recruiting new

members with strong academic backgrounds in academic medicine, education, clinical skills and research.

I encourage you all to participate in this new initiative (newsletter) that will be published monthly and distributed to both faculty and students.

**Professor Qutayba Hamid  
MD, PhD, FRCP, FRS**

**Dean College of Medicine**

### IN THIS ISSUE:

Dean's message	1
College News	2
Student Corner	4
Recruitment	5
Faculty Achievements	6
Events	7

# College News



## University of Sharjah Centre of Excellence for Diabetes, Endocrinology and Research

His Highness Sheikh Dr. Sultan Bin Mohammad Al Qassimi, Supreme Council Member and Ruler of Sharjah, in his capacity as President of the University of Sharjah (UoS); has approved the establishment of The Centre of Excellence for Diabetes, Endocrinology and Research.

The launch of this centre was prompted by the high percentage of diabetes prevalence in the UAE and the region at large. The facility will advance diagnostic and therapeutic research at national and regional levels and open up new and broader prospects for scientific research partnerships that aim to improve public health.

The location and plan for the Diabetes Centre has been finalized and it will be presented for consultation and implementation. This centre will accommodate clinical services to both adults and children, translational and basic sciences research and will be built close to the College of Medicine.

The university is in the process of recruiting staff for the centre and we encourage those interested in Diabetes to get involved.

The College of Medicine Dean with a group of medical students and alumni attended “The Second Joint Medical Forum of the Scholarships of HH the President for Distinguished Medical Practitioners” on October 10<sup>th</sup> 2015.

Invited by the Khalifa Bin Zayed Al Nahyan Foundation, Prof. Qutayba Hamid along with a group of students attended this unique event which was organized in collaboration with The Mayo Clinic and MD Anderson Cancer Centre in USA.

Eleven of our medical students and seven of the alumni attended the forum which took place in Abu Dhabi. The main objective of the forum was to familiarize students and new graduates with the licensure and specialization pathways in the USA. Different aspects of the US residency training were addressed, with particular emphasis on the opportunities and challenges at Mayo Clinic and MD Anderson Centre. Few success stories of medical graduates who pursued their residency training in the US were shared by the speakers and some of the audience.

It is worth mentioning that Mayo School of Graduate Medical Education was established in 1915 and currently has 269 residency and fellowship programs; and a more ACGME accredited program than any other US institute. Finally, the Khalifa Bin Zayed Al Nahyan Foundation confirmed their willingness to guide and support Emirati medical students and graduates through financial bursaries to cover their preparation for the US licensure exams and further provide financial rewards to those who excel in these exams.

The panel discussed in great length the possibility of our medical residents enrolling in a residency training program in the USA. The requirements and the difficulty in getting a resident post in most centres is a deterrent against candidates from UAE to join. As USMLE is a requirement for all post graduate studies, medical students are encouraged to enrol in an educational program to increase their chances of scoring high in this entrance examination.

Finally, the University of Sharjah is willing to cooperate with other universities to help create a strong residency program here in the UAE.



# STUDENT CORNER

The College of Medicine, University of Sharjah is now on the list of recognized remote sites for the clinical research course of the National Institutes of Health in the USA.

The seed of this communication was implanted by one of our second year students; Zainab Hassan Salih, who found out about the course, followed by Professor Qutayba's prompt response and recommendation to pursue the request.

This is a free-of-charge, five month course which ends with an open-book exam and certificate of completion. The archived course content would be available online 48 hours after every live session. Registration is free, attendance is not mandatory, and the live lectures are available online for free 48 hours after every live session starting from October 15. Further details can be found on the NIH website:

<http://clinicalcenter.nih.gov/training/training/ipocr1.html>

Some of our students are getting ready for the Intercollege Environmental Public Speech competition that will be held on the 26<sup>th</sup> of November 2015. The students participating in this competition are:

- Arab Hammoudeh, Year 3
- Mohammad Shayeb, Year 2
- Islam Alsagheer, Year 3
- Leyan Alotaibi, Year 2
- Ahmed Nugud, Year 4

## Medical Student Association Activities:



Dinner with the Dean



Book fair



University Health Awareness Week



Breast Cancer Awareness Campaign in the community



Breast Cancer Awareness at Sharjah Police

# Recruitment

We welcome the following new faculty to our College:



**Professor Mohammed S. Alhajjaj MD, FRCP (C)**

**Professor of Medicine**

**Clinical Sciences Department**

**Professor Mohammed Alhajjaj** graduated from King Saud University Medical College, Saudi Arabia in 1981 and obtained “The American Board of Internal Medicine” in 1986, Certificate of “Fellow of the Royal College of Physician and Surgeons of Canada” (FRCP (C)) in 1987 and the “American Board of Respiratory Diseases” in 1988. He has been a Professor of Medicine and Pulmonology since 2002. Currently, he is the president of Saudi Thoracic Society.

His research interest is in the field of bronchial asthma and COPD and he has published more than 60 research papers in the medical literature.

He will also be a major asset to our curriculum, particularly in clinical teaching, and will be involved with the Diabetes and Asthma Research centres in the University.



**Dr. Bashair Mussa, PhD**

**Assistant Professor**

**Basic Medical Sciences Department**

**Dr. Bashair Mohamed Mussa** graduated from the University of Melbourne (Australia) with a PhD in Neurophysiology and Pharmacology.

Her current research focuses on the central control of pancreatic secretion, glucose homeostasis and diabetes.

She has an extensive experience in research and published significant papers in Experimental Physiology, Brain Research, Autonomic Neuroscience, European Journal of Pharmacology and Neuroscience Letters.

Her research projects have been presented in several international conferences including IBRO World Congress of Neuroscience (Australia), Australian Neuroscience Society Meeting (Australia), Experimental BIO Meeting (USA), Emirates Diabetes & Endocrine Congress (UAE) and Regional Conference on Diabetes and Obesity (UAE).



**Dr. Bassam Mahboub MD, FRCP (C)**

**Assistant Professor**

**Clinical Sciences Department**

**Dr. Bassam Mahboub** graduated from UAE University Al-Ain in 1993 and obtained “The American Board of Internal Medicine” in 2001, “Certificate of the Royal College of Physician and Surgeons of Canada” FRCP (C) Internal Medicine in 2003, “Royal College Allergy Clinical Immunology” 2003, “American Board Allergy Clinical Immunology” 2003, and “American Board Certified in Pulmonology” in 2005. He is currently Head Of Pulmonary Medicine, Rashid Hospital DHA, Dubai, Head Of Emirates Allergy & Respiratory Society, Head Of Gulf Thoracic, Associate Research Fellow At Meakins Respiratory Research Centre, McGill University, Canada, Co-Editor: Annals Of Thoracic Medicine, Guest Co-Editor: Current Opinion On Allergy, External Examiner of the Arab Board and Secretary to the scientific committee.

His research interest is in the field of severe asthma research, with real life clinical studies in respiratory diseases.

Dr. Bassam will be responsible for clinical training of our Year 4 and 5 students. Please join us in welcoming Dr. Bassam Mahboub.

# Faculty Achievements, Awards & Special Recognition

## Promotions:

Congratulations to our faculty members for their achievements

**Professor Nabil Sulaiman achieved full professor promotion.**

**Dr. Maha Saber has been promoted to Associate Professor.**

## Conference Participation

Professor Randa Mostafa presented **'Understanding caring through arts and medicine elective course, University of Sharjah, College of Medicine approach'** at the International Conference on Medical Education, in Istanbul, 15-18<sup>th</sup> October 2015.

Dr. Maha Saber attended the 44<sup>th</sup> Symposium of the European Society of Clinical Pharmacy, in Lisbon Portugal, 27-31<sup>st</sup> October 2015 where she had a poster titled: **'Short-term inhaled colistin adjunctive therapy improves survival of patients with ventilator-associated pneumonia'**.

Dr. Samrein Ahmed will attend the NCRI cancer conference in Liverpool, UK, 1-4<sup>th</sup> November 2015 where she has a poster titled: **'The interplay between the nuclear translocation and phosphorylation of the melanoma associated adaptor, ShcD, upon oxidative stress'**.

Dr. Maha Guimei has a poster presentation entitled **'Association between COX-2 expression and MDR phenotype in anaplastic Wilms tumor'** at the 2<sup>nd</sup> annual

meeting of the Arab Division of the International academy of Pathology (IAP-AD) 25-28<sup>th</sup> November 2015.

Dr. Mohamed Eladl and Dr. Nermine Nosseir have two poster presentations at the 1<sup>st</sup> Middle East Conference on Interprofessional Education in Doha, Qatar on 4-6<sup>th</sup> December 2015 entitled **'Implications of providing an immediate feedback using practical checklists'** and **'Enhancing informal students' peer teaching is an effective learning approach in a problem based medical education context'**

## Publications

- Professor Randa Mostafa and Dr. Ahmed El-Serafy had an article published last month: Mostafa,R.M.; Serafi ,A. and Shafie,A.(2015): **The stolen dreams, endocrine disrupting chemical and childhood obesity** , Med. Res. Chron., 2 (5), 564-571.
- Dr. Eladl has an article in press that will be published in 2016: Elsherbiny N., Eladl M., and Al-Gayyar M. (2016): **Renal protective effects of arjunolic acid in a cisplatin-induced nephrotoxicity model**, Cytokine 77 (2016) 26-34.

## Grants

Professor Nabil Sulaiman and Dr. Maha Saber have obtained the UoS College of Research Grant for a study on **"Pharmacogenetics of statin-induced myopathy in UAE population"**.

The UoS College of Research Grant has also been awarded to Professors Nabil Sulaiman, Salah AS, and Hisham Siddiqi, for a project entitled **"Developing Reference Range for Vitamin D in UAE Local and Expatriate Population in Diabetic and normal population"**.

Professor Nabil Sulaiman, Dr. Ahmed Serafy and others have obtained the Hamdan's Award for a study on the **"Prevalence of Hepatitis B and C infections in Sharjah"**. They have also obtained Hamdan's Award for a study in **"Optimizing the Differentiation of Human Induced Pleuripotent Stem Cells Derived from Diabetic Patients Towards Insulin Secreting Beta Cells of Pancreas"**.

Dr. Ahmed El-Serafy has obtained a grant from the Al Jalila Foundation (<http://www.aljalilafoundation.ae/>) along with Dr. Adel Elmoselhi, Dr. Farhan Cyprian and Dr. Amir Khan (Biotechnology, UoS). The grant title is **"Characterization of an in vitro Three Dimensional Cell Culture System for Adipogenesis as a Model for Anti-Obesity Drugs Testing"**.

Congratulations to our members of faculty on being granted those awards and we wish them the best of luck on their research projects.

Sheikh Hamdan award for medical sciences announced the opening for new round of research grants. You can submit your proposal at <http://hmaward.org.ae/mrg/>

# EVENTS

## Update in Clinical Medicine Seminar Series

The College of Medicine is running a series of lectures delivered by invited national and international speakers to highlight updates and new developments in clinical medicine. The seminar series **“Updates in Clinical Medicine”**, will run on a fortnightly basis on **Mondays at 3pm** at the College of Medicine in Hall **M27-029**.

The first seminar took place on the 8<sup>th</sup> October and was presented by our own Professor Qutayba on his area of specialty **“Update in Asthma Management: new therapeutic approach”**.

The second seminar **“Update in Diabetes Management”** took place on the 27<sup>th</sup> October presented by Dr Salah Abu Snana, Consultant Diabetologist and Medical Director, Rashid Centre for Diabetes in Dubai.

We are expecting more exciting talks by renowned speakers in the coming months.

## ‘Code Pink’ Event

In appreciation of the Breast Cancer awareness month- October- the Medical Students Association (MSA) organized and successfully implemented the Code Pink event which aimed to raise awareness about this disease. The event took place over a two day period **25-26 October 2015**.

Day 1 started out with enlightening presentations by some of our students, as well as a talk by Dr. Riyadh Bendardf, Senior

Consultant Oncologist at the University Hospital Sharjah.

There was a poster presentation by a group of students who had undertaken a community based research project on breast cancer screening awareness entitled: **‘Practice and awareness of breast self-examination among female adults in Sharjah’**.

Stalls were set up for fundraising via a bake-sale, photo-booth, “Scrubs and Clogs” booth who added value to the event with their support to this cause, as well as some exciting scientific competitions and activities; all taking place in the college foyer. The medical college on that day was glowing in Pink to support breast cancer awareness and contribute to the fight.

Day 2 comprised a ‘Think Pink’ workshop aimed at educating female students regarding the correct technique of breast self-examination (BSE).

The workshop started with an introductory interactive session where each group had a question to answer and discuss. Following the activity, a presentation on Breast Cancer and BSE was given by Dr.Toufiq Tabbara, Senior Consultant in General Surgery at the University Hospital Sharjah. A coffee break took place followed by the Clinical session, where the demonstration of the breast examination was shown and each group had a breast model to practice on it. Finally, certificates of appreciation were distributed to the faculty and students.

Positive feedback was received from all the attendees, who were mainly from the Colleges of Medicine and Pharmacy, and they all expressed encouragement to have such useful workshops in the coming years.



## Arts Therapy Conference

**9<sup>th</sup> February 2016**

The University of Sharjah, College of Medicine, College of fine arts, Sharjah City for Humanitarian Services, and Prasad Family Foundation Inc. are organizing the **“Sharjah 1st Arts Therapy Conference”** with the help of experts from the USA and Korea. The theme of the conference pertains to the use of art and music therapies in healing the mind, body and soul.

The conference is scheduled for Tuesday, 9<sup>th</sup> February 2016 and will provide information and hands-on activities and workshops to explain the various modalities of art and music as they apply to therapy.

## Student Research Day

**February/ March 2016**

The College is planning a memorable event to showcase our student’s research efforts with poster presentations among other activities.

## OUR CITY IN THE NEWS



The city of Sharjah has been officially recognized and confirmed as the first **'Healthy City' in the Middle East**, as announced by the World Health Organization (WHO) in a special ceremony under the patronage of HH Dr. Sheikh Sultan Al-Qassimi. Sharjah is the first city in the region to receive this title.

Data from our own National Diabetes and Lifestyle Survey contributed to this announcement.

According to WHO officials, Sharjah will also be a regional training centre for other cities seeking an endorsement to join the programme. Sharjah joined the WHO Healthy Cities Programme in 2012, to put health at the top of the social, economic and development agenda of the emirate and ensure the well-being of its residents.

## DOCTOR'S ORDERS

This Issue's "Doctor's orders" is submitted by Prof. Mohamed Alhajjaj.

### Influenza vaccine

It is recommended that a yearly flu vaccine for everyone 6 months of age and older, as the first and most important step in protecting against this serious disease. People should begin getting vaccinated soon after flu vaccine becomes available, if possible by October, to ensure that as many people as possible are protected before flu season begins. However, as long as flu viruses are circulating in the community, it's not too late to get vaccinated.

For more information please go to the CDC website:

<http://www.cdc.gov/flu/about/season/flu-season-2015-2016.html>

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For any comments regarding this newsletter or suggestions for improvement please contact the editor

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