



NEWSLETTER



COLLEGE NEWS



FACULTY & STUDENTS
ACHIEVEMENTS



MSA EVENTS



MUN



PAC CORNER



RECOMMENDATIONS

Editor : Hiba Jawdat Barqawi

DEAN'S MESSAGE OF THE MONTH



We are nearly halfway through the semester and the college has been busy and I expect it will continue to do so with many upcoming events and activities planned. Preparations for the Emirati- German Conference are well underway and I urge you all to attend this conference which is expected to be held between the 18th and 21st of November on our medical campus.

Many research grants have been acquired by our faculty members, this is great news for our College on the research front, and I would like to congratulate the wonderful achievements of all of those who applied and received grants on a national and international level. I look forward to seeing the results of those collaborative efforts.

A team from McGill University visited our college to meet with prospective students who are interested in applying for further studies in Canada. Our signing of a partnership with McGill University as well as fellowships offered by the Office of the Crown Prince will open the door for applications from our students who are interested in pursuing their postgraduate studies there.

The 3rd of November is the UAE Flag Day and I was proud to see the faculty, staff, and students together for the occasion of Flag Day where the UAE flag was raised high, while all joined in to raise the flag and listen to the UAE National Anthem. We are also preparing for the UAE National Day Celebrations and I look forward to seeing everyone together in this joyous occasion.

COLLEGE NEWS

Interdisciplinary Collaborative Project Between University College London, UK and The College of Medicine at University of Sharjah

An interdisciplinary collaborative project grant between Division of Surgery, UCL led by Dr. Nikolitsa Nomikou and College of Medicine, University of Sharjah led by Dr. Rifat Hamoudi entitled "Stimulus-Responsive Nanoparticles for Intra-operative NIR Imaging and Treatment of Pancreatic Cancer" was awarded funding from the Engineering and Physical Sciences Research Council (EPSRC) in United Kingdom.

The proposal is interdisciplinary and spans the area of bioengineering and medical health interface. The aim of the project is to exploit using nanotechnology and the use of Indocyanine green (ICG) for developing a system that has significant potential to increase the efficacy of surgical treatment in pancreatic cancer. The aspect of intra-operative treatment can also reduce the need for extensive post-operative radiotherapy and exposure to ionizing radiation. The proposed theranostic system has the potential to be adopted for the combined near infra-red guided surgical resection and intra-operative treatment of different cancers.

Dr. Rifat Hamoudi at the College of Medicine/ Research Institute of Medical and Health Sciences will lead on the design, implementation, bioinformatics and the molecular characterization of the impact of ICG nanoparticles on pancreatic tumor and microenvironment cells.

Faculty & Staff Achievements, Awards and Special Recognition

Congratulations to our colleagues who received the following Aljalila grants:

Dr. Bashair Mussa

Title : Investigating the role of FOS and BECLIN1-inducing autophagy in pathogenesis of hypoglycemia-associated autonomic failure in diabetes

Amount: 291,000 AED

Dr. Fibran Muhammad

Title : Estrogen-induced epigenetic regulation of Iron metabolism in hepatocellular carcinoma

Amount: 292,000 AED

Dr. Mohamed Rabmani

Title : Deciphering mechanisms of Triple Negative Breast Cancer resistance to PI3K inhibitors

Amount: 300,000 AED

Dr. Hany Omar

Title : Metabolic Reprogramming as a Novel Approach to Sensitize Cancer Cells to Immunotherapy

Amount: 300,000 AED

The Successful Training Of University Of Sharjah Graduate Students at Luebeck University in Germany

Seven PhD graduate students enrolled in Molecular Medicine graduate program at the University of Sharjah travelled to University of Luebeck to perform joint PhD research projects among University of Sharjah and Luebeck University. Those students were assigned co-supervisors from Luebeck University.

1. Dana Zaher who works under the supervisor of Dr. Hany Omar, College of Pharmacy, University of Sharjah is working with Dr. Stephanie Fliedner in the Internal Medicine - Neuroendocrine Oncology and Metabolism, Luebeck University.
2. Wafaa Ramadan who works with Prof. Rafat Elewady, College of Pharmacy, University of Sharjah is working with Prof. Dr. J. Habermann, Head and Chair of Biobanking, Luebeck University
3. Sara Musa Hammoudeh working with Prof. Qutayba Hamid, College of Medicine, University of Sharjah is working with Dr. Christian Sadik, Dermatology Department, Luebeck University.
4. Noha Mousaad Elemam working with Prof. Azzam Maghazachi, College of Medicine, University of Sharjah is working with Prof. Jane Hundt, Dermatology Department, Luebeck University.
5. Dr. Mahmood Yaseen Hachim working with Dr. Rifat Hamoudi, College of Medicine, University of Sharjah is with Prof. Hauke Busch, Experimental Dermatology - System Biology, Luebeck University
6. Rakhee Kizhuvappat Ramakrishnan, a student of Prof. Qutayba Hamid, College of Medicine, University of Sharjah is with Prof. Christian Sina, Head and Chair of Nutrition Medicine, Luebeck University.
7. Asma Almansoori, working with Dr. Mohamed Rahmani, College of Medicine, University of Sharjah is with Prof. Martin Smollich at Nutrition Medicine, Luebeck University.

Students training at Luebeck University started 1st October 2018 and will continue until 12th November 2018. Professor Azzam A. Maghazachi, Assistant Dean for graduate studies at the College of Medicine visited the PhD students and met with all co-supervisors at Luebeck University. He noticed that all co-supervisors are happy with the knowledge and progress of University of Sharjah PhD students. The students left a great impression and are ideal ambassadors for the University of Sharjah in Luebeck, Germany.



*The visit of
McGill
University of
Montreal,
Canada*

The delegation arrived on Sunday 28th October 2018 to the College of Medicine after meeting with His Highness Sheikh Sultan Al Qassimi.

The team met with students from the colleges who are interested to pursue their studies in Canada where they explained special fellowships awarded to UAE university graduates offered by the Office of the Crown Prince as well as the avenues for applications for postgraduate studies in medical and non-medical disciplines.

The Clinical Sciences Seminar

The Clinical Sciences Seminar was held on the 29th of October 2018 at the College of Medicine. This event is held monthly, or-



ganized 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.

The series started off with a talk from Dr. Abeer Zayed, Professor of Forensic Medicine and Toxicology from Cairo University. Her talk was entitled: 'The role of a doctor in dealing with domestic violence'. All those who attended thoroughly enjoyed this talk and the discussion that ensued.



Breast Cancer Awareness Event

October is Breast Cancer Awareness Month and used to remind the community to be proactive about early detection.



The College of Medicine at the University of Sharjah organized, with the help of other colleges at the Medical Campus, an event to raise awareness about breast cancer.

Professor Qutayba Hamid, the Vice Chancellor for Medical & Health Sciences Colleges and Dean of the College of Medicine started off the event by welcoming all attendees and highlighting the importance of breast cancer early detection among both men and women.

The event included Breast Cancer awareness sessions that began with a lecture given by Dr. Khuloud Bajbouj, a visiting Assistant Professor from the Basic Medical Sciences Department at the College of Medicine, explaining breast cancer risk factors and preventive measures that was followed by two awareness sessions held by University Hospital Sharjah (UHS) breast cancer center and Zuleikha hospital representatives.

During the event, University Hospital Sharjah (UHS) breast cancer center staff offered all participants free mammography vouchers and breast-self-examination guidance. Zuleikha hospital was also present offering free screening vouchers and accommodating any inquiries about breast cancer treatment options.



The event concluded with fun activities that engaged students, staff, and faculties to spread the knowledge about breast cancer early detection methods, how to lower breast cancer mortality and chances of successful treatment.



CTC NEWS

AO Regional Courses 2018

Prepared by: Lou Ann Tesado

The University of Sharjah Clinical and Surgical Training Center (CSTC) hosted AO Foundation for their Regional Courses for the year 2018. AO Foundation is a medically guided non-profit organization led by an international group of surgeons specialized in the treatment of trauma and disorders of the musculoskeletal system. Founded in 1958 by 13 visionary surgeons, AO today fosters one of the most extensive networks of currently more than 16,000 surgeons, operating room personnel, and scientists in over 100 countries. AO regularly hold courses worldwide for Orthopedic Surgeons and other health professionals. These include hands-on experience of using the latest implants, as well as lectures from expert surgeons and discussions.

This is the 7th year that AO Foundation has conducted their regional courses at the CSTC. The center prides itself with a state-of-the-art training complex equipped with top quality state-of-the-art medical techniques and system as well as the cadaveric wet lab suitable for AO Regional Courses. A total of 125 participants from UAE, Arab Gulf countries and 42 distinguished international and regional faculties attended top level master classes in updates in Trauma Pelvic, Foot and Ankle and Faciomaxillary surgeries using real human



AOTrauma Regional Masters Course – Pelvic and Acetabular Fractures

Sharjah surgical Institute, University of Sharjah, 14th October 2018



AOCMF Course – Advances in Orthognathic Surgery (with human Anatomical Specimens)

Sharjah surgical Institute, University of Sharjah, 15th October 2018

and Director of the Clinical & Surgical Training Center Prof. Nabil Sulaiman are delighted with AO Foundation’s collaboration and its mission to foster and expand the network of health care professionals in education, research, development and clinical investigation to achieve more effective patient care and higher level of patient’s safety worldwide.

specimens similar to real-life set up which displayed global standards. AO Foundation hosted the workshop on AO Trauma Course–Fundamentals of Soft-Tissue Management. Distinguished international and regional faculty and chairpersons contributed to the training.

The Chancellor, Prof. Hamid AL Naimiy, the Vice Chancellor of Colleges of Medicine and Health Sciences, Prof. Qutayba Hamid



AOTrauma Course – Fundamentals of Soft -Tissue Management
Sharjah surgical Institute, University of Sharjah, 17th October 2018

Foot & Ankle Cadaveric Course

Prepared by: Najna Shabbir

The Foot & Ankle Cadaveric Course was held on the 19th and 20th October 2018 in the Clinical and Surgical Training center in collaboration with Wright Medical Inc., a global medical device company focused on Extremities and Biologics. They deliver innovative, value-added solutions improving quality of life for patients worldwide. They are a recognized leader of surgical solutions for the upper extremities (shoulder, elbow, wrist and hand), lower extremities (foot and ankle) and biologics markets, three of the fastest growing segments in orthopedics. The workshop was headed by Dr. Hisham Shalaby, consultant in Trauma and Orthopedics who has a special interest in Foot and Ankle Surgery and Limb Reconstruction Surgery.

The Vice Chancellor of College of Medicine and Health Sciences, Prof. Qutayba Hamid and the Director of Clinical & Surgical Training Center, Prof. Nabil Sulaiman were delighted with this collaboration which will expand the network of health care professionals in education, research, development and clinical investigation to achieve more effective patient care and higher level of patient's safety worldwide.



Dubai Wright lab Foot & Ankle Cadaveric Course

University of Sharjah, Clinical & surgical training center , 19th - 20th October 2018

VIRAL NEWS

Depleting Microbiome With Antibiotics Can Affect Glucose Metabolism

Submitted by: Balsam Qubais Saeed

A new study has found that mice that have their microbiomes depleted with antibiotics have decreased levels of glucose in their blood and better insulin sensitivity. The research has implications for understanding the role of the microbiome in diabetes. It also could lead to better insight into the side effects seen in people who are being treated with high levels of antibiotics.

The microbiome is the collection of microorganisms that live in an animal's body, many of which are essential for health. Previous studies have shown that mice whose microbiomes are deficient in certain types of bacteria are more likely to develop diabetes. There is also some evidence that certain microbes may be protective against diabetes.

The researchers didn't set out to look specifically at how antibiotic-induced depletion influences glucose levels. They wanted to look at the circadian (24 hour) rhythms of mouse metabolism when the microbiome is depleted. This type of research is often done with mice raised in germ-free environments.

After treating the mice, the investigators observed that there was a large decrease in the diversity of microorganisms present in their guts, as expected. When they looked at the metabolisms of the mice, they found that they were able to clear glucose from their blood much faster than expected.

Further studies showed that the colon tissue in the mice was acting as a kind of sink for the glucose -- absorbing the extra sugar and thereby reducing its levels in the blood. This behavior fit the observation that the mice had colons that were greatly increased in size.

The researchers then discovered that these metabolic changes were actually related to changes in liver function and to the bile acids that were being released by the liver. The mice did not have changes in body fat composition or in what they ate -- the two things that normally influence glucose metabolism and are known to play a role in type 2 diabetes in humans.

Source: **Science News**



Elderly's Home Visit

Community Committee

The International Elderly's Day is celebrated on the 1st of October; we, the community committee, opted to conduct a visit to the Old People's Home in Sharjah, aiming to support the elderly and raise awareness about the various issues that they face. The visit commenced with a brief presentation about the facilities and services that the centre provides, followed by a tour of the main hall, clinic, pharmacy, physiotherapy room, and living quarters. Thereafter, we got to meet the elderly, had a lovely chat with them, watched videos we prepared and gifted them flowers, hand-made cards and brooches as a gesture of love and express our appreciation.



STUDENT CORNER



MSA's Social Committee Gathering

As the tradition goes, and in hopes of bringing our family together, we held our annual social gathering event on the 3rd of October. The sole premise of this MSA event was to break the ice, have fun and bond. Needless to say, the event was efficacious; we mingled, engaged in fun conversations and got to know the new family members. It wouldn't be a social gather without amusing activities; the batches went against each other in the balloon challenge and the ice cream challenge, with the Year 2s emerging victorious. We wish you all a successful year filled with fun and joy.



Domestic Violence

Community committee

For the first time, MSA -under community committee- hosts an awareness event about a topic that remains hidden yet very common and very dangerous to our society, Domestic Violence. Members of the committee visited Dubai's Foundation for Women and Children, toured the association and interviewed the faculty there. The following day, a speech by the dean of the college of medicine Prof Qutaiba got the event rolling, following which Dr Bassima shed more light on the importance of openly discussing this issue and its devastating effects on the family and the society as a whole. A short, dramatic and Oscar-deserving play was orchestrated. Which exhibited and exposed the different forms of domestic violence as well as highlighted ways of combating it. Later, in M27's lobby multiple games were played that aligned with this event's theme.



PULSE

Scientific Committee

The Scientific Committee hosted Pulse 2018, a



cardiovascular themed event tailored towards the interests of the students of UOS. This event was indeed bustling and vibrant, with lots of activities, games, hands on experience, as well as an artistic venue where the participants



were invited to show off their hidden talents.

Stations were prepared where blood pressure could be measure, blood typed, CPR performed and intramuscular injections to be done. As for the artistic section, it was designed to integrate art and science, and document their evolution, hand in hand, throughout history.



Dean's Dinner

The Board Members and Committee Heads of the MSA went out for dinner on Monday 15th October 2018 with the Dean of the College of Medicine, Professor Qutayba Hamid; our chairs of the Student Affairs' Committee, Dr. Mohammad Al Bataineh and Dr. Hiba Barqawi. The occasion was a chance for the team to strengthen relations with the faculty in anticipation of this year's plans. The night was filled with casual talks, laughter and positive vibes as everyone enjoyed their time looking forward for an eventful year.



Student Conference Participation



Year 3 students, Hiba Ramzi and Saryia Adra, gave an oral presentation at the 12th Dubai International Food Safety Conference organized by Dubai Municipality. They competed with other students from universities across the UAE and they were awarded by Dubai Municipality as they came in the top three on a national level. The other students involved in

this project were: Mahmoud Alaa and Shamma Almehairi. The group were supervised by: Hiba Barqawi and the title of their project is: 'The Role of Microbiota in Disease: Knowledge, Attitudes and Practices in the UAE'.

<https://mega.nz/#!qSAHjSoC!XrMr0yjT8b7oW05d4ggWbA-2kV3Jv66pKccTU4naVRg>

*Student
Achievements,
Awards and Special
Recognition*

Ramy Zanaty Year 1

**Sharjah International
Children's Film Festi-
val (SICFF) 2018**

Enrolling in medical school comes with a lifetime commitment; one which oftentimes discourages talents and hobbies that flourished prior to it. This, however, was not the case for Ramy Zanaty, a first-year medical student who was one of the youngest directors in the 6th Sharjah International Children's Film Festival earlier this month. Ramy was awarded Best Children's Film for supervising a group of younger students in their production of a short movie titled "Mr. Horse", although this was not his first time participating in this festival. We hope that he continues to nourish his talent, and wish him the best of luck!



MUN conference



The University of Sharjah's Model United Nation club welcomed the new academic year by sending a delegation to the American University in Dubai's Model United Nation which was held on the 1st, 2nd, and 3rd of November. The delegation consisted mainly of medical students and took part in the proceedings of multiple committees from the International Court of Justice to the World Bank. Due to November being an overwhelming month, the delegation mainly consisted of five students, with two serving as chairs and three as delegates. Abdullah Nidal chaired for the Historical Crisis Committee, while Kamel Samara chaired on the International Court of Justice. In addition, Rushud, a third year medical student, took part in one of the most demanding and challenging committees and ended up winning the Best Judge Award.

It was a wonderful experience and a great start to a new year filled with a plethora of opportunities. The club will be sending another delegation to the American University of Sharjah's Model Congress which will be held on the 15th, 16th, and 17th of November. Moreover, the spring semester will bring with it two other external conferences (the infamous American University of Sharjah's Model UN & the Paris Sorbonne University Abu Dhabi Model UN) along with, hopefully, the first ever UOSMUN!

Football Tournament - Day 1

Social committee

Back by popular demand, the football league kicked off! The league included foundation, students from years 1 to 5 and last but not least a team of doctors. Everyone engaged in the spirit of the sport aiming for the cup! The day ended with Year 2 winning against Year 1 and the doctors winning against year 3.



El Clásico

Social committee



The highly anticipated match between Barcelona and Real Madrid was held on Sunday, the 28th of October. The social committee took it upon itself to bring the match to the heart of M27, allow the students a breather from their studies and to enjoy ourselves as we watched the match commence and the cheering roar. Everyone cheered for their team and had a mini feud with the other's fans. Barcelona took the victory home, with a score of 5 - 1. All in all, everyone enjoyed their evening especially the Barca fans.





Subaib Al Haj Ali, Year 5

President of PAC, 2018-2019

It gives me great pleasure - as the newest president of the Peer Advisory Committee (PAC) - to introduce the PAC Corner, a new initiative that aims to bring PAC's various activities into the spotlight as well as present interesting and beneficial advisory content on a monthly basis via the Medical College newsletter.

For those who are not aware, PAC was established back in 2013 by senior UOS medical students who wanted to give back to their community by offering advice to and sharing experiences with other, younger students. Ever since then, PAC has become the primary student-to-student advising body in the College of Medicine, offering students advising sessions on various important topics, such as curriculum units and exams, external board exams, medical elective opportunities and post-graduate studies.

On behalf of the entire PAC team, I hope that you will enjoy this initiative.

pac.medicine@gmail.com

PAC CORNER

Have you - as a UOS medical student - ever wondered how residency in the US feels like?

If the answer is yes, then look no further! PAC reached out to **Amer Al Homssi**, a 2016 graduate from the UOS Medical College who is currently in his third and final year of Internal Medicine residency at University of Illinois at Chicago/Advocate Christ Hospital. Amer plans to continue his training in Hospice and Palliative Care and then in Hematology and Oncology. Below is an interview with Amer that will surely open your eyes to a lot of important facts and issues pertaining to residency and life generally in the US:

Suhaib: Thank you Amer for taking the time to offer guidance and advise to the younger medical students!

Amer: Thank you Suhaib and thank you PAC for giving me the opportunity to speak to my junior colleagues.

S: So how is life like in the US?

A: Life in the US is not really very different to our lives in UAE, at least where I am now in Chicago. Everything is available, people are friendly, and weather can be very very different.

S: Did you consider places other than the US for residency? Why or why not?

A: I had the US as my goal for residency from the beginning. I did look into other places like UK, Canada, Australia and Germany. US was the only country with a well-established and, in my opinion, fair system with a clear path without the need to learn a new language. It also happened to be the most prestigious training place in the world.

S: What about the residency there?

A: Residency in general is a big jump from being a medical student. It requires a lot of adjustments in life to accommodate this extremely needy job. In the US, which probably has both the best and the most difficult residency programs, a lot of sacrifices have to be made. Honestly, we were not prepared, not even close, to be ready for them. A typical average day on my internal medicine residency starts around 6 am and ends anywhere between 4 and 8 pm depending on the type of call I am on or it can be the other way around when I am working night shifts. It doesn't sound really terrible, right? But having the responsibility, rounding, presenting patients, putting orders, approaching consultants, admitting new patients, discharging patients, and having didactics without any breaks becomes hectic and burnout is really possible to reach. We are coming from a clinical training that perhaps made us master the clinical skills on actors and not patients. We lacked the 'responsibility' during our clinical rotations. The responsibility of being assigned to patients everyday to care for them during our rotation in the hospital. Our top goal was to take history and do a physical exam (which is great but not enough). Medical students here see their patients every morning, connect with them, follow them during their whole hospital stay, present them to residents and consultants during rounds, write notes, and sometimes put orders. They reach their residency training confident and ready to go!

S: How did you balance university and board exams?

A: Doing the USMLE exams is very demanding even when it is the only thing you have to do, let alone university studies. My strategy was to study university material during the semesters from USMLE sources and study for USMLE step 1 during summers after year 2 and 3. Step 2 CS and CK to be studied for and possibly done during years 4 and 5 and the summer between them. In general, USMLE material is much bigger than the university material, so when I studied for one, it helped the other.

S: Any advice for students confused whether to go for internship or not?

A: The US doesn't require an internship to be done, it needs you to be done from USMLE exams and being a graduate from a medical school. Going to the US without doing an internship saves you time but it can be risky as it can limit your choices if you changed your mind to go and do your residency somewhere else. I did not do it, but my friends who did it found it helpful as a bridge to taste residency life. In my opinion, unless you are sure your chances are high to match right away to a residency position outside the UAE, do your internship there or anywhere else.

S: What do you miss most about being a university student?

A: Being a student compared to a resident is like comparing a child to an adult; it has its pros and cons. I sometimes miss when all I had to do is attend lectures and study for exams. I miss that we had summer vacations and holidays where I can see my family and friends. On the other hand, applying your knowledge is very exciting, and seeing a change in patients' lives is very rewarding.

S: What advice would you give students currently in UOS and aiming for residency in the US?

A: Doing residency anywhere and especially in the US needs:

1. Planning early. You do not need to make US the one and only place to go to, but it is the only place that needs your preparation as early as year 1.
2. Hard work during basic sciences to do great on step 1, probably one of the biggest factors to get residency here.
3. Do the step 1 right after year 3, where your basic knowledge is fresh.
4. Take your clinical rotations seriously, ask to see patients every day, ask to present them during rounds and ask for access to the computer charting system. Let them make you part of the team taking care of the patient and not only an observer. Use handbooks and websites like "up to date" to develop differential diagnoses, hence know what to ask in history, what to examine (not just system based physical exam), what investigations you need to rule out or rule in diagnoses, and most importantly develop an assessment and a plan.
5. Do your step 2 CK around MBBS exam.
6. Plan your year 4 elective in the US based on visa situation.
7. If visa was your problem, your work did not go in vain; you prepared and perhaps did the most difficult exams any medical student would dream to do and so you are prepared to go anywhere. Hopefully, in God's will, the best will happen for you.

All the best to everyone. Please do not hesitate to contact me for any further questions.

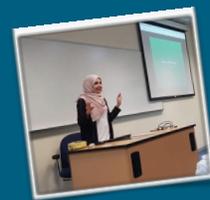
UOS graduate experience: Residency in the UK



In an effort to diversify PAC's coverage of post-graduate advising, a session was done on 11th October 2018 by **Noor AlJaddou**, a UOS

alumnus from the batch of 2015 currently doing her residency in Internal Medicine in the UK.

She kindly volunteered to talk about her experience and answer students' questions - to the best of her ability - just a few days before she travels back.



Recommendations

by: Dua'a AlNusairat

BOOK OF THE MONTH:



Book title: The Tale of the Dueling Neurosurgeons

Author: Sam Kean

Justification:

In a nutshell, our chosen book unravels the history of the human brain as depicted by true stories of trauma, madness and recovery. How a conscious mind emerges from a physical brain is still the central paradox of neuroscience. A paradox, that Sam Kean tries to resolve within the folds of his book by answering the following question: Where does the brain stop and the mind start?

MOVIE OF THE MONTH:

Movie title: Collateral Beauty

Lead Actor: Will Smith

Justification:



This movie addresses the psychological and emotional downward spiraling of a father after the devastating loss of his 6-year-old daughter to GBM. In addition, shows how his recovery is brought about by the intervention of his colleagues through a theatrical performance of the three elements of life which connect us all: Love, Death and Time. As we long for love, fear death and constantly need more time.

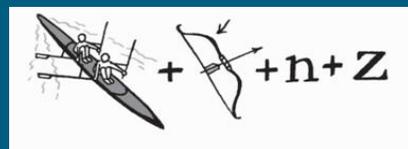
PICTURE OF THE MONTH:



PICTURE BY: HAZEM TAIFOUR

Amidst the raging chaos of medicine, herein lie those who find stillness in the setting sun.

LET'S SEE IF YOU CAN SOLVE THIS PUZZLE :



Solution in the next issue...



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

Hiba Jawdat Barqawi on hbarqawi@sharjah.ac.ae

DOCTOR'S ORDERS



Antibiotics are important medications for treating bacterial infections, preventing the spread of disease and reducing serious complications of disease. However some of these antibiotics are becoming less effective or don't work at all. When an antibiotic is no longer has an effect on a certain strain of bacteria, those bacteria are said to be antibiotic resistant.

The overuse and misuse of antibiotics are key factors contributing to antibiotic resistance. The overuse of antibiotics, especially taking antibiotics even when they're not the appropriate treatment, promotes antibiotic resistance. Up to one-third to one-half of antibiotic use in humans is unnecessary or inappropriate. Below are key messages you need to know to help reduce antibiotic misuse

- 1 • Most sore throats, Cold, Flu (influenza), coughs, ear and sinus infections are caused by viruses and don't benefit from antibiotic treatment.
- 2 • Always seek the advice of a healthcare professional before taking antibiotics.
- 3 • Only take antibiotics prescribed to you and use them the right way as prescribed for you.
- 4 • Do not share antibiotics with family or friends.

Source:

<http://www.who.int/who-campaigns/world-antibiotic-awareness-week>

<https://www.cdc.gov/antibiotic-use/week/toolkit.html>

Prepared by: Dr. Sarra Shorbagi