

Editor: Hiba Jawdat Barqawi

Dean's message of the month

The academic year is coming to an end. I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, and the Chancellor, Prof. Hamid Al Nuaimy for their continuous support. I would also like to thank you all for your efforts. I can assure you that our aim is to always build on our strengths and correct our mistakes to improve the reputation of this college and strengthen the basis for the academic institutions.

I would also like to congratulate our graduating batch on their efforts and achievements. The graduation ceremony was an emotional and touching event. We are proud of the achievements of all our students. I would also like to thank the faculty and assessment committee for their hard work during this exam period. We will discontinue the newsletter for the summer and will resume again in September. Have a very blessed Ramadan and a pleasant summer.

Professor Qutayba Hamid MD, PhD, FRCP, FRS

Dean of the College of Medicine

Vice Chancellor of the Colleges of Medicine and Health Sciences



Inside this issue:

Dean's message	1
College News	2
Viral News	8
Faculty Achievements	10
Student Corner	13
Doctor's Orders	16

بالتعاون بين الإسعاف الوطني وجامعة الشارقة

إطلاق الدورة الثانية من برنامج المسعفين الإماراتيين

غير خافئاً على حد تعبيرها ومكثها من تعلم الكثير على المستويين الأكاديمي والشخصي، متمنية أن تخرج قريباً حتى يتاح لها المجال لتطبيق ما اكتسبته من معارف وتدريب عملي يمكنهم إقلاق حياة الآخرين.

كما أشادت زميلاتها برون محمد حسن بالمستوى العلمي المتقدم للبرنامج لافتة إلى أنه يمثل تعديلاً كبيراً يعقل قدرات ومهارات الطلاب نظراً لأهمية الحيوية لهذا القطاع، وأعربت عن امتيازها بنجاحها وزملائها في الإرتقاء لمستوى هذا التخصص داعية شباب الإمارات لافتتاح الفرصة والتقدم للانخراط بهذا البرنامج المميز.



طالبان في الدورة الأولى من خريجي المسعفين الإماراتيين يعرضان تجربتهما | من المصدر

منهجية
ويقدم البرنامج الذي انطلقت الدورة الأولى منه عام 2017 وفق منهجية تدريبية مبتكرة تعتمد أفضل الممارسات الأكاديمية والتدريبية المصممة عالمياً لإعداد المسعفين. ويتضمن البرنامج ثلاث مراحل تدريبية متخصصة لبناء الأساس العلمي والمعرفي المتعلق بالعمل الإسعافي، وتزويد الطلبة بالمهارات والخبرات المطلوبة للتعامل الأمثل مع الحالات الإسعافية العرجة في مرحلة ما قبل المستشفى.

ويمكن لكافة الطلبة الإماراتيين المستوفين للشروط من الراغبين بالانضمام للبرنامج، زيارة الموقع الإلكتروني الخاص بالإسعاف الوطني للتعرف على المزيد من التفاصيل والمعلومات حول البرنامج وشروط الالتحاق والتسجيل.

من البرنامج وفي إطار رؤية الإسعاف الوطني لتقديم برنامج متكامل ومستدام لإعداد كفاءات إماراتية مؤهلة تعزز منظومة الخدمات الإسعافية في الدولة وبالتعاون مع توجيهات قيادتنا الرشيدة بتوفير كافة المقومات والبرامج لتسكين وإعداد شباب الوطن للعمل ضمن المجالات الحيوية والاستراتيجية بالدولة.

وأعرب الهاجري عن تطلعه لتخرج جميع طلبة البرنامج الحاليين في يونيو القادم وأن يكونوا أعضاء بمتحدثي بها للدورة الجديدة في خدمة مجتمعهم ووطنهم من خلال الإسعاف في تلبية احتياجات القطاع الإسعافي بالدولة.

استقبال طلبات الالتحاق بالدبلوم حتى 6 مايو

تخريج 15 طالباً وطالبة يونيو المقبل

أبوبطي - ماجدة ملاوي

أطلق الإسعاف الوطني بالشراكة مع جامعة الشارقة الدورة السنوية الثانية من برنامج إعداد وتأهيل المسعفين الإماراتيين وأعلن البدء باستقبال طلبات التقديم للبرنامج المتقدم من وزارة الصحة بالدولة حتى السادس من مايو القادم، وذلك بعد نجاح الدورة الأولى التي استختمت في يونيو بمشاركة 16 طالباً وطالبة فور استكمالهم المرحلة الأخيرة القائمة على التدريب العملي وسأويات العمل الميداني.

كوادر وطنية

ويهدف البرنامج لإعداد كوادر إسعافية إماراتية من طراز أكاديمي المعرفة وتدريبهم من مهارات العمل الإسعافي بما يشمل الجانبين العلمي والعمل لتجهيزهم لمواجهة المهنة ميدانياً بعد استكمالهم البرنامج بنجاح، وتطلق الدورة الجديدة في سبتمبر القادم وتستمر لمدة عام أكاديمي كامل في كلية الطب - مركز التدريب الكلينيكي والجراحي بجامعة الشارقة، ويحصل الطلبة المتخفون بالبرنامج على دبلوم في طوارئ الإسعاف - EMT-1 وفرصة العمل مباشرة مع الإسعاف الوطني بعد التخرج.

وأكد أحمد صالح الهاجري، نائب مدير التنفيذي للإسعاف الوطني خلال المؤتمر الصحفي الذي عقده أول من أمس في أبوظبي أن إطلاق الدورة الجديدة أتى في أعقاب النجاح الذي حققته الدورة الافتتاحية

Prof. Qutayba’s visit to Japan:

The Dean of the College of Medicine, Prof. Qutayba Hamid visited Japan at the end of April to discuss future directions and collaborations.



Final MBBS Exam:

A large number of external examiners attended the Year 5 Final Exit MBBS Exam this year and gave positive feedback on the exit examination and the students from our college.



طلبة طب الشارقة ينهون متطلبات التخرج ويتفوقون حسب اختبار IFOM العالمي

6 يونيو 2018

احتفلت كلية الطب في جامعة الشارقة بإكمال متطلبات التخرج للدفعة التاسعة من طلبة الكلية والذي بلغ عددهم 99 طالب وطالبة، حيث اجتاز الطلبة الاختبار العالمي IFOM وهو اختبار قياسي لمعرفة المستويات العلمية لطلبة جامعة الشارقة ومقارنتهم بطلبة الطب من الدول الأخرى. وقد تم إجراء



الاختبارات النظرية والسريية للطلبة والتي شملت ثلاثة اختبارات لقياس مهارات الطلبة في التواصل مع المرضى والفحص السريري، وبعض المهارات العملية، وإجراءات سلامة المريض وفق أحدث سبل التشخيص والعلاج والمتابعة. ومن الجدير بالذكر أن كلية الطب في جامعة الشارقة تتبع برنامجاً متطوراً حديثاً في التعليم يعطي الطلبة دوراً إيجابياً في عملية التعلم، حيث يتدرب الطلبة منذ السنة الأولى في مختبرات المهارات السريرية المتطورة، وكذلك مختبرات التشريح والباثولوجي وغيرها.

« العودة إلى قائمة الأخبار »



طلبة طب الشارقة ينهون متطلبات التخرج ويتفوقون حسب اختبار IFOM العالمي

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Health Awareness Week 2018

The 13th Health Awareness Week was organized by the College of Medicine and held from 9th - 12th April 2018. The aim was to introduce first year students to a variety of health services in the Emirate of Sharjah and the surrounding areas, as well as celebrating the World Health Day theme. This year the WHO selected "Universal Health Coverage: Health for all" as the topic. Through participation in a range of activities, students developed a greater awareness of health services, communities and practices, actively take part in "World Health Day" activities, and appreciate the importance of Preventive Health Services, Maternal and Child Health (MCH) services and School Health Programs.

To encourage motivation and creativity, students worked in small groups to develop and present posters, research activities, field training as well as videos to demonstrate the theme. Eight groups prepared presentations and another eight groups produced posters based on information sharing and another eight groups presented posters based on surveys they have conducted among the population in UAE. They competed for the best presentation, poster and video. Prof. Elsiddig Elsheikh, the Vice Chancellor for Academic Affairs, Prof. Salman Guraya, the Vice Dean of the College of Medicine, and Prof. Nabil Sulaiman, the Chair of Family and Community Medicine Department, opened the ceremony and listened to oral presentations as well as poster presentations of 24 different student groups. Most of the faculty at the College of Medicine attended the poster presentations. Both faculty and students appreciated the opening of Prof. Elsiddig Elsheikh.

The week's activities were organized by Dr. Ahmed Elmohamady, Dr. Youssef Rishmawy, Dr. Elnaz ghasemi and Dr. Maysam Alkhalifa. The evaluation of posters and presentations were conducted by Dr. Basema Saddik, Dr. Ibrahim Eltayeb, Mrs. Amal Hussein, Dr. Saravanan Coumaravelou, Dr. Sarra Shorbagi, Dr. Mona Al Dajani and Dr. Ahmed Haswan.





Community Health Program

Community Health Program (CHP) is a field program designed for year 3 medical students, coordinated and organized by the department of Family Medicine, Community Medicine and Behavioral Sciences.

CHP comprises small group and team based learning sessions, resource sessions as well as field placements. The focus of attention was on common preventive activities to address the needs of vulnerable populations i.e. people with special needs, those living with chronic and disabling disease states, elderly people, and child health as well as socio-economically disadvantaged groups. Students also explore ethical issues associated with health and health risk prevention, as well as issues impacting these community groups, and contributing environmental and occupational factors and problems. The role of community health agencies and programs related to all levels of prevention and health promotion are also examined. At the end of the community health activities, students should have gained an understanding of the role of different preventive health services in the UAE, as well as acquiring skills in environmental and occupational medicine and in evidence-based medicine.

Annually, Year 3 medical students visit 5 centers in the 2nd semester between February and April:

- Sharjah City for Humanitarian services for 2 days to observe the facilities designed for the disabled children
- Old People's Home for 2 days to get involved with the various activities done to support the old people
- Sharjah Municipality for 2 days to have field inspections to the saloons and restaurants
- Preventive Medicine Department for 1 day to have the knowledge of the different measures and activities done in the Communicable Disease Center (CDC)
- Muhaisnah Health Center for 1 day to get involved in the maternal and child preventive services

The CHP committee responsible for the planning, organization, implementation & evaluation of the program as well as assessment:

- **Prof. Nabil Sulaiman** (Chairman and Head of the Program)
 - **Dr. Mada Daghistani** (Family Health Program coordinator)
 - **Dr. Ahmed Hasswan** (Community Health Program Field Coordinator)
-



How true are these health myths?

Throughout the centuries, many health myths have arisen. Some are tried, tested, and taken as fact, but others are nothing more than fantasy. In this article, we debunk some of the latter. Health-related myths are common and arise for a variety of reasons. Some may be "old wives' tales" that have been passed from generation to generation, which somehow escape being challenged outside scientific and medical professions. Other times, it can be that old but previously accepted science, such as the results of studies from the mid-20th century, is found by modern scientific methods to be less accurate than originally thought. In this article, we take a look at 5 of the most common health myths and examine the evidence behind them.

1. 'Drink eight glasses of water per day'

The CDC are unambiguous in this matter, stating that "drinking enough water every day is good for overall health." The question is, how much water is "enough?" The CDC note that there are no guidelines on how much water we should be drinking daily. But, they do link to the National Academies of Sciences, Engineering and Medicine, who say that women require 2.7L and men require 3.7L of "total water" per day. The total water point is crucial; this refers to not how many litres of water you should drink from the faucet, but about what your rough intake of water from different drinks and foods combined should be. It is vital to note that the average person's total intake of water from drinks — including caffeinated drinks — forms about 80 percent of their total water intake, with the remaining 20 percent actually coming from foods. Many people believe, however, that the recommended daily amount of water is eight 8-ounce glasses, which equals 2.5L, straight from the faucet. This figure does not take into account the amount of water we get from other drinks or foods at all. And, this figure does not appear in any official or scientific guidelines on water consumption. So, why do so many people persist in this belief? A 2002 study traced the eight 8-ounce glasses of water per day claim (known colloquially as "8x8") back to the misinterpretation of a single paragraph in a government report from 1945. In it, the Food and Nutrition Board of the National Research Council wrote, "A suitable allowance of water for adults is 2.5L daily in most instances. An ordinary standard for diverse persons is 1mL for each calorie of food. Most of this quantity is contained in prepared foods." As recommendations go, this one does not seem to be especially controversial, and it actually seems to tally more or less with what the National Academies are telling us in 2018. But the author of the 2002 paper believes that people only paid attention to the first sentence, and that over time, they disregarded the statement about water-containing food. This then led to the very erroneous impression that 2.5L of straight water should be consumed every day in addition to whatever water we imbibe from other drinks and food. Most pertinently, the author of this study did not find any scientific evidence to back up the 8x8 theory in terms of health benefits. Subsequent studies have also debunked 8x8 as a concept, with a 2011 statement by Dr. Margaret McCartney in *The BMJ* going as far to lay the blame on manufacturers of bottled water for perpetuating the myth in their marketing.

2. 'You can catch a cold by being cold'

Although, historically, people have assumed that it is the state of being cold that causes people to catch a cold, in this day and age, people are generally more aware that you catch cold not from being outside in poor weather, but from a virus. We become infected with cold viruses, known as "rhinoviruses," through physical contact or being in the same space as infected people. This is especially true if the infected person is coughing or sneezing, or if we have touched some of the same objects as that person. So, on the face of it, it seems fairly obvious that the concept of cold temperatures causing people to catch colds is a myth. That being said, there is a mechanism by which being cold may actually make us more susceptible to coming down with a cold.

Cold viruses try to enter the human body via the nose, but they usually get trapped in mucus there. Normally, the mucus is passed back into the body, swallowed, and the virus is neutralized by stomach acids. But when we inhale cold air, the nasal passage cools down. This slows the movement of mucus, and this means that the live rhinoviruses have more opportunities to break through the mucus barrier and into the body. Studies have also found that cold viruses thrive in colder weather, because they are less able to survive at normal body temperature. So, it is largely due to viruses and not just a consequence of cold weather. But the cold weather myth is not just an old wives' tale, after all.

3. 'Cracking your joints can lead to arthritis'

Cracking your joints does not cause arthritis. But if, like me, you are an inveterate knuckle-cracker, you have almost certainly been admonished at some point in your life by a possibly well-meaning (but more likely annoyed) teacher, colleague, or loved one with the words, "Don't do that! You'll give yourself arthritis!" Several studies have investigated this anecdotal association. They generally report that individuals who crack their joints are at nearly the same risk of getting arthritis as those who have never cracked their joints. So, no, cracking your knuckles will not increase your risk of arthritis. If you are worried about what happens in your joints when you hear that sound, you may be reassured by the findings of a 2018 study. When we crack our knuckles, the researchers explain, we are slightly pulling apart our joints, which causes pressure to decrease in the synovial fluid that lubricates the joints. When this happens, bubbles form in the fluid. The variations in pressure causes the bubbles to rapidly fluctuate, which creates that characteristic cracking sound, which is oh-so-pleasing to the cracker but often less so for the people around them.

4. 'Deodorant can cause breast cancer'

Some individuals have suggested that there may be a link between the use of underarm deodorant and the development of breast cancer. This is based on the notion that chemicals from the deodorant affects the breasts' cells, given that they are applied to nearby skin. Nearly all of the studies that have tested this link have found little evidence to support the claim that deodorant can cause breast cancer. One retrospective study, however, revealed that breast cancer survivors who used deodorants regularly were diagnosed younger than the women who did not regularly use them. But because this is a retrospective study, its results cannot conclusively prove a link between deodorant use and the development of breast cancer. The National Cancer Institute say that additional research would be required to prove that a relationship between deodorant use and breast cancer exists.

5. 'Eggs are bad for the heart'

Ever since the 1970s, there has been a strong focus in healthcare on the role played by cholesterol in heart disease. Eggs are rich in nutrients, but they also have the highest cholesterol content of any common food. Because of this, some have recommended that we should eat only two to four eggs per week, and that individuals with type 2 diabetes or a history of heart disease should eat fewer. But new research suggests there is no link between eating lots of eggs and cholesterol imbalance or increased risk of heart problems and type 2 diabetes. The study noted that occasionally, people who eat more than seven eggs per week have increased low-density lipoprotein cholesterol, or "bad" cholesterol, but this is almost always matched by a similar increase of high-density lipoprotein cholesterol, which has protective properties. The evidence suggests that eating even as many as two eggs every day is safe and has either neutral or slightly beneficial effects on risk factors for heart disease and type 2 diabetes. According to the CDC, eggs are one of the "most nutritious and economical foods" that nature can offer us, and that the main health risk posed by them is a risk of Salmonella infection. The CDC provide guidance on how to best avoid Salmonella.

Faculty & Staff Achievements, Awards and Special Recognition

Publications:

Dr. Eman Abu Gharbieh also recently published the following paper:

- **Eman Abu-Gharbieh**, Sabeena Salam, Saeed A Khan. Impact of Qualification Framework in United Arab Emirates: A case study of Dubai Pharmacy College undergraduate curriculum. *Tropical Journal of Pharmaceutical Research*; April 2018; 17 (4): 701-707, <http://dx.doi.org/10.4314/tjpr.v17i4.20>

Prof. Salman Guraya recently had the following papers published:

- **Salman Y. Guraya**, Khalid I. Khoshhalb, Muhamad S. Yusoff and Maroof A. Khan. Why research productivity of medical faculty declines after attaining professor rank? A multi-center study from Saudi Arabia, Malaysia & Pakistan. *Medical Teacher* 2018; <https://doi.org/10.1080/0142159X.2018.1465532>
- **Salman Y. Guraya**, Shaista S. Guraya, Fawzia Habib, Khalid W. AlQuiliti and Khalid I. Khoshhal. Medical students' perception of test anxiety triggered by different assessment modalities. *Medical Teacher* 2018; <https://doi.org/10.1080/0142159X.2018.1465178>
- Hamdi Almaramhy , Nehal A. Mahabbat , Khulood Y. Fallatah , Bashaer A. Al-Ahmadi , Hadeel H. Al-Alawi , **Salman Y. Guraya**. The correlation of fasting blood glucose levels with the severity of diabetic foot ulcers and the outcome of treatment strategies. *J Biomed Research* 2018; 29 (1)

Dr. Mohamed El Hassan and **Dr. Sara Shorbagi's** work has been accepted for publication:

- **Abdalla ME, Shorbagi S**. Challenges faced by medical students during their first clerkship training: A cross-sectional study from a medical school in the Middle East. *J Taibah Univ Med Sc* 2018; 1-5. <https://doi.org/10.1016/j.jtumed.2018.03.008>

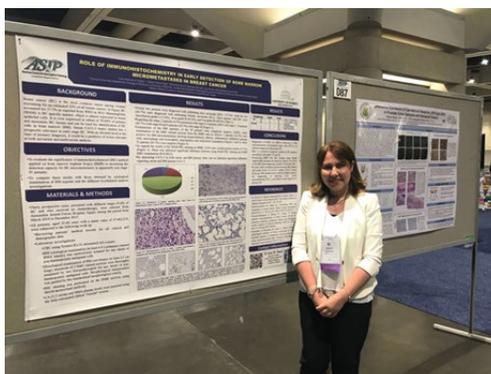
Prof. Nabil Suliman and **Mrs. Amal Hussein** recently published the following articles:

- **Sulaiman N, Mahmoud I, Hussein A**, et al. Diabetes risk score in the United Arab Emirates: a screening tool for the early detection of type 2 diabetes mellitus. *BMJ. Open Diabetes Research and Care* 2018;6:e000489. doi: 10.1136/bmjdr-2017-000489
 - **Suliman N, Hussein A, et al**. High prevalence of diabetes among migrants in the United Arab Emirates using a cross-sectional survey. *Sci Rep*. 2018 May 1;8(1):6862. doi: 10.1038/s41598-018-24312-3.
-

Conference Participation:

Dr. Iman Talaat participated at the Experimental Biology Conference held in San Diego, USA from 21-25th April 2018, in the form of both an oral and poster presentation:

- Oral Presentation: Correlation of Securin and Ki67 in Invasive Breast Carcinoma.
- Poster Presentation: Role of Immunohistochemistry in Early Detection of Bone Marrow Micrometastases in Breast Cancer.



Distinguished Employee Award:

Congratulations to **Mr. Feroz Hussain** for receiving the 'Distinguished Employee Award' at the University level.



Sports Participation:

Dr. Anu Ranade participated and came in 1st place in 5k ladies run (age category) and 2nd place in 5k overall ladies category at the "SHARJAH RUN" organized by the Sharjah Sports Council, to benefit the community of Sharjah on 30th March 2018.



Student Corner

The top 10 Year 5 students were awarded by the Dean of the College of Medicine, Prof. Qutayba Hamid, in a ceremony that took place in LH029 to celebrate their high achievements and it was also a chance for the Dean to speak to the graduating batch and offer them words of advice for their future careers.



6th UAE Undergraduate Research Competition

A group of Year 4 students from the College of Medicine came in 1st place in the Public Health Category at the 6th UAE Undergraduate Research Competition held in Abu Dhabi University on the 30th April 2018.

The students were: Mohammad Bakri Hammami, Yazan Al Shaikh, Anas Hashem, Obaidah Adi, Ihab Yaseen and Ziad El Menawy under the supervision of Dr. Adel Elmoslehi. The title of their project was: 'Study on caffeine consumption: Assessment of behaviors, attitudes and knowledge among adults in the United Arab Emirates'. They also recently published this work: Bakri Alaa Hammami Mohammad, Al Shaikh Yazan Ghazi, Hashem Anas Mohamad, Adi Obaidah M. Mukhles, Aal Yaseen Ihab Ahmed, El Menawy Ziad Mahmoud, and Elmoselhi Adel B. Journal of Caffeine and Adenosine Research. <http://doi.org/10.1089/caff.2017.0034>



Year 4 students from the College of Medicine also came in 2nd place in the same category. Those students were: Mohamad Shieb, Yazan Al Shaikh, Amal Al Ghefari, Sema Korururk and Zainab Hassan under the supervision of Dr. Bashair Mussa. The title of their project is: The application of Berlin Questionnaire and Epworth Sleepiness Scale to detect snoring, sleep apnea and day time sleepiness among adults in the UAE.







University of Sharjah

For any comments
regarding this newsletter or
suggestions for
improvement please
contact the Editor
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Doctor's Orders

This Issue's "Doctor's orders" is submitted by **Prof. Mohamed Al Hajjaj**

How to deal with sandstorms

Awareness of precautions to take especially for asthma patients is crucial when living in the GCC, as we live in a climate which has significant environmental triggers such as sandstorms. Several studies conducted in the Gulf countries with a high rate of sandstorms, confirmed the increased prevalence of asthma. It was also reported that sandstorms frequently cause adverse health effects on the respiratory function and just 15 minutes of exposure to smaller-size sandstorm dust particles have a greater potential of asthma. Here are some tips to deal with sandstorm season:

- **Stay Indoors** - Stay indoors as much as possible during sandstorms and keep windows and doors closed. Reduce exposure to common allergens during the sandstorms that may provoke asthmatic attacks.
- **Check weather and pollution forecasts** - It is recommended that Asthmatics regularly check daily weather and air quality reports, especially during the sandstorm season. Tuning in to your local weather station can help you plan and manage daily activities.
- **Clean air conditioner vents** - Living in a hot climate country means we are indoors more often and use air-conditioning regularly. Dust collection in air conditioning vents can be a harmful trigger if not cleaned and checked regularly. Air conditioning units need to be regularly maintained and cleaned every six months to avoid accumulation of dust in ducts and vents.
- **Use an air-purifier** - Sandstorms affect allergy and asthma sufferers the most. An air purifier can help reduce indoor pollution and help you breathe better. Although air purifiers are by no means a cure for asthma, they help to remove the allergens and particles which can trigger symptoms by directing air through a filter. If you are asthmatic, an air purifier can help you breathe more easily by improving indoor air quality.
- **Consider wearing a face mask if your outdoors** - Consider wearing a medical face mask or use a wet towel during sandstorms to prevent inhaling the dust particles. Do not forget to regularly change face masks.
- **Stay hydrated** - Fluids, especially water are just as important during sandstorms. Remember to keep hydrated or even spray water on face and eyes if you come in direct contact with dust.
- **Take your medications as prescribed:** most important is that patients with asthma should be alert to take their prescribed inhalers and to follow the doctor's advice of possibly increasing the frequency and/or the dose in the circumstances of sandstorms.

Source: MSN news, Khaleej Times