

# INFORMED

M O N T H L Y N E W S L E T T E R

**S.S.LOOTAH**  
Healthcare

**س.س. لوتاه**  
للاعاية الصحية

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heritage of  
bringing service  
to the  
community

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## The Director's Message >



It is a pleasure to welcome you once again to INFOR-MED, S.S. Lootah Healthcare's very own monthly Newsletter, now in its third issue.

At the outset, a hearty CONGRATULATIONS to Dubai Pharmacy College on their exemplary performance at DUPHAT 2010. Dr. Khan and his team have indeed created a milestone by winning 5 out of 10 prizes in the Student Poster Presentation category, first position in Student Oral Presentation and Best Oral Presenter award for 2010. A full report about the event and prize-winners is featured here.

The highlights of a busy month at Dubai Medical College include students' career guidance activities and interesting research articles presented at the third Pan Arab Human Genetic Conference (PAHGC) organized and hosted by the Centre for Arab Genomic Studies (CAGS), a division of Sheikh Hamdan Award for Medical Sciences.

Our partnership with KMH Healthcare

Services, Canada was introduced in our very first issue. Here, we bring you a detailed feature about the labs and our strategic partnership.

After the initial teething phase, INFOR-MED is steadily gathering pace with more inputs and articles coming in from our entities. We are also very happy to receive positive feedback from many of you, which we have decided to share with others in this issue.

We continue to look forward to your comments and more articles / research work contributions from our readers.

The email id to remember is  
[newsletter@infor-med.ae](mailto:newsletter@infor-med.ae)

Have a great month ahead!

Regards,  
**Eng. Rashid Lootah**  
**Executive Director**  
**S.S. Lootah Healthcare**



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Ayurvedic Practitioner and Yoga Consultant

## News and Events >

### Second Open House on March 17th



Following the success of the first Open House in January, the second Open House was held on March 17th at the hospital site. This one too saw a cross-section of participants who offered valuable inputs and feedback to the MEDAWI team. The team is proud of the outcome and hopes to organize more such sessions in the near future.



## Meet the Team >



**Dr. Mohammad Abu-Obeid**  
**Chief Operating Officer**  
**MEDAWI Hospital**

Dr. Abu-Obeid began his career as a Medical Officer in Kenya in 1993 and has since then held several positions in Quality and Operations Management in healthcare, both in the public and private sector. Having worked across the globe in various countries such as Kingdom of Saudi Arabia, Kenya, Papua New Guinea and New Zealand, Dr Abu-Obeid brings with him a wealth of experience in medical practice as well as healthcare administration and quality management.

Born in Palestine in 1966, Dr. Abu-Obeid lived and finished his primary education in the Kingdom of Saudi Arabia and completed M.B.B.S from King Edward Medical College in Lahore, Pakistan. This was followed by an Advanced Diploma in Hospital Management and Administration, a Post Graduate Diploma in Business (Healthcare Management) and Masters in Healthcare Management from University of Auckland, New Zealand.

## Progress Tracker >

In this section, we bring you updates on the progress of the physical structure of the hospital, which comprises of two parts – the main hospital building and the Nurse Accommodation. The picture here shows the Nurses' accommodation block under construction.



## KMH Healthcare Services – An Overview >

KMH is a leading provider of high quality health services that prides itself on offering patients access to rapidly-evolving medical technology, state-of-the-art diagnostic equipment and highly qualified staff.

KMH continues to set new standards for patient health service and interaction. Annually, more than 85,000 patients are referred by physicians, insurance companies, employers and other third party service providers. Since inception, KMH has conducted over 800,000 diagnostic examinations and since 2003, over 40,000 MRI examinations have been performed. There have been only 10 facilities out of 900 in Ontario where the CPSO (College of Physicians and Surgeons of Ontario) made no recommendations for improvements and 7 out of those 10 are KMH Clinics. Due to its superb quality of standards and service to patients, KMH has evolved over the years to become the largest provider of Nuclear Cardiology services in North America.

Today, there are 8 centres in Canada and 4 centres in the U.S. and soon, the **First Transatlantic Unit** will be operational in the UAE at the MEDAWI hospital. KMH is excited to be part of a group such as S.S. Lootah which is a cornerstone in the UAE's history and economy. The philosophies of both groups are unique and based on philanthropic principals geared towards the growth of knowledge and the social impact of the economy. This facilitation of knowledge ventures and the dynamic exchange of experience is the winning model that will be followed for the success of our facility.

At the Dubai facility, KMH will offer a plethora of sophisticated diagnostic imaging modalities that will include Ultrasound, X – Ray, Mammography, MRI, Nuclear Medicine and PET / CT, which is considered the Gold Standard of Functional Imaging. The facility will be technologically comparable to the most advanced diagnostic facilities in North America.

The Key however is to keep in mind that it is not only technology that makes organizations successful, but also the human capital that creates the foundation of a successful enterprise. KMH founder and CEO Mrs. Neena Kanwar, has amassed a team of tremendous talent over the years. Our team of committed physicians form the core of the organization and will be a pillar of experience and knowledge at the MEDAWI – Diagnostic & Imaging facility.



## Trivia

- The velocity of your cough can be up to 60mph.
- Each day we lose anywhere from 10,000 to 100,000 brain cells.
- The average adult will stand around 0.5 inches taller in the morning than in the evening due to the slight cartilage compression that happens over the course of a day.
- *Synesthesia* is a rare condition where the human senses are combined. Synesthetes can 'see' words, 'taste' colours and shapes, and 'feel' flavours.
- On average a person will blink over 10,000 times a day.
- Sneezes can reach up to 100 mph.
- The human brain is about 75% water.
- It takes more muscles to frown than it does to smile.
- Each day your heart beats around 100,000 times.
- A beard grows an average of 140mm a year.
- Relative to size, the strongest muscle in the body is the tongue.
- One out of every three people can't snap their fingers.
- Human adults breathe about 23,000 times a day.



## News &amp; Events &gt;

## DMC Career Guidance Activities



The DMC Career Guidance Subcommittee under Dr. Haya Al Shawa is an effective indicator of institutional effectiveness, offering students exposure about opportunities in the UAE as well as abroad.

The career guidance activities in March included:

**March 10th**  
**Pursuing higher education in Canada**  
**- By Dr Ammar Al Banna**

(Third year Psychiatry Resident at McGill University-Canada, passed the Medical Council of Canada Evaluating Exam (MCCEE) and a Certified Hypnotherapist by American Board of Hypnotherapy and Certified Practitioner of Neuro-Linguistic Programming (NLP) by American Board of NLP.)

Outline of Discussion:

- How to improve chances of being accepted in Canada
- Medical Council of Canada Evaluating Exam (MCCEE)
- Nature of Residency training in Canada
- Psychiatry training in Canada

**March 15th**  
**How to be a good Doctor**  
**- By Dr Nooshin Bazargani**

(Graduate of DMC Batch 2 in the year 1992, FRCP, MRCP, Specialist Senior Registrar, Deputy Head of Cardiology Department, Dubai Heart Center, Dubai Hospital, Board member of World Heart Federation, Board member of Emirates Cardiac Society.)

Outline of Discussion:

- Criteria of being a good Doctor
- How to make a good presentation
- Communication Skills and its importance in the career

The session was chaired by Prof. J. M Baron, Clinical Dean of DMC, who provided key inputs on how to proceed with plans for higher studies in the UK including the process of application to UK and obtaining of Royal College (Lon, Edin, Glas) qualification through the MRCP Office Dubai.



كلية دبي الطبية

DUBAI MEDICAL COLLEGE

## Staff Profile &gt;

**Prof. Fatehia Aly Bayoumy**  
**Chief Academic Officer and Head of**  
**Department of Pathology,**  
**Dubai Medical College**



**Prof. Fatehia** graduated from the Faculty of Medicine, Ain-Shams University (MBBCH), and completed her Masters and PhD in Pathology from Zagazig University, Egypt. In addition, she obtained a Masters in Health Professions Education from Maastricht and Suez Canal University, which has widened her scope in the area of medical education. Currently, she is pursuing the Foundation for Advancement of International Medical Education and Research (FAIMER) course in "Standards in Medical Education".

With her vast experience as Professor and Head of Pathology and her role as Chief Academic Officer, Prof. Fatehia is acclaimed as one of the best teachers by the students. With more than fifteen years experience in medical education in the UAE, she has pioneered many significant improvements in medical education in DMC.

During the two years that she served as Dean, she steered the college towards several key milestones such as

integration of curriculum and international accreditation way back in 1998, taking DMC to the forefront of integrated teaching in the country. She continues to contribute her able leadership to the academic affairs, continuously updating the curriculum and introducing innovative tools of education. Her urge to excel has taken the educational system of the college to the next level through sharing of best practices and strategic partnerships.

Prof. Fatehia brings to the college, the latest in the international health sector through her participation in international societies like International Academy of Pathologists. She enjoys a respectable position as one of the top academic pathologists in the country. Her involvement in the Emirates Pathologists' Association has led to DMC hosting their meeting on several occasions.

Prof. Fatehia is an avid researcher and serves as a research guide and reviewer to several groups of students and doctors. Her areas of research include immunohistochemistry and genetic profiles of different disorders, in which she has published several research articles. Recent publications include innovative tools and quality of medical education. She has published over 50 papers in various refereed journals, books and conference proceedings.

Prof. Fatehia is also the Secretary General of the Medical Research Fund (MRF) of DMC which aims to improve the standards of healthcare through research programs nationally and regionally. The MRF is highly dependant on a national effort that engages individuals, groups and the corporate sector to usher in a new era of medical achievement in the United Arab Emirates. The Medical Research Fund was launched in April 2008 and received a lot of medical research proposals out of which 5 have been accepted for the fund.

**March 17th**  
**Internship and residency opportunities**  
**at Tawam Hospital**

**- By Team from Tawam Hospital comprising of:**

**- Dr. Rayhan Hashmey**  
(Director, Academic Affairs Dept. and Consultant, Infectious Diseases)

**- Dr. Halah Ibrahim**  
(Director, Postgraduate Medical Education and Consultant, Internal Medicine)

**- Dr. Mohd. Al Bashir**  
(Director, Surgical Education and Consultant, General Surgery)

About 60 students attended a presentation about graduate opportunities for internship and residency at the 468-bed Tawam hospital in Al Ain held at the DMC Round hall. The Department of Academic Affairs is a division of Medical Affairs running the following eleven residency training and internship programs in collaboration with SEHA: Dermatology, Emergency medicine, Family Medicine, Internal Medicine, Ob/Gyne, Ophthalmology, Pediatrics, Psychiatry, Radiology, Surgery, Urology. The residency starts in July.

## Student Research >

### Evaluation of cytological alterations and genetic polymorphism in clinically normal oral mucosal epithelia of smokers in the UAE

By: Maryam Anas Almatrooshi, Ayesha Humaid Saif, Hanan Ahmed Ali | Supervised by: Prof Fatehia Bayoumi

Publication/Presentation: Pan Arab Human Genetic Conference (PAHGC) held on March 13-14, 2010

#### Introduction:

Oral carcinoma affects 274,000 of world population annually as its frequency indicates the pattern of tobacco use. The number of nucleolar organizer regions (AgNORs) per nucleus is correlated with the rate of cell proliferation. Many enzymes involved in either activation or detoxification of chemical carcinogen metabolism are polymorphically expressed, with the alleles presenting different enzymatic activities and some of them having been associated with susceptibility to cancer. Some individuals are more efficient than others at converting carcinogens to DNA adducts; these individuals may therefore be at an increased risk for developing cancer. Genetic polymorphisms may contribute to our understanding of the inter-individual variation in susceptibility to environmental carcinogens and development of neoplasias. The deletion of the GSTM1 and GSTT1 genes will lead to complete loss of enzymatic activities. As far as we know, no works recorded in the literature that associates these genes and oral dysplasias in the UAE population. This fact makes this study pioneer and very important to contribute to the understanding of the correlation of these genes deletion and the increased rate of cellular proliferation in the oral mucosa of smokers among a sample population of the United Arab Emirates.

#### Aim of study:

The aim of the present study is to investigate the rate of cellular proliferation in smokers' oral mucosa and its relation to polymorphisms in GSTT1 and GSTM1 genes, isolated or in combination.

#### Materials and Methods:

The cross sectional study consisted of 106 men; 51 of them were non-smokers and considered as control and the other 55 were smokers between the ages 30-60. They were randomly selected from those who attended

Dubai Police Clinic between January 4th 2010 and January 7th 2010. Blood samples were collected and smears were taken from their buccal mucosa. All slides were fixed and stained with the silver stained NORs (AgNORs). SPSS analysis was done to correlate the mean number of AgNORs per nucleus in the non-smokers with that of the smokers. DNA was extracted from peripheral blood WBCs. Gene deletions were analyzed using PCR-based methods, the table below shows the genes and the primers that are used:

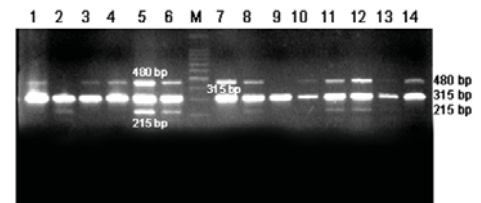
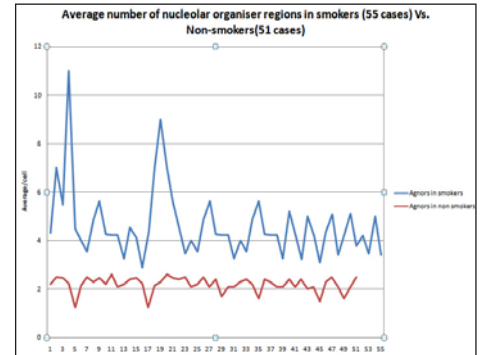
#### Results and Discussion:

Our study showed significant increased number of Agnors in the cells of oral mucosa of smokers if compared with those of non-smokers. Torson et al showed 92.5 sensitivity of Agnor in early detection of oral dysplasia.

There is high positive correlation of Agnors number with pack-year cigarette smoking as well as the age of smokers. The results of gedos et revealed a statistically significant difference in number and area of AgNOR dots in the cells of the lower lip in smokers.

The frequency of GSTT1 and GSTM1 deletion in smokers with increased number of Agnors in proliferating cells (>5/nucleus) was higher when compared with their deletions in smokers with less number of Agnors (2.5-5/nucleus) (OR=0.029, 95%CI=0.006-0.152 for GSTT1 and OR=0.060, 95% CI=0.007-0.504 for GSTM1).

In a case-control study done in Jakarta, Indonesia; Rahmi et al reported a high correlation between GSTM1, GSTT1 and CYP1A1 Polymorphisms and Risk of Oral Cancer.



#### Conclusions and recommendations:

- There is association with GSTT1 & GSTM1 deletion and the risk of increased cellular proliferation of the oral mucosa of smokers.
- GSTT1 & GSTM1 genes are protective against rapid cellular proliferation and cancer in the cells of oral mucosa in smokers.
- Screening program for early detection of cellular changes in oral mucosa of smokers by oral smears is highly recommended.
- Also awareness campaigns for smokers about the importance of genotyping in detecting the increased their susceptibility to oral cancer.

#### Acknowledgments:

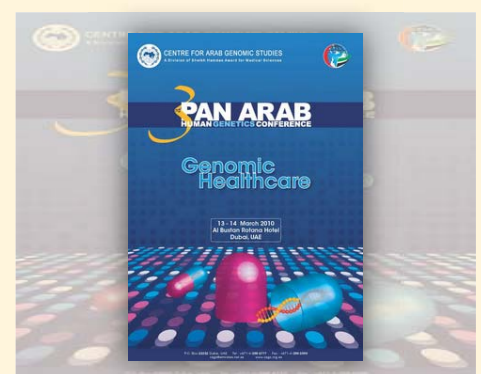
- We are grateful to the patients and controls for agreeing to participate in this investigation. Thanks are also due to Dubai Medical College staff working in Molecular biology lab and IT department for their assistance. Financial support was provided by the Medical Research Fund (MRF-DMCG).

## News & Events >

### Participation in the third Pan Arab Human Genetic Conference (PAHGC) 13-14 March, 2010

DMC students and staff participated in the third Pan Arab Human Genetic Conference (PAHGC) organized and hosted by the Centre for Arab Genomic Studies (CAGS), a division of Sheikh Hamdan Award for Medical Sciences. CAGS aims to bring together diverse expertise and resources pertaining to the field of medical genetics in the Arab World, thereby facilitating multidisciplinary research.

\* The abstract of two of the posters presented by faculty and students of DMC are featured in the Research sections.



## Faculty Research &gt;

## A Promoter Methylation and Protein Expression of P16 in Ovarian Carcinoma

By: Prof. Fatehia Bayoumi (Pathology Department, Dubai Medical College), Prof. Naglaa Raafat Abd Raboh (Biochemistry Department, Dubai Medical College), Dr. Ahmed Hany El Barkoky (Pathology Department, Baraha Hospital)

Publication/Presentation: Pan Arab Human Genetic Conference (PAHGC) held on March 13-14, 2010

## Introduction:

Aberrant DNA methylation is recognized as one of the most common molecular abnormalities in human cancer. In cancer cells, aberrant methylation frequently has been reported in tumor suppressor genes, DNA repair genes, and genes related to cancer metastasis and invasion.

The silencing of these functionally important genes leads to a shift of cells from a normal cellular cycle to a state of high proliferation that favors tumor development and progression. Promoter methylation, in addition to gene deletion and point mutation of p16 locus, has been found to be one of the main mechanisms of p16 inactivation.

Aberrant methylation of the 5'CpG islands of p16 gene promoter region has been reported in ovarian and other carcinomas. Ovarian cancer has the highest mortality of all cancers of the female reproductive system. This reflects, in part, a lack of early symptoms and proven ovarian cancer screening tests. Thus, ovarian cancer is often diagnosed at an advanced stage, after the cancer has spread beyond the ovary.

## Aim of the Study:

Our objective is to analyze protein expression pattern and promoter methylation of p16 gene were analyzed in ovarian cancer, in trial of discovery of the genetic bases and pathogenesis of ovarian cancer.

## Method:

32 samples of paraffin embedded ovarian cancer tissue and 18 samples of normal ovarian tissues were used as control group. Genomic DNA extracted from paraffin blocks were treated with sodium bisulfite and were analyzed for P16 methylation using methylarion specific PCR (MSP). Immunohistochemical analysis was performed to examine the association of P16 methylation with protein expression.

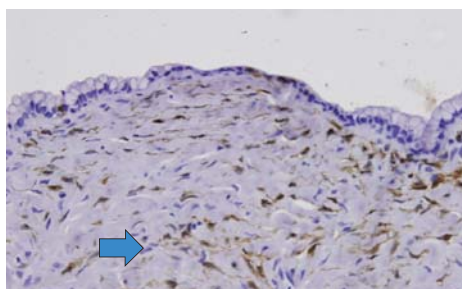


Figure 1: Immunohistochemical staining of benign mucinous cystadenoma for localization of P16 showing positively stained normal stromal cells (arrow).

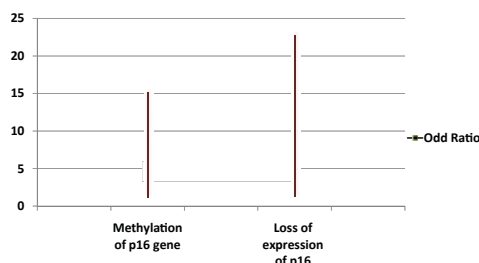
## Results:

Statistical analysis was done with SPSS software version 11.1 (SPSS, Inc; Chicago IL). The frequency of methylation and expression was measured in all samples and the association between promoter methylation, degree of expression, and malignancy was analyzed by Pearson Chi Square test. As regard immunohistochemical expression there was a significant loss of p16 protein expression in malignant group 28/32 subjects (87%) as compared to 10/18 subjects (55%) in control group ( $p= 0.011$ ,  $\chi^2= 6.44$ ). P16 promoter methylation was positive in 68% (22/32) of malignant cases compared to 33% (6/18) in control group, a statistical significance was found ( $P=0.015$ ,  $\chi^2= 5.86$ ).

## Table 1

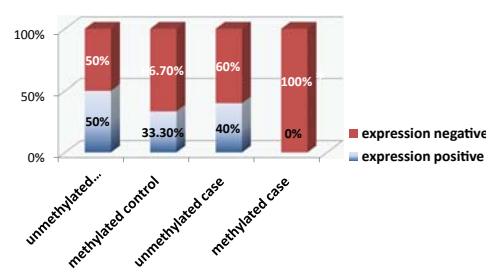
There was a highly significant correlation between promoter methylation, in total, 28 (56%) of 50 samples were positive for p16 promoter hypermethylation. Among those, 26 (68%) out of the 38 cases negative for the p16 immunostaining showed promoter hypermethylation, whereas two (16%) out of the 12 samples that were positive for the p16 immunostaining displayed promoter hypermethylation.

Figure 2: Difference in p16 expression and gene methylation between malignant and normal ovarian tissues



Significant risk was found for malignancy in methylated samples and expression was lower in cases as compared to control

Figure 3: Association of methylation and expression in malignant and control groups



\* Significant association  $p<0.05$



Prof. Fatehia Bayoumi and Prof. Naglaa Raafat Abd Raboh

## Trivivia

- Vitamin D deficiency is now recognized as a worldwide problem for both children & adults
- People living near the equator have robust levels of 25-hydroxyvitamin D above 30 ng per milliliter.
- 30-50% of children and adults in the UAE, Saudi Arabia, Australia Turkey, India and Lebanon have 25-hydroxyvitamin D levels under 20 ng per milliliter.
- In addition to absorption of calcium, bone density and prevention of osteoporosis, Vitamin D helps prevent breast and colon cancer by fifty percent and helps decrease the possibilities of getting sixteen other types of cancer.



continued on p7

## Faculty Research >

continued from p6

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|--|--|
| <p><b>The results of present study:</b></p> <ul style="list-style-type: none"> <li>- Significant increase in frequency of promoter methylation of p16 in malignant ovarian tumors 68.8% (22/32) as compared to non malignant tissues 33%(6/18). OR=4.4, 95% CI=1.2-15.1, p&lt;0.05</li> </ul> <p>These results suggest that promoter methylation in p16 gene is associated with progression of ovarian cancer.</p> <ul style="list-style-type: none"> <li>- There was loss of immunohistochemical expression of p16 protein in 87.5 % ( 128/32) of malignant cases in comparison of 55.6% (10/18) in control group. OR=0.179, 95% CI=0.044-.725, p&lt;0.05</li> <li>- There was significant negative correlation of promoter methylation and protein expression in all samples 56% (28/50) were positive for methylation, among these 68% (26/38) were negative for p16 immunostaining, whereas 16% (2/12) of methylated samples were positive.</li> <li>- In control group protein was 33 % ( 2/6) in methylated, as compared to 50 % ( 6/12) in unmethylated samples but the difference was not significant p&gt;0.05.</li> <li>- While in malignant group protein was significantly less in methylated 0 % ( 0/22), than unmethylated samples 40 % ( 4/10), p=0.006.</li> </ul> <p>These findings may indicate that promoter methylation is a major causative factor of gene silencing.</p> | <p><b>Our findings are in accordance with the following studies on:</b></p> <p><b>Ovarian carcinoma:</b></p> <ul style="list-style-type: none"> <li>- Andrew et al., 2006 found methylation was 41.6% (89/215) in malignant cases, 21.1% (4/19) borderline ovarian tumors.</li> <li>- Li et al., 2006 who recorded 33% methylation. Associated with decrease of both mRNA and protein expression.</li> <li>- Suh et al., 2000 found that methylation interfere with p16 expression.</li> </ul> <p><b>Hepatocellular carcinoma:</b></p> <ul style="list-style-type: none"> <li>- Qin et al., 2004, methylation was 65% of cancer and 35% in non-cancerous tissues, moreover the expression level of p16 was decreased in cancerous tissue.</li> <li>- Fuki et al., 2005 found methylation in 69.2% of cancer tissues and 17.6% in non-tumor liver tissue.</li> </ul> <p><b>Gastric carcinoma:</b></p> <ul style="list-style-type: none"> <li>- Tang et al., 2004 reported methylation in 47.9 % ( 23/48) of cancer tissue versus 2.1% (2/48) of normal and there was decrease of mRNA of p16 in methylated tissue.</li> </ul> <p><b>Breast cancer:</b></p> <ul style="list-style-type: none"> <li>- Hui et al., 2000 found decrease of p 16 expression in methylated tissues.</li> </ul> <p><b>Our findings are opposed by other studies as:</b></p> <p><b>Ovarian cancer:</b></p> <ul style="list-style-type: none"> <li>- Liu et al. 2005 found 25% methylation in cancer versus 37.5% for normal, p=0.288. and 27% expression in cases versus 32.8% of control, p=0.754.</li> </ul> <p><b>Endometrial carcinoma:</b></p> <ul style="list-style-type: none"> <li>- Yanokura et al., 2005 found no significant role of methylation in pathogenesis of the disease in Japanese people.</li> </ul> |
|--|--|

### Conclusion:

Inactivation of p16 and loss of p16 protein expression as a consequence of p16 gene hypermethylation may play an important role in the genesis of ovarian carcinoma. The frequency of loss of p16 protein expression is related to the malignant phenotype of the tumor.



DUPHAT 2010 &gt;



كلية دبي للصيدلة

DUBAI PHARMACY COLLEGE

## Congratulations! Dubai Pharmacy College does it again at DUPHAT 2010

Wins 5 out of 10 awards at the Student Poster Presentation Category; First Position in Student Oral Presentation and Best Oral Presenter Award

The students of Dubai Pharmacy College ensured that the tradition of their institution at the annual DUPHAT 2010 (Dubai International Pharmaceutical and Technologies Conference and Exhibition) remained intact by securing the first position in the **Student Poster** and **Oral Presentation Competitions**.

They were also awarded other prized merit certificates recognizing the relentless hard work and determination of the students to succeed in their endeavor to keep DPC right on top. In recognition of their tremendous work, they won 5 out of 10 prizes in the **Student Poster Presentation Category** in addition to the first position in **Student Oral Presentation** and the **Best Oral Presenter award for 2010**.



In the Professional Poster Session Dr. Heyam Saad Ali, Head of Department of Pharmaceutics Co-authored by Dr. Saeed Ahmed Khan, Dean of DPC presented on PBL Outcomes and Students' Verbal in DPC.

**DUPHAT**, one of the largest annual pharmaceutical events in the Middle East, was held at Dubai International Convention and Exhibition Center from 15 - 17 March 2010. The participants presented valued scientific presentations and scientific research papers that were submitted during the academic year 2009 - 2010.

The competition this year was indeed challenging, with a total of 73 Student Posters from different pharmacy universities and 16 students competing in the Oral Student Presentation category.

### Congratulations to DPC Winners at DUPHAT 2010

**Best Student Oral Presenter -  
Sahar Hussain**



Sahar Hussain receiving the prize for the Best Student Presentation in DUPHAT 2010

**(First Place in both Student Poster and Oral Presentations)**

'Assessing the variables essential to transform patient counseling behavior from compliance to concordance'  
- Dalia A Rahman, Raghda Al Khani, Rima Charara.

Co-Authors: Sahar Hussain, Shaikha Al Suwaidi (Batch-15)

**(Second Place in Student Poster)**

'OTC !! Are Cough and Cold drugs safe for our kids?'

- Lamyaa Bassam, Najah Mustafa, Huda Muhammed,  
Co Authors: Dunia Hussain, Reem Saeed (Batch-15)



With one of the evaluators, Mr. Kevin J. Colgan

without my wonderful team... we worked together to bring our project to excellence. My special thanks to my precious colleagues; Shaikha Suwaidi, Dalia A. Rahman, Rima Charara, Raghda Al-Khani and my loving sister; Kosar Hussain (DMC).

An important message: DUPHAT 2010 made us believe that nothing is impossible. I'd like to convey this message to the younger batches; contemplation, hard work and humility are the tools for winning. To conquer your dreams, learn to firstly believe in your dreams. Experiment with life, grab hold of every opportunity and simply, be yourself!

And finally remember, dedication is not what

**(Fourth Place in Student Poster)**

'Drug Interactions probability with increase in the number of items per prescription'

- Aisha Juma, Maryam Hasan Al Mashjari, Shahad Al Neaimi,  
Co Authors: Noora Essa and Iman Mohammad (Batch 15)

**(Sixth Place in Student Poster)**

'Adherence to antimicrobial prescribing guidelines in DHA Hospitals in Dubai'

- Douaa Hussein, Rana Ahmed, Elaf Mothafar (Batch-15)

**(Ninth prize in Student Poster)**

'The Value and Functions of Emergency Pharmacists: The Perception of Emergency Physicians and Nursing Staff in the UAE Hospitals'

- Ayesha Mohamed Saif Bin Shafar, Mays Sarmed Taher, Asama Abdo Ali (Batch-14)

### In the winners' own words...

Assalamu Alaikum,

It gives me immense pleasure as a final year student of Dubai Pharmacy College to express my insights regarding my memorable experiences in DUPHAT 2010.

We as students have learnt from various scientific conferences, seminars and our very own "Pharmataalk sessions" that pharmacy has evolved tremendously in the recent years. We strive to keep pace with the evolving demands of our profession.

DUPHAT 2010 was an excellent platform for us to present our graduation research projects. We had put in our best efforts and relentless dedication in order to be able to compete in an international setting, such as DUPHAT.

As for me, this wouldn't have been possible

others expect of you, it is what you can give to others.

### Word of thanks:

On behalf of the DPC students, I express deep gratitude to our respected Founder and Chairman Haj Saeed Ahmed Lootah who ensures that we always do the right thing in the right way. I would like to extend a note of appreciation to the chair person of DUPHAT Dr. Ali Al-Sayed Hussain for enabling us as students to explore our creative minds.

Our sincere gratitude is extended to our Dean, Dr. Saeed Ahmed Khan for his continuous support and guidance. We could not have done better without the prayers of our faculty. And thanks to the extended DPC family - staff and dear colleagues.

- Sahar Hussain

## PHARMATALK &gt;

## Share and Inspire

The open lecture series 'PHARMATALK' is an initiative of the Dean Dr. Saeed Ahmed Khan, since 2007. Experts from different healthcare settings present at this event. The topics discussed till date include: *Overview of drug effects on geriatric population, Women's health, On towards a better understanding of clinical pharmacy & pharmaceutical care practice among undergraduate pharmacy students, Analysis and*

*development of herbal anti-diabetics drugs, The Kidneys: an Overview, How can pharmacists add value to the healthcare system in the Middle East?, Drug Regulatory Affairs, Changing face of pharmacy in the Middle East.* The event provides an excellent platform for sharing of best practices by the professionals in the region. Students strongly support such initiatives with the aim of broadening their knowledge base.

## Event of the Month:

Upholding the tradition of PHARMATALK, on 1st March, 2010, Dr. Babu Shersad (MD, MACP, American Board Certified, Internal Medicine and Nephrology) presented on the subject **The Herbs: the good, bad and ugly.**



## T r i v i a

- The global health care market is estimated to be worth \$ 2.1 Trillion.
- The GCC healthcare market is expected to reach \$55 Billion by 2020.
- 9% compound annual growth rate expected over the next 12 years.
- By 2025 the need for hospital beds will more than double to about 165,000 and treatment demand will rise 240%. This will push up health care costs five-fold to \$60 Billion.
- Cardiovascular disease will experience a steep increase (419%), as will diabetes-related ailments (323%).
- Cardiovascular currently accounts for 12% of total healthcare expenditure in the GCC countries.



## News and Events >

### DSMC organizes training program for female students of Islamic School



As part of the educational and training activities provided by DSMC & MRL to all Lootah educational institutes, the diagnostic laboratory carried out a training course about lab tests. The course was attended by female students of the Islamic School who were interested in health sciences and wanted to know more about its practical applications. A demonstration was given at the labs of the medical center and included explanation and training about the basic physiological lab tests. The course tutor, Princy Paul correlated the practical sessions to the student study of human physiology and further explained the duties and responsibilities of healthcare professionals towards their patients. The course helped the girls who wanted to choose healthcare as their future career to better understand the environment and culture of DSMC.

## Trivia

- Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.
- You burn more calories sleeping than you do watching television.
- Most dust particles in your house are made from dead skin.
- The average human body has 14 to 18 square feet of skin.



مركز دبي الطبي التخصصي  
DUBAI SPECIALIZED MEDICAL CENTER

## Article >

### Treating the Mind and Body with Yoga

The science of 'Yoga' originated in India more than five thousand years ago. The word Yoga is derived from the Sanskrit word 'Yuj' which means union of the mind and body.

Patanjali is widely regarded as the founder and father of the formal Yoga philosophy. He wrote a series of aphorisms called the Yoga Sutras which explain, in practical terms the eight limbs of Yoga.

#### The eight limbs of yoga constitute of:

- Social behaviour
- Inner discipline
- Physical postures/exercise
- Breath control
- Discipline of senses
- Concentration
- Meditation
- Self realization

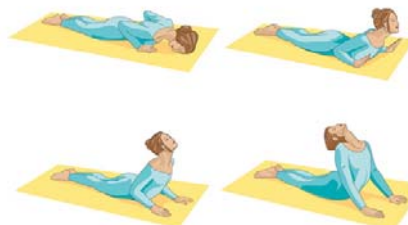
There are different styles of yoga. In the modern world, emphasis is given to physical exercise, breathing and meditation which are based on the principle of the traditional 'Hatha yoga' that focuses on the purification of the physical body as leading to the purification of the mind, and prana, or vital energy.



The **bridge posture** helps to develop stronger and flexible spine.



The **shoulder stand** stimulates the thyroid gland and increases blood circulation



The **cobra posture** is recommended for back pain and menstrual irregularities

Compared to the seated asana, or sitting meditation posture of Patanjali's 'Raja yoga' philosophy, it marks the development of asanas into the full body 'postures' now in popular usage and its many modern variations, which is the style that many people associate with the word 'Yoga' today.

#### Some of the benefits of yoga are:

- Strengthens the immune system
- Increases blood circulation
- Reduces cholesterol and cellulite
- Improves posture, memory and intelligence

Yoga is advisable for people with diabetes, asthma, multiple sclerosis, infertility, fibromyalgia, Parkinson's disease, arthritis and should be done under supervision of a consultant.

It also helps in various ailments like overweight, gynaecological disorders like menopause, stiffness of the muscles and joints, neck and back pain, high blood pressure, insomnia, stress and other health issues.

**Here is a simple breathing exercise that can be practiced easily by all:**

#### Alternate nostril breathing

Sit in a relaxed position.

Close your right nostril with right thumb and inhale slowly through left nostril. Hold the breath and close the left nostril with the right ring finger, release the thumb of the right nostril and exhale through right nostril then inhale through right nostril again.

Hold the breath closing the right nostril with thumb and exhale through left nostril.

This completes one round.

Repeat three times daily and feel the change!



**Dr Pratibha K (BAMS)** is an Ayurvedic practitioner and Yoga consultant at Dubai Specialized Medical Center and conducts yoga sessions everyday at the fitness center

## Some Feedback About INFOR-MED >

Congratulations to the INFOR-MED team for putting together a very impressive compilation. The newsletter as a whole is very pleasing and readable. It projects the image of all the institutions in the group in a positive light.

The response obtained from some of the graduates is that it is **amazing, fabulous and simply brilliant!** It was very well received by all the people. The minor inaccuracies were immediately corrected, which was again appreciated by several faculty members. The aspects most appreciated are the format, the colours, the presentation and the idea as a whole.

- Dubai Medical College

The newsletters are received well. The issues released are posted on [www.dpc.edu](http://www.dpc.edu) for wider readership and accessibility. General comments received are that the newsletter is useful and informative, it is presented effectively and the layout is aesthetically pleasing. Various sections such as news and events from MEDAWI, DMC, DPC and DSMC, staff profiles, project and research updates and students' section have truly fulfilled the aim of the newsletter which is to share experiences and information and received positive feedback.

- Dubai Pharmacy College

At DSMC, we are excited and proud when reading the newsletter. The staff puts a hard copy of the issue on the notice board and many of them forward the newsletter to friends and family members. It has a very positive impact internally and encourages employees to present their contributions and accomplishments when asked to write monthly news and articles.

- DSMC

I deeply convey my heartfelt felicitations to you and your entire team on this ceremonial occasion. I'm happy to see the seeds of your dedication now rooting through the soil so strongly and even though we've got a long walk still left undiscovered, I assure you; the fruits of those few seeds shall be reaped soon. Once again, congratulations on your success!

- Sahar Hussain  
Final Year Student (DPC)

Please thank the entire team for such a wonderful newsletter! I enjoyed reading it, especially the bit about Dr. Baron who was one of the first to treat my mother in Dubai back in the 80s.

I look forward to contributing to many more newsletters in the near future. One of Boots' pharmacists could be interviewed in future to help students understand better what international standards of retail pharmacy are all about.

- Reema Soboh

Area Manager  
Dubai & Sharjah | Operations  
Boots Middle East  
(DPC Alumnus whose interview was featured in Issue 2)

I think the newsletter is very impressive. The background info about Dr. Baron was nice. What attracted my attention the most were the two studies by the students especially the fact that they were presented at conferences and one won an award. This gives them credibility and shows our support to those students. Once the remaining students see this, hope you will be getting a lot of contributions, since many of the students will want to publish their pieces.

All in all, I like what I read so far and I think it will be popular with my colleagues especially the interns (who would definitely like to contribute to the newsletter).

- Basma Al-Arnawoot  
DMC Graduate and Topper (Batch 19)

INFOR-MED is a centripetal point of sharing experience & information. Finding a balance between these featured articles is the hallmark of this e-newsletter!

- Sabeena

## Trivia

- The strongest bone in the body, the thigh bone, is hollow. Ounce for ounce, it has a greater pressure tolerance and bearing strength than a rod of equivalent size in cast steel.
- Most people lose half of their taste buds by sixty years of age.
- The temporal lobe is the area of the brain that allows humans to hear and understand people speaking.
- The thumbnail grows the slowest; the middle nail grows the fastest.
- It takes about 20 seconds for a red blood cell to circle the whole body.
- Like a finger print, every person has a unique tongue print.
- The air released from a sneeze can exceed the speed of 100 mph.
- The longest word in English language is *pneumonoultramicroscopicsilicovolcanoconiosis* - an inflammatory lung disease caused by the inhalation of fine silica dust.

