

# INFORMED

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

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Healthcare

**س.س. لوتاه**  
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PROF. MERVAT BARAKAT (DMC)

PROF. NAGLA RAAFAT ODA (DMC)

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DR. IMAAN AL HALABI (DMC)

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SABEENA (DPC)

YOUSRA ADNAN (DPC)

NIKHAT SULTANA (DPC)

### Graphic Designer

JASON RIOS

### Newsletter Administrator

WELLA SEPIDA

## The Director's Message >



Welcome to the sixth issue of INFOR-MED, S.S. Lootah Healthcare's very own monthly newsletter with news and events from across our entities.

At the outset, hearty congratulations to Dr. Saeed Ahmed Khan (now **Professor**) on his promotion to 'Professor' status. We wish him continued success.

After an exceptionally eventful month in May, the colleges' focus in June shifted to administering the final exams and admissions to the next batch, due to begin in September. This is all the more special for Dubai Medical College since it would be welcoming its 'Silver' batch. Yes, the college is now in its 25th year and we are all extremely proud of the milestones achieved. We wish them continued success and many more heights to scale.

The students of both colleges marked the close of the academic year with a grand 'End of Year' ceremony, which was an opportunity for the students to showcase their extra-curricular talents with music, skits and more.

I request our readers to note that the next issue of the monthly e-newsletter will only be in October since our colleges will remain closed for their annual vacation from July 15th and will commence the next academic year on September 19th. Till then, the INFOR-MED team wishes everyone a great vacation

We continue to look forward to your comments and contributions. The email id to remember is [newsletter@infor-med.ae](mailto:newsletter@infor-med.ae)

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



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**NOTE:** The next issue of the monthly e-newsletter will only be in October since our colleges will remain closed for their annual vacation from July 15th and will commence the next academic year on September 14th. Till then, the INFOR-MED team wishes you a great vacation.

## Meet the Team >



**Nauman Jan**  
**IT Consultant**  
**MEDAWI**

Nauman is a key team member in the analysis, design and selection of the Total Hospital Information System for MEDAWI. He developed project work plans, budgets, resource requirements and implementation plans and used various evaluation methodologies and market research to select the Clinical Information System for the Hospital. His responsibilities also span across the IT infrastructure requirements for hospital and other disparate software applications, IP telephony, and patient record services.

Prior to joining the MEDAWI team, Nauman was the Project Manager of Lootah IT Solutions. Among his many contributions, his significant achievement was undoubtedly his initiative in

the vendor selection and negotiation of a Tier -1 ERP software license and professional services contract that would be implemented across the S.S. Lootah Headquarters. He also proposed the revamp of the central Enterprise Application Management system for the Dubai Medical College, Dubai Pharmacy College and Lootah Technical Center. He has spearheaded several other IT initiatives of the Group. Nauman completed his Engineering degree (B.Tech) from Anna University, Chennai, India and has worked with reputed IT companies in India prior to moving to Dubai. He also co-founded an IT solutions company in India, where he directed the business development process and managed key accounts across industries.

## 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.
- The longest word in English language is **pneumonoultramicroscopicsilicovolcanoconiosis**, an inflammatory lung disease caused by the inhalation of fine silica dust.
- The thumbnail grows the slowest; the middle nail grows the fastest.
- The human heart creates enough pressure when it pumps blood, that it could squirt blood 30 feet.
- The average duration of a single blink of the human eye is 0.3 seconds.
- If you blink one eye you move over 200 muscles.
- The pupil of the eye expands as much as 45% when a person looks at something pleasing.

## 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 landscaping work in progress near the emergency area.



## News &amp; Events &gt;

## Spreading environmental awareness among young minds



Prof. Mohammed Galal El-Din Ahmed, Dean of Dubai Medical College, was invited as Chief Guest of ECOFirst, an environmental initiative by DPS, Sharjah. He addressed the students about the importance of protecting the environment and visited their exhibition. He also planted a sapling as a symbolic gesture of DMC's commitment to the environment.

## DMC participates in 'Evidence based Healthcare Workshop'

June 17-19, 2010



DMC faculty members Prof. Abdul Jabbar, Dr. Youssef Al Tayeb, Dr. Rolf Hartung, Prof. Fatehia Aly Bayoumy and Dr. Hiba Faiz participated in the EBM workshop organised by 'Sheikh Hamdan Bin Rashid Al Maktoum Award for Medical Sciences', held at the College of Medicine, University of Sharjah. The 3-day event covered plenary sessions and workshops on different evidence-based topics such as Essentials of EBM, Principles of critical appraisal and EBM, and more. A group of international experts in EBM workshops took the participants through a step-by-step approach to apply the principles of EBM in their practice. DMC also had an exclusive booth at the exhibition alongside the workshops.

## Admissions to the 'Silver' batch



The admissions to Batch 25 have been progressing smoothly and DMC is all set to welcome its 'Silver' batch in September. The last of the entrance exams was held on 4th July, 2010 and the new batch will commence on September 14th with a welcome ceremony. The admission process also involves a rigorous personal interview to shortlist 60 prospective future doctors every year.

كلية دبي الطبية  
DUBAI MEDICAL COLLEGE

## Staff Profile &gt;

## Prof. Mervat Barakat

Head of Department and Professor of Pharmacology, Dubai Medical College and Dubai Pharmacy College

Prof. Mervat has been associated with Dubai Medical College since 2004 and has made several valuable contributions to the pharmacology department. She also teaches the Pharmacotherapeutics and Clinical pharmacy courses at Dubai Pharmacy College. Prof. Mervat is the Head of the 'Examination Committee' at DMC and leads improvement of the assessment system at the college. She also participates as a mentor and module coordinator for integrated teaching. She is very active in pursuing newer methods of teaching and has pioneered team-based learning at DMC. She continues to strive for new ways to make learning interesting for students.

She has honed her skills in educational methodology through her participation in international and national workshops and conferences. Her most recent presentation at the 'Experimental Biology conference (2010)' in Anaheim, USA, on 'Beneficial effects of Nigella sativa oil on countering hepatotoxicity' was well-received. This is particularly pertinent to the culture in the UAE where this is used prevalently. She has also



participated in several other conferences in the UAE, Egypt, Italy and USA as part of DMC's faculty development programs. Prof. Mervat completed her Bachelor of Medicine & Surgery and PhD in Pharmacology from Alexandria University. She received the Alexandria university award for scientific research in 2001. Prior to joining DMC, she has taught at King Saud and King Abdulaziz Universities in Saudi Arabia and Beirut Arab University in Lebanon.

Prof. Mervat has supervised PhD student research in the field of Pharmacology for over 15 publications and has over 35 free article publications to her credit. Her area of research is in 'Pharmacology of Gastro intestinal tract' and 'Experimental models for peptic ulcer and ulcerative colitis in rats', with publications in indexed journals in this topic.

## Final Examination Results of Batch 20

## Congratulations to the rank holders!

The final year examinations in Surgery and Medicine were conducted at Dubai Hospital and Rashid Hospital in May 2010 by internal and external examiners. The external examiners were flown in from internationally reputed medical colleges from Europe and US. The batch will commence internship after the summer vacation at the DHA hospitals.

The final results are based on the scores in 10 pre-clinical subjects as well as clinical subjects such as Gynaecology, Paediatrics and Primary Health care.

The top rank holders for this batch are:

Rania M. I. Abu Rahma

First Rank

Walaa Said Dabbas

Second rank

Zainab Basim Al Nafosi

Third Rank

Humaira Kamil

Fourth Rank

Alaa Ziad Mohammad Salah

Fifth Rank

## News & Events >

### DMC Arthropods Workshop



The DMC Arthropods workshop was an applied workshop for clinical importance and prevention and control of arthropods borne infections. The event was conducted in June 2010 in collaboration with Dubai Municipality's pests control section. This initiative was planned and organized by Associate Prof. Dr. Doaa Sultan and Dr. Marwa Khalil from Dubai Medical College in collaboration with Eng. Ruba Ziad Taha, health education officer and Mrs. Kharira Al Rais, health officer (public health services department- Dubai Municipality). This workshop represented integration between Medical Parasitology and Community Medicine departments from a public health perspective which is a part of the 'innovative ideas' program of DMC. Ten groups of second year students (Batch 23) made power point presentations related to the title of the workshop. This led to active discussion after each presentation between the guests and students. The guests appreciated the talented presentations and the depth of understanding of students. In the end, the guests presented different types and stages of real insects of medical importance and different control measures which are actually applied in UAE. They also distributed different scientific procures to the students.

### 'End of Year' Ceremony

DMC organised the 'End of year' ceremony to mark the completion of the two semesters for this academic year. It was celebrated in the colourfully decorated round hall with a lot of fun activities. The event which is conducted annually was conducted by the DMC Student Union. The mood was informal and festive and students of batch 23 and 24 relaxed and enjoyed their participation. Faculty members too joined this social gathering where students displayed their talents. Activities included Fashion Parade, video of the academic year 2009-2010 which took everyone down memory lane!! Fun activities such as comical parody play and short cliché's with guessing 'who is who' evoked a lot of laughter and was very entertaining. Games and team building activities helped further strengthen the bonding among students.

## Student Research >

### Study of Possible Gastroprotective Action of Ozonized Olive Oil on Indomethacin Induced Gastric Ulcer in Rats

By: **Aysha Al Manthari**, MBBCH; Department of Internal Medicine, Rashid Hospital, Dubai UAE

Supervised by: **Dr. Mervat Barakat** (Professor of Pharmacology), **Dr. Nagla Raafat** (Lecturer of Biochemistry) and **Dr. Fatehia Aly Bayoumy** (Professor of Pathology)

Presented in: **UAE Student Conference 2009**

#### Introduction:

Ozonized oil has shown antimicrobial, anti-inflammatory action and promotion of healing of wounds. Reactive Oxygen Species (ROS) are involved in the pathogenesis of many gastrointestinal lesions including indomethacin induced gastric ulcer.

#### Objectives:

To determine the possible protective effect of Ozonized Olive Oil (OOO) on indomethacin induced gastric ulcer in rats in view of activities of antioxidant enzymes.

#### Material and Method:

We used 40 male albino rats (150-200 gm) divided into five groups of eight rats each. Control group, indomethacin induced gastric ulcer group (single dose of indomethacin 50mg/kg I.M). 3rd, 4th and 5th groups were pretreated daily administration of 1ml non- ozonized olive oil, 0.5 ml of OOO and 1ml OOO respectively before indomethacin administration. Rats were killed. Histopathology was done, ulcer index was estimated and the gastric mucosa was scrapped and homogenized for biochemical assays of antioxidant enzymes, and proinflammatory cytokine (IL-1 $\alpha$ ).

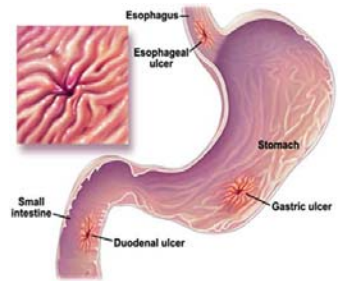
#### Results:

The gastric ulcer index was significantly reduced in rats pretreated with OOO. There was increase in SOD & GST activities in the two pretreated groups. The effect on IL-1 $\alpha$  level was a significant reduction in 0.5 ml dose, and significant increase in 1ml OOO group as compared to the indomethacin group.

#### Conclusions:

OOO exerts protective effects on indomethacin induced gastric ulcer in rats, which may be mediated by stimulation of antioxidant enzymes.

**This research was supported by a grant from Medical Research Fund, Dubai Medical College.**



## Trivia

- The human brain cell can hold five times as much information as the Encyclopedia Britannica.
- The average number of nerve cells (neurons) in the brain is 100 billion.
- There are more than a hundred different types of arthritis. You have a one in five chance of experiencing some form of rheumatic disease, such as arthritis, during your lifetime.
- The average human body holds enough: sulfur to kill all the fleas on an average dog, potassium to fire a toy cannon, carbon to make 900 pencils, fat to make 7 bars of soap, 10 gallons of water, and phosphorous to make 2,200 match heads.



## Student Research >

### Insertion/Deletion Polymorphism of the Angiotensin Converting Enzyme Gene and Breast Cancer Risk

By: *Naila Khatija Javaid, Husna Fathima, Gulnaz Abdulla, Abeer Saleh Al-Ammari and Fatma Ahmad Abbasi*

Supervised by: *Dr. Nagla Raafat (Lecturer of Biochemistry)*

Presented in: *6th International Scientific Conference for Medical Students in the GCC Countries*

#### ABSTRACT

##### Background:

Renin-angiotensin converting enzyme (ACE) polymorphism has recently been linked to the pathogenesis and prognosis of human cancers. This study aims to evaluate the association of ACE insertion or deletion (I/D) polymorphism with the risk of breast cancer incidence and the effect of genotype prognostic criteria of the tumor.

##### Method:

The study included 36 breast cancer female patients and 46 healthy control females. DNA was extracted from tissue and blood samples, and polymorphism was detected by polymerase chain reaction followed by gel electrophoresis.

##### Results:

The distribution of the ACE genotype in the malignant group was 55.6% DD, 44.4% ID and 0% II. The DD genotype showed a significantly higher risk for the incidence of breast cancer (OR=3.9, 95% CI=1.5–10.2,  $p<0.05$ ). Moreover, there was an association between the DD genotype and the risk for tumor metastasis (OR=1.7, 95% CI=0.3–11), poor differentiation (OR=1.5, 95% CI=0.4–5.8) and larger tumor size (OR=1.3, 95% CI=0.3–5.6).

##### Conclusion:

The findings suggest a probable prognostic value of the DD genotype in breast carcinoma.



## Trivia

- Maintaining aerobic fitness may delay biological ageing by up to 12 years,
- Apples have the highest antioxidant content of all popular fruits, including one-and-a-half times more antioxidants than a 75 gram serve of blueberries, three times more than an orange, and almost eight times the antioxidants of a banana.
- Viewing a stressful soccer match more than doubles the risk of an acute cardiovascular event.
- The skin of the armpits can harbor up to 516,000 bacteria per square inch, while drier areas, such as the forearm, have only about 13,000 bacteria per square inch.
- If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee.
- Most people lose half of their taste buds by sixty years of age.
- The average human body has 14 to 18 square feet of skin.
- Like a finger print, every person has a unique tongue print.



## News &amp; Events &gt;

## CONGRATULATIONS!



Congratulations to DPC Dean (now Professor) Dr. Saeed Ahmed Khan on his recent promotion to 'Professor' Status. The staff and students wish him the very best for his continued success.

## Graduation Research Project (GRP)

*An intellectually rewarding experience for final year students*

Following the vision of DPC Founder and Chairman Haj Saeed Ahmed Lootah, the institution is committed to the scientific evaluation of drugs indigenous to the UAE and to evolve a model for healthy living based on the environment and nutrients available around the population.

The aim of DPC is to develop quality original research. In addition to work on medicinal plants, students are also encouraged to carry out research in other areas of pharmacy. The 'Graduation Research Project' (GRP) involves students in research projects designed especially for the purpose, which is evaluated based on the criteria set by the college.

During the last three years, final year students have significantly contributed to research in a single discipline or academic department, as well as interdisciplinary or multi-department research projects under the guidance of faculty supervisors. This year, students in groups of four worked on fifteen different topics. They were guided by the faculty supervisors to research relevant literature and write a dissertation, which the students presented and defended in front of a panel of external examiners.

GRP, equivalent to 8 credit hours, is one of the requirements of B.Pharm degree. The experience of completing a GRP has created great interest in students, who have presented their work at pharmaceutical conferences and brought laurels. Furthermore, the students are trained to write a research paper for publication in international indexed journals. This whole exercise is also useful for students to further pursue an academic career - Masters and Ph.D.



كلية دبي للصيدلة  
DUBAI PHARMACY COLLEGE

## Promising Generations Program

*"Opportunities are made not found and pearls do not float, so to get them we have to sink searching for them" Sheikh Mohammad Bin Rashid*

The program was designed by Dr. Rabah Humaidan, Student Counselor of DPC, in coordination with Mohammad Bin Rashid Centre for Cultural Understanding to engage young girls in a dynamic educational atmosphere and provide them sufficient training to develop leadership skills.

Seeking to achieve His Highness' vision, the objectives of the program were to:

- Prepare younger generations to be proud of their religion, cherish their identity, and have the science and skills to take the responsibility for the renaissance of the country.
- Achieve excellence by developing abilities, improving efficiencies and launching potentials.
- Unleash initiative spirit, leadership and innovation.

Fifteen students from DPC participated in the Program. They actively contributed to the training courses and made interesting presentations on selected topics. After successful completion of the training program, participants collected attested certificates.

Reported by:  
Ms. Yousra Adnan  
Teaching & Research Assistant



## DPC 'END OF YEAR' CEREMONY

Dubai Pharmacy College held its 'End of year' ceremony to mark the completion of the 2009 - 2010 academic year. Graduating students from batch 15 were honoured with a souvenir and a certificate, after successfully completing 190 credits of the degree program, 1400 hours of Professional Practice Experience and the 200 hours of Graduation Research Project. The prize distribution ceremony was held at the RoundHall.



The toppers (from left to right) Raghda Baha Eddin AlKhani, Sahar Hussain, Lamyaa Bassam Haj Husein, Douaa Hussein Sabrawi and Nada I K Al Saqqa received prizes for their exemplary performances.



Safa Ahmad Ibrahim Bkairat, representing the class of 2006, filled the role of student speaker.



Raghda Baha Eddin AlKhani presented a token of gratitude to the Dean Dr. Saeed Ahmed Khan, on behalf of her classmates.



Students showcased their talents, keeping in-line with DPC's emphasis on extra-curricular activities in addition to academics.



The winning team for Best Direction in The Third Creative Leaders Festival 2010



1st Place:  
Egypt



2nd Place:  
Palestine



3rd Place:  
Syria

The best represented countries on 'Global Day' celebrated last month were selected through a Gallup-poll held in the college. Prof. Dr. Saeed Ahmed Khan, presented awards for cultural activities.

## Contributory Article >

### Love - The Meaning of...

Thursday, 01:00am

Dear diary,

After a long and tiring day at work, I drove towards the beach. There is no other place that can give me the peace and tranquility I so desperately needed after the hectic routine. I took off my shoes and felt the cool sand beneath. As I walked towards the water, I breathed in the fresh scent of salt in the air. I was glad I made it at the right time to watch the sunset. I sat down and looked up at the sky to see the wild yet beautiful colors spread across. That's when I couldn't help but think of what someone had asked me- 'the meaning of Love'.

It is truly a diverse word with so many meanings. I've always believed that Love is an intense emotion and people tend to define it in different ways. I watched the waters, glistening, as though all the happiness was floating on the surface. I went closer and let my feet get wet. Tired and exhausted as I was, that was very refreshing. The mild waves hit my toes before covering my feet with foam; and back again they went, where they came from, to come back yet again. If we compare our lives with these waves, we realize that at some point, our lives become sort of monotonous, just like these waves. But what we don't realize is this monotony can actually bring so much of fun and happiness in other people's lives. Just like the beach. The waves can be so soothing; can be a source of fun to millions. People who come here, like me, either to relax or swim, or for any cause, we can see how so many emotions are gathered in one place. It's a small world, like they say. Love is when we go out of our way; to bring a smile and make our loved ones feel good; to bring those tiny moments in their lives which they would cherish forever. Its one of the best things you can give if not anything else. And besides, it gives you immense satisfaction. Try it. See how good you feel, to find others happy, because of your noble gesture.

I looked at the sky once more, to see all the colors merging in together, to give a faint glow so pure, so serene. Love is when all differences are forgotten and when people promise to be there for their near and dear ones. If you analyze the colors in the sky separately you can notice some being wild, while the others equally pleasant. But as they blend in together, they become so mesmerizing and you just can't help sighing and commenting on the breath-taking beauty of our nature, and how blessed we are with it. May be this is why Allah has made nature, its processes, its ways, for all of us to be inspired. The waters and the sky are just one of the countless numbers of examples. I saw some kids play, and unconsciously I grabbed a handful of sand. It was funny, no matter how much I tried; there was always some amount that would slip through my fingers. This teaches us the value of time. It tells us that we need to share and care, show our loved ones how much we really love them before it is too late. The kids looked so cute, building sand castles and trying hard, again and again, till they made a pretty good one. They really have all the patience. And yes, we all need to show patience. Love teaches us patience, towards the people we love.

The sky at that time was perfect-almost bizarre. It was definitely the moment for an artist to grab his brushes and paints and get going. I sat there on the warm shore, checking out the sea shells, another piece of art, courtesy nature with different colors, intricate designs. I used to collect them here when I was little and paint them, to make them look prettier. But nothing's more amazing than the natural beauty itself. The sounds of the waves hitting the shore, the birds flying across the horizon in the warm dusk, the laughter of kids playing and enjoying, were music to my ears.

Love is a spiritual gift, truly. It's born in our thoughts, to be introduced in our physical actions, which are connected to our emotions. Everyone in life would want to love and be loved. With love everything seems so good. It's like we've gotten powers beyond our belief. Love is our strength. Its how a fish needs water to live, likewise we all need love. And that's probably why we are brought into this world. To spread love, to make the person you love feel special. It is the energy that makes us what we are. The very essence when lost will bring nothing but a very slow, painful and lonely death. I recall reading this quote once

***"Love is a great beautifier."***

*- Louisa May Alcott*

It is true. When you have the feeling of Love in your heart, you do things that will make you a good person. It's something that can melt the coldest of hearts. It has the power to conquer hatred.

I usually visit the beach with family or friends. But right then, I missed them. It is always nice when they are around.

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## Contributory Article >

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to see a couple of families having a good time. A group of teenage girls chasing each other seemed content with their life. Suddenly I knew that if I was something, it was because of my family, my friends and all those I love. It is in this way God has blessed me. It's not everyday, we get to spare a moment, thinking about how thankful we should be to Him. And when we do get that chance, we must make sure we don't miss it; to feel contented in every way. Even for the less fortunate, if there is love between them, then that's more than enough. It can be a force of motivation for anyone to do things they want to in life. I'm content. I'm happy. And I believe we must always thank the Almighty for what we are today.

It was getting dark, and the breeze turned chilly. I could see people packing up, ready to leave. There were still some, sitting alone, to think about what their life has to offer them. I got up for a stroll before I left. Maybe if I was with someone, I wouldn't have noticed how icy the water was, because the warm, fuzzy feeling you feel when you are with your loved one, is warm enough to make the cold turn warm. I smiled to myself. I went to my car and I felt great. A small visit to the beach taught me so much. I reached home, and my sister answered the door. I entered and gave her a nice, warm hug. She was rooted to the spot, too stunned to speak. That was hilarious. I saw my mom and gave her a hug too. They looked at each other, their eyes questioning. While having dinner with everyone, I felt so fortunate and so special that I can't write it down here. I can still feel it. Anyway, it has been a long day and it's getting late—1:30am. A new day; a new beginning. Every moment must be captured, to do something good, to make someone feel good. I glance at the table next to my bed. Before I left the beach, I'd collected some shells. They looked beautiful here. This visit to the beach is something I'll never forget. And last but not the least,

***"A loving heart is the truest wisdom."***

*- Charles Dickens*




**Nikhat Sultana** [DPC Alumnus of Batch – 13, now working as a *Medical Representative* in a reputed pharmaceutical company]

## Triviana

- The adult human head weighs about 10 lbs. or the same as a light bowling ball.
- Human adults breathe about 23,000 times a day.
- The liver performs over 500 different functions.
- Platelets are manufactured at the rate of 200 billion a day.
- Alzheimer's accounts for two of every three cases of dementia
- Synesthesia is a rare condition where the human senses are combined. Synesthetes can 'see' words, 'taste' colours and shapes, and 'feel' flavours.





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