

# DPC NEWSLETTER

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Photos Courtesy : Media Club

**D P C Students' Union (DPCSU) –  
International Pharmaceutical Students' Federation (IPSF)  
Office Bearers 2017-2018**

Designation		Representative Names			
<b>DPCSU President</b>		Sara Shaddad			
<b>DPCSU – IPSF Chairperson</b>		Rafaa Khalifa			
<b>DPCSU IPSF Executive Board</b>		<b>DPCSU – IPSF Committees' Coordinators</b>			
<b>Vice Chairperson</b>	Fatima Parkar				
<b>Chairperson (CP)</b>	Yusra Saleem				
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		Maham Majeed	Marah Attar		
		Manal Abdelsalam	Nada Akram		
		Zainab Mustafa	Najeeba Homam		
<b>Professional Development &amp; Education Committee (PD &amp; EC)</b>	<b>Suhela Kentar Chairperson</b>	<b>PD &amp; EC Coordinators</b>			
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		Aya Fouad	Noor Mazin		
		Mariam Ahmed	Sabah Shehzad		
		Nadia Malik	Shorouq Fawzi		
		Nahla Akbar	Yomna Rabah		
		Nazia Habeba			
<b>Media &amp; Publications Committee (M &amp; PC)</b>	<b>Yasmein Yaser Chairperson</b>	<b>M &amp; PC Coordinators</b>			
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		Ebtihal Elsayed	Salma Mohammed		
		Hiba Sami	Sanaa Mohammed		
		Joudi Sakher	Yasmeen Salah		
		Marah Abdullah			
<b>Public Health Committee (PHC)</b>	<b>Khadija Mohammed Chairperson</b>	<b>PHC Coordinators</b>			
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		Haya Mustafa	Salma Murad		
		Huda Jamal	Salma Umar		
		Majed	Sara Ahmed		
<b>Treasurer</b>	<b>Kausar Iqbal Chairperson</b>	<b>Treasurer Coordinators</b>			
		Noor Adnan	Uzma Shaikh	Zainab Unnisa	
<b>Editing Committee (EC)</b>	<b>Mariam Al Qudsi Chairperson</b>	<b>EC Coordinators</b>			
		Mariam Othman	Rana Kamal	Sara Shareef	

# Breast Cancer Awareness Campaign

<b>Day and Date</b>	<b>2 October 2017</b>
<b>Venue</b>	Palazzo Versace, Dubai
<b>Organized by</b>	Zulekha Hospital
<b>Targeted Audience</b>	Community

## Student's Voice (Batch 26)

### Salma Umer

As a student of Dubai Pharmacy College, I got an opportunity to attend a conference about breast cancer awareness organised by renowned hospital of the region and got to know and understand the symptoms, treatments, prevention along with precautionary check-up of breast cancer. It was very enlightening as many Doctors and Radiologists delivered informative speeches, advising that women over the age of 42 years or any younger having a history of cancer in their family must have mammograms. Furthermore, women with any sort of a lump must visit a doctor for check-up.

The most inspiring part was listening the motivational stories of breast cancer survivors, and learning how they lived through the hard period of breast cancer. These survivors also shared their delightful experiences with Zulekha hospital and its aiding professional staff in their fight against cancer.

Suggested tips to avoid the risk of breast cancer:

- Annual check-up (MAMMOGRAM)
- Self-examine
- Breastfeed
- Avoid smoking
- Regular exercise maintaining healthy diet

### Sabah Shehad

Cancer can be an isolating experience but we experienced the opposite when we heard inspirational speeches from strong survivors of Breast cancer. We heard what the doctors had to say about cancer which added a lot to our medical knowledge.

Zulekha hospitals have been setting up campaigns to diagnose breast cancer from early stage by giving free mammograms. We also got to know that women over the age of 45 or younger with a family history of breast cancer have 50% chances of getting cancer so they are recommended to go for annual mammography. We were taught how to observe a lump in the breast. We had a chance to see Dr. Zulekha Daud herself, one of the strongest and down to earth women ever seen. Watching her was also an experience of once in a blue moon.

A great awakening session indeed.



# *Breast Cancer Awareness Campaign*

HOPE



*“Supporting the fighters, admiring the survivors, honoring the taken and  
Never, ever giving up hopes”*

## “MOTIVATIONAL SPEECH by AYA JAMAL – Chairperson IPSF - EMRO ”

- Written by Mariam Othman (Batch 26); Edited by: Mariam Qudsi (Batch 23)

On the 10th of October, Dubai Pharmacy College was exceptionally fortunate to have Aya Jamal, the chairperson of the IPSF Eastern Mediterranean Regional Office, who gave a motivational speech. She lively spoke about her journey from being a typical pharmacy student, to becoming the chairperson of one of the major IPSF Regional Offices.

In addition, she stated that, according to her own experience, if a certain member of the IPSF team was not familiar with some of the most basic topics related to their positions or tasks, there is always a way to advance and work their way up to the highest of positions. She surged encouragement to her audience by explaining how she was able to become independent enough to travel abroad and attend professional conferences, and how she truly earned her families trust to be able to do so.



### Aya Jamal

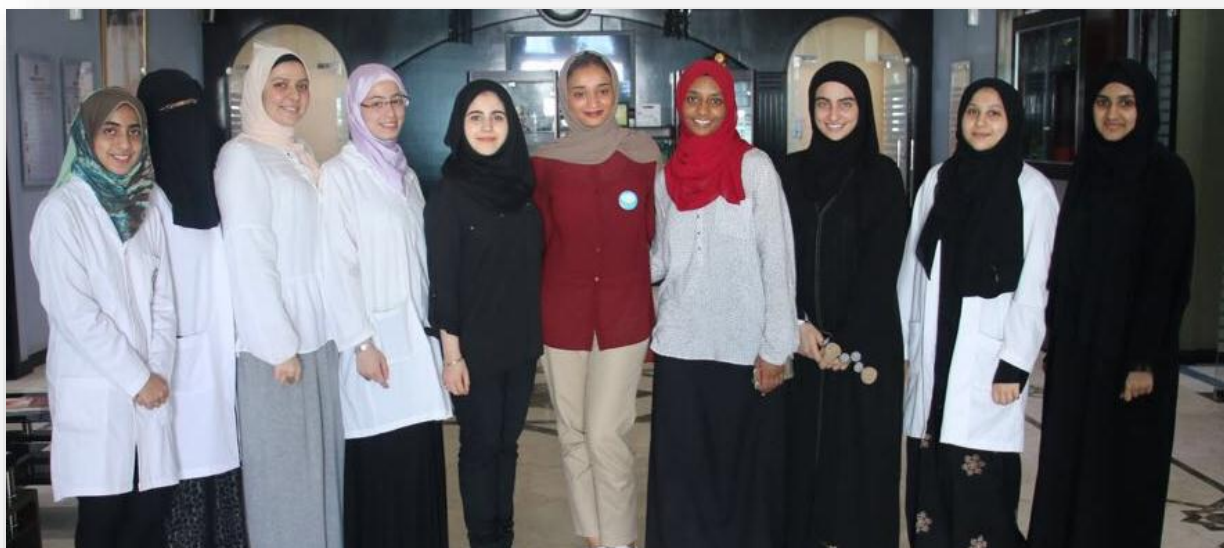
Chairperson of IPSF Eastern Mediterranean Regional Office

TUESDAY, 10TH OF OCTOBER, 12:40 TO 1:00 PM  
MEET US AT THE THIRD YEAR LECTURE HALL



Her lively, motivational, and direct appeal, along with the ongoing and enthusiastic

interaction of her audience, were the catalyst to this effective, yet time-limited gathering. Having her as our renowned guest was undoubtedly a true honor.

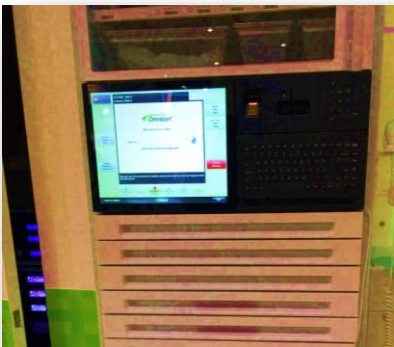


**DPCSU – IPSF members with  
Aya Jamal – Chairperson IPSF – Eastern Mediterranean  
Regional Office (EMRO)**

# A TRIP TO THE GITEX TECHNOLOGY WEEK EXHIBITION 2017

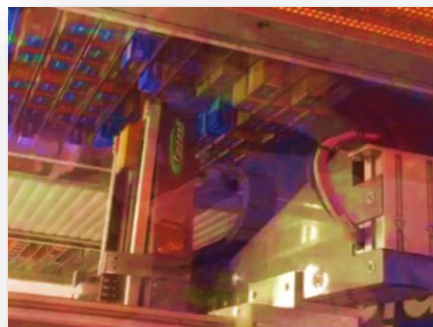
- Mariam Othman (Batch 26)

It has been a marvelous experience being able to attend the Gitex Technology Week Exhibition. We students of Dubai Pharmacy College, as few girls from each year, were taken by the college's bus to Dubai's World Trade Centre where the exhibition was held.



We got to witness some of the best technological machinery and equipment that might just be the next big bang in the world of health care. Firstly, we had a look Omnicell's fine medication dispenser, displayed and operated at Dubai Health Authority stall in the exhibition hall. It was designed to be able to fetch 12 recipes a minute once a specific code for each medication is input through the keyboard or touch screen, operating with

absolutely no medication errors. We saw the machine operating live, and it was moving swiftly while smoothly taking each medication off the shelf without interfering with the rest.



Additionally, next to the dispenser was a colorful layout of how a smart, successful pharmacy can operate. Next to that as well was Omnicell's electronic medical record input screen, an input method designed to reduce medical record errors, providing a safer hospital environment for inpatients as well as outpatients.

As we walked around the stalls of different equipment and machinery from all over the globe, a Korean stall with "health care" written above it caught my eye. The



technology displayed on that stall especially was the most interesting part of the whole trip, in my opinion. I got to see Healthall's smart pill box "cabinet" which was a small box that stores pills in a safer way, isolating them from any external factors that could make them go bad. I personally thought that this would definitely be a great addition to a smart pharmacy.



Nevertheless, the Korean O'View's smart ovulation test, a tiny metal piece that was made to detect pregnancy just by testing saliva, was displayed there. It came in a bunch of different colors that I initially thought it was a phone accessory of some kind.

Finally, in the same Korean stall was Solmitech's pen-shaped magnifier that can be connected to literally any smart device through a port, and can show the magnification of whatever the magnifier was placed on. Such a device might eventually replace microscopes of school and college laboratories, which can get rid of the hassle of having to purchase and carry and store heavy microscopes.



All in all, I greatly enjoyed my time and took a look at how healthcare has such a fast-growing technology, and got the inspiration and feeling of independence while being in such a professional setting for a few hours of my day.



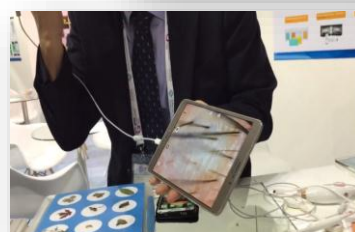
an external port to connect the card to a smart device. This card resembled a computerized hospital system, measuring heart rate, blood pressure and blood sugar levels while simultaneously displaying mind relaxing games and tones to reduce stress levels and high blood pressure. It could also orchestrate notes based on a patient's pattern of heartbeat, which I thought was very artistic and beautiful. It is what you can call "health and entertainment in one device". There was also an alternative wireless version that could be placed directly on the chest.



**I would undoubtedly sign up for more trips of that kind at Dubai Pharmacy College, and encourage all to do the same.**



Moreover, Solmitech had a special card with a site for placing the index and middle fingers of both hands, then



## MEDICINAL JOURNEY WITH DHA (A journey through GITEX 2017)

We had the pleasure as Dubai Pharmacy College students to visit GITEX Technology week Exhibition at World Trade Centre which is a must attend event as it presents the world's fastest growing technology and innovations.

People at GITEX are willing to try new things and come up with new innovations that's why we were honored to visit the DHA (Dubai health authority) stand at GITEX because it's shows the most influential and exciting technology, attracting a diverse audience of IT professionals, technology enthusiasts, students, regional consumers and traders.

The first thing that caught our eyes was "the smart pharmacy program" which was in the form of a big tablet that anyone can access by just pressing on the screen making it easier and more convenient to deal with. This program had subheadings like "outpatient", "patient journey", "smart applications", and so much more which helps the

patients to access all the information they need whether it's related to a chronic diseases like hypertension or whether it's related to certain symptoms or treatment.

Dubai Health Authority (DHA) has inaugurated its first "robot" pharmacy for the first time in the UAE to dispense prescribed medication, news agency WAM reported. The robot can dispense prescribed medication at the click of a button based on a barcode, thus minimizing any human error, it added. The DHA said it will soon adopt the use of robot in all its hospital pharmacies. The robot, which can store up to 35,000 medicines and dispense around 12 prescriptions in less than a minute. The robot will significantly reduce a person's waiting time, Dr Ali Al Syed said, adding that the dispensing process will be paperless.

The other machine we got introduced to was the mechanical machine by

Omnicell which had the concept of a vending machine where patients can insert a certain amount of money for the desirable product and the product will be available immediately. This invention will quite help the patients to avoid crowded pharmacies and quit any queues.

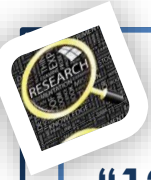
The last thing we were very impressed was a new way to detect if a woman is pregnant or not by testing her saliva. When a woman is about to ovulate, her saliva begins to form a distinct fern-like pattern due to an increase in the level of salt and estrogen. With the saliva based ovulation fertility tests, just add a drop of saliva to the lens and let the sample dry and then the sample is ready to be examined.

Dubai Health Authority stand at GITEX is a site of attraction where every medical student would explore a world of new technology in the medical and health field to gain more knowledge and help spread awareness and new medical trends that will help patients in every possible way.

### Reported by Batch 25:

- Sandy Sameer Alrawe
- Reem Mohammed Thaer
- Fatimah Ali Farhood





Speaker @

## “12th Annual Pharma Middle East Congress”

25-26 September, 2017, Dubai UAE

**Prof. Heyam Saad Ali**

Department of Pharmaceutics



### 1<sup>st</sup> Lecture : **Nanotechnology and its Applications**

#### **Abstract:**

Nanotechnology is being used in the pharmaceutical field for different reasons. The main reason is to improve drug solubility and delivery to various sites for action. Nanotechnology is also used to develop new and improved therapeutic devices. Therapeutics are improved through both the consistent drug delivery, drug targeting and bioavailability of existing medicinal moieties, including the discovery of completely new substances and nanomaterials, which brings out different added advantages over classical drug delivery systems, including the targeted delivery to effected sites only, and the improved adsorption, distribution and duration of medication in the body. The lecture highlighted the following topics:

- 1-Nanomedicine
- 2-Nano particles in drug delivery
- 3-Pharmaceutical nanotechnology
- 4-Nanotechnology drug delivery systems
- 5-Nanotechnology and therapeutic delivery.
- 6-Applications of nanotechnology.

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### 2<sup>nd</sup> Lecture : **The health risks secrets of chemicals exposure in cosmetics and personal care products-misleading claims and regulatory bodies**

#### **Abstract:**

Cosmetics and personal care products are a diversity set of items commonly use in beauty health and hygiene. Despite the compelling evidence for health impacts in humans and environment of toxicity long term exposure to chemicals in these products, but still remain the excessive items consumption in the world. A growing body of hazard-based evidence suggests connections to long-term health concerns like cancer and reproductive problem. Advertising in the fashion and beauty and the industry misleading claims has effect on women and regulatory authority.



## What I Learnt @ IPSF

- Najeba Homam (Batch 23)

It's been just over a year since I joined the IPSF organization. I was a coordinator in Professional Development and Media Publication committee. It has been an incredible year for me. I was afraid to put myself in that position and carry responsibilities.

Some people are shy and have a hard time meeting new people and I am one of this kind. Though my portfolio included meeting people and imparting knowledge, I faced some barriers and avoided interaction. But I took a strong decision to overcome my weakness and break all barriers.

Involving in events and awareness campaigns gave me the opportunity to. I learnt invaluable lessons about myself - lessons that are still redefining my thoughts, beliefs, and actions. practice and develop my social behavior such as teamwork.

Exploring interests and passions renewed my zeal of creativity, motivation, self confidence, and vision that extends over into my personal and professional life.

Since we regularly meet with a group of people with common interests it is easier



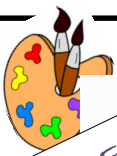
to branch out and make more friends and contacts.

An important lesson I learnt is, I became passionate about spreading the word on responsible volunteerism As my life changed significantly after I joined IPSF.

I want to thank Prof . Saeed Ahmed Khan for the opportunity to be a part of IPSF.

Many thanks to Ms. Rafa Al Khalifa whose pioneering work made DPC the first college in the UAE to join a professional international student federation body.





Mariam Othman  
Batch 26

*Your wings already exist....all you have to do is  
.....FLY*

