



# College of Medicine Newsletter

December 2015

## Dean's message of the month

By Professor Qutabya Hamid

This is the second edition of our newsletter and I would like to thank Hiba and all faculty and students for their interest in contributing to the newsletter. This initiative received a lot of complementary remarks and we will continue publishing this newsletter on a monthly basis. In November, many events took place at the College of Medicine including visits by Deans of Medicine from other Universities, as well as many speakers. Our faculty were very busy teaching, attending meetings, revising curriculum, revising examination and assessment methods. In November, many grants deadlines were met by an increasing number of applications from faculty and students. Our students were also busy, not only with studying, but also with activities outside their curriculum, in and outside the university. Few groups of the students attended scientific meetings and competitions. They have represented the university and the

college very well and won a number of prizes. We have finalised the formation of various committees and have established new research and promotion committees. Student representation was determined by election and many of the committees have already met and will meet regularly. We have continued to recruit new faculty and our plan is to double our faculty by the end of the academic year. We are in the process of putting a new vision and objectives to take this college to the next stage of development and the upfront in the Middle East and the Gulf region.

We have finalised MOU with McGill University and are in the process of finalising another one with University of Arizona.

I have visited, on behalf of Professor Hamid Al Nuaimy, the Military college of Medicine in Egypt that we have MOU with. Ten of our students will be visiting the college as a part of the exchange program and will

be accompany by Dr Mohamed ElAdl. I have discussed with the leaders of the Military College the program of the visit and we would like to expose them to cases that they will have less chance of seeing in the UAE. We will receive ten students and some faculty from the Military College of Medicine of Egypt early next year.

I would like to thank the Chancellor and Vice Chancellors for their continuous support and encouragement to transform this college and take it further to be one of the top in the area. This can only happen with the collaboration of faculty, staff and students.

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

**Dean College of Medicine**

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## COLLEGE NEWS

- **Establishment of Cancer Centre**

We are in the process of designing and establishing a cancer centre that will include paediatric and adult cancer services and research. We hope to do that in partnership with one of our collaborators from North America.

- **University Mobile Clinic**

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 have agreed to provide funding for establishing a mobile clinic to serve the community in need. This will provide preventive, diagnostic services to people who have difficulty in receiving care in the primary health centres. We are negotiating with many companies to obtain the best system available.



- **Visit of Professor Mohamed Sayegh**

Professor Mohamed H. Sayegh is currently the Dean of the Faculty of Medicine and Vice President of Medical Affairs at the American University of Beirut (AUB). Previously he was a Professor of Medicine and Paediatrics at Harvard Medical School, and Director of the Schuster Family Transplantation Research Centre at the Brigham and Women's Hospital and Boston Children's Hospital.

He is currently a member of the Board of Trustees of the University of Sharjah. Professor Mohamed Sayegh came to visit us on the 10th November where he met with our faculty. We are currently in the process of establishing an MOU with AUB to exchange faculty and students.

- **Visit of Professor Dennis Templeton**

Professor Dennis Templeton is currently the Dean of the College of Medicine and Health Sciences at the United Arab Emirates University in Al Ain (UAEU).

He visited our College to discuss potential collaboration between both universities.



- **Emirates Societies- Scientific Conference 2015**

We would like to thank all who have contributed to providing seats for our students especially:

- **Dr. Saleh Fares-** founding president of the Emirates Society of Emergency Medicine (10 seats)
- **Dr. Saleh Saif** –Ophthalmology (10 seats)
- **Prof. Mohamed Hajjaj**– Gulf Society, Thorasic Medicine (5 seats)
- **Dr. Anwar Hammadi**– UAE Society for Dermatology (10 seats)

If any students are interested please email Ms. Khulood at [khulood@sharjah.ac.ae](mailto:khulood@sharjah.ac.ae)

• **Social Accountability Unit (SAU), College of Medicine - University of Sharjah**

The World Health Organization (WHO) has defined social accountability as the "obligation of the medical schools to direct their education, research and service activities towards addressing the priority health concerns of the community, region, and/or nation they have a mandate to serve. The priority health concerns are to be identified jointly by governments, health care organizations health professionals and the public".



Medical schools need to address the society needs and to be socially accountable, for two primary reasons:

- The ethics of medical profession establishes the obligation to serve the needs of patients and community at large.
- Public funded medical schools are accountable for the support received to serve the national community. Privately funded schools, which are now blooming worldwide, must also demonstrate their capacity to impact sustainably on people's health.

In considering social accountability of medical schools, the values of relevance, quality, cost-effectiveness and equity, must be addressed in education, service and research functions of the medical school. All movements to enrich the medical education-society relationship lead to the development of the Global Consensus for Social Accountability of Medical Schools in December 2010. The consensus defines the scope of work needed by medical schools in order to have a greater influence on the development of health systems and hence the health status of the communities.

The Social Accountability Unit (SAU) will be one of the arms by which the College of Medicine can implement its mission locally, regionally and internationally. The work in this unit will closely be related and in collaboration with the work of the Group on Social Accountability (GOSA) in the Association of Medical Education in the Eastern Mediterranean Region (AMEEMR). Its mission will be to promote of social accountability of medical education in University of Sharjah and medical schools in the Gulf Area and Eastern Mediterranean Region.

Objectives

1. To disseminate the Global Consensus of Social Accountability of Medical Schools to all Faculty and Departments in College of Medicine, University of Sharjah and other medical schools and accreditation bodies in the region.
2. To develop a model for assessing the relevance of the ten areas of the Global Consensus for Social Accountability to Medical Schools in the Region.
3. To match the College of Medicine programme objectives to the Global Conesus and plan changes – if needed- to improve level of college social accountability
4. To encourage accrediting bodies in UAE and the region to incorporate SA standards among their accreditation standards
5. To evaluate the impact of social accountability concept on medical education, health system and the community development.

Achievement of these objectives will be though a working plan that involve faculty members, students and supporting staff.

## FEATURED FACULTY-

### **Dr. Samrein Ahmed**



Samrein Ahmed graduated with an MBBS (first degree honour and prize in surgery) from the University of Khartoum, Sudan in 2004. She then obtained her MSc in 'Cancer cell and Molecular biology' (Distinction) at the Department of Biochemistry, University of Leicester, UK in 2009. Following that, Dr. Samrein completed her PhD at the Department of Biochemistry, University of Leicester, UK in 2013 where her thesis title was "Characterisation of the novel melanoma associated Shc adaptor ShcD/RaLP". She went on to become a research associate at the University of Cambridge, UK in 2013-2014.

Currently, she is an assistant professor in Biochemistry at the Department of Basic Sciences at the University of Sharjah, since 2014 where her teaching responsibilities involved Human Biology (for Foundation year), Dental Biochemistry and Molecular Medicine and Translational research (MSc course).

Her research interest is the field of cancer invasion and metastasis and she is currently involved in the Cancer & Environment research group based at Sharjah Institute for Medical Research (SIMR). She has obtained the Boehringer Ingelheim (BI) grant 2014-2015 and the University of Sharjah seed grant 2015-2016.

Cancer is the second cause of death worldwide and it originates from our own body cells. The majority of cancer deaths rise from its ability to disseminate to distant body tissues. Therefore, understanding the mechanisms of how cancer cells migrate will contribute in fighting this killing disease. Deregulated proteins in signalling pathways play a crucial role in cancer progression and migration. For that reason, studying and dissecting the signalling pathways in which the deregulated proteins contribute to cancer migration will help in generating future therapeutic targets.

ShcD, an adaptor protein, was found to be upregulated in invasive and metastatic melanomas; hence investigating the role of ShcD in melanoma invasion and tumour genesis might eventually yield a mechanism by which this cumbersome type of cancer can be overcome.

Dr. Samrein's current research projects are:

- Investigating the role of ShcD in cancer cell migration and invasion via TGF $\beta$ /smad axis
- Investigating the phosphorylation status of melanoma associated Shc adaptor, ShcD, upon oxidative stresses

We wish Dr. Samrein the best of luck and success in her research projects and hope to see publications of her findings soon.

## Faculty Achievements, Awards & Special Recognition

### Conference Participation

- Dr. Emad Nosair participated in the ICME 2015 in Istanbul (15-18.10.2015) where he gave a presentation of his MSc. Thesis titled “**Medical Students Workload: Implication to the ECTS in Integrated PBL Curriculum**”.
- Dr. Emad Nosair also attended the EDTECH EXPO Seminars in The Ritz Carlton, Dubai on the 16<sup>th</sup> November, 2015. There were several seminars about the future technology enhanced-learning and teaching in Higher Education.

### Publications

- Dr. Maha Saber has an article accepted for publication in 2016 entitled: Raafat A. El-Awady, Mohammad H. Semreen, Maha M. Saber, Farhan Cyprian, Varsha Menon, Taleb H. Al-Tel. ‘Modulation of DNA damage response and induction of apoptosis mediates synergism between doxorubicin and a new imidazopyridine derivative in breast and lung cancer cells’. DNA Repair 2016; 37: 1–11.

Congratulations to faculty members on their successes and achievements and we wish them the best of luck in all future endeavours.

# Recruitment

We welcome the following new faculty to our College:



**Dr. Jalal Taneera**  
Assistant Professor

Dr. Taneera is an associate researcher of Diabetes and Endocrinology at the Department of Clinical Sciences, in Lund University. He completed both his Master and Ph.D. degrees from Lund University in Sweden and stayed on at Lund University at their Faculty of Medicine.

Dr. Taneera has numerous publications and has extensive experience in laboratory techniques, commencing from his undergraduate training in Medical Laboratory Technology in Jordan, to date where his main areas of interest as a researcher are on investigating new approaches to identify novel genes contributing in T2D pathogenesis, studying cell cycle genes and GABA signaling in human pancreatic islets and obtaining and characterizing new clonal cell lines to study beta cell function.

Dr. Taneera will be joining us in January 2016 as Assistant Professor in the Department of Clinical Sciences.



**Dr. Azzam Maghazachi**  
Professor of Immunology

Dr. Maghazachi is the Executive Director of Research at Bio-Quant Inc. He has a wealth of experience in immunology, cancer, autoimmunity, and drug discovery. Since 1996, he has been a Senior Scientist at the Department of Anatomy, Institute of Basic Medical Sciences at the University of Oslo. Dr. Maghazachi published more than 60 scientific papers, and supervised several Ph.D. students and post-doctoral fellows. He is a member of the 5th European Framework (the Invaders program), and a member of the steering committee of the 6th EC framework programs. Dr. Maghazachi received a Master degree from New York University and a Ph.D. in immunology from the University of Manitoba.

He held several academic positions, which include an Assistant Professor at the Pittsburg Cancer Institute, University of Pittsburg, Project Leader position at the Molecular Immunology Section, Biotechnology Research Institute Assistant/Associate Professor Position in the Department of Medicine, Faculty of Medicine, University of Ottawa, and a Career Scientist position in the Northeastern Ontario Regional Cancer Centre.

Dr. Maghazachi will be joining us in January 2016 as Professor of Immunology in the Department of Clinical Sciences.

Professor Maghazachi and Dr. Taneera will be joining us in January 2016.

We look forward to welcoming them to our College!

## STUDENT CORNER



Under the Patronage of H.E Sheikh Fahim Bin Sultan Bin Khalid Al Qasimi, Chairman of Sharjah Government Relations Department, and in presence of H.E Sheikh Khalid bin Ahmed Al Qasimi, Director General of the Information Department and e-Government, and Her Highness Sheikha Jameela bint Mohammed Al Qasimi, Vice President of Supreme Council for Family Affairs & Director General of Sharjah City for Humanitarian Services (SCHS), the closing ceremony of Assistive Applications Design Competition (At – EduCom) was held on October 24 2015, at Sharjah Chamber for Commerce and Industry. Teams from University of Sharjah, the American University in Sharjah, Zayed University, and Ajman University of Science & Technology competed in this competition. The closing ceremony is the third and the final stage of the competition, which was launched in March 2015, in cooperation with the Quality Life Centre of the Seoul National University with the support of LG Electronics to raise awareness of University students about Assistive Technology and Disability issues by offering a training course for the students on designing mobile applications for persons with disabilities.

Zayed University Team obtained first place for their app (Salam), while the second place went to the University of Sharjah Team for their app (Jamyati). Those two teams won a fully paid trip to South Korea to attend the Human Computer Interaction (HCI) Conference in Seoul, which will qualify them to be more creative in this field and present more scientific and technical means to improve the quality of life for people with disabilities through the proper use of assistive technology.

The competition is based upon the role of Assistive Technology Centre, which is an affiliate of Sharjah City for Humanitarian Services, in raising awareness of assistive technologies and motivating postgraduate students of Emirati universities to create products and apps targeting persons with disabilities. This competition will have a positive impact on students who will be motivated to invent apps that benefit people with disabilities.

One of the members of the UoS team who came in second place is our Year 1 Medical Student **Abdullah Malek**, who along with students from engineering and IT at our university, was able to creatively design this app which was aimed to teach autistic children basic life skills such as basic grocery shopping, simple maths, money and cashier skills. It also teaches them simple sentences and useful phrases such as "Hello" and "Thank you". It is divided into 3 stages; beginner, intermediate and advanced, and the complexity rises with each level. The aim was to make this app accessible not only to autistic children but also other children who would benefit from the life skills provided. There are plans to further improve on the app and to add games to it and hopefully publish it in the future on the Google Play store and hopefully one day find this app used all around the UAE and other Arab countries to teach children basic life skills.



## MEXICO TRIP- 9<sup>th</sup>-13<sup>th</sup> November 2015

Four of our medical students were selected to participate in the International Contest of Medical Knowledge (CICoM), hosted in Mexico City by Universidad Nacional Autonoma de Mexico (UNAM). It is the first time the University of Sharjah participates at this event, along with 27 other universities. This gave our students the chance to interact with students from other medical schools and engage with them in discussions about their medical programs and curriculum. The event took place between the 9<sup>th</sup>- 13<sup>th</sup> November 2015 during which the students spent the first few days touring the city and preparing for the upcoming competition. The students who took part were: Moustafa Younis and Majd Kullab (Year 5), Ghiath Ismayl and Dalia Said (Year 3).

### Testimonial by one of the students: Ghiath Ismayl

At first we did not really know what to expect, but it turned out to be one of the best events we have ever experienced. It was a long trip to Mexico, but it was worth it. The first thing we noticed was how well organized the hosting committee was; everything was meticulously planned and each team had people assigned to look after them. Everyone was very kind, and the majority spoke good English, even though Spanish is their native tongue.

On the first two days we toured the city. We visited the pyramids, which date back to the ancient Mexican tribes, and were able to climb them too. It was difficult, but the view at the top was incredible. In the evening, we tried Mexican Cuisine, which was pleasant but not all of us agreed. We also explored the national museum. Mexico has a very interesting history. One startling fact is that Mexico City was built on a lake, which is why some of the heavy buildings in the city center started sinking and continue to do so!

Finally the big day came; the contest itself. We had prepared hard for this over the past few weeks. The universities were divided into groups of 4 or 5 teams per group and questions were directed to each group separately. The teams with the highest score pass through to the finals. Despite our team being short-handed (4 instead of 6 members), we managed to end up among the top 8 universities in the contest. What we liked most was that the questions were prepared by the university professors, which allowed us to object to doubtful questions. This opened the door to very interesting and intense discussions between the students and even the doctors in the audience. The jury gave the final decision; some questions were cancelled, others remained. It was a fruitful environment; we enjoyed attending all sessions. We were also taken on a tour of the hosting university where we attended a surgery workshop. The doctors were friendly and taught us well.

Overall, we cannot stress more on how this trip was the experience of a lifetime! It was really difficult to say goodbye. We met new people and made new friends. We are really grateful to the organizers for their hospitality, and all the doctors and friends we spent a wonderful time with. We feel CICoM has achieved its purpose in creating bonds and interactions between the different medical schools. We also believe we represented the University of Sharjah as best we could, and many students expressed their interest in exchange programs and electives at our university, not to mention that the jury and doctors were really impressed with our academic performance and debates during the contest. We would like to thank the University, the Chancellor Professor Hamid Al Nuaimy and our Dean Professor Qutayba Hamid and Professor Nabil Sulaiman, without whom this trip would have not been possible. We hope that such events continue to take place and that our university participates in more international contests.



Day 1, climbing the pyramids



Day 2, with friends from different universities



Contest Day



2<sup>nd</sup> Round Contest



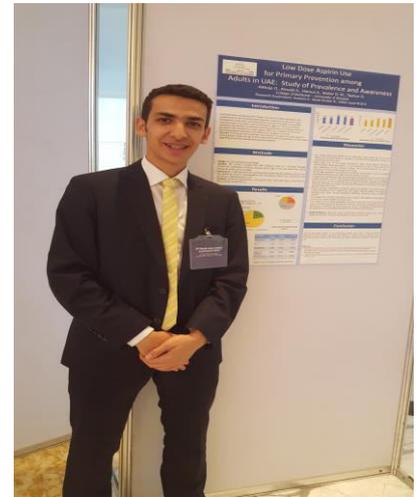
Surgery workshop



All participating teams, doctors and the organizing committee

## Student Conference Participation:

Our Year 3 students **AbdelKader Harous** and **Olla Alkhoja** presented their group Community Based Research (CBR) project at the 8<sup>th</sup> International Medication Safety Conference in Abu Dhabi from the 6<sup>th</sup>- 7<sup>th</sup> of November 2015. The project involved studying the views and establishing the awareness of the UAE public on low dose aspirin use. The poster was entitled: '**Low dose aspirin use for primary prevention among adults in UAE: Study of prevalence and awareness**'. The other students involved in this project are: **Omar Tayfour, Dana Maher and Abeer Alzuabi**. The students were supervised by **Drs. Maha Saber, Nahed and Amal**.



A group of 5 students from Year 4 presented their Boehringer Ingelheim (BI) funded research project in the form of a poster presentation entitled '**Immunohistochemical study of the expression of P-gp and COX-2 in Wilms Tumor**' at the Emirates Oncology Conference in Abu Dhabi from the 19<sup>th</sup>- 21<sup>st</sup> of November 2015. The theme of the conference was "Personalizing Cancer Treatment – A Multidisciplinary Approach". The conference was organized by Tawam Hospital, Johns Hopkins Medicine, and Abu Dhabi Health Services (SEHA). The students involved in this project are: **Omar Al-Assaf, Lamees Awwad, Noura Boush, Reem El-Ghawanmeh and Adnan Kharsa**, under the supervision of **Dr. Maha Guimei**.

BI representatives were present at the event and were pleased when they saw their funded research being showcased. They were encouraging of achievements in the research field by students in University Of Sharjah, and would like to see more efforts and participation in this field. Furthermore, Twam Hospital showed interest in helping students from University of Sharjah to succeed by working with its staff. The students attended the conference and enriched their knowledge of up-to-date approaches in cancer.



## Medical Student Association Activities:

### Diabetes Awareness Campaign



MSA conducted an awareness campaign in Matajer Al-Juraina on Monday 16<sup>th</sup> November 2015 by distributing flyers and giving brief consultation regarding this disease for different age groups and both genders

### Beat Diabetes Walkathon



College of Medicine students with Drs.ElAdl, Nermine and Anu at the Diabetes Walkathon at Zabeel Park on Friday 20<sup>th</sup> November 2015

Students from our college at the 'Beat Diabetes Walkathon' at Zabeel Park on Friday 20<sup>th</sup> November 2015

## UAE National Day Celebrations – 24<sup>th</sup> November 2015

Celebrating the most important day, the UAE's formal nationalization and federal unification of the seven emirates, grand celebrations are held across the country to mark the event. As usual The University of Sharjah had an outstanding event to say thank you and to appreciate this union.

HH Sheikh Sultan bin Mohammed bin Sultan Al Qasimi, Crown Prince and Deputy Ruler of Sharjah, the chancellor Prof. Hamid Al Nuaimi, the dean of student's affairs Dr. Mahmoud Darabseh, faculty and students from different colleges were all in attendance at this celebration.



# 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 college recently hosted Dr. Imad Hashim who gave a seminar on ‘Update in Management of back pain’ on the 12<sup>th</sup> of November. Dr. Imad Hashim Ahmad M.B, CH.B, F.R.C.S. is a Consultant Neurosurgeon and spine surgeon at the Medical International Specialist Centre and is the visiting surgeon of the Mediclinic City Hospital and the Canadian Specialist Hospital. He is an assistant professor of neurosurgery at Dubai Medical College. He was the president of the Emirates Neuroscienc Society as well as an education advisor for the AO Spine Middle East. He is also a reviewing editor of the Pan Arab journal of Neurosurgery.



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

## Flag Day- 3<sup>rd</sup> November 2015

The 3<sup>rd</sup> of November is the UAE Flag Day. Created in 1971 for the country’s formation, the UAE flag of is a symbol of much pride for Emiratis. Like the flag of every nation, it must be treated with honour.



The faculty and students of the College of Medicine conglomerated for the occasion of Flag Day where the students, along with the Dean of the College of Medicine, raised the flag high, while all joined in to sing the UAE National Anthem.



## UAE National Day Celebrations – 24<sup>th</sup> November 2015



Drs. Emad Nosseir, Mohamed Eladl, Mohamed Hajjaj, Nabil Sulaiman, Nasser Zahra, Saravanan Coumaravelou with our medical students at the 44<sup>th</sup> National Day celebrations at the Men's Campus



Drs. Samrein Ahmed and Hiba Barqawi with our female medical students at the 44<sup>th</sup> National Day celebrations at the Women's Campus



Prof. Hamid Al- Nuaimy, the University Chancellor, at College of Medicine Stalls at the 44<sup>th</sup> National Day Celebrations



## Congratulations Champs

Submitted by: Dr. Emad Nosair, Sports Team Leader

The **football team** of the College of Medicine achieved a great victory by winning the Gold trophy of the first place in the intercollege sports competition. The team defeated four tough teams before reaching to the final and receiving the trophy. They attracted the attention of the audience because of their skills, persistence and harmony, in spite of being busy with their studies. This event was organized on 24<sup>th</sup> November, 2015 by the sport complex of University of Sharjah as a part of celebrating the 44<sup>th</sup> UAE National Day.



The happy moment after receiving the trophy for the first place in football from Prof. Hameed Al-Nuaimy, the Chancellor of the University of Sharjah



The winning football team, College of Medicine, 2015; Left to right: standing, Mohamed Elamin (Y3), Tarik AlZain (Y3), Dr. Emad Nosair, Osama Ameer (Y1), Ali Ayman (Y3); sitting, Ahmed Osama (Y3), Alaa Eldin Nasser (Y2) & Abdulkader Harrou (Y3). "The Barca of the University".

Also, the 3<sup>rd</sup> year student "**Ali Ayman**" has won the silver trophy in weight lifting (80 Kg).



Ali Ayman receiving the trophy of the 2<sup>nd</sup> place for weight lifting.  
"Well done Ali"

In addition, the College of Medicine team who participated in this event won the cup of 'Best Ideal College' among the other university colleges, for their well organization, punctuality and respectful attitude.



The sports team leader, Dr. Emad receives the trophy of the Best Ideal team on behalf of the College of Medicine.

It was a wonderful moment when our champ students expressed their enthusiasm, belonging and tenacity for winning the first place in the most popular game; football, to ensure excellence in academia could be motivated by excellence in sports; and giving the message that "studying medicine is not an obstacle at all for enjoying your beloved hobbies".



Celebrating the happiness of success as a team-work

## Sports First Aid & Injury Prevention Workshop- 28th of November 2015

Our University's Clinical Training Centre (CTC) hosted a hands-on-workshop on Sports First Aid and Injury Prevention; offered by the Emergency Care and Safety Institute (ECSI) and brought by the American Academy of Orthopedic Surgeons (AAOS) and the American College of Emergency Physicians (ACEP). The workshop enhanced participants' skills of saving lives, preventing injuries, reducing disability and hospitalization and accelerating return-to play-time. Strong benefit to participants was assured by interactive lectures, hands-on training, and scenario based practice. The centre will use the positive feedback of participants as a platform for series of future workshops in this field.



## Sports Activities

Drs. Anu Ranade and Nasser Zahra are members of a sports (running) team called 'Sharjah Buhaira Striders' who regularly compete and participate in running competitions (10km), half marathons (21km) and full marathons (42km) on a national, regional and occasionally international scale.



AMAZING ACHIEVEMENT  
**NASSER ZAHRA 5511**

DISTANCE	RACE TIME	AVG. PACE
<b>10KM</b>	<b>00:45:52</b>	<b>04:36</b>

**SPLIT TIMES**

<b>5KM</b>	<b>00:22:17</b>	04:28
<b>10KM</b>	<b>00:45:52</b>	04:43



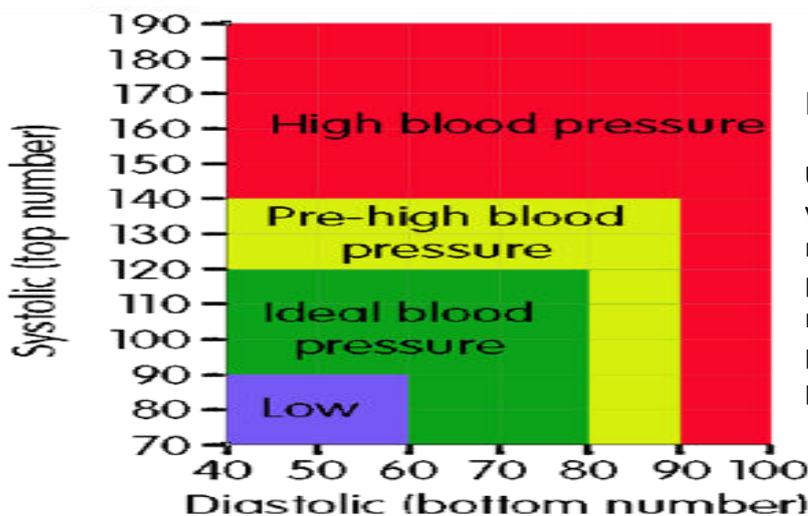
# DOCTOR'S ORDERS

This Issue's "Doctor's orders" is submitted by Professor Mohamed Hajjaj

## Useful Diabetes and Blood Pressure charts

### How to know if you have DIABETES?

Status	Normal	Pre-diabetes	Diabetes
Fasting Blood Sugar mg/dL(mmol/L)	<100 (<5.6)	100-125 (5.6-6.9)	≥ 126 (≥7)
HbA1C (%)	<5.7	5.7-6.4	≥6.5



### Blood pressure chart for adults

**Using this blood pressure chart:** To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.

### What blood pressure readings mean

As you can see from the blood pressure chart, **only one of the numbers has to be higher or lower than it should be** to count as either high blood pressure or low blood pressure:

- **90 over 60 (90/60) or less:** You may have low blood pressure.
- **More than 90 over 60 (90/60) and less than 120 over 80 (120/80):** Your blood pressure reading is ideal and healthy. Follow a healthy lifestyle to keep it at this level.
- **More than 120 over 80 and less than 140 over 90 (120/80-140/90):** You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it. Make healthy changes to your lifestyle.
- **140 over 90 (140/90) or higher (over a number of weeks):** You may have high blood pressure (hypertension). Change your lifestyle - see your doctor or nurse and take any medicines they may give you.

So:

- **If your top number is 140 or more** - then you may have high blood pressure, regardless of your bottom number.
- **If your bottom number is 90 or more** - then you may have high blood pressure, regardless your top number.
- **If your top number is 90 or less** - then you may have low blood pressure, regardless of your bottom number.
- **If your bottom number is 60 or less** - then you may have low blood pressure, regardless of your top number.

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

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