UNIVERSITY OF SHARJAH
where civilizations meet
College of Medicine

College of Medicine Newsletter

Volume 3, Issue 5 February 2018

Editor: Hiba Jawdat Barqawi

Dean's message of the month

The College of Medicine is in the process of preparing for accreditation and all hands are on deck working in full force to ensure a smooth process when the time comes. We have had visitors from Belgium and Sweden to discuss potential collaborations and we are hoping to sign these with the appropriate parties soon. Students from the Armed Forces College of Medicine (AFCM) in Egypt have arrived in the UAE and I wish them a pleasant time during their visit and a successful exchange program.

I would like to welcome Dr. Waseem El-Huneidi and Dr. Salah Abu Snana to our ever-growing family at the College of Medicine and wish them a smooth transition. I would also like to welcome the new clinical faculty that joined us as joint appointments with their current posts in the hospitals.

The last month has been very busy at the College with numerous events that took place, as well as meetings, faculty development workshops and seminars. Many grant deadlines were also met by an increasing number of applications from the faculty. Our students have also been keeping busy, not only with studying for upcoming major exams such as the exit exam and the final MBBS exam but also with events and extracurricular activities both in and out of the university.

Professor Qutayba Hamid MD, PhD, FRCP, FRS

Dean of the College of Medicine

Inside this issue:

«السنة التأسيسية».. أول اختبار حقيقي للطلبة الجامعيين

فكري النجار: تعتبر عاملاً أساسياً لتحديد مستوى الطالب

محمد العدل: تسهم في انتقاء الطلبة والمفاضلة فيما بينهم

نبيل سليمان: توتر الطلبة خوفاً من عدم قبولهم

College News

Visits from Belgium and Sweden:

- A delegate from Leuven University, Belgium and VIB-KULeuven Center for Cancer Biology (CCB) visited COM to initiate and develop future collaboration. The Belgium's delegate was headed by Prof. Peter Carmeliet, a distinguished professor and researcher in the areas of Cardiovascular medicine especially angiogenesis, Cancer, Bioinformatics, Systems biology and Metabolomics. He has a H-index = 156 according to Google Scholar with several publications in high impact journals such as Nature and Cell. They met with Prof. Qutayba and several other faculty and the focus was to extend the research collaboration which was initiated by Dr. Adel Elmoselhi. The discussion is underway to establish a joint postgraduate program and further research collaborations.

  ⇒ http://www.vib.be/en/research/scientists/Pages/Peter-Carmeliet-Lab.aspx

  ⇒ https://www.vibcancer.be/

  ⇒ https://www.kuleuven.be/english/

- A Swedish delegate from Linkoping University , Sweden visited CoM to discuss future collaboration. The Swedish delegates consisted of Prof. Folke Sjboreg, the medical director at Burn Center at Linköping University Hospital , Dr. Simon Franebo, Dr. Moustafa Elmasry from the Department of Clinical and Experimental Medicine and Ms Liselott Åstrand from the Department of Medical and Health Sciences in Linkoping University. The meeting focused on extending the research collaboration that started with Dr. Ahmed El-Serafi and to establish a joint postgraduate program, which is currently in the preparatory stage as well as the elective clinical training for undergraduate students.

  ⇒ Prof. Folke Sjboreg, https://liu.se/en/employee/folsj94

  ⇒ Dr. Simon Farnebo , https://www.researchgate.net/profile/Simon_Farnebo

  ⇒ Dr. Moustafa El-Masry, https://www.researchgate.net/profile/Moustafa_Elmasry3

CTC News

Laparoscopic Suturing Skills Course

Submitted by: **Lou Ann Tesado**

On the 27th January 2018, the Laparoscopic Suturing (Extracorporeal and Intracorporeal) Skills Course was held at the Clinical and Surgical Training Center (CSTC). The course was developed by the CSTC team together with our expert faculties: the Vice Dean of the College of Medicine, Prof. Salman Guraya and a specialist surgeon Dr. Jagpreet Singh Deed from Zulekha Hospital.

This one-day course provided the participants with intense practical sessions on laparoscopic suturing skills using synthetic and animal tissue models. All 8 participants from UAE, KSA and Kuwait shared that they learned a lot. The Vice Chancellor of the Colleges of Medicine and Health Sciences, Prof. Qutayba Hamid and the Director of the Clinical & Surgical Training Center, Prof. Nabil Suliman were delighted on the success of the workshop and have encourage to schedule the next one soon.

Fellowship in Minimal Invasive Surgery

Submitted by: Lou Ann Tesado

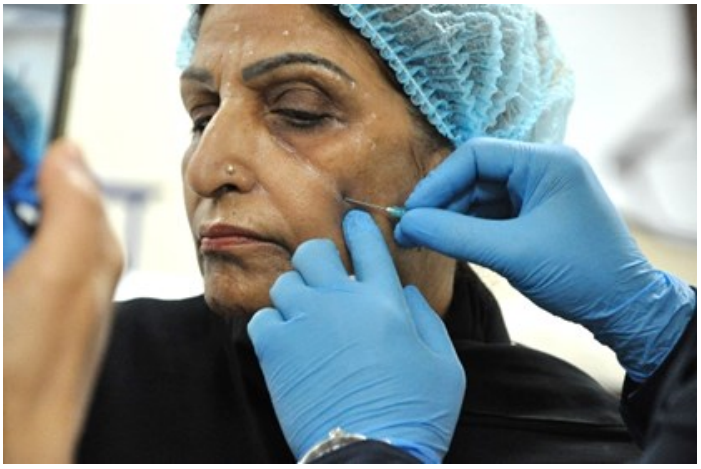
The Fellowship in Minimal Invasive Surgery was held at the state of the art wet lab of the Clinical and Surgical Training Center (CSTC) on 29th January 2018. The CEO and Director of World Laparoscopic Training Institute (WLTI) , Prof. R.K. Mishra headed these workshop, which was attended by 17 Gynecologists and General Surgeons. The faculty and the participants enjoyed the almost real-life wet lab and they gained an extensive hands-on experience. As part of the upskills healthcare professionals, this laparoscopic surgery training course is aimed at imparting basic in addition to advanced theoretical and practical experience. Emphasis is on daily practical laparoscopic surgical problems encountered while operating on patients. As a result of this 2nd collaboration with WTLI, the Vice Chancellor of College of Medicine and Health Sciences, Prof. Qutayba Hamid and the Director of the Clinical & Surgical Training Center, Prof. Nabil Sulaiman decided to have a Memorandum of Understanding to continue this partnership.

Aesthetic Medicine Workshop

Submitted by: Najna Shabbir

An exciting workshop on Aesthetic Medicine was conducted from the 11th -12th February 2018 at the Clinical and Surgical training Center. Doctors attended this workshop to get updated with the different possibilities available for Aesthetic Medicine. This course was dedicated to teaching physicians who have a scientific and clinical interest in exploring the aesthetic medical facet of their practice. The hands-on training involving volunteers included Botox, Fillers, PRP and Chemical Peeling, all of which were very well carried out.

The training designed specifically for Dermatologist, Gynecologists, Physicians, Dentists and Nurses was taught by Dr. Fatma Mostafa, Dr.Yasser Asiuty and Dr. Mohamed Eladl who have been performing these procedures in their own practices for more than 15 years.



Viral News

Submitted by: Dr. Balsam Qubais Saeed

Link between gut microbes and despair

Research into to the human microbiome continues to produce new medical findings of interest. The latest news is a connection between an imbalance of microorganisms in the human gut and feelings of despair. The new study adds to a developing body of evidence which shows how bacteria influence host biology. The research indicates that gut microorganisms can cause symptoms of despair. Moreover, the same predominant microbial species may also be responsible for the development and progression of multiple sclerosis.

One area of medical interest, due to the interaction between the organisms and human health, is the microbiome of the intestines. This community of microbes may also have significant impact, both positive and negative, on the effectiveness of medicines. Research has been aided by developments in microbial identification, such as metagenomics, and through digital technology. With the latter, a research team recently modeled the complexity of the human gut's bacterial communities on the computer. Here the Luxembourg Centre for Systems Biomedicine of the University of Luxembourg developed a computer model for each bacterial strain. This collection, known as AGORA, is used on a computer to simulate the metabolic processes taking place the gut. The latest research comes from the Icahn School of Medicine at Mount Sinai in New York City, by a team led by Professor Patrizia Casaccia. The researchers were looking at myelin repair and neuronal damage in relation to multiple sclerosis, and the effects of antibiotics.

Part of the research involved seeing how antibiotics affect mouse models of the disease. After a while the researcher noticed some behavioral differences with the mice, in terms of expressing behavior characteristic of depression.

Further study found that a specific antibiotic cocktail, which depletes gut microbes, led to a reversal of the depression. This led the researchers to hypothesize that certain gut microbes are necessary to bring about depressive behavior. Molecular biological techniques showed that organisms of the Lachnospiraceae and Ruminococcaceae families were related to the 'depressive effects'. According to Professor Casaccia, who spoke with Bioscience technology: "Specific microbial communities have the ability to transfer depressive like symptoms."

It appears that microbes of the Lachnospiraceae and Ruminococcaceae families generate metabolites that can travel through the blood stream and reach the brain. Here there is a triggering of depressive-like symptoms. The main metabolite for this effect appears to be cresol. The finding is likely to lead to further research looking at gut-brain interactions and the role of microorganisms. The research has been published in the journal *e-Life*, under the heading "Microbiota-driven transcriptional changes in prefrontal cortex override genetic differences in social behavior."

Source: Essential Science

Submitted by Dr. Nihar Dash

Collection of Medical Roses

1. Rose sign - DVT.
2. Rose spot - Typhoid.
3. Rose Waller test - Rheumatoid factor.
4. Rose pink rash - Erysipelas.
5. Rose thron ulcer - Crohn disease.
6. Rose Bengal stain - Sjogren syndrome (eye examination).
7. Rose Bengal card test - Brucella.
8. Rose gardner's disease - Sporothrix scheinki.
9. Rose position - adenoidectomy/ tonsillectomy.
10. Rosewater syndrome - a mild form of hereditary X-linked hypergonadotropic hypogonadism in males, characterized by sterility and gynecomastia.
11. Rose fever - Hay fever caused by grass pollen or rose pollen.
12. Dew drop on Rose petal - Herpes lesions

Enjoy the 12 Roses

In soil-dwelling bacteria, scientists find a new weapon to fight drug-resistant superbugs

Submitted by: **Dr. Mohammed Al Bataineh**

It's a new class of antibiotic that promises to live up to its rough Latin translation: killer of bad guys. In a report published this week in the journal Nature Microbiology, researchers describe a never-before-seen antibiotic agent that vanquished several strains of multidrug-resistant bacteria. In rats, the agent — which the researchers dubbed malacidin — attacked and broke down the cell walls of methicillin-resistant Staphylococcus aureus and cleared the animals' MRSA skin infections within a day.

Malacidin is short for metagenomic acidic lipopeptide antibiotic-cidins. (Also, "mal" means bad in Latin, and "cide" means to kill.) It is a distant relative of daptomycin, a powerful antibiotic that uses calcium to disrupt bacterial cell walls. Malacidin appears to work differently than daptomycin, which was introduced in 2003 and has yet to be challenged by resistant bacteria. But scientists have reason to believe it will hold up at least as well. Even after 20 days of continued contact with malacidin — more than enough time for most bacteria to find a way to thwart an antibiotic's effects — samples of MRSA bacteria showed no signs of evolving resistance to the newly discovered agent. Not bad for a compound that's been hiding in soil for eons. Indeed, the method used by researchers to find and develop malacidin holds the promise of discovering many more potential medicines that live in soil but whose antibiotic properties elude researchers because they can't be cultured in a lab. The discovery of a new class of antibiotic medication would be a red-letter event: Researchers haven't brought forth a truly new antimicrobial medication since 1987. But an even more singular event would be the discovery of a new class of antibiotics that doesn't prompt the development of resistant strains of bacteria. Ever since the mid-1940s, after penicillin was discovered by microbiologist Alexander Fleming and rushed into development, the introduction of new antibiotics has quickly given rise to disease-causing bacteria capable of eluding their effects. As a result, many of the workhorses of the world of antibiotics — members of the penicillin, cephalosporin and carbapenem classes — are losing their ability to fight a lengthening list of bacterial diseases. The result has been called a "slow catastrophe": the Centers for Disease Control and Prevention estimate that each year, at least 23,000 people now die as a direct result of bacterial infections that have become resistant to existing medicines. And many more die from other conditions that were complicated by an antibiotic-resistant infection. Unless new antibacterial agents are discovered and turned into medicines, mortality rates due to untreatable infections are predicted to rise more than tenfold by 2050. This is where malacidin becomes most interesting.

More remarkable than what it does is how scientists found it, and that process is described at some length in the new report. The result could be new discoveries, and a new way of sifting the soil for compounds that might make good medicine. Chemical biologist Sean Brady and his colleagues at Rockefeller University sequenced bacterial DNA extracted from 2,000 soil samples taken from across the US. Brady's team was looking specifically for distant relatives of daptomycin, which uses calcium to bust up, break down and generally disrupt the cell walls of target bacteria. They knew that long after the effectiveness of other antibiotics has waned, daptomycin continued to kill its targets, and they surmised that its distinctive use of calcium might be the key to an antibiotic compound's longevity. They also knew that trying to culture all their soil samples in a lab would take forever, and that most would not replicate themselves under lab conditions anyway. So instead, they used high-speed computer processing to "screen" the soil samples for the distinctive chemical hallmark of calcium dependence. When they found what they were looking for in a particular sample of desert soil, they captured and cloned the relevant genes, rearranged and inserted them into a host organism, and expanded the resulting sample through fermentation. This process made it possible to test the unique properties of malacidin on MRSA-infected rats. "They've used a clever approach to mine for antibiotics," said microbiologist Kim Lewis, who directs Northeastern University's Antimicrobial Discovery Center and wasn't involved in the work. By narrowing their search for the DNA signature of calcium dependence, they were able to find a needle in a haystack — and find a promising compound. To demonstrate that their discovery is more than a one-time event, he said, Brady and his team need to identify and screen for additional DNA signatures that may predict potent antibiotic effects, "and go after them as well."

Source: Los Angeles Times

THE DOCTOR'S ADVICE

Submitted by: **Dr. Azma AbdelMalek**

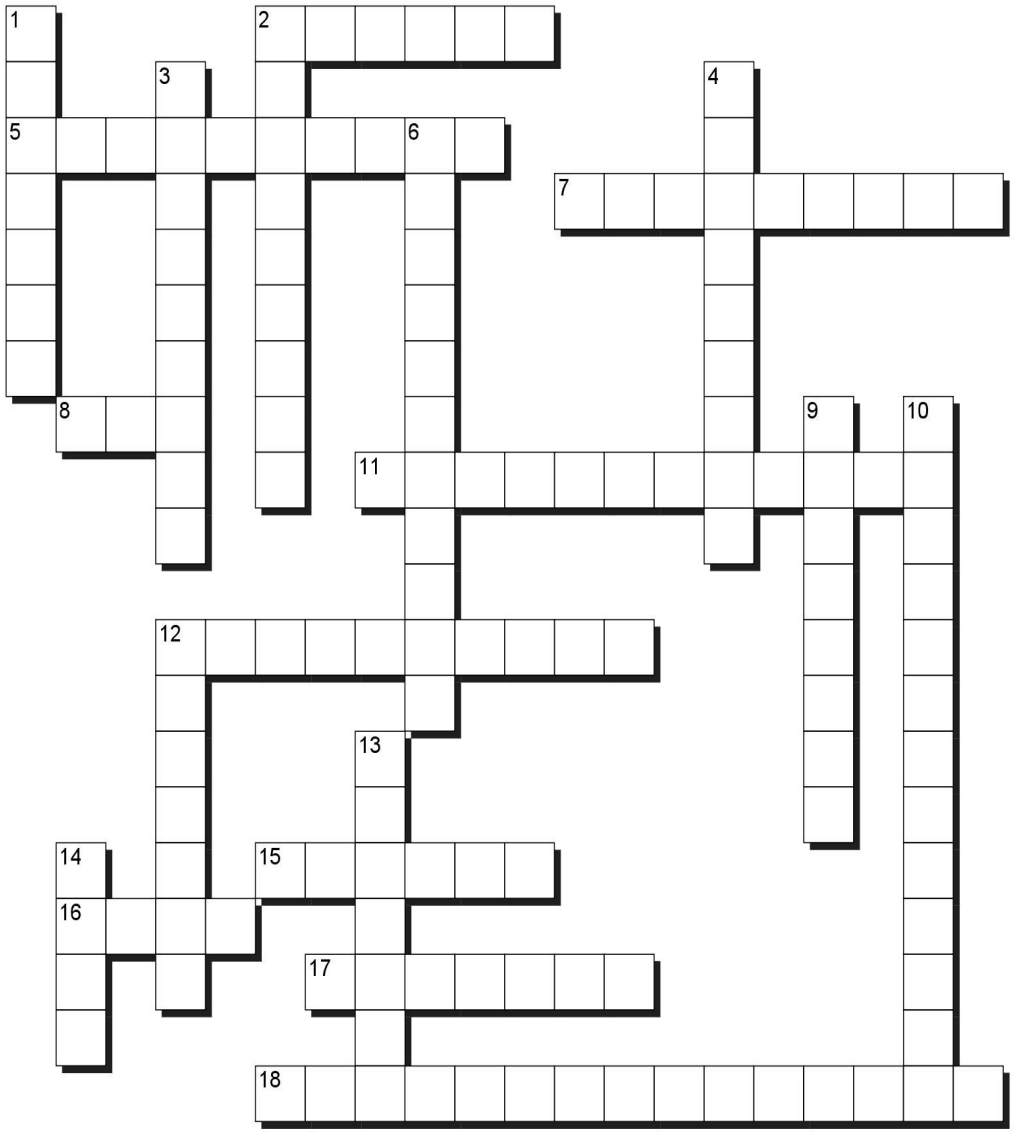
Once an old gentleman went to see a doctor. The doctor examined him and said: "Medicine won't help you. You must rest completely. Go to a quiet country place for a month, go to bed early, drink milk, walk a lot, and smoke only one cigar a day."

"Thank you very much," said the man, "I'll do everything you say."

A month later the man came to the doctor again. "How are you?" said the doctor, "I am very glad to see you. You look much younger."

The man said, "Oh doctor, I feel quite well now. I had a good rest. I went to bed early, drank milk, walked. Your advice certainly helped me. But you told me to smoke one cigar a day, and that cigar a day almost killed me at first. It's no joke to start smoking at my age."

https://de.du.lv/angluvaloda/ang1/node11.html



[Across]

2. poison used with blow-gun darts.
5. university trained person who makes and sells medications.
7. plant roots containing inulin.
8. World Health Organization.
11. suffocation.
12. druggist.
15. plant aspirin originally came from.
16. a very long time.
17. body system involved in making and secreting urine (pee).
18. chemical compound used to diagnose, treat or prevent a disease.

[Down]

1. salicylic acid.
2. juice good to for urinary tract infection.
3. Pharmacy.
4. having the quality of medicine.
6. Synthesized - combining simpler parts (elements) such as chemicals to make a more complex material (compound).
9. to tell if a person has a type of medical condition or disease.
10. used to kill microbes.
12. very old.
13. tropical disease carried by mosquitoes.
14. another name for medicinal plant.

Recruitment (New Faculty):

Dr. Waseem El-Huneidi recently joined us at the College of Medicine in the Department of Basic Medical Sciences as Associate Professor in Biochemistry. Dr. El-huneidi received his MSc in Molecular Biology from the University of Jordan, then he obtained his PhD in Biochemistry from the University of Waterloo, Ontario, Canada.

In 2008, Dr. El-Huneidi joined Al-Zaytoonah university as an Assistant Professor of Biochemistry at the College of Pharmacy. In 2011, Dr. El-huneidi moved to Riyadh in KSA and joined King Saud bin Abdulaziz University for Health Sciences (KSAU-HS) as an Assistant Professor of Biochemistry at the College of Science and Health professions. In 2015, Dr. El-huneidi was promoted to Associate Professor of Biochemistry, While he was in KSAU-HS, Dr. El-Huneidi was the biochemistry course coordinator which was taught to pre-med, pre-dent and re-pharm students. As a coordinator, Dr. El-huneidi was responsible to revise and evaluate the biochemistry course material to fit within the program's learning outcomes of different colleges. Furthermore, Dr. El-Huneidi worked as a chair and member of different committees at the departmental, college and university levels, such as examination committee, faculty enhancement committee, recruitment committee and others.

Dr. El-Huneidi has many publications in international peer reviewed journals and he is interested in studying the mechanism of action of novel anti-hyperlipidemic and hypoglycemic drugs, in addition, he is interested in studying the effect of disease related SNPs on the structure and function of their corresponding proteins.

Faculty & Staff Achievements, Awards and Special Recognition

Publications:

Prof. Salman Guraya recently had the following paper published: **Salman Yousuf Gurayaa**, Hugh Barr. The effectiveness of interprofessional education in healthcare: A systematic review and meta-analysis. Kaoh J Med Sc 2018; https://doi.org/10.1016/j.kjms.2017.12.009

Dr. Basema Saddik recently had the following article published: Aldosari H, **Saddik B**, AlKadi K, (2018). The impact of picture archiving and communication systems (PACS) on radiology staff. Informatics in Medicine Unlocked. Vol 10 pp1-16.

Dr. Sanjay Sood recently had the following publications:

⇒ Yogesh K Chhabra, **Sanjay Sood**, Omprakash Rathi, Sandeep Mahajan. Effect of renal transplantation on cognitive function in hemodialysis patients: a longitudinal study. International Urology and Nephrology. 2017; 49(11): 2071-2078.

⇒ Anshul Srivastava, Vinay Goyal, **Sanjay Kumar Sood**, Ratna Sharma. Reduced Saccadic Velocity and Pupillary width in Young Onset Parkinson's Disease. Neurology, Psychiatry and Brain Research. 2018; 27: 17-20.

Dr. Nihar Dash had the following article published: **Nihar Dash**, Rawan Aboukhater, Batool AbuHalimeh, Sirine Amira. (2017) Misuse of antibiotics among social media users. Journal of Nursing and Healthcare. Volume 5(1): 1- 4. DOI: 10.5176/2345-718X_5.1.164.

Dr. Ibrahim Eltayeb recently had the following articles published:

⇒ Chu, K. H., **Mahmoud, I.** Hou, X-Y., & Brown, A. F. (2018). Incidence and outcome of subarachnoid haemorrhage in the general and emergency department populations in Queensland from 2010 to 2014. Emergency Medicine Australasia. DOI: 10.1111/1742-6723.12936

⇒ Chu KH, Keijzers G, Furyk JS, Eley RM, Kinnear FB, Thom ON, Howell TE, **Mahmoud I**, Ting JY, Brown AF. Applying the Ottawa subarachnoid haemorrhage rule on a cohort of emergency department patients with headache. European journal of emergency medicine: official journal of the European Society for Emergency Medicine. 2017 Dec.

Dr. Saravanan Caramelou had the following articles published:

⇒ **Saravanan, C.,** Alizi, A., & Mardiana, S. (2017). The effects of brief individual cognitive behavioral therapy for depression and homesickness among international students in Malaysia. Journal of Affective Disorders, 220, 108-116.

⇒ Wong,C., **Saravanan, C.,** Musawi, A., & Shou W.G., (2017). Effects of a combination of non-pharmaceutical psychological intervention on dental anxiety. Journal of Clinical and Translational Research, 3(3), 3

⇒ Shou W.G., **Saravanan, C.,** Musawi, A., & Wong,C. (2017). An experimental study of the effects of psychological interventions on adult patients with dental anxiety. International Journal of Psychological Studies, 9(1),24-32

Conference Participation:

Prof. Nabil Suliman participated in the 1st Emirates Family Medicine Society Conference held in Dubai from 11 - 13th January 2018 in the form of two poster presentations entitled:

- Overweight and Obesity in Expatriates Living in United Arab Emirates: Does Ethnicity Matter?
- Correlates of depression and anxiety in diabetic patients attending Primary Care Centres in Sharjah, United Arab Emirates.

He also participated in the IDF Congress held in Abu Dhabi from the 4-8th December 2017, in the form of an oral presentation on Diabetes.

Special Mentions and Achievements:

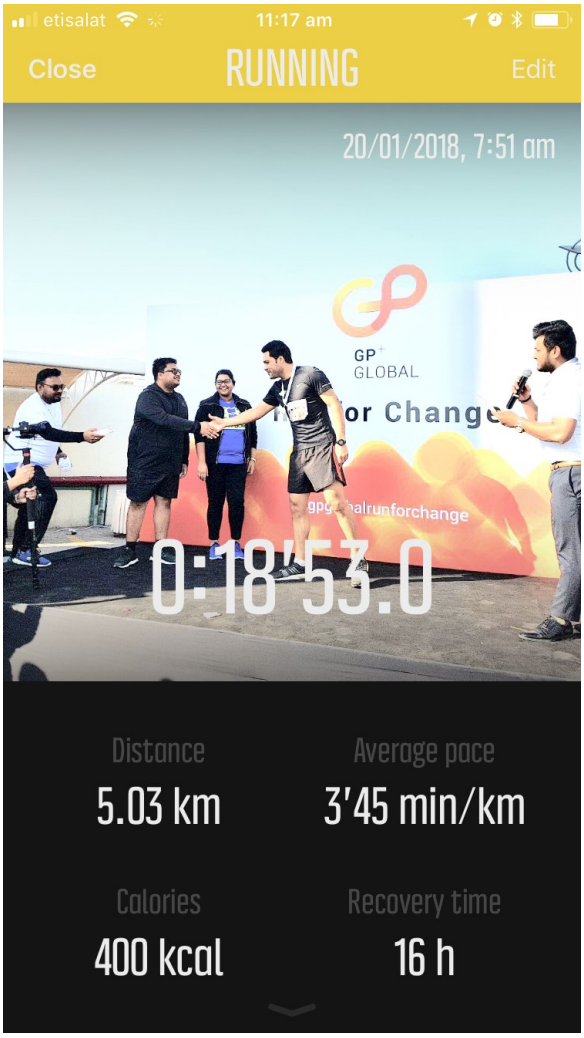
- We would like to congratulate **Dr. Nihar Dash** for successfully clearing the examination of "Board of Infection Control and Epidemiology" in December 2017 and becoming a designated CIC (certified infection control) practitioner.

Dr. Eman Abu Gharbieh was invited by the Accreditation Council For Pharmacy Education (ACPE)- International service program to be a member of an ACPE on-site visit evaluation in Jordan University of Science and Technology (JUST) in Jordan from 4th- 7th February 2018.

- **Dr. Sanjay Sood** had an art piece accepted in Ras Al Khaimah Fine Art Festival 2018.

Sports Achievements

On Friday 2nd February 2018, Mr. Nasser Zahra participated in the "Wellman Road Run" in Meydan. He came in 3rd place. Congratulations Mr. Nasser!



Student Corner

By: **Mariam Al Zaabi**

On the 7th of February, 2018, the MSA's Innovative Committee organized a very successful Open Mic event. The event started with a speech from Prof. Qutayba and then proceeded into the magic of a piano segment by Dr. Maha Saber.

After that great opening, Fatima Al Khateeb, Huwaida Fazel, Noura Al Hasham, Ihab Yassin, and Mohamed Bakri all presented us with speeches and talks that left their mark on the audience. Meanwhile, Rama Ibrahim and Nuha Al-Ali both lifted us among the notes of the Kanoon and the Piano greeting us with Fayrouz's and Chopin's tunes.

Finally, the picturesque realms of various pieces of poetry and prose were drawn by Mariam Al Zaabi, Joudi Akkad, Ahmed Al Hebshi, and Mariam Emad. With that, the event ended on a successful note that was enjoyable to all those who attended from academic staff and students.

Events

Clinical Sciences Seminar

The 1st Clinical Sciences Seminar was held on Monday 12th February 2018 from 12:30 to 1:30pm at M27-020. This event will be held monthly, organized by the Clinical Sciences Department. The coordinator of this event is: **Hiba Barqawi**. The main purpose of this event is to bring in speakers from different fields to talk to a broad audience on their field of expertise. This event is open to faculty, staff and students from any of the Colleges of Medicine, Dentistry, Pharmacy and Health Sciences as well as the University Hospital Sharjah staff.

Two talks were given:

- *Adult Vaccinations against Respiratory Diseases*

  By: **Prof. Mohamed Alhajjaj**

- *Respiratory Microbiota: Friend or Foe?*

  By: **Dr. Mohamed Al Bataineh**

We Speak Science

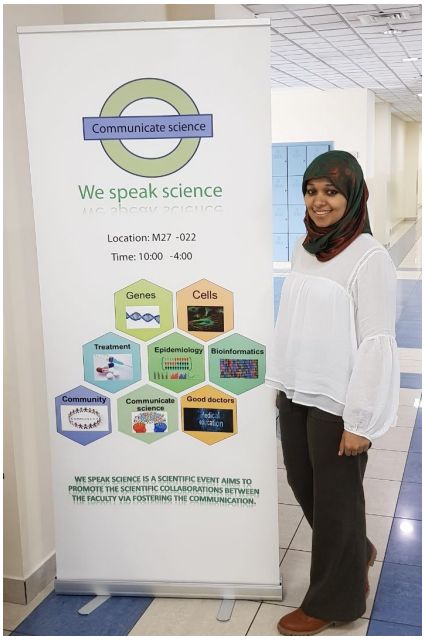
'We Speak Science' is a scientific event aims to promote the scientific collaborations between the faculty via fostering scientific communication, at the College of Medicine.

The goals of this event include identifying areas of expertise, improving the research approach among faculty, establishing the faculty's ongoing research and research interests as well as allowing researchers to hear about what others in their field and related discipline are doing while learning about new research tools and techniques that might be relevant to their work.

This event was held on Tuesday the 16th of January 2018 in M27-022 as a whole day activity from 10am -4pm. Attendees included College of Medicine faculty as well as MSc and PhD students of Molecular Medicine and Translational Research programme. The organizer of this event was **Dr. Samrein Ahmed.** As a result of the success of the activity, it was decided this event will recur in January 2019.

Event Highlights:

- 15 faculty presented their areas of expertise and shared their ongoing research projects.
- Each faculty presented a piece of his/her own work (current or previous) that reflected their research areas of interest and strength
- A round table discussion was chaired by **Prof. Qutayba Hamid** in which he shared ideas of how faculty can improve their research outcomes and discussed the research challenges faced by COM faculty.
- Each faculty highlighted their areas of expertise to open up gateways for collaborations.



UNIVERSITY OF SHARJAH
where civilizations meet
College of Medicine

University of Sharjah

For any comments regarding this newsletter or suggestions for improvement please contact the Editor
Hiba Jawdat Barqawi
on hbarqawi@sharjah.ac.ae
Ext: 7268

Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Dr. Sarra Shorbagi**

The Sunshine Vitamin

Vitamin D is needed mainly for healthy growing bones. Deficiency of Vitamin D can cause bone pain and muscle weakness. Recent studies have also shown that inadequate levels of vitamin D is related to diabetes mellitus, heart disease, certain cancers, depression, low mood and schizophrenia. There are different recommended ways to maintain Vitamin D level:

1) Dietary sources

Oily fish (such as sardines, pilchards, herring, trout, tuna, salmon and mackerel), Egg yolk, red meat, liver and some foods are fortified food like milk, yogurt, or cereals.

2) Safe sun exposure

Daily sun exposure for short periods (20-30 minutes) during morning or late afternoon with the forearms, hands or lower legs uncovered and without sunscreen can help the body to make enough vitamin D.

3) Vitamin D supplements

Vitamin D supplements are available for treatment and prevention of Vitamin D deficiency. ***It is important to check your vitamin D level before taking supplements.*** According to the level, the doctor will prescribe the needed dose of Vitamin D.

Reference

https://patient.info/health/osteoporosis-leaflet/vitamin-d-deficiency#nav-1