Volume 1, Issue 4

Vol : 1

October 2011

DPC Newsletter

Contents

"Wish you a peaceful, joyful and blessed Eid al Adha."

Prof. Saeed Ahmed Khan,
Dean, Dubai Pharmacy College

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CME Conference

Dubai Pharmacy College hosted the 2nd CME Conference on Friday, 7th October 2011. There were over 300 enthusiastic participants of working and student pharmacists. The program included several lecture and interactive sessions.

Session 1

Speaker: Dr. Waseemul Islam

Topic: Weight loss Pharmacotherapies

Chairperson: Dr. Amina Mahdi of Dubai Pharmacy College

Dr.Waseem highlighted the various treatments used for weight loss and when and why are they necessary. He mentioned the various types of obesities and treatments. Dr. Waseem mentioned the advantages as well as the side-effects of not only the drugs but also herbal medications since he has spent over 2 decades in expertise of preclinical research in medicinal plants.

Session 2

Speaker: Dr. Aliasgar Shahiwala

Topic: Cancer & Nanotechnology

Chairperson: Dr. Fatehiya of Dubai Medical College

Dr. Aliasgar Shahiwala, associate professor, DPC acquainted the audience with the role of nanotechnology in the detection and treatment of cancer. He has suggested that benefits of nanotechnology will hopefully completely eradicate the cancer from the earth. His presentation included a well illustrated video about how the nanoparticles penetrate and attack the tumor cells specifically.

Session 3

Speaker: Dr. Yasser Sharif

Topic: Cough & Cold Preparations in UAE basic fact and new regulation trends.

Chairperson: Dr. Bazigha of Dubai Pharmacy College.

Dr. Yasser Sharif is the section head for medication and medical product safety at the Health Authority Abu Dhabi and President & founder of ACPIN. He addressed the audience and notified them, as indicated by his lecture topic, about the new regulations for cough and cold preparations. He mentioned how OTC medications may lead to serious consequences if used improperly, and this is the part where the role of a pharmacist is highlighted. Pharmacist is responsible to counsel the patient properly about all medications as no medication is SAFE in case of over dosage. At the end of his session he interacted with the audiences and evaluated their knowledge by discussing a few clinical cases with MCQs.

The program then took a break for Lunch and Friday prayer offerings.

Session 4

Speaker: Dr. Chandar

Topic: Paediatric Dermatology

Chairperson: Dr.Ghazala of Dubai Pharmacy College.

Dr. Chandar is a specialist dermatologist at Sunny Medical Centre Umm Al-Quwain. He gave a very informative lecture about the symptoms and treatment of human scabies, atopic dermatitis, candidiasis and fungal infection**.** He highlighted how one can identify these diseases by self examination and also by merely asking a few questions.

Session 5

Speaker: Dr. Rishikesan KV

Topic: New Therapeutic Strategies in Type 2 Diabetes

Chairperson: Dr.Eman Abu Gharbieh of Dubai Pharmacy College.

Dr. Rishikesan is a Specialist Physician with Venniyil Medical Center Sharjah. His lecture was expertly updated and amused the audience with a lot of new information regarding the new strategies in treating type II diabetes.

Session 6

Speaker: Dr. D. Raja Suthahar

Topic: UV Radiations & skin care.

Chairperson: Professor Heyam Saad of Dubai Pharmacy College

Dr. D. Raja is a specialist dermatologist at New Medical Sunny Centre, Sharjah. This final session was interesting especially for the females as it was regarding how to protect ones skin from harmful UV radiations and more.

Reported By:
Qurratulain Muhammad
Batch 18

Report on Breast Cancer awareness programme

The mind of a common man responds to the colour pink with association of Barbies or just the colour of a girly girl but on October 18th, it was recognised as something more than just a colour. It is the colour of many survivors of Breast Cancer, colour of those fighting with the disease to live a day or maybe a second more, a colour that if you were to wear to the DMC Round Hall on the 3rd Tuesday of October, would mean so much more than just a combination of red and white.

The students of Dubai Pharmacy College and Dubai Medical College showed their support to this noble cause by setting an awareness programme on Breast Cancer in the DMC Round Hall. The programme was commenced by the cutting of the 'pink' ribbons by Prof. Khan and Prof. Galal, deans of the respective colleges and was later followed by some wise words from both the deans. Schools from all over Dubai were invited to attend this programme. A very informative PowerPoint presentation was put together by the students of DMC following which was a prize-winning quiz. The main highlight of this programme was the Pink Bazaar set up by the students of both the colleges. The Pink Bazaar, as the name suggests, would get you anything pink, be it a pink pen or even a strawberry cheese cupcake.

Amidst the decoration of the hall, the setting up of the bazaar or even during clicking pictures, we learnt a very important lesson: Unity is strength and if we are united then even the deadliest of deadliest diseases can't affect us. It may destroy us from the outside but if we are strong from the inside then that's what makes the difference. We, the students of Dubai Pharmacy College, dedicated 18th October, 2011 to the Breast Cancer patients with the hope that maybe this event could help a breast cancer 'patient' become a 'survivor'.

Reported By
Sidra Parveen
Batch 20

MUSING MEMORIES

One… Two… Three… Four… The years had just rolled by and we opened our eyes on the alarm announcing that it's time for us to graduate.

How can we describe our feelings when our journey has reached its end and where shall I start from? First of all, we would like to send our heartfelt gratitude to the founder of the College, Hajj Saeed Al Lootah. We were actually sensing his presence throughout the years and with each success we achieved we knew he was proud of us.

21-08-2004 was, in fact, a new birth date to each one of us – the first day at DPC. At that time we were young, immature and fearing the future which wasn't yet clear. However, we soon found ourselves surrounded by our new family members starting from Professor Saeed Ahmed Khan to whom we dedicate our success. The faculty, always there giving us a helping hand and encouraging us throughout the path.

We knew we were safe and our bright days in this place were full of experiences worth a lifetime. Our College taught us the meaning of loving to learn and we were all part of one big family, a caring and a loving family. The once immature secondary school graduates are now the real future pharmacists.

This is the place which we are part of and to which we belong. This is the place in which we grew day by day. Today, tomorrow & forever we'll always be proud to be the graduates of Dubai Pharmacy College.

Al Zahraa Kalifa
First Rank (Batch-13)
Teaching and Research Assisstant (DPC)

Dr. Ali visits Germany: A Report

Mr. Marc From Cafosa. With Dr. Ali Asahar

Dr. Ali, Associate Professor in the Department of Pharmaceutics, was invited to give a talk on "Development of Chewing Gum for Cold Relief at Compressed Chewing Gum", Seminar organized by Cafosa & Fette at Hamburg, Germany, on 28th October 2011. Dr. Ali shared his views and practical experiences on complete development of a medicated chewing gum based formulation for a cold relief drug and its evaluations. The presentation was well appreciated by the audience.

A Report on Medicated Chewing Gum

Faced with soaring R&D costs, an impending onslaught of patent expirations, mega-merger mania, and increasing consumer demands for improved medications, pharmaceutical companies are relying more heavily on advanced drug delivery technologies to help sustain the high growth and profit margins they have been experiencing since the 90s. Against this background, pharmaceutical companies are recognizing that drug delivery technologies are a powerful strategic marketing tool to differentiate products and extend product life cycles, thereby overcoming many marketplace challenges. The application of drug delivery is a valuable, cost-effective life-cycle management resource. By infusing drugs with new and innovative therapeutic benefits, drug delivery systems extend products' profitable life cycle, giving pharmaceutical companies competitive and financial advantages and providing patients with improved medications.

Formulation development is getting more and more attention for development of new dosage forms for existing products, which not only reduced the cost and time of new drug development but also help in patent protection and to bypass the existing patents.

People of every society have chewed varieties of gum and gum-like substances (resins and waxes) for thousands of years. In 1848, the first commercial chewing gum, 'state of Maine pure spruce gum', was introduced into the US market [1] and the first patent was filed as dentifrice in 1869. Medicated chewing gum (MCG) is not different from it, but it is the gum base incorporating drug(s) [2]. The first MCG product 'Aspergum' containing acetylsalicylic acid for headache was launched in 1928 [3]. The success story of nicotine chewing gum in the 1980s has led to more general acceptance of chewing gum as a drug delivery system [3]. MCG is gaining more and more attention as a

very good vehicle to administer active principals in pharmaceuticals and nutraceuticals [4]. MCG offers a highly convenient patient-compliant way of dosing medications, not only for special population groups with swallowing difficulties such as children and the elderly, but also for the general population, including the young generation. Chewing gum is a viable alternative to traditional dosage forms for drugs intended to cure or relieve diseases in the oral cavity. Local delivery to tissues of the oral cavity has several applications, including the treatment of toothache, periodontal disease, bacterial and fungal infections, aphthous and dental stomatitis, which require a long period of drug release to the oral cavity. MCG containing chlorhexidine is used for the treatment of inflammatory conditions such as gingivitis, peridontitis and other oral MCG can also be utilized for systemic drug delivery where a rapid onset of action is needed, such as motion sickness, nausea, pain, allergy and infection and hypertension. Moreover, MCG also benefits from the rewards that are inherent to chewing gum such as oral care, stress relief, improved concentration and weight management.

Traditional chewing gums are mixture of natural resins obtained from trees (chicle like rubbery latexes) or the milky juices from plants or synthetic gums (manmade polymers), which is sweetened with natural sugar, corn syrup or artificial sweeteners and may also contain coloring and flavoring agents. Despite the above-mentioned benefits, the potential of medicated chewing gums has not yet been fully exploited because the manufacturing of chewing gum requires different technology from that used in pharmaceutical production. Standard chewing gum manufacturing requires specific equipment and facilities involving hot-melt processes, which are usually rare in the pharmaceutical industry.

Boundaries of the conventional manufacturing method are as follows:

1) Exact texture, shape, or weight of MCG cannot be obtained.

2) Incorporation of thermo-sensitive drugs cannot be possible because of the high temperature used during melting of the gum.

3) Accuracy in uniformity of content cannot be achieved during melting and mixing of the extremely viscous gum mass.

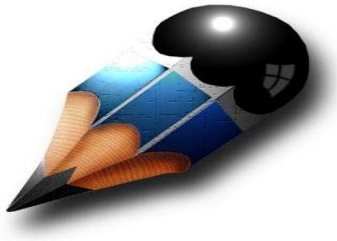
4) Processing is tedious

5) Required different manufacturing setup which pharmaceutical plant is lacking.

Recently, availability of directly compressible co-processed gum material enables rapid, safe and low-cost development of MCG as a drug delivery option. The launch of Health in Gum

(directly compressible powder gum) range of products in 2009 by world leading gum base supplier CAFOSA has initiated growing interest from the pharmaceutical world. Chewing gum made by this gum material can be directly compressed on a pharmaceutical in-house tablet compression machine, which enables rapid and low cost development of MCG. As it does not require high temperature, thermosensitive APIs can also be processed. This method is also ideal for water-sensitive drugs. Formulations made with Health in gum are similar to the tablet in appearance.

In the future, the concept of chewing gum as a drug delivery system may be used more often in preference to other oral mucosal drug delivery systems for the local and systemic delivery of most prescribed drugs owing to higher patient acceptance and compliance. By MCG formulation, revitalization of old products and reformulation of new patented products is possible, to differentiate them from upcoming generics competition in the market. Thus, the potential of MCG for direct systemic delivery with higher patient compliance, its fast onset of action and the opportunity for product-line extension make it a potential drug delivery system.



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[2]. Mary Bellis. The history of chewing gum and bubble gum. Available from: http://inventors.about.com/od/gstartinventions/a/gum.html.
[3]. Malcolm RE, Sillett RW, Turner JAM, Ball KP. The use of nicotine chewing gum as an aid to stopping smoking. Psychopharmacology 1980;70(3):295-6.
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Genuflection

Polished dews planted on purple tulips,
its delicacies inspiring the observer's eye,
who hymns along the rhythm-
leaving its melody to appease his strained brow.

He is emotionally burdened-
set on a quest, to locate his serenity.
He looks ahead,
and weaves his pathway-
with bricks of love; of enchantment.
What he sights is beyond measure-
of sweet comparison to the defined beauty...
he walks with graded steps,
the relay of thoughts guarding his bricks-
he remembers the tulips;
and a smile fostering his love.
the world seems to sing an ode,
its lyrics escaping in a flurry of passion-
engaging the birds to an alluring chant
"Such are the Signs of Allah, which We rehearse to thee in Truth"
his mansion of self-esteem collapses-
as he stands powerless, submissive.
he crouches and bends knees before the All-Beautiful One,
He, (Allah) who painted what surrounds flesh & bones with such impressive mastery
and the tulips flex in union-
in union of the soul with master.

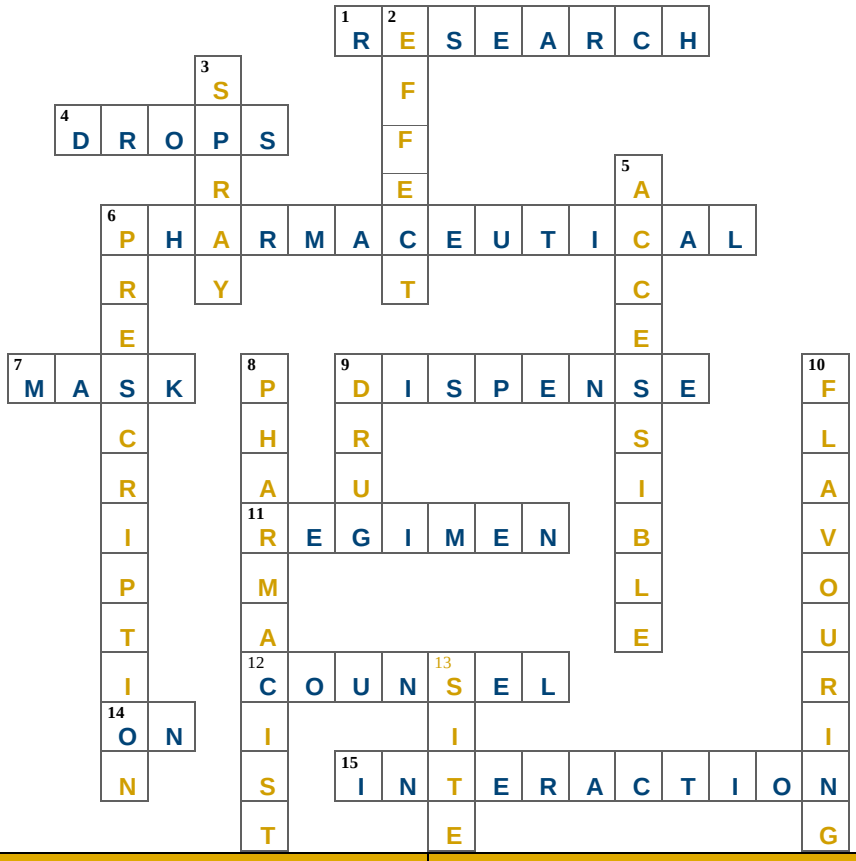
By: ***Sahar Hussain(Alumni)***

Artistic Expression:

Lina Moha Sakkal

Batch 20

Aysha Ali Albuloushi



Across	Down
1. investigation (8)	2. an unintended effect of medication - a side_____ (6)
4. instill these into your eye. (5)	3. Pharmaceutical form that disperse the medicine in the form of droplets (5)
6. something of pharmacy (14)	5. easy to see, meet or talk to (10)
7. cover or hide the taste of a medicine (4)	6. a medication order (12)
9. give out (8)	8. someone who prepares medication (10)
11. a system or plan (7)	9. a medication (4)
12. give advice (7)	10. A ... agent is used to provide a nice savor (10)
14. the opposite of off (2)	13. place, location (4)
15. the effects of 2 or more medications mixing - a drug___ (11)	
16. investigation (8)	