

DPC NEWSLETTER

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Continuous Professional Development Program “Medical Coding & Insurance”

Right Choice, Right Career

Organized by: Head of Graduate Affairs and Career Guidance

Day and Date: Tuesday 11th Oct 2016 at 1:00 p.m.

Venue: Lecture Hall – 4

Targeted Group: Fourth Year Batch 22

Company: Al Talouk Medical Coding Training

Speakers: Dr.Vimal Perumal and Dr. Elizabeth Paul

Attendees: 40



DPC STUDENT UNION (2016-17)

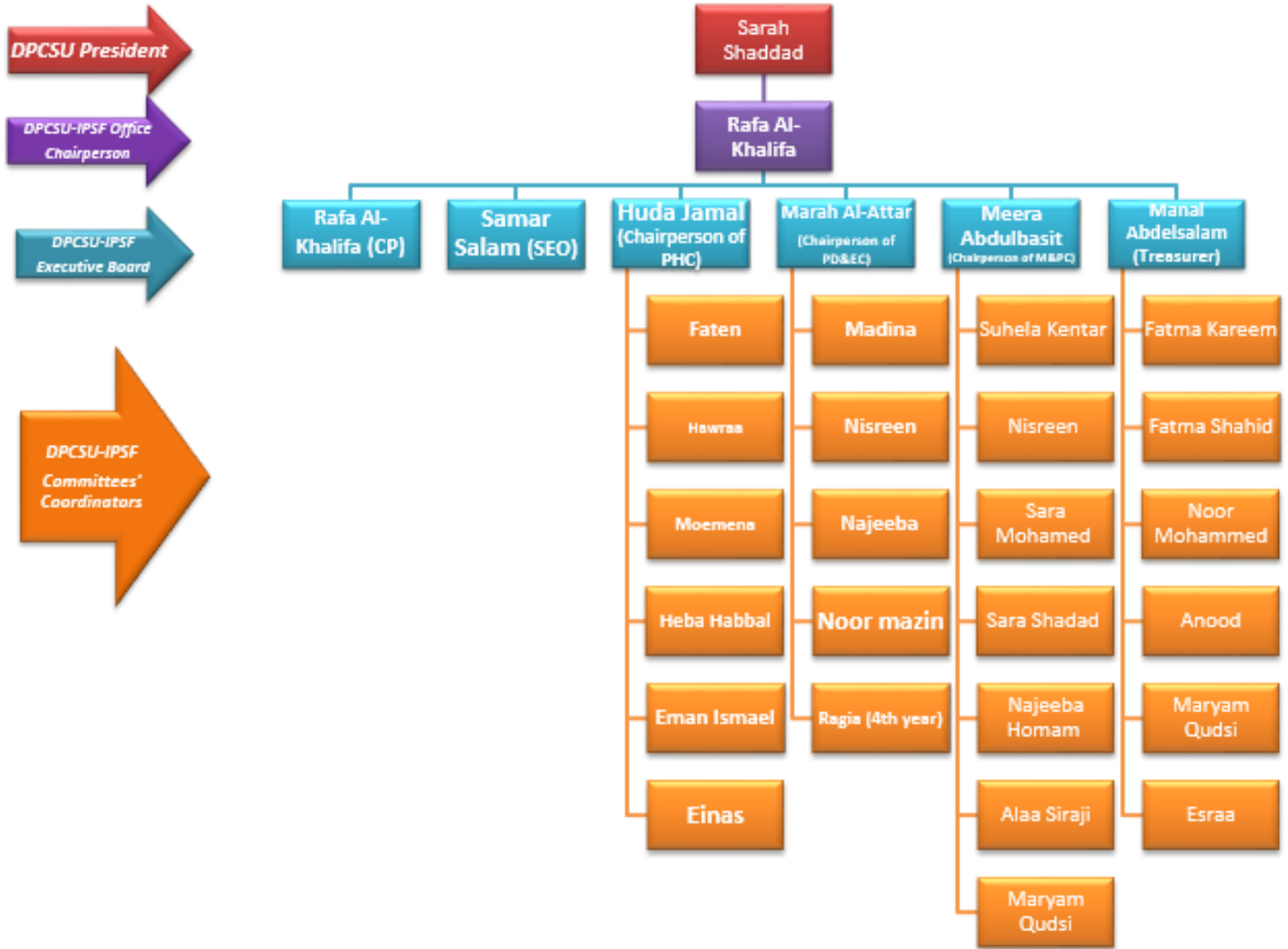
Designation		Representative Names
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		Writing
Union Members	First Year	Sahar Saeid Niloufar M
		Second Year
	Third Year	



Congratulations



Dubai Pharmacy College Students' Union (DPCSU) – International Pharmaceutical Students' Federation (IPSF) Office Bearers



DPC-IPSF Office Bearers

Abbreviations	Standard Form
DPCSU	Dubai Pharmacy College Students' Union
CP	Contact Person
SEO	Student Exchange Officer
PHC	Public Health Committee
PD&EC	Professional Development & Education Committee
M&PC	Media& Publications Committee



Talent Show – Batch 25



A fun little event put together by the previous and continuing clubs of DPC in order to "break the ice" between the new students and the old ones. The day kick started with all the budding talents of DPC, showcasing their talent, be it singing, dancing, storytelling, poetry writing, sketching, photography, karate lessons and a lot to follow...



Winners of Talent Show



“Pink It Now” Campaign

In supporting the global efforts during the International Breast Cancer Awareness Month (BCAM), Pink It Now campaign was organized by Zulekha Hospital to raise breast cancer awareness. The Community Engagement Unit at DPC participated in The ‘Pink It Now’ campaign developed by Zulekha Hospital in collaboration with Pink Caravan and Ford Warriors in Pink, a Ford Motor Company breast cancer awareness initiative.

The key message of the campaign was to encourage women to get themselves checked regularly and remind individuals of the importance of mammograms and self-checking, and show that together we can help prevent breast cancer if the disease is identified at an early enough stage.

Sheikha Lubna bint Khalid Al Qasimi, Minister of State for Tolerance, Founding Board Member of Friends for Cancer Patients (FoCP), officially launched Zulekha Hospital’s breast cancer screening and prevention

campaign, ‘Pink It Now’, aimed at advocating early detection and reduction of deaths from cancer across the UAE.



The initiative is in line with the UAE government’s health goal of decreasing cancer fatalities by 18 per cent by 2021, and is being undertaken in collaboration with The Pink Caravan, an FoCP initiative that has been functioning in the UAE since 2011 to raise awareness about breast cancer; highlighting the importance of early detection, regular check-ups, and dispelling the innumerable myths that surround this disease.

The ‘Pink It Now’ launch ceremony featured the presence of esteemed guests, including Martin Kelly, Deputy Principal Officer, US Consulate General

Dubai; Neeta Bhushan, DCM, Embassy of India, and Sue Nigoghossian from Ford Middle East and North Africa.

Ameera BinKaram, Founding Member and President of the Board of Directors of Friends of Cancer Patients (FOCP) Head of Pink Caravan Ride Higher Steering Committee, said, "Many women in the UAE still hesitate to attend regular cancer check-ups and they make medical appointments only when they are unwell. This puts their health at risk, particularly in view of the fact that breast cancer is the most common form cancer in women worldwide."



Excerpts from:

<http://www.wam.ae/en/news/emirates/1395300679136.html>

“Culture of Positive Thinking Conference”

18-19 October 2016

Dubai Pharmacy College attended the International Conference on the Culture of Positive Thinking organized under the patronage of the Royal Court of H.H. Sheikha Fatima bint Mubarak, Chairwoman of the General Women's Union, Supreme Chairwoman of the Family Development Foundation and President of the Supreme Council for Motherhood and Childhood. His Excellency Sheikh Nahyan bin Mubarak Al Nahyan is the Minister of Culture and Knowledge Development and Sheikha Amina Bint Humaid Al Tayer, Chairwoman of Dubai Women's Association and LT.General Khamis Matar Al-Muzainah Commissioner, Dubai Police.

The conference commenced by the signing of the charter of the United Arab Emirates university students. DPC participated in the conference through a group of student volunteers, faculty and staff members and collaborated with the Dubai Women's Association, the conference's organizer.



Library: “UpToDate” Training

Day and Date	Wednesday, 26th October 2016	
Venue	Round Hall	Time: 10.30am to 1.00pm
Conducted by	Mr. Fouad Afifi (International Training Consultant from UpToDate for GCC & Egypt)	
Organized by	Mr. Abdul Hafeez (Librarian – DPC and DMCG)	
Targeted Audience	Faculty, students and staff	
Training Agenda	<ol style="list-style-type: none"> 1. How to get Evidence Based Answers for your Clinical Questions to make the right point of care decision 2. How to get Drug information, dosing, adjustment & Drug Interaction with patient management 3. How to interpret the Grading Recommendation System 4. How to find and use the Multimedia Database and getting your presentation slides 5. How to find, use and share Patients Information Guides with different levels 6. How to communicate easily regarding morning meeting, case of the week and grand round 7. How to make your medical measurements without human errors and get the interpretation immediately 8. How to stay up-to-date with the latest in your specialty and how to change your practice to become Evidence-Based practice 9. How to accumulate your Free CME/CE/CPD Credits and submit to the authorized institutions worldwide 	
Outcome	<p>At the end of this Training Session all attendees will be able to:</p> <ol style="list-style-type: none"> 1. Start using UpToDate on their personal and mobile devices anywhere and earn free CME. 2. Improve Patient Care. 3. Reduce Malpractice Risk and Clinical Variance. 4. Provide Accurate Diagnosis and Best Treatment. 5. Improve Hospitals Performance. 	



World Teacher's Day – 5th October



“They guide usThey support usThey inspire us....they teach usToday what We are just because of you ... Today is the day we thank them”..... and say "THANK YOU DOCTORS".



Bioactive content, hepatoprotective and antioxidant activities of whole plant extract of *Micromeria fruticosa* (L) Druce ssp *Serpyllifolia* F Lamiaceae against Carbon tetrachloride-induced hepatotoxicity in mice

Tropical Journal of Pharmaceutical Research October 2016

Naglaa G Ahmed¹, Eman Abu-Gharbieh²

Abstract

Purpose: To investigate the antioxidant and hepatoprotective activities of *Micromeria fruticosa* Druce (L.) Druce ssp *Serpyllifolia* F. Lamiaceae (MF) extract and to correlate its phenolic composition of the biological activities.

Methods: Reversed-phase high-performance liquid chromatography (RP-HPLC) was employed for the identification and quantification of phenolics. 2,2-Diphenyl-1-picrylhydrazyl (DPPH) radical scavenging potential of the four extracts, namely, ethanol, methanol, acetone, and ethyl acetate, were assessed. The hepatoprotective and antioxidant activities were evaluated against carbon tetrachloride (CCl₄)- induced hepatotoxicity in mice. Antioxidant status in the liver was assessed by determining the activities of some antioxidative enzymes, namely, superoxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GSH-Px), and the levels of thiobarbutaric acid reactive substances (TBARS).

Results: RP-HPLC analysis revealed high contents of quercitrin, rosmarinic and ferulic acid. The four extracts were potent DPPH free radical scavengers. Administration of the ethanol extract to the animals twice daily for 14 days did not show any evidence of hepatotoxicity. CCl₄ caused a marked increase in TBARS and significant decrease in CAT, GSH-Px and SOD levels, but this was reversed by the ethanol extract. Conclusion: The ethanol extract of *Micromeria fruticosa* (L) may have a palliative effect in liver injuries and this is probably due to the antioxidant properties of the plant's polyphenolic content. Keywords: *Micromeria fruticosa*, Phenolics, Hepatotoxic, Hepatoprotective, Antioxidant, Quercitrin, Ferulic acid, Rosmarinic acid



The Wonders of Biotherapy in Autoimmune Diseases

When we hear of an autoimmune disease, we think about the probability of someone actually getting it, but the reality is that this is far beyond our expectations. Increasing evidence is accumulating for a steady rise in the frequency of autoimmune diseases (AD), in the last decades [1]. In fact, the rise in ADs parallels the surge in allergic and cancer conditions while infections are less frequent in the Western societies, creating the basis for the hygiene hypothesis [2]. Multiple sclerosis (MS), type 1 diabetes (IDDM), inflammatory bowel diseases (mainly Crohn's disease) (IBD), systemic lupus erythematosus (SLE), primary biliary cirrhosis, myasthenia gravis (MG), autoimmune thyroiditis (AT), hepatitis and rheumatic diseases (RA), bullous pemphigoid, and celiac disease (CD) are several examples [3,4].

Their relationship to socioeconomic status, their rapid increase in developed countries and observations in selected

migrant populations, indicate some form of environmental impact, rather than long-term genetic influences which are driving these recent evolutionary processes [1,2,3,4,5]. Among many others, three major environmental factors, strongly related to socioeconomic status are suspected to drive these phenomena: infections, ecology and nutrition. The other factors include mutations and stress. Such factors result in the attack of our own body cells by the immune system as it recognizes our body cells as something foreign. In patients with an autoimmune disorder, the immune system can't tell the difference between healthy body tissue and antigens. The result is an immune response that destroys normal body tissue.

This response is a hypersensitivity reaction similar to the response in allergic conditions. There are many tests used to diagnose an autoimmune disease:

- autoantibody tests: any of several tests that look for specific antibodies to your own tissues
- antinuclear antibody tests: a type of autoantibody test that looks for antinuclear antibodies, which attack the nuclei of cells in your body
- complete blood count: measures the numbers of red and white cells in your blood; when your immune system is actively fighting something, these numbers will vary from the normal
- C-reactive protein (CRP): elevated CRP is an indication of inflammation throughout your body
- erythrocyte sedimentation rate: this test indirectly measures how much inflammation is in your body

Autoimmune diseases are difficult to diagnose and, their treatment is very extensive and requires patience. Treatment involves attempts to control the process of the disease and to decrease the symptoms, especially during flare-ups [6][7].

The following is a list of things you can do to alleviate the symptoms of an autoimmune disease:

- eat a balanced and healthy diet
- exercise regularly
- get plenty of rest
- take vitamin supplements
- decrease stress
- limit sun exposure
- avoid any known triggers of flare-ups

Medical interventions include:

- hormone replacement therapy, if necessary
- blood transfusions, if blood is affected
- anti-inflammatory medication, if joints are affected
- pain medication
- immunosuppressive medication
- physical therapy

The following alternative therapies have provided relief for some people:

- herbs
- chiropractic therapy
- acupuncture
- hypnosis

Biological or biologic therapy is a treatment designed to stimulate or restore the ability of the body's immune (natural internal defense) system to fight infection and disease. Biological therapy is also called biotherapy or immunotherapy and is commonly used to treat different types of autoimmune diseases [7].



Treatments with immune suppressants provide patients with a better quality of life. The administration of these medications produced by hybridoma technology have made one of the most positive contributions in the prevention of undesirable symptoms associated with an autoimmune disease. The patients undergoing treatment are hopeful and in time all the experiences in this crucial phase of a person's life surely do make one emotionally strong [6].

In my point of view, the introduction of biological medications in the pharmaceutical formulations has made a spectacular innovation in the medical field. Not only do these agents give the patients a sense of hope, it greatly increases positive outcomes both in physical as well as the psychological aspects of a patient.

To conclude, biological agents are definitely going to go into history for all the remarkable features provided by them and in time with the progression of science and research, there could even be a cure for an

autoimmune disease, God willing.

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*Ruqaiya Salim
(Batch 22)*



Menatallah Mohamed
(Batch 25)

*“Patience is bitter.....
.....but it’s fruit is sweet”*

-Aristotle

