

DPC Newsletter



Editorial

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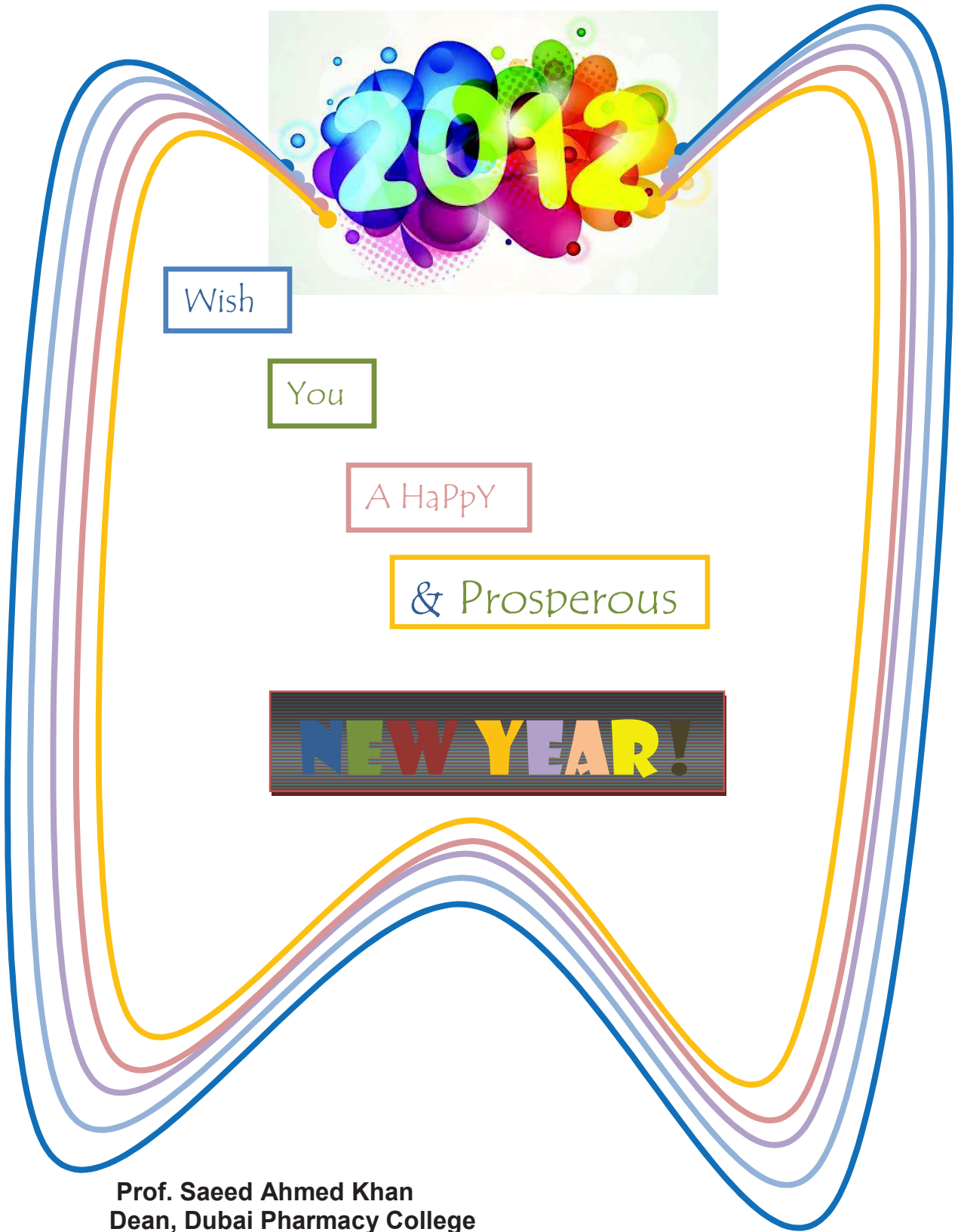
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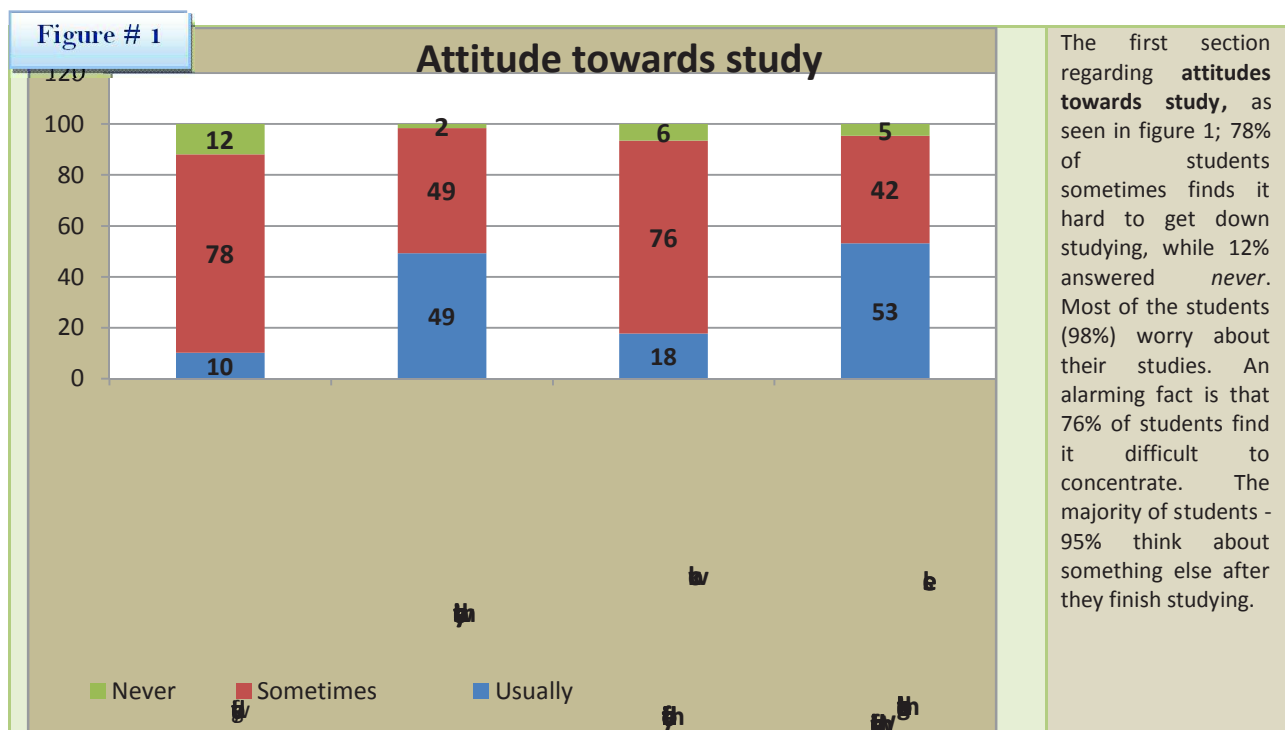


Prof. Saeed Ahmed Khan
Dean, Dubai Pharmacy College

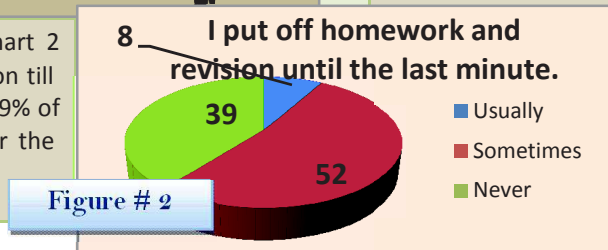
Students' Study Habits:
A Report

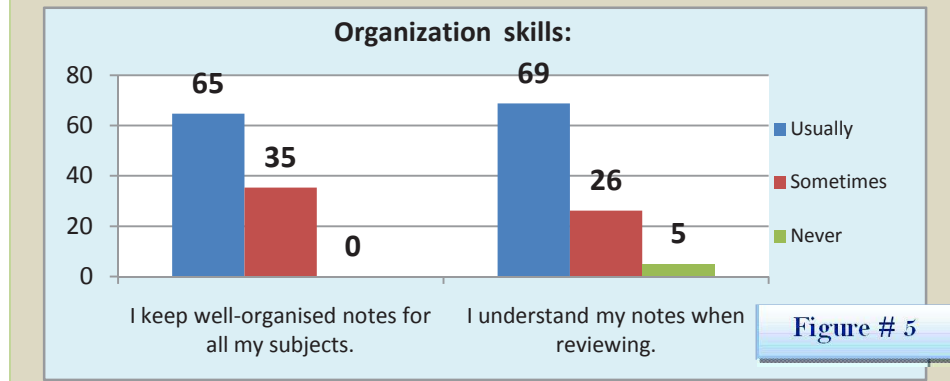
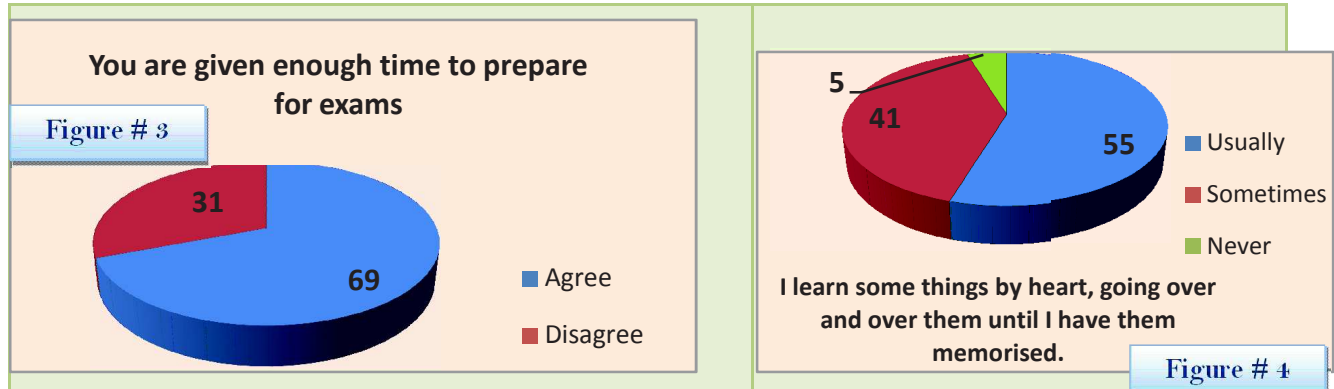
The graphs illustrate the study habits of first year students of Dubai Pharmacy College. A survey questionnaire was distributed among 90 students. The questionnaire divided into four sections is,

- Section no.1: **Attitudes towards study** (Figure 1)
- Section no.2: **Time management for study** (Figure 2,3 and 4)
- Section no.3: **Student organization skills** (Figure 5)
- Section no.4: **Study strategies.** (Figure 6,7and 8).

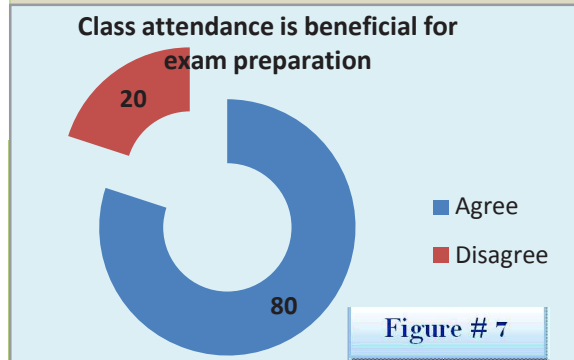


The second section deals with **time management**. Chart 2 highlights that 52% of students delay homework and revision till the last moment. As seen in figure 3, a positive indicator, 69% of students agree that they have enough time to prepare for the exam.

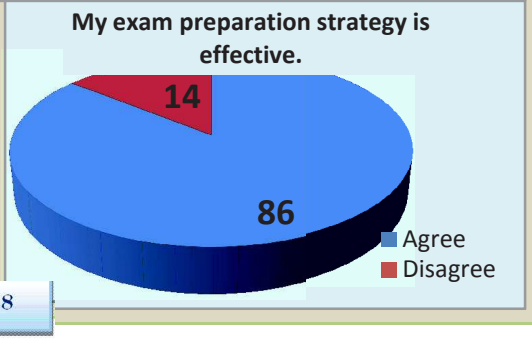
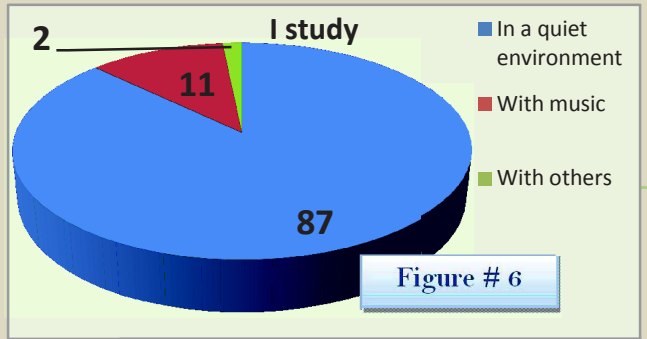




In the third section, which is concerned with **organization skills**, as shown in figure 5; 65% of the respondents keep well-organized notes for all subjects and almost 70% understand the content while reviewing.



Finally, about **study strategies**, 80% of students responded that class attendance is beneficial for exam preparation. In addition only 2% prefer group study. Additionally, 87% agree that their examination preparation strategy is effective to attain good scores.



Acknowledgement

Special thanks to **Ms. Amina Zarar**, secretary of Institutional Effectiveness, who always provide invaluable support.

Mrs. Sabeena Salam, Head of Institutional Effectiveness, DPC

Pharmatalk V Event 2011

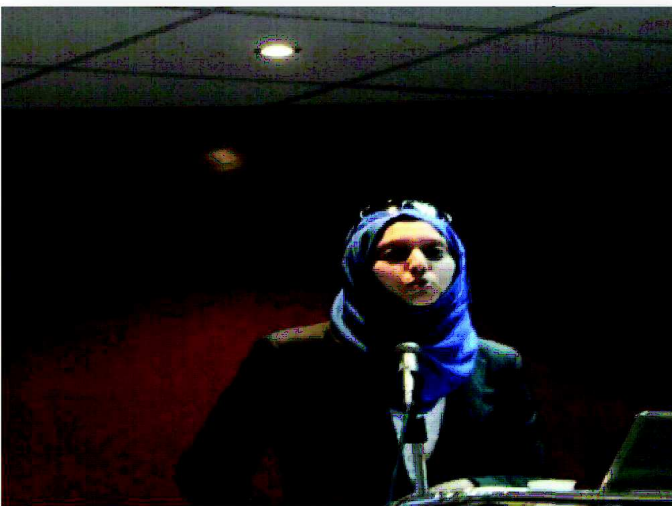
Date: 13 December, 2011

Location: Round hall in campus

Presenter: Dr. Purvi Gupta, Gynecologist , Welcare group

Topic: Polycystic Ovary Syndrome (PCOS)

Polycystic ovary syndrome (PCOS) is one of the most common female endocrine disorders. PCOS produces symptoms in approximately 5% to 10% of women of reproductive age and is one of the leading causes of female infertility. In her lecture, Dr. Purvi gave elaborative talk on causes, symptoms, diagnoses and treatment options for PCOS. There was very interactive question and answer session followed by the speech, where DPC staff and students actively participated.



*Graduated Student Ms. SABAHAT RASHID SADEKAR,
Network Marketing Officer. Welcare group*

Talked about her journey after graduating from DPC

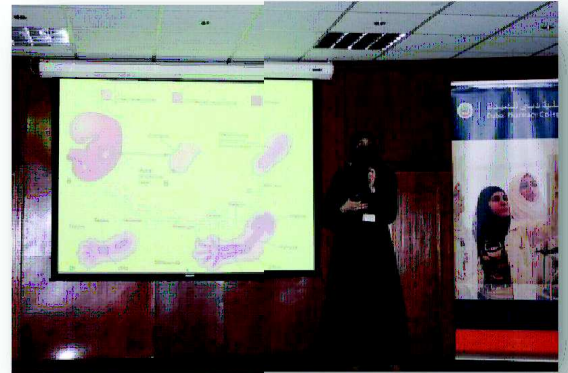
After B. Pharm and completing Postgraduate Diploma in Healthcare Management, joined EHL Management services as a Marketing Coordinator, EHL Management Services is the corporate office for Welcare Hospital. In 2010, was promoted to the post of Network marketing Officer. Her portfolio now includes marketing and business development of Emirates Diagnostic Clinic, EHL Dubai Mall Medical Centre and The City Hospital. She looks after events, advertising, social media and corporate social responsibility programs.

Our Activities !!

Congratulations to the Student Union for superb organization of the event! Well done Fatima Adel (President) and Mai Sakka (Vice-President) !!



DPC faculty took part in a game related to Therapeutics



Talk on "Miracles of Human Creation" by Shaimaa Mohamed Mazen Dalao; Head, Islamic Committee



Almost 300 students attended PHARMATALK V



"Test your taste buds" Game!!

Health Check up





Winners (Essay Writing Competition)

Topic: Lifestyle Modification in Diabetes
Prevention and Management



First Prize

Aya Ahmed Fathi M. El-Hosari

Second Prize

Quratulain Muhammad

Hira Amjad

Third Prize

Umama Samahat Syed Nusratullah

Sidra Parveen



Prof. Khan distributes certificates to proud winners



Winners (Poster Competition)



First Position
"Acne"

Second Position
"Dry Hair"

Third Prize
"Sun burn"

Amani Y. K. Alashqar
Ranim Mohamad Jehad Almolqi
Alaa Mohamad Alaeddin Saad
Allaa Khaled Takala
Israa M. Nader Atfah
Dalal Waeban Habbal
Bayan Shawki Kamal
Walla Reyad Al Shaikh

Hala Ibrahim ALjabri
Inas Adnan Kassis
Marwa Ezat M. Abdelgawad
Esraa M- Hassan Sbahi
Nooran Alsaeed Alsayed
Alzahraa Saad Ali Ahmed
Dania Mohamed Jamal Aboureden

Sara Salwan Mohammed
Sarah Najah Basher
Jana Metaab A. Mahdi
Sara Mosad Abdelghafar
Layla Ahmed Akram

Lifestyle Modification in Diabetes Management and Prevention

(First prize winning essay)

Diabetes

Introduction

Diabetes mellitus (DM) is a group of metabolic disorders characterized by hyperglycemia and abnormalities in carbohydrate, fat, and protein metabolism.

Attention on diabetes has shifted dramatically in the last 20 years. The rates of the disease have skyrocketed worldwide while the lines between the classic diagnoses of type 1 and type 2 diabetes have blurred with a rising number of children being diagnosed with “adult-onset diabetes”.

A plethora of innovative therapies has been introduced into the market, yet our best ammunition in the struggle against diabetes remains clear: practical, evidence-based education for clinicians and patients. Education is critical for modifying lifestyles, including behavioral approaches to preventing and controlling the disease.

Our goal as pharmacists is to work in partnership with other healthcare professionals, patients, and communities to deliver the best possible approaches to diabetes management and prevention.

Lifestyle Modifications in Diabetes Prevention

Preventing type 1 diabetes:

Currently there is no way to prevent type 1 diabetes, but ongoing studies are exploring ways to prevent diabetes in those who are most likely to develop it. People who have a parent, brother, or sister with type 1 diabetes may want to be tested for islet cell

antibodies, because if they have these antibodies, they are more likely to get diabetes.

Preventing type 2 diabetes:

(A) Maintain a Healthy Weight:

Being at a healthy weight will help reduce your risk of developing diabetes. If you have too much body fat, especially if a lot of it is in your waist area, you are at higher risk of developing type 2 diabetes and other chronic health conditions such as heart disease and some cancers. There are a few ways to tell if you are a healthy weight. These include measuring your waistline and Body Mass Index (BMI).

(B) Improve Diet and Eating Habits:

- Eat plenty of vegetables, legumes and fruits.
- Eat wholegrain cereals (including breads, rice, pasta and noodles).
- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurts, cheeses and/or alternatives. Reduced-fat varieties should be chosen, where possible.
- Drink plenty of water.
- Eat smaller meals more often in order to keep blood sugars within normal range.

- Limit calorie intake in order to avoid gaining weight, or to help you lose weight.
- Limit saturated fat and moderate total fat intake
- Choose foods low in salt
- Limit your alcohol intake if you choose to drink
- Consume only moderate amounts of sugars and foods containing added sugars.

(C) Increase Physical Activity:

Getting enough exercise lowers your risk of developing type 2 diabetes. Do activities that raise your heart rate. Also include resistance exercises in your exercise program. Resistance exercises can include activities like weight lifting or even yard work.

Lifestyle Modifications in Diabetes Management



Diabetes mellitus is a chronic condition, but people with diabetes can lead a full life while keeping their diabetes under control. Lifestyle modifications are an essential component of any diabetes management plan.

A diabetic patient must adopt the lifestyle modifications for diabetes prevention that were mentioned above (maintaining a healthy weight, improving diet and eating habits, and increasing physical activity). In

addition, there are other lifestyle modifications that a person with diabetes should follow in order to prevent/limit diabetic complications, these include:

1. Don't Smoke

Smokers with diabetes have an increased risk of the following:

- Death, especially from heart attacks and strokes
- High LDL cholesterol levels
- Worsened blood sugar control, compared to non-smokers
- Nerve damage from diabetes
- Kidney disease leading to dialysis
- Foot ulcer and amputation of toes, feet or legs caused by peripheral vascular disease

2. Take Care of your Teeth

Diabetes may leave you prone to gum infections. Brush your teeth at least twice a day, floss your teeth once a day, and schedule dental exams at least twice a year. Consult your dentist right away if your gums bleed or look red or swollen.

3. Keep your Blood Pressure and Cholesterol under Control

Like diabetes, high blood pressure can damage your blood vessels. High cholesterol is a concern as damage is often worse and more rapid when you have diabetes. Eating healthy foods and exercising regularly can go a long way toward controlling high blood pressure and cholesterol.

4. Pay Attention to your Feet

High blood sugar can damage the nerves in your feet and reduce blood flow to your feet.

Left untreated, cuts and blisters can lead to serious infections. To prevent foot problems:

- Wash your feet daily in lukewarm water.
- Dry your feet gently, especially between the toes.
- Moisturize your feet and ankles with lotion.
- Check your feet every day for blisters, cuts, sores, redness or swelling.
- Consult your doctor if you have a sore or other foot problem that doesn't start to heal within a few days.

5. Take a Daily Aspirin

Aspirin reduces your blood's ability to clot. Taking a daily aspirin can reduce your risk of heart attack and stroke — major concerns when you have diabetes. In fact, daily aspirin therapy is recommended for most people who have diabetes.

6. Reduce Alcohol Intake

Alcohol can cause low blood sugar, depending on how much you drink and if you eat at the same time. If you choose to drink, do so only in moderation and always with a meal. Remember to include the calories from any alcohol you drink in your daily calorie count.

7. Take Stress Seriously

If you're stressed, it's easy to neglect your usual diabetes care routine. The hormones your body may produce in response to prolonged stress may prevent insulin from working properly, which only makes matters worse. To take control, set limits. Prioritize your tasks. Learn relaxation techniques. Get plenty of sleep.

8. Prepare Emergency Snack Packs

Put a few glucose tablets or gels, or five or six pieces of hard candy, into baggies. Always carry a few with you when you go out in case hypoglycemia -- low blood sugar -- strikes. Skipping a meal, taking too much diabetes medication, and exercising harder than usual without eating can trigger hypoglycemia.

9. Drink Water

High glucose causes your body to lose fluid, and your skin can get dry. It may get itchy or crack and that can lead to infection. Drink plenty of water and other fluids to help your skin stay moisturized and healthy.

10. Exercise

Exercising is an important part of managing your diabetes. But there are some exercise precautions that a diabetic patient must pay attention to.

- Wear well-fitting, protective footwear.
- Drink adequate liquids before, during, and after exercise to prevent dehydration, which can upset blood sugar levels.

Diabetics who use insulin should also:

- Measure blood sugar before, during, and after exercise to determine their body's typical response to exercise. Consider a decrease in insulin dose by about 30 percent during exercise.
- Choose an insulin injection site away from exercising muscles (for example, avoid the legs if running)

- Keeping rapidly absorbed carbohydrates on hand (glucose tablets, hard candies, or juice).
- Eat a snack 15 to 30 minutes before exercise, and again every 30 minutes during exercise.
- Eat a source of slowly absorbed carbohydrates (dried fruit, fruit jerky, granola bars, or trail mix) immediately after exercise. This will counter a post-exercise drop in blood sugar levels.

your part, diabetes won't stand in the way of an active, healthy life.



11. Assemble a First-Aid Kit

Diabetes complications can turn minor injury into a major problem. Take a few minutes to gather these supplies:

- Hydrogen peroxide for cleaning wounds
- Triple-antibiotic cream for dressing cuts and scrapes
- Sterile gauze for covering wounds

If you have circulation problems or peripheral neuropathy, you may need to see a doctor or wound care center. Be sure to keep the phone number handy.

Conclusion

Living with chronic disease of any type isn't easy. Diabetes is a slow killer with no known curable treatments. However, its complications can be reduced through proper awareness and timely treatment. Keeping blood sugar in good control prevents the premature onset of diabetes complications. Keeping blood pressure and blood fats at good levels adds to the evidence. And eliminating tobacco use magnifies the whole effort.

Above all, stay positive. Diabetes care is within your control. **If you're willing to do**

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- <http://ndep.nih.gov/i-have-diabetes/ManageYourDiabetes.aspx>
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- <http://www.dontignorediabetes.com.au/>
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Books:

- ABC of Diabetes by Peter J Watkins.
- Guide to Patient Management & Prevention of Diabetes by Athena Philis-Tsimikas and Stephanie Decker (Scripps Whittier Diabetes Institute).
- Pharmacotherapy Handbook by Barbara G. Wells, Joseph T. DiPiro, Terry L. Schwinghammer, and Cecily V. DiPiro.
- Management of Diabetes by Federal Bureau of Prisons.

Interview

...with a Medical Representative employed in multinational pharmaceutical company

Describe your role as a medical representative.

We are mainly concerned with promotion of the company and its products. We educate physicians about any new replacements for an older drug in the market and explain the difference between the two. We also enlighten them about the pharmacodynamics and pharmacokinetics of the drug. Our job is to convince the physician and the other members involved in the health care community of the better properties of the new drugs or replacement drugs.

How is your work related to what you had studied?

It is very closely related actually. Without complete knowledge of the properties (pharmacology, pharmacokinetic parameters, etc) of drugs, the pharmacist cannot promote a drug or even say a word about it.

According to you, which subjects should students of pharmacy stress on?

There is no particular subject; you should have a good understanding of all the subjects. For example: dosage forms and the difference between them, i.e. when to use tablets, creams, parenterals, etc. Moreover, you should know the drug from a pharmacological point of view to be able to educate the physician. For example the doctor doesn't know the difference between the drug that ends with (-al) and that with (-one). You have to be able to tell him that (-al) is aldehyde and (-one) is ketone group. So to be able to promote, you should have the knowledge to set a very clear picture about every drug.

If you could, would you choose to take up this job again or would you find yourself doing something else?

I guess. I'm happy with my work and would also recommend the new graduates to take up this field. It's very interesting, one gets to learn and explore about many different aspects of drugs every day.

Thank you Dr. Essam

Interview conducted and compiled by Alaa Ibrahim .



**Alaa A. Ibrahim
(Alumni)**



Artistic Expressions

Pencil Sketch Competition was held at DPC on 13th December 2011 (Theme: Mother and Child)

HH.Mohammed marks 6th accession by honouring mothers

Pays profound tribute to every mother in UAE

Published Saturday, December 31, 2011

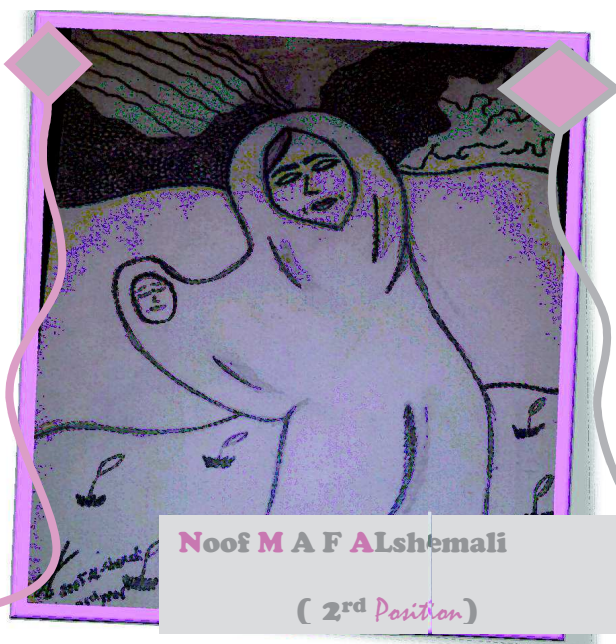
Vice President and Prime Minister of the UAE and Ruler of Dubai His Highness Sheikh Mohammed bin Rashid Al Maktoum has directed that celebrations of his 6th accession day to focus on mothers.

"I don't want special celebrations to honour me rather we want to celebrate in our own way and in line with our traditions and customs we want to honour - every year - a category that merits recognition and care last year we honoured orphans and today we want to honour mothers, the secret of our existence in this life," Sheikh Mohammed said through his account on Twitter @HHSkMohd.

Sheikh Mohammed paid profound tribute to every mother in UAE for their vital role in bringing up generations and grooming leaders, who are the foundation for nation building.

"I would like to hear your thoughts on how we all could honour each and every mother in the UAE through my Twitter account @HHSkMohd and hashtag #ThankUMother," Sheikh Mohammed told his followers on the social platform.

<http://www.emirates247.com/news/government/mohammed -marks-6th-accession-by-honouring-mothers-2011-12-31-1.435216>



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