



جامعة الشارقة
UNIVERSITY OF SHARJAH

COLLEGE OF MEDICINE

NEWSLETTER

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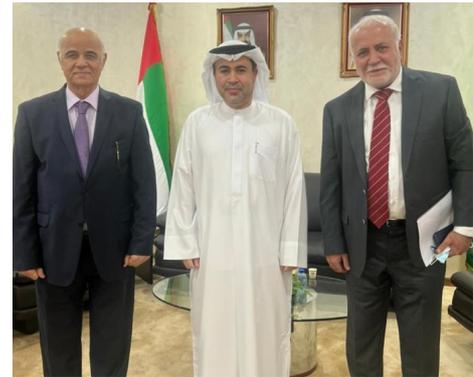
I would like to welcome back all faculty, staff, and students to a new academic year at the College of Medicine. I hope you have prepared yourselves for the year ahead. These past few weeks have been busy; I have already met with all students from Foundation Year to Year 5 and, as always, I am pleased with the calibre of students we have accepted. It was an honour to see the new Year 1 students initiated into the college at the White Coat Ceremony. I would also like to take this opportunity to welcome the new members of faculty and staff who have joined us. Our mission is to continue to achieve excellence in teaching, research, and community service, as we have consistently done over the past few years. As always, I am very proud of our college's achievements; this would have not been possible if not for the continuous efforts and dedication of our faculty and staff.

I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, Member of the Supreme Council, Ruler of Sharjah, and His Highness Sheikh Sultan bin Ahmed Al Qassimi, the Deputy Ruler of the Emirate of Sharjah and President of the University of Sharjah, and Prof. Hamid Al-Naimiy, Chancellor of the University of Sharjah, for their continuous and tremendous support. I wish you all a successful academic new year!

COLLEGE NEWS

Meeting with Sharjah Health Authority

The College of Medicine extends its congratulations to Dr. AbdulAziz Al Muhairi who has been assigned as Head of Sharjah Health Authority and Head of the Board of Trustees of University Hospital Sharjah. He met with Prof. Hamid Al Naimiy, Chancellor of the University of Sharjah, and Prof. Qutayba Hamid, Vice Chancellor for Medical and Health Sciences and Dean of College of Medicine, to discuss a potential collaboration with our college.



Delegation Visits to Germany

Prof. Hamid Al Naimiy, Chancellor of the University of Sharjah, along with Prof. Qutayba Hamid, Vice Chancellor for Medical and Health Sciences and Dean of College of Medicine, led a number of visits to various medical institutions and universities in Germany. The aim of this visit was to promote a joint venture in training UOS medical students, including a goal to cooperate in scientific research projects.



New Faculty Appointments

The College of Medicine would like to congratulate the following faculty:



Prof. Rabih Halwani

for his appointment as Acting Director of the Research Institute of Medical and Health Sciences.



Prof. Eman Abu-Gharbieh

for her appointment as Assistant Dean for Graduate Studies in the College of Medicine.



Dr. Hamid Alhaj

for his appointment as Chair of the Department of Family and Community Medicine and Behavioral Sciences.



Dr. Waseem EL-Huneidi

for his appointment as Chair of the Department of Basic Medical Sciences.

White Coat Ceremony

To recognize and praise the beginning of their medical journey, the College of Medicine hosted a white coat ceremony in Al Razi Hall on 22nd September 2022, where Year 1 students took their oath before their families, friends, and faculty alike. In celebration and with pride, through the organizing efforts of Prof. Basema Saddik, Dr. Hiba Barqawi, along with the Medical Students Association, the college is grateful to have invited families for the first time since the start of the pandemic. With keen hearts, performances shone on the day as medical students sang in unison for our future doctors.



Major Covid-19 Study



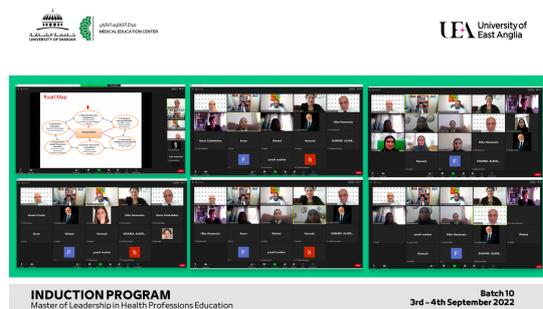
In a major immunopharmacological study involving 10,882 subjects, senior author Prof. Rabih Halwani has concluded the proven efficacy of Sotrovimab in its use for Covid-19 patients. As the largest study of its kind in the country, the monoclonal antibody was found to reduce the risk of disease progression and was described as a recommended alternative to anti-viral therapy.



Master of Leadership Induction Program



An induction program for the 10th batch of the "Master of Leadership in Health Professions" course, coordinated by Dr. Mohamed Taha, was held on the 3rd and 4th of September 2022. Attended by students, faculty, supervisors, and international advisors, the program provided essential digital and academic writing skills for postgraduate students.



TUFH Conference 2023



Under the patronage of His Highness Sheikh Sultan bin Ahmed bin Sultan Al Qasimi, Deputy Ruler of Sharjah and President of the University of Sharjah, the university will host the global TUFH conference from 23rd to 26th October 2023 – "The Network: Towards Unity for Health" under the slogan "Beyond Borders: Health Equity through a Culture of Learning". The University of Sharjah is pleased to announce the opening of the conference link, as well as abstract submissions and registration for oral presentations, talks, documentaries, and workshops.



MOE Estedad Initiative



In a collaboration between the Research Outreach Department and the Ministry of Education, Dr. Kholoud Bajbouj introduced a joint initiative with the University of Sharjah named "Estedad" in her efforts, with her team, to deliver a two-week research training program titled "Artificial Intelligence in Drug Discovery" for Emirati high-school students.



Women Empowerment Program



In collaboration with the Royal College of Surgeons in Ireland, Prof. Maha Saber implemented a 'Change Projects' diversity program through working with ten Johnson & Johnson organization employees. The aim of the project sets to deliver progress and further the potential of female leaders in the workplace.

University Medical Clinic's New Services



With the return of students to the new academic year, the University of Sharjah's Medical Clinic will resume its free consultation services with Dr. Noha Mousa and Dr. Ghada Mohammed for Obstetrics and Gynecology, and will now offer Gastroenterology sessions with Dr. Ali Shorbagi. Services are available starting from the 30th of August 2022.

DR. NOHA AHMED MOUSA



Specialist
Obstetrics and
Gynecology
MBBCh, MSc., PhD

Contact us to book an appointment
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DR. GHADA MOHAMMED



Specialist
Obstetrics and
Gynecology
MBBS, FRCOG,
MSc

DR. ALI IBRAHIM SHORBAGI



Specialist
Gastroenterologist
MD, FEBGH, PhD

Contact us to book an appointment

Telephone:
[06 505 0244](tel:065050244) (Ext. 2244)

International Student Training & Exchange Program (iSTEP)



This year 10 of our students enrolled in iSTEP with the The Network: Towards Unity For Health (TUFH). iSTEP It is a unique concept in which students work together internationally, interprofessionally, and digitally. It creates an opportunity for students to experience international classrooms and multicultural collaborations.

In the iSTEP 2022 edition there are 3 courses that students can choose from:

- Course 1. iSTEP – Innovative Cities and Health
- Course 2. iSTEP – Communication: Talking with Partners, Patients, and Communities
- Course 3. iSTEP – Social Determinants of Health



Faculty Achievements



Faculty Promotions



Heartfelt congratulations to Prof. Basema Saddik and Prof. Iman Talaat for being promoted to the title of Professor, Dr. Balsam Qubais for being promoted to the title of Associate Professor, and Dr. Amal Hussein for being promoted to the title of Assistant Professor.



UOS Annual Faculty Incentive Award



Congratulations are in order to several faculty members of the College of Medicine for winning the UOS Annual Faculty Incentive Award. In recognition of his dedicated efforts combating the ongoing pandemic, Prof. Qutayba Hamid was granted the award for Outstanding Contribution in Health Services During the COVID-19 Pandemic. Prof. Rifat Hammoudi, Prof. Basema Saddik, and Dr. Khuloud Bajbouj were all declared winners in the Scientific Research Category and Dr. Amal Hussein a winner in the Teaching Category.



Top 2% Scientists



In a ceremony held on 30 May 2022, his Highness Sultan bin Ahmad AlQasimi, Deputy Ruler of Sharjah and President of the University of Sharjah, honored the top researchers at the University of Sharjah. 46 faculty members of the university ranked among the top 2% of scientists in a list published by Stanford University in collaboration with the publishing giant Elsevier. Recipients of the award include several faculty members of the College of Medicine: Prof. Qutayba Hamid, Prof. Salman Guraya, Prof. Basema Saddik, Prof. Rifat Hammoudi, Prof. Azzam Magazachi, and Prof. Naveed Khan.



Faculty Achievements



Faculty Participation at Conference



Prof. Maha Saber-Ayad took part in the Annual Congress of the European Association for Cancer Research (EACR) in June 2022. She, along with Leen Aldohaji, Samrein Ahmed, Khuloud Bajbouj, Shirin Hafezi, Ejlal Omar, Tasneem Al-Hamidi, Rifat Hamoudi, Iman Talaat, Ritu Lakhtakia, and Wael Abdel Rahman, presented their research titled: "ATG 5 is essential for the anticancer effect of Picropodophyllin on colorectal cancer cells."



International Research Prize



A research project conducted by the students at the College of Medicine and led by Dr. Hamid Alhaj won the Royal College of Psychiatrists (RCPsych) Middle Eastern Division Prize. Presented at the International RCPsych International Congress on 20-23 June 2022, the study investigated how the coronavirus pandemic has affected the prevalence of obsessive and compulsive symptoms among the population of the United Arab Emirates.



Faculty Television Interview



On 12 September 2022, Dr. Hamid Alhaj held an interview with Sharqiya Kalba TV discussing the link between mental and physical health in the body. He spoke at length on the topic of stress and anxiety, as well as the medical complications that can result from prolonged stress. The discussion also included practical tips on how to reduce anxiety to improve one's quality of life.



Faculty Achievements



Fellowship in Medical Education



Congratulations to Dr. Mohammad Taha for being awarded a Fellowship in Medical Education from the Academy of Medical Educators. The Academy of Medical Educators is a professional organization concerned with all aspects of medical education, providing guidance to educators who are actively involved in teaching, learning, and assessment.



Health Care Stimulation Week



Dr. Mohammed Taha participated in Health Care Simulation Week, organized by Emirates Health Services on the 20th of September 2022, where he had the opportunity to speak about the center and the Master of Leadership in Health Professions Education program.



Interview with Al Etihad Newspaper



Dr. Hamid Alhaj conducted an interview with Al Etihad Newspaper regarding the topic of electronic device addiction among children and young adults. He spoke of the dangers associated with constant electronic device usage, including anxiety, frustration, disturbed sleep patterns, eating disorders, and bullying. He advised that both families and governments should take measures to reduce the deleterious effects of the virtual world on children.



Publications



Congratulations to our faculty in the College of Medicine for their recent publications:

- Dr. Rizwan Qaisar, Dr. Amir Ali Khan, Dr. Asima Karim, Dr. Anu Ranade, Dr. Firdos Ahmad, and Dr. Adel Elmoselhi for their study titled: "Preventing muscle loss in microgravity conditions" published in a sub-journal of Nature <https://doi.org/10.1038/s41526-022-00211-w>
- Dr. Mohamed Taha in a publication in the Journal of Taibah University Medical Sciences for his study titled: "The implementation of social accountability in medical schools in Eastern Mediterranean region: A scoping review" <https://doi.org/10.1016/j.jtumed.2022.08.002>
- Dr. Mode Al Ojaimi in a publication in the Clinical Genetics journal for her study titled: "Disorders of histone methylation: Molecular basis and clinical syndromes" <https://doi.org/10.1111/cge.14181>
- As Al-Jalila Foundation grant recipients, Prof. Maha Saber-Ayad, Prof. Rifaat Hamoudi, and Prof. Iman Talaat published their study in Frontiers in Oncology: Evaluation of Galanin Expression in Colorectal Cancer: An Immunohistochemical and Transcriptomic Study. Front. Oncol. 2022;12:877147. <https://www.frontiersin.org/articles/10.3389/fonc.2022.877147/full>
- In collaboration with the University Clinic Carl Justav Carus in Dresden, Germany, Prof. Maha Saber-Ayad published a review article in Hormone and Metabolic Research: Long-COVID, Metabolic, and Endocrine Disease. <https://www.thieme-connect.com/products/ejournals/abstract/10.1055/a-1878-9307>
- In collaboration with researchers from the Tanta University, Egypt, Prof. Maha Saber-Ayad published an article in "Antioxidants"- Unravelling the In Vitro and In Vivo Anti-Helicobacter Pylori Effect of Delphinidin-3-O-Glucoside Rich Extract from Pomegranate Exocarp: Enhancing Autophagy and Downregulating TNF- α and COX2. <https://www.mdpi.com/2076-3921/11/9/1752>

WELCOME

New Faculty



Dr. Suha Al-Naimi has joined the faculty of the College of Medicine as an Associate Professor. She is an MB ChB, MSc, and Ph.D. qualified professional in the fields of Chemical Pathology and Metabolic Medicine with a broad experience in both national and international environments.

Dr. Suha worked as a Clinical Research Fellow at the Biomedical Research Centre (BMRC) in the University of East Anglia (UEA), UK, where her primary areas of interest constituted parasitology and gastroenterology, of which she has published numerous studies and received awards for her work. Moreover, during Dr. Suha's work at the University of Suffolk, UK, she acted as the principal investigator in a project examining the efficacy of a novel augmented reality mobile program used for the enhancement of asthma care education in children.



Dr. Abubakr H Mossa joined the College of Medicine at the University of Sharjah as an Assistant Professor in September 2022. He obtained his medical degree from the College of Medicine at the University of Mosul, Iraq. He then attained his Master's degree in Clinical Anatomy from the University of Sciences, Malaysia. He completed his graduate diploma in Clinical Research and Ph.D. in Experimental Surgery from McGill University, followed by a postdoctoral fellowship at the University of Montreal, Canada. His publications reflect a diverse scope ranging from medical education to molecular studies on diabetes, neurosciences, and urological diseases. He also taught different branches of Anatomy as a lecturer at RAK Medical & Health Sciences University in Ras Al-Khaimah and McGill University in Canada.



Students' Achievements



Women's Health Research Program (WHRP)



Two College of Medicine graduates, Omar Alajjuri and Mayar Samaha, have published their first research in the Women's Health Research Program (WHCR). This research project was supervised by Dr. Noha Mousa and Dr. Ghada Mohammed.

Alajjuri OA, Samaha ME, Honemeyer U, Mohammed G, Mousa NA. Balancing Benefits and Risks of Indomethacin in the Management of Antenatal Bartter Syndrome: A Case Report. Front Med (Lausanne). <https://doi.org/10.3389/fmed.2022.870503>.



We Are with You



Year 2 student Ola Yasir and Year 4 students Awab Masaad, Sara Bashier, and Shahad Mamoun have participated in the national contribution to support the Republic of Pakistan following the torrential rains and floods. The event was organized by the Sharjah Charity Association, and they contributed by helping with the preparation of relief packages.



Student Representatives for 2022/2023

Committee Name	Phase	Student Name	Year
College Council	Pre-Clinical	Rand Soudan – ID # U19100041	Year 3
	Clinical	Kamel Samara – U17103231	Year 5
Curriculum	Pre-Clinical	Bashar Mortada – ID # U19105685	Year 3
	Clinical	Shaikha Salah Alhaj – ID # 17101242	Year 5
Research	Pre-Clinical	Obada Al-Wawi – ID # U19103259	Year 3
	Clinical	Mohd. Ghaith Al-Wawi – ID # U17102494	Year 5
Student Assessment	Pre-Clinical	Hussein Said Huwajjah – ID # U19101652	Year 3
	Clinical	Majd Rubaeih – ID # U17100170	Year 5
Student Advising & Welfare	Pre-Clinical	Saif Eddin Mansour – ID # U19105613	Year 3
	Clinical	Rand Tayyem – ID # U17100397	Year 5
Year 1 - Representative		Shahd Mutaz Alqudah – ID # U21103888	Year 1
Year 2 - Representative		Mohammed Alsuraihi – ID # U20100066	Year 2
Year 3 - Representative		Khulood Khalid – ID # U19102460	Year 3
Year 4 - Representative		Hanae Al Chame – ID # U18100478	Year 4
Year 5 - Representative		Ammar Agha – ID # U17100452	Year 5



THE EXECUTIVE BOARD



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SOCIAL
COMMITTEE**
AMAL ABU
HELWA



**CO-HEAD OF
SOCIAL
COMMITTEE**
AHMAD WAJDI



WHAT IS MSA ?

Established in 2013, the Medical Students Association (MSA) is an organization made by the students for the students. As we approach the 10-year mark since its launch, MSA continues to foster opportunities and provide an outlet for expression, as students take part in extracurricular activities, enhance their skills, and produce an outlet to cope with academic responsibilities.

WHAT DOES THE MSA DO?

Through the three arms of the MSA, along with its media team and members, the association aims to organize and create extracurricular events to build an atmosphere of bonding, form meaningful connections, and celebrate significant moments in the college's history.

THE COMMITTEES

THE COMMUNITY COMMITTEE



The Community Committee advocates and takes part in community service by volunteering in aiding the public, taking part in charitable projects, and encouraging the effort to raise awareness about worthy causes.

THE SCIENTIFIC COMMITTEE



The Scientific Committee aims for the expansion of knowledge through various events and off-campus trips. It also hosts the Debate Club, which is a subcommittee providing a competitive outlet for passionate students.

THE SOCIAL COMMITTEE



The Social Committee introduces a delightful ambience to student life and provides a collective sense of enjoyment and lighthearted fun away from lecture halls.



MSA SOCIAL GATHERING

The MSA's Social Committee was delighted to set the tone for the new academic year as it organized its first event of many. The Daraj Al Yasmin restaurant and café hosted our pre-clinical students on 27th September 2022 and activities such as collaborative games, challenges and food were enjoyed throughout the day. It was a blissful occasion to enjoy each other's company and celebrate the MSA's 10-year anniversary.





THE EXECUTIVE BOARD



PRESIDENT
Zinab Alzufaari



VICE- PRESIDENT
Heba Haider



TEAM LEADER
*Peer-to-Peer Advising &
Orientation*
Kholoud Hussain



TEAM LEADER
Road to Residency
Mariam Al Maazmi



TEAM LEADER
PACademia
Rashid Abu Helwa



TEAM LEADER
Media & Design
Anas Masoud



INTRODUCTION

The Peer Advisory Committee (PAC) is a student organization that was founded in 2013. It aims to provide academic guidance to new students and to help by sharing experiences from more senior peers. The members constantly hold orientations for their juniors, which encompass recommended resources, exam preparation, efficient study methods, career advising, and more.

OUR ACTIVITIES



PAC ORIENTATIONS

Comprised of a team of supportive students from each year that holds orientations to students of younger years. They provide the junior batches with practical advice regarding study techniques and learning resources, all intended to help smooth over their transition to the next year.



PEER-TO PEER ADVISING

A one-on-one advising program that pairs curious students with older peers to answer their questions, provide advice, and offer support. Students can contact their seniors on WhatsApp, email, or even book virtual sessions for counseling.



PACADEMIA

A program developed by the students and for the students, the PACademia team strives hard to develop bite-sized teaching content to make studying at the College of Medicine a breeze. Keep an eye out for new videos coming soon on - [PACademia - YouTube](#). 



ROAD TO RESIDENCY

A series focused on your next steps following graduation, where alumni connect with students and help them make informed decisions regarding their approach to future career options available to them.



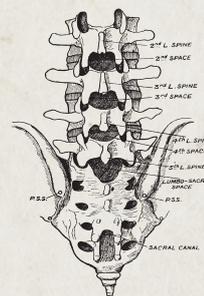
PAC MEDIA AND DESIGN

Follow our Instagram PAC page to receive the latest updates on our upcoming projects and launches! We also host exciting fun weekly activities held Sunday through Tuesday. - [Instagram](#) 

Med. volution

THE EPIDURAL

BY : RAMA QADRI



Ethics committees and strict guidelines rule the world of experimental procedures and pharmaceutical drug development. Potential treatments are put through numerous in vitro studies, and, if lucky, progress into animal testing, and a minuscule fraction of those are allowed to experiment on human subjects. The process is long and exhaustive for researchers, but most follow procedure. However, some are impatient enough and mad enough, to take matters into their own hands. We owe many of our scientific breakthroughs to doctors whose fearlessness propelled them to inject themselves with potions and elixirs of their own making.

One such mad genius was the German surgeon Dr. August Bier. In 1898, Bier had been working with the eminent surgeon Dr. Heinrich Quincke, who had developed the lumbar puncture, a procedure by which a needle is inserted into the spinal cord and small amounts of cerebrospinal fluid (CSF) are extracted for diagnostic purposes. Bier had the reverse idea, he wanted to inject analgesics into the spinal cord with the intent to numb the pain without resorting to general anesthesia.

Bier's first epidural was a patient whose tuberculosis-ridden leg required amputation. With a spinal injection of cocaine, the patient was pain-free for the entirety of the operation but suffered from severe headache and vomiting post-op, nowadays termed "spinal headache", are known complications of lumbar puncture. Five other patients suffered the same symptoms, and Bier was forced to reconsider what had once seemed like a miraculous invention.

Instead of reverting to animal studies, Bier decided he would be the guinea pig. He convinced his colleague, Dr. August Hildebrandt, to inject him intrathecally with cocaine, but a faulty syringe led to too much CSF leaking out, and the procedure was unsuccessful. Luckily, the second try on Hildebrandt bore fruit. To make sure that Hildebrandt couldn't feel a thing, Bier tried a series of increasingly painful experiments on him: he stubbed out a cigar on his thigh, inserted a needle through his femur, and struck his shin with an iron hammer. Hildebrandt didn't complain of pain once.

The two doctors ended up feeling the aftereffects of the spinal tap and were on bedrest for days. However, their efforts were not in vain. Their documentation of the technical method and the adverse effects helped pave the way for the epidural anesthetic techniques used universally today.

References:

This won't hurt you a bit. (2005, May 5). The Sydney Morning Herald. Retrieved September 24, 2022, from <https://www.smh.com.au/national/this-wont-hurt-you-a-bit-20050505-gdl9gm.html>.



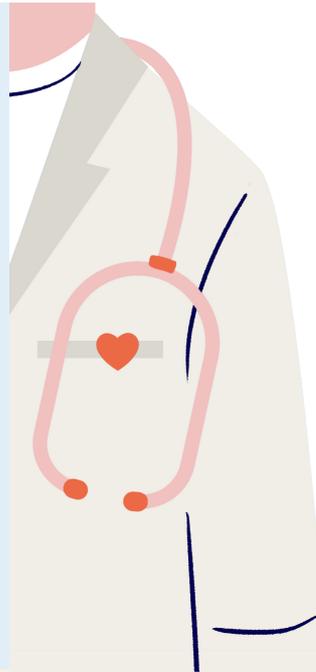
Summer Elective



CLICK ON THE MAP TO
EXPERIENCE THE ELECTIVES
THROUGH THE EYES OF
YEAR 5 STUDENTS !

BASED ON A TRUE STORY

Finally! I start clinical practice and now is the time to use my knowledge. During an on campus mock OSCE, a cardiologist was brought in to evaluate our physical examination. In my auscultation of the heart to check for abnormal sounds, I hear no murmurs, no tapping, but... no beat either? I continue to find nothing. In my effort to keep it smooth, I mention my 'findings' and try to keep going. An intensity in the stare the cardiologist gives me unfolds as he says, "No no, no. Repeat please." So, I repeat it entirely and once again give my 'findings'. He looks at me blankly, silently waiting as I realize... I was not wearing the stethoscope the entire time.



A nerve-wracking aspect of clinical education is having to be on your toes for any questions attending doctors test you with in a hospital setting. Naturally, you'd want to impress. During a bedside with an accompanying doctor, he turns his attention to us:

Dr: "So, how many 'cervical' ribs do we have?"

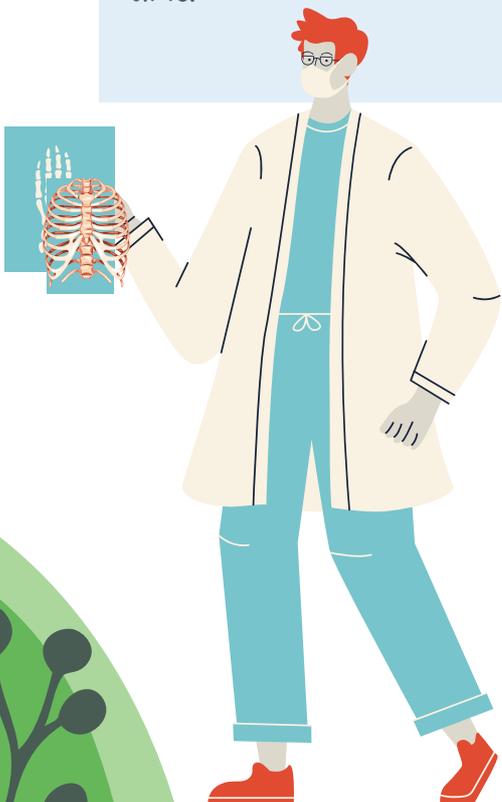
St: "We have seven!" a student quickly answered.

Dr: "Really? But all of those are on one side only, right?"

St: "Oh yes, yes, we have fourteen of them."

Dr: "Ah yes, can you show the rest of us where your cervical ribs are?"

As my rattled colleague tried to locate his 'cervical' ribs, lost in the map of his anatomy, a flurry of laughter surrounded the room, as he realized his ribs were in fact not in his neck, but his thoracic cage.



STUDENTS' CORNER



The magic of
photography
and clay art.

Lojain Munder -
Foundation Year



لو لم يكن
لبنان وطني
لاخترت لبنان
وطناً لي
~ جبران خليل
جبران

Mira Harb -
Year 3



Windows
to
another
world.

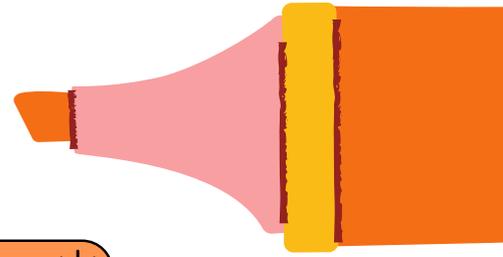
Afrah Hajmydeen -
Year 1



إِنَّ فِي خَلْقِ
السَّمَاوَاتِ
وَالْأَرْضِ
وَاجْتِلَافِ اللَّيْلِ
وَالنَّهَارِ لآيَاتٍ
لِّأُولِي الْأَلْبَابِ
-آل عمران ١٩٠-

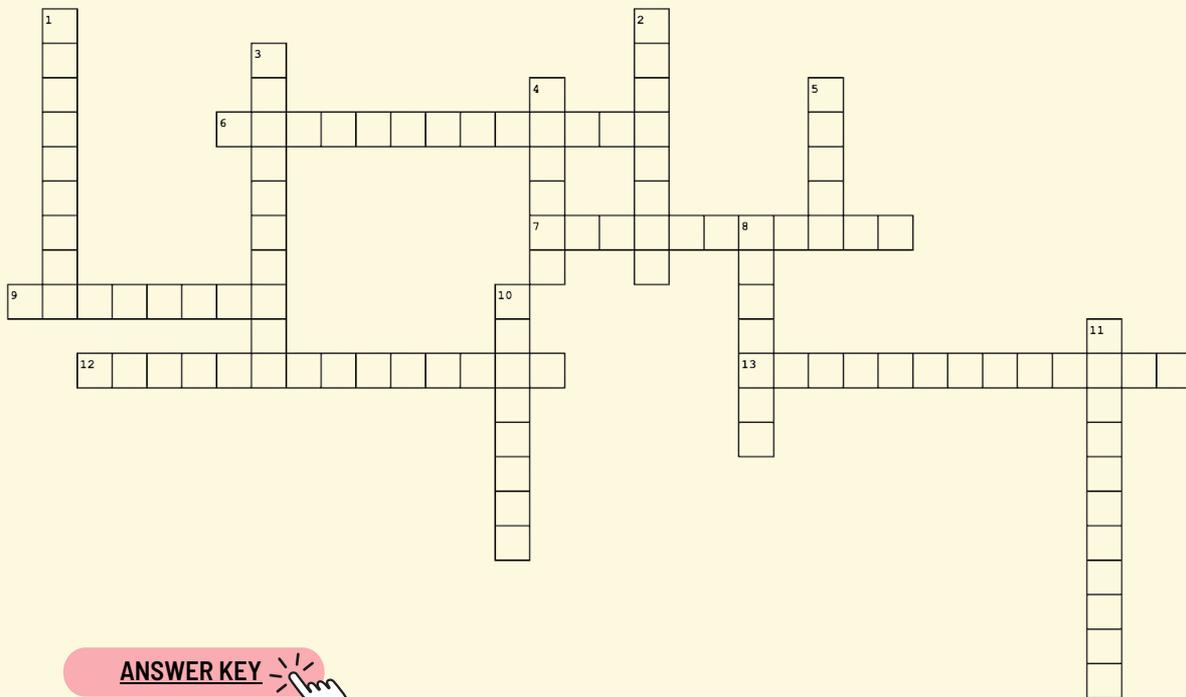
Hoor Aldarraj -
Year 3

Cross Examination



Click on the icon to access an interactive version of the crossword. You can type in your answers and it will check if they are correct. Good luck!

[CLICK HERE](#)



[ANSWER KEY](#)

Across

- 6. An electronic device used to re-establish normal heartbeat
- 7. A surgical procedure for treating narrowed arteries
- 9. The narrowing of a valve or an artery
- 12. Most common cause of mitral stenosis
- 13. A drug used to treat angina but causes drug-induced headaches

Down

- 1. A tissue graft from a donor of the same species as the recipient.
- 2. A drug that lowers blood pressure by causing fluid loss
- 3. a technique that prevents pain during surgery and medical procedures
- 4. A genetic disorder affecting the connective tissue.
- 5. The normal rhythm of the heart
- 8. Inventor of the stethoscope
- 10. A thin, weakened area in a blood vessel or area of the heart
- 11. An abnormally slow heartbeat

Potential Differential



Live! From the ED.



By : Leena Amir

Summer is known for its hot lengthy days- this means we get to see dehydrated patients all the time in the Emergency Department (ED), but this patient that we had today was not dehydrated at all, in fact- the scenario could not have been further from the truth.

A 30-year-old woman- let us call her JT- presents to the ED unconscious- her husband hurrying frantically behind the paramedics pushing her in. He tells us that his wife has been seizing every 30 minutes since he found her in their bedroom 3 hours ago. According to him, JT had just started a "water-cleanse" diet after he had encouraged her to join him on his " weight-loss journey". She drank around 8 liters of "low-sodium" water throughout the day and has since retained it all without urinating or throwing up a fact that is peculiar. He reports that she initially felt nauseous but persisted nonetheless as she was very motivated by her husband who had lost 5 kgs in the past month already.

A few hours later, she suffers a massive headache that brings her to tears. She also feels pressure behind her eyes and her vision goes dark on the left one. Despite the severity of the situation, the wife refused to spend "unnecessary time and money" going to the hospital and was adamant that a couple of Panadol pills would relieve her situation.

She takes the medication with another big glass of water, wishes her husband goodnight, and goes to sleep around 9 pm. Her husband stays up because of a football game and by the time he decides to sleep- it is 12 am and JT is seizing in bed. He calls 999 and the ambulance rushes them to the ED, where we are now.

I am informed that JT had been admitted to a hospital before due to an ischemic stroke but gained full recovery from thrombolytic therapy. She has no chronic illness or allergies. She occasionally suffers from muscle cramps and relieves them by taking ibuprofen. She does not smoke or drink but leads a sedentary lifestyle and orders out every other day.

It is very clear to me that she is suffering from hyponatremia, but what seems strange is the fact that she currently has around 10 liters of extra water inside her body whereas her husband who was on the same diet as she did not retain any. The headaches, the vision problems, and the seizures all point to the alarming fact that her brain is now swelling up with all that extra water. It is only a matter of time before it starts to suffocate and herniate.

Judging from her past medical history and her husband's vivid narration, I come up with a quick diagnosis of JT's case and quickly order a blood serum and urine analysis to confirm my diagnosis. At the same time, I rush to administer her with 3% hypertonic saline, hoping that it is still not too late to reverse all her symptoms.

The lab work comes out as expected: low serum sodium of 100 mEq/L, serum osmolality of 200 mOsm/kg, and elevated urine osmolality and sodium concentration of 140mOsm/kg and 33mEq/L respectively. At the same time, JT finally regains consciousness and resumes the bodily function of her kidneys just as she greets her husband hello.

- What type of hyponatremia did she suffer from?
- What could be the cause of JT's hyponatremia?

Answer the questions and check if you are right by filling out the form! [CLICK HERE](#)

STUDENT'S LETTERBOX

AT THE PSYCHIATRIST'S OFFICE

WINTER

My story begins on a bleak day in the dead of winter. I stare outside the dirty window as the snow falls, occluding my vision of the world and trapping me within the four walls of the psychiatrist's office.

As the middle-aged man in the white coat drones on about "treatment plans" and "psychotherapy", I listen to the ticking of the old grandfather clock overhead, watching as the second-hand turns and turns and turns around its face.

"I spoke to your professors ...tick tock... falling behind in classes ...tick tock... surprising and unexpected ...tick tock... was one of the best students..."

Running a marathon and waiting to see the finish line but it never arrives. No matter how fast you run or how hard you push yourself, you never hear the excitement of the cheering audience or see the bright colors of the waving flags. Terrible, isn't it? That is precisely how I feel.

SPRING

As a child, people often asked me what I wanted to be when I grew up, and my answer was always the same: "I want to be a star!" Surely, at the time, my 7-year-old self was referring to Hollywood movies, paparazzi, and glamorous billboards, but the term has taken on a new meaning as I grew into my adult self. Stars do not shine despite the darkness, but because of it. Lately, I find myself wondering when I stopped wanting to be a star.

SUMMER

Across the street from my psychiatrist's office, sits an old ice cream shop that I frequented as a child. I watch as a little girl walks past the "BUY ONE GET ONE FREE" sign and into the store. Her face beamed with excitement as the light breeze flutters her yellow dress in the wind.

"Doctor? Would it be all right if we opened the window for today's session?"

FALL

"Tell me about your week," he looks up from his notepad, "What did you do?"

"I went pumpkin carving with a few friends I have not seen in a while. Oh, and I joined a study group."

"Brilliant. It's your last day here today, would you like to share how you've been feeling lately?"

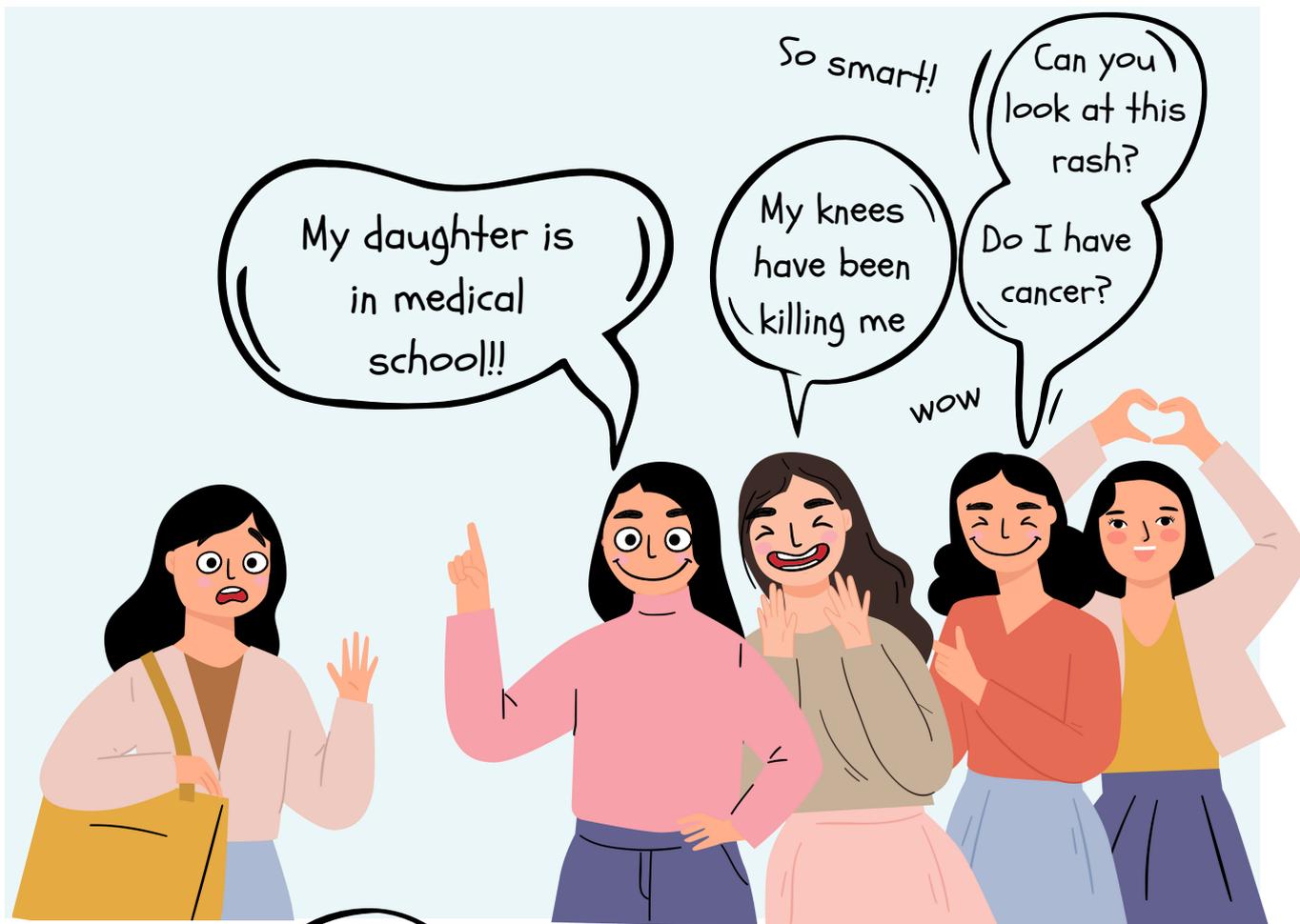
"I'm learning how to forgive myself more now. Being patient with myself has always been a struggle, but my performance is starting to go back up slowly," I feel my eyes start to water, "In the back of my mind, there is always a voice tempting me to give up, to let myself fall. It's an uphill battle; on some days the voice yells and screams, demanding to be heard. Yet, I refuse to falter. I know the finish line is right around the corner. I just know it."

Wiping my cheeks dry, I look up at the shimmering window that I was indignantly staring at almost a year ago now. I take a deep breath and as I exhale, I catch sight of the delicate, glass snowflakes beginning to descend from the clouds.

LAMEES AMIR, YEAR 1

THE QUESTIONS PEOPLE ASK MEDICAL STUDENTS

By: Hanae Al Chame



FAREWELL



THE COLLEGE OF MEDICINE NEWSLETTER TEAM IS SAD TO SAY GOODBYE TO ANAS OBAIDEEN. HE HAS BEEN INVALUABLE TO THE NEWSLETTER EVER SINCE HE JOINED BACK IN 2019. WE WISH HIM ALL THE BEST IN HIS CLINICAL YEARS AND A SUCCESSFUL MEDICAL CAREER.

