



# COLLEGE OF MEDICINE NEWSLETTER

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## DEAN'S MESSAGE OF THE MONTH



I would like to wish the esteemed rulers of the UAE, as well as UAE nationals and residents, a happy and prosperous 52nd National Day. Many scientific events took place at the College of Medicine over the last month, and their success is a great source of pride for our college. I look forward to future events and collaborations between us and other universities. With the upcoming examinations, the College of Medicine's faculty has been busy preparing for the end of the semester. Alongside finals' preparation, our students have been involved in activities outside their curriculum, including scientific meetings and sports competitions. They have proudly represented the university and college, winning a number of prizes and awards.



As the semester draws to an end, I would like to take the opportunity to wish our students the best of luck in their upcoming examinations and thank the faculty and supporting staff for their efforts throughout the semester.

# COLLEGE NEWS

## 4th Annual Prostate Disease and Cancer Congress

Under the patronage of H. H. Sheikh Sultan Bin Ahmed Al Qasimi, Deputy Ruler of Sharjah and President of the University of Sharjah, the 4th Annual Prostate Disease and Cancer Congress took place in Al Razi Hall. In conjunction with World Men's Prostate Cancer Awareness Month, the congress was held on 8th and 9th November 2023. The remarkable success of the conference is attributed to the diligent work of the organizing team, which included Dr. Zainab Al Shareef, Ms. Khuloud Al Amiri, and the Medical Student Association, for their efforts in preparing for the event, and the dedicated volunteers who played a crucial role in its organization. Among those who attended the congress were H.E. Homaid Al Shimmari, Member of Board of Trustees at United Arab Emirates University, Khalifa University, and Abu Dhabi Education Council Scholarship Committee, Deputy CEO of Mubadala Investments, Abu Dhabi, as well as H.E. Dr. Mansour Mohammed Bin Nassar, Chairman Of Sharjah Government Legal Department and Member of Board of Trustees at University of Sharjah.



## Emirates Thoracic Society Annual Meeting

On 27th and 28th October 2023, faculty from the College of Medicine participated at the Emirates Thoracic Society Annual Meeting. Prof. Qutayba Hamid and Prof. Mohammed Al Hajjaj were among the organizers of this event. Prof. Basema Saddik was invited to speak, where she delivered a presentation on the impact of air pollution on lung health. Her presentation highlighted local, regional, and global evidence underscoring lung disease epidemiology and its associated environmental risk factors.



## DHA Partners Award Ceremony

On 16th November 2023, the College of Medicine at the University of Sharjah was awarded by Dubai Health Authority at their Partners Awarding Ceremony. On behalf of the college, the ceremony was attended by Prof. Salman Guraya, Prof. Eman Abu Gharbieh, Prof. Nabil Sulaiman, and Prof. Mohamed Al-Hajjaj.

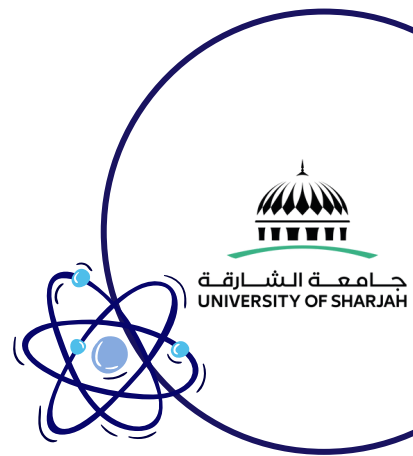




# Call for papers

## Advances in Biomedical and Health Sciences

Volume 3 | Issue 1



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# FACULTY NEWS

## Breast Cancer Awareness

Dr. Noha Elemam was invited to participate in a panel discussion held at the Dubai Media Office on 26th October 2023. The event aimed to raise awareness about breast cancer and promote early screening and detection. Dr. Noha also discussed her research contributions and projects in the field of breast cancer in an interview with Sharjah TV.



[Interview Link](#)



## Learning Difficulty and ADHD Forum

On 28th October 2023, Dr. Hamid Alhaj presented a session on ADHD at the Learning Difficulties Forum. Organized by the Sharjah Centre for Learning Difficulties in partnership with the Sharjah Private Education Authority and the Sharjah Education Academy, the event was attended by H.H. Dr. Sheikh Sultan bin Muhammad Al Qasimi, Supreme Council Member and Ruler of Sharjah. The session addressed ADHD symptoms, causes, and management, along with providing guidance for supporting students with attention difficulty, impulsivity, and hyperactivity at home and in school.



### Sharjah TV Interview

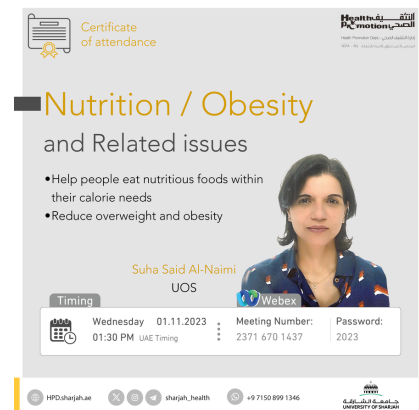
On 30th October 2023, Prof. Iman Talaat had an interview with Sharjah TV discussing 'The Fourth Annual Prostate Diseases and Cancer Congress (PDCC),' held at the University of Sharjah in conjunction with World Men's Health Awareness Month.



[Interview Link](#)

### Nutrition/Obesity and Related Issues Lecture

On 1st November 2023, Dr. Suha Al-Naimi delivered a lecture on 'Nutrition/Obesity and Related Issues' in collaboration with the Health Promotion Department at the Supreme Council for Family Affairs. The lecture addressed strategies for promoting nutritious eating within calorie needs and tackling overweight and obesity challenges.



### MRCOG and MRCPI Exam

On 1st and 2nd November 2023, Dr. Ghada Mohammed participated as a clinical examiner for the MRCOG Part 3 exam conducted in Abu Dhabi. She further served as an examiner for the MRCPI Part 2 exam on 11th and 12th November.



## UAE Healthy Future Study

On 6th November 2023, Prof. Basema Saddik was recognized for her continuous contributions and efforts as a co-investigator and collaborator from the University of Sharjah in the UAE Healthy Future Study, led by the Public Health Research Center at New York University, Abu Dhabi. This event was held in celebration of the completion of the first phase of the project and its progression to the second phase.



## 4th Annual PDCC Presentation

On 8th November 2023, Prof. Iman Talaat was a speaker at the 4th Annual Prostate Disease and Cancer Congress at the University of Sharjah, addressing “The Current Status of Prostate Cancer Pathology.”



# STUDENTS NEWS

## Leaf Sustainability Project

On 24th October 2023, LEAF participated in The Network: Towards Unity for Health (TUFH) 2023 conference by producing a documentary titled 'Farming the Future: A Linking Education and Farming (LEAF) Documentary.' The film showcased various initiatives by the LEAF Sustainability Project around the medical campus, including the plastic bottle activity and the sustainable garden project, aimed at increasing awareness and exchanging knowledge with attendees from all around the world.



## Riyadh World Combat Games

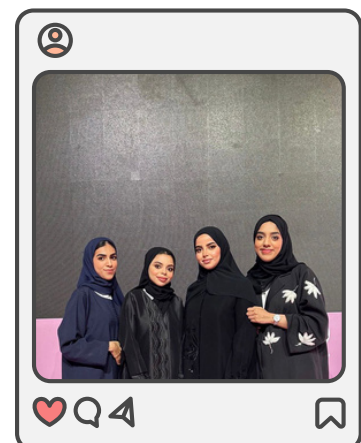
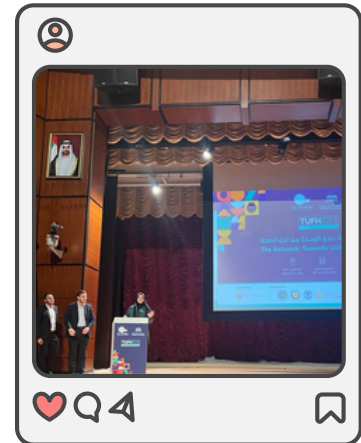


Year 1 student, Afra Alblooshi, achieved second place in the Riyadh World Combat Games team matches held in Riyadh from 24th to 27th October 2023. Afra received a silver medal after winning the team matches against Iraq.

## International Family Medicine Conference



On 1st November 2023, Year 5 students Amna Alhammadi, Noura Alzaabi, Mariam Albedwawi, and Hamda Alshehhi presented their research titled, "Maternal Mental Health of Children with Special Needs" in the form of an oral presentation at the International Family Medicine Conference.





## AUS Intercollegiate Swimming Competition



Students from the College of Medicine participated in the AUS Women's Intercollegiate Swimming Competition on 14th November 2023, representing the University of Sharjah. Raghad Abbas, Mariam Elemam, and Hiyam Subeh of Year 5, along with Batool Mustafa, a Year 2 student, contributed to the university's achievement of securing the third position.

In addition to their collective success, Raghad Abbas secured a silver medal in the relay, as well as bronze medals in the 50-meter freestyle and 50-meter breaststroke events.



## AUS Intercollegiate Powerlifting Competition



Taking part in a nationwide powerlifting event that took place on 14th and 15th November 2023, students from the College of Medicine represented the University of Sharjah at the AUS Intercollegiate Powerlifting Competition. Within her designated weight class, Raniya Al Janabi secured 3 gold medals and 1 silver, ultimately achieving the 2nd position overall among all weight classes. Similarly, Tabarak Mustafa earned 4 gold medals within her designated weight class. In the bench press category, Year 3 student Mohammad AlHariri secured the 2nd position, while Year 2 student Safwan Al Zaghali achieved 3rd place, both within their respective weight classes.

Initiated by Year 3 students Raniya Al Janabi and Tabarak Mustafa, the introduction of the university's first-ever female powerlifting team led to their achievement of third place among 18 universities. This initiative aims to welcome more female athletes and increase their participation in upcoming national and international competitions.





## MEDICAL STUDENTS ASSOCIATION

### GEMS Wesgreen Men's Health Summit



The president of the Medical Students' Association, Ahmad Khazali, was invited by Wesgreen Int. School to attend their Men's Health Summit held on 14th November 2023. Faculty and students alike attended a panel discussion to address and share information about prostate and testicular cancers, gynecomastia, and establishing mental health initiatives.




### Tarahum - ERC Donation



The Medical Student Association, in their continuous efforts to support the 'Tarahun, for Gaza' campaign, have established an aid initiative through volunteering efforts, and an official donation to the Emirates Red Crescent, with future plans to scale the project to new heights.




**تراحم - من أجل غزة**  
 ساهموا معنا لإغاثة المتضررين من الحرب في غزة



# THE COMMITTEES

## THE SCIENTIFIC COMMITTEE



### Mental Health Awareness Campaign

Through their recent connection with Rashid Hospital's Psychiatry department, the Scientific Committee hosted UOS alumni, Dr. Omar Alkhatib and Dr. Mohammad Alsarraj (batch 2017) as well as Dr. Alya Almidfa (batch 2022) at the College of Medicine. These specialist psychiatrists and residents provided informative discussions and distributed leaflets to raise awareness for mental health as part of an educational booth held on 30th October 2023.



### MSRP Journal Sessions



The Scientific Committee scales its ever-growing research program through continuous journal club sessions, workshops, and article discussions. In recent sessions, students presented engaging articles, which sparked debate and discussion among the members and attendees.



### Holy Quran Academy Trip



The Scientific Committee has worked closely with the Sharjah Holy Quran Academy to organize and host a beautiful trip as part of an educational project. Held on 5th November 2023, students were able to visit the academy to enjoy a special tour of the facility, learn more about the history of Islam, and view ancient memorabilia.

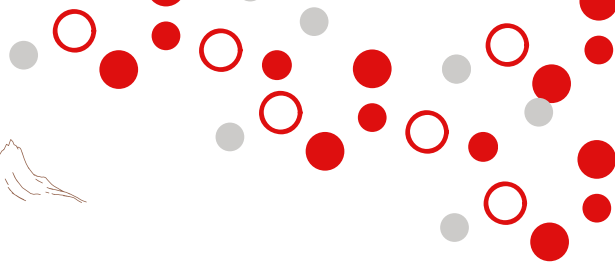


### Al Amal Hospital Research Day



Striving to provide enriching opportunities for students, the Scientific Committee have worked with Al Amal Hospital to represent the College of Medicine in their first Research Award Day to be held on 6th December 2023. Committee members have signed up to display their research posters and abstracts, as well as present oral presentations, as they network with doctors and students around the country.

## THE COMMUNITY COMMITTEE



### PDCC Event

As part of the 4th Annual Prostate Disease & Cancer Congress, the Community Committee arranged an incredible two-day event for welcomed guests from abroad, faculty, staff, and students alike. Held on 8th and 9th November 2023, the awareness event included fun games, booths, sponsors, congress sessions, and volunteering opportunities for the congress.



### Breast Cancer Awareness Event

The Community Committee, in collaboration with the Sharjah Architectural Student Association (SASA), organized and hosted a breast cancer awareness event in the College of Architecture on 31st October 2023. The MSA shared their scope of activities, presented useful information, and hosted a self-examination workshop for female students, along with booths, games and more!



### Community CEHA Program

The Community Committee, through their collaboration with the Center of Excellence for Healthy Aging (CEHA), have organized frequent trips as part of a geriatric care initiative to provide health check-ups, spend time with members, and learn more about effective care for elders.



### Al Resala School Visits

Partnering with Al Resala School, Community Committee members described the lifestyle, work ethic, and pathway to becoming a medical student in university to the younger generation. Members also provided informative sessions, games, fun activities and more for middle school students.

# POTENTIAL DIFFERENTIAL



Fit but Frail

Search

By: Leena Amir

Young and fit are two words often found together, but what happens when a seemingly healthy young individual is suddenly no healthier than a 70-year-old?

K.D. is a 20-year-old college student and the captain of the girls' basketball team. When one of her teammates falls ill with the seasonal flu, she promptly pays her a visit to check on her and assess her readiness for the upcoming basketball tournament. Although usually vigilant about her health, witnessing her teammate's illness spurred K.D. to quickly get the seasonal flu shot at the nearest clinic. Before the shot, the nurse noted a slight drop in blood pressure on K.D.'s left arm but confirmed her overall fitness. The nurse mentioned that K.D. might experience mild flu-like symptoms for a couple of days but assured her a swift recovery.

True to the nurse's word, K.D. begins to feel the symptoms of an impending flu. Nevertheless, she persists in adhering to her routine of gym training and basketball practice. As the week progresses, K.D.'s symptoms intensify; she observes night sweats and chills, and upon visiting the now bustling gym, her teammates comment on her significant weight loss.

On the treadmill, K.D. maintains her usual pace when she suddenly feels her right leg go weak, leading to a collapse. Teammates quickly rush to her side, noting her incoherence and the numbness on the right side of her face. An ambulance is called, and K.D. is rushed to the emergency room where it is discovered that the blood pressure on her right arm is drastically higher than that on her left - where a pulse is barely detected. K.D. is presenting with symptoms of a stroke. She undergoes an immediate brain CT scan which confirms the stroke, but her diagnosis is still unclear, so a CT angiography is done, along with her blood workup. She is then treated with thrombolytic therapy and admitted overnight.

It is not until the morning rounds that the rheumatologist visits K.D. and clarifies her diagnosis. The CT angiogram revealed stenosis at the aortic arch, and her ESR was elevated. He explained the crucial role of glucocorticoids and methotrexate in maintaining remission and stressed the importance of regular follow-up visits to prevent complications of her condition.

## Reference

What is K.D.'s diagnosis and what possible complications could she face?

CLICK HERE

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

# BASED ON A TRUE STORY !!

During our internal medicine rotation, my colleagues and I were assigned to an elderly patient. A cough, fatigue and some common symptoms were apparent as we spent about 15 minutes with him. After taking complete history, and performing an entire respiratory and cardiovascular examination, the nurse walked into the room.

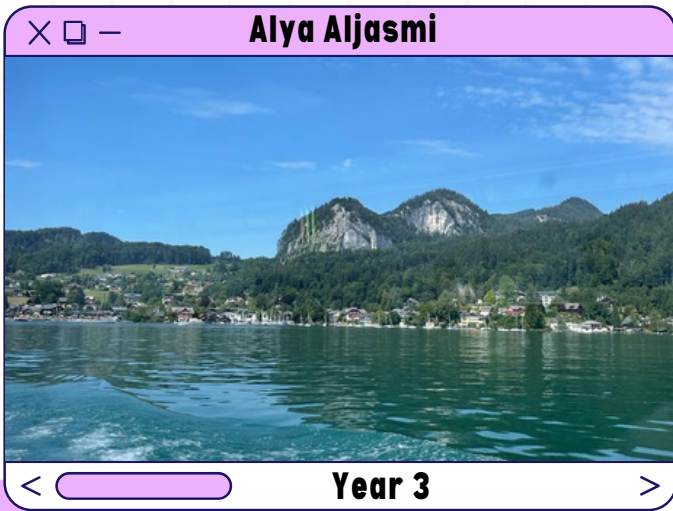
“Where are your masks?” she said... Visibly confused, we stared at each other as the nurse shuffled us out and gave us some context our patient conveniently missed. He was an ACTIVE Tuberculosis case!

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](mailto:comnewsletter@sharjah.ac.ae)

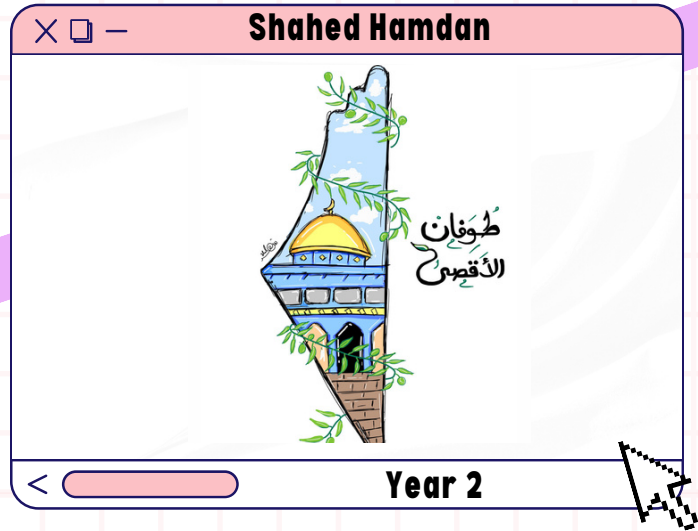



# STUDENTS'

## *Cornel*



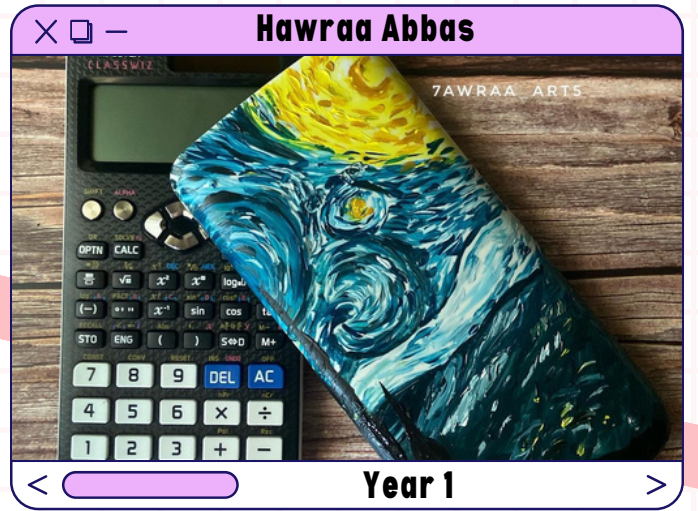
Glimpse of my summer in Austria



تراحم من أجل غزة 



The Fragility of Existence



There is peace even in the storm - Vincent van Gogh

# SPOTLIGHT

*with  
Shahid Fawis*

SHINING THE LIGHT ON UOS ALUMNI AROUND THE GLOBE

Batch 2021 graduate Abdulla Nidal is currently an Orthopedic Surgery resident at Rashid Hospital. He shares his story under the spotlight:

## **Did you face any obstacles in your journey to residency?**

It may seem arbitrary to define "obstacles," for in the realm of medicine, hardships became our constant companions from the moment we embarked on this journey eight years ago. Yet, if we narrow our focus and only consider adversities as part of the definition, we find the most formidable obstacle in residency is the profound quest to discover what we truly want and whether medicine is IT, in the first place.

## **What was the most surprising thing about your post-graduate journey?**

Throughout my years at university, I strived to maintain control over my life choices and insisted that every decision I made contributed to a rich and meaningful journey. However, entering residency unveiled a startling truth – you often have a minimal role in shaping your own path. Initially, I applied for General Surgery as my first choice and received an overwhelming nine interview invitations. But destiny had other plans, and I found myself accepted into Orthopedic Surgery, my second choice and a more competitive specialty, with just one interview. Surprisingly, it was only now that I discovered the truth of the universal adage, "You plan, I plan, and Allah does what He planned."

## **What do you miss most about university life?**

Residency sometimes comes with a bittersweet nostalgia for the days of university – the cherished memories, the mentors who sculpted your professional persona, and the classes skipped over cups of Karak with the second family that you probably have drifted away from now. The yearning for those simpler times is perfectly natural and one must battle through it. So, cherish it while you can now because you will miss it all, really.



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

Entering university, I had a clear vision of achieving work-life balance. I held leadership positions in various student organizations; I was president of the MSA, PAC, and RnD. I orchestrated a year of memorable events and founded initiatives like Project Butterfly and P2P of PAC, which left an enduring legacy almost half a decade later. However, I failed to recognize that true balance extends beyond merely filling your time with activities unrelated to studying. It involves embracing diversions that are not tethered to the world of medicine. In hindsight, I would have taken a different approach – nurturing a hobby or interest group outside the realm of healthcare to ensure my life remained multifaceted. Do that and find your escape before you're in need of a refuge.

### What advice would you give students following in your footsteps?

In residency, you gain more privilege and power in patient care. However, we all know, that with great power comes great responsibility. The weight of responsibility often becomes burdensome. As we move forward, I encourage all of you to distinguish between caring for others and caring for yourself.

Should you ever lose your passion, do not hesitate to forge a new path. This is not "giving up" but "leveling up" to a career where you can make an even more profound impact on the world. Remember, we were expected to decide the course of our entire future at an age when we could not even sign a legal document or safely operate a car.

So, it's okay if you feel the need to rectify that decision at any point in your journey – be it during your internship (yes, internship) or beyond—know that it is never too late to seek a different path, a new career perhaps, that brings you peace and fulfillment. Always remember, your greatest competition is yourself, and your truest guide in this journey is your own heart and aspirations. Live life by the second.

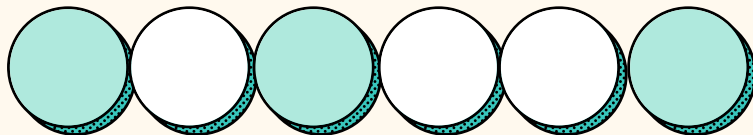


# JUMBLE!

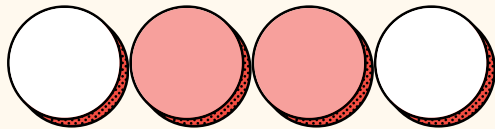
## HOW TO PLAY?

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!

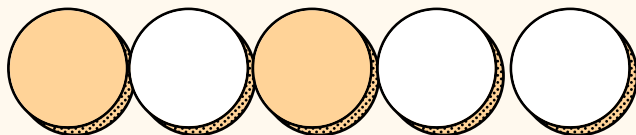
**E M C U S L**



**R B U N**



**U D H N O**

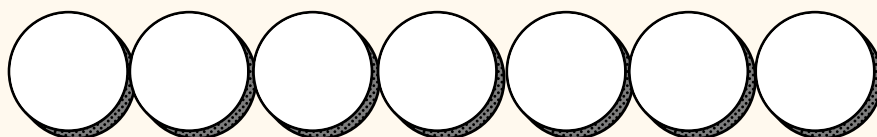


Hint

The doctor laughed at the X-ray because it was \_\_\_\_\_



**FINAL ANSWER:**



Submit Answer



# Student Letterbox

لهجتك ليست من هنا!

ماذا لو جاء يوم،  
وأنت في وطنك،  
وقيل لك "لهجتك ليست من هنا"،  
لهجتك غريبة،  
لهجتك بعيدة،  
لهجتك لم تولد هنا،  
فبما ستشعر؟

هل تشعر بأن هويتك انسرقت؟  
وأن لم يبق لك تاريخ؟  
هل تشعر بأنك سائح ضائع؟  
لا يعرف الطريق؟  
هل تشعر بضيق النفس؟  
لأن الهواء لم يبق ملكك؟

فإذا نادوك بـ "الأجنبي" في بلدك،  
فبماذا ينادوك وأنت في بلد غريب؟

جنا عيسى - سنة أولى



# FAMILY GATHERINGS AS A MEDICAL STUDENT

By: Alya Aljasmí

