In your hands, you hold the very first issue of KAU’s Medical School Newsletter. This newsletter is the result of the collaboration of many talented and exceptional individuals who worked hard for over a year to realize this dream.

Each issue will have a theme, an idea that most of the articles and features revolve around. For our first issue, we thought what is best than to call it “A New Beginning”. The old well-known Chinese verb says, "The journey of a thousand miles begins with a single step" and this is our first step.

In addition to our young newsletter, many are taking their first steps too.

The graduates of 2009 have been two months into their internship year as we speak trying to figure out where their careers will take them. The new class of medical students has just started to learn about the anatomy, biochemistry and physiology of the human body after their recently implemented preparatory year. One of them summarizes his experience in the preparatory year for us. The first class of the revamped system-based curriculum is entering the clinical

(Continued on page 2)

In your hands, you hold the very first issue of KAU’s Medical School Newsletter. This newsletter is the result of the collaboration of many talented and exceptional individuals who worked hard for over a year to realize this dream.

Each issue will have a theme, an idea that most of the articles and features revolve around. For our first issue, we thought what is best than to call it “A New Beginning”. The old well-known Chinese verb says, "The journey of a thousand miles begins with a single step" and this is our first step.

In addition to our young newsletter, many are taking their first steps too.

The graduates of 2009 have been two months into their internship year as we speak trying to figure out where their careers will take them. The new class of medical students has just started to learn about the anatomy, biochemistry and physiology of the human body after their recently implemented preparatory year. One of them summarizes his experience in the preparatory year for us. The first class of the revamped system-based curriculum is entering the clinical

(Continued on page 2)

In your hands, you hold the very first issue of KAU’s Medical School Newsletter. This newsletter is the result of the collaboration of many talented and exceptional individuals who worked hard for over a year to realize this dream.

Each issue will have a theme, an idea that most of the articles and features revolve around. For our first issue, we thought what is best than to call it “A New Beginning”. The old well-known Chinese verb says, "The journey of a thousand miles begins with a single step" and this is our first step.

In addition to our young newsletter, many are taking their first steps too.

The graduates of 2009 have been two months into their internship year as we speak trying to figure out where their careers will take them. The new class of medical students has just started to learn about the anatomy, biochemistry and physiology of the human body after their recently implemented preparatory year. One of them summarizes his experience in the preparatory year for us. The first class of the revamped system-based curriculum is entering the clinical

(Continued on page 2)
years with a heavy load of expectations regarding their performance. We polled the opinion of over 80 students from all levels whether these expectations are going to be met or not.

It’s a new beginning for our college too with all the latest administrative changes. We have a new Dean, Prof. Mahmoud Al-Ahwal, whom we sat with and discussed many interesting topics.

All of these changes are reasons to be thrilled and we are right there with you spreading and sharing the excitement.

Within these pages, you will find a quick overview of last year’s events and activities hoping to inspire you to get involved and maybe pursue your own project.

You will also find medical news, educational information, articles, highlights of students and faculty members, an entertainment section, a talents page, an opinion poll and a page dedicated to your letters and comments in addition to much more.

We can’t wait for your comments and feedback about our work.

We wish you the best of luck in this new year and we hope that you will enjoy reading our first issue!

Sincerely,

Basem Kurdi
Editor-in-Chief

It’s the Beginning of Many Things! - Continued

Prof. Mahmoud Shaheen Al-Ahwal
Dean of Faculty of Medicine

For our first issue, we have decided to interview Prof. Mahmoud Shaheen Al-Ahwal, the newly appointed Dean of Faculty of Medicine at KAU. Prof. Mahmoud, who serves as a Consultant and Professor of Internal Medicine and Medical Oncology at KAUH, Faculty of Medicine, has held many administrative positions before including being the Chairman of the Department of Medicine for 5 years and then the Vice Dean for Clinical Affairs for 4 years. Currently, Prof. Mahmoud in addition to his new duty as dean holds the position of Chairman of the Saudi Society of Internal Medicine. He is an American board certified physician in internal medicine and Fellow of the Canadian Royal College of Physicians in internal medicine and medical oncology. He has presented and lectured in over 50 local and international conferences. He also has published 29 papers in local and international journals which granted him the professorship degree. A graduate of this very own college in 1983 and now the first of its graduates to be appointed dean. We had this interesting conversation with him.

Prof. Mahmoud, congratulations on becoming the dean of faculty of medicine. What does this appointment means to you especially that you are the first dean of our school who is also its graduate?

It’s my honor that I have become the dean of my beloved school. It is only my luck that I’m the first of its graduates to be given this honor. I was a medical student in it nearly 30 years ago and now I’m the dean. I owe this school so much and hopefully, God will help me repay my debt.

Now that you have become the dean, you must have plans for the future of our college. What are the changes and improvements that we should expect during your reign?

The college has been improving a lot during the last 5 to 10 years. Now that the hospital has obtained the international accreditation from the Canadian Council on Hospital Accreditation, we are in the process of earning the international academic accreditation for our medical school. There is a strategic
Interview with the Dean - Continued

plan that is being followed and it contains multiple stages. Everything is in motion and things are progressing. Inshallah in the near future you’ll be hearing good news.

In addition, as you know, the curriculum has been completely revamped and improved in a way that simulates the best curriculums internationally and it will be further developed.

We are also working to secure partnerships with multiple hospitals and medical schools in Europe and North America that will benefit students with regards to curriculum development and improving medical education in addition to benefiting our new graduate doctors in acquiring postgraduate training positions to earn their boards and fellowships. These collaborations will also help advance scientific research in our university. Australia and New Zealand are new places that we are considering establishing partnerships with their schools too.

We have an eye on developing e-learning and further utilizing the internet and information technology in education just like schools abroad which should facilitate teaching and communications between faculty and students. This is a great tool if it wisely used.

There are many developmental programs that are taking place and the future is very bright.

There are marked differences between the so-called previous/old curriculum and the new system-based curriculum. Now that the first class of the new educational system is entering the clinical years, what are your expectations?

We are trying to cover the defects and avoid the mistakes and weak points in the previous system. Don’t get me wrong, the previous curriculum was good. However, internationally the system-based curriculum is taking over. We expect that 4th year students next year will do better than their older peers did back in 4th year. Because in preclinical years, students are exposed to clinical scenarios and have a good background on clinical sciences that will make it easier for them to understand the new information. They will be able to connect the preclinical

Moreover, the new curriculum students will have one full term in 4th year dedicated to history taking and examination skills in a focused way. This aims to ensure that their history taking and clinical skills are more than adequate.

What is your advice to the new students who will start medical school next year following the newly implanted preparatory year?

Focus on your studies and don’t let the work accumulate on you. Study day by day and don’t rely on spoon-feeding, Seek knowledge yourselves. And of course, attendance is very important. It’s hard to catch up if start falling behind in studying.

However, we believe that
the preparatory year is an excellent idea. This way we can ensure that only the best students made it into medical school and this is a sign that they are willing and capable of hard-working and achieving the highest grades.

They should utilize the school's library, which has been developed and supplemented with the latest books and technology including access to multiple databases and journals.

We also want to enhance the research culture in the new students from the beginning so that they become EBM oriented and look for answers themselves. And when they don't find answers, they execute the appropriate research project to find them.

We are trying to give them all the advantages that we could so they can excel now and later.

Let's talk about the other end of the spectrum, the new interns. What do you say to the graduates of 2009?

Our product is one of the best in the country and the region. Our graduates achieve the highest scores in local and international exams. Despite the pressure we put on them, they excel in whatever they decide to pursue later. We hear comments on our graduates from abroad that they are doing extremely well and making all of us proud.

I wish the new graduates all the best in their lives and careers.

In the last couple of years, students' activities have been increasing steadily to impressive levels. What's the administration's view on those activities and how much are you supporting them?

Our support is only increasing more and more. We will support all activities be it athletic, social, scientific, academic, research or volunteer work.

The students themselves have started most of the programs. Our students are creative and take initiatives and the results of these programs are very good.

We are opening the door to all students to participate. We want each student to be involved in those activity because this will broaden their horizons and enrich their academic lives. This is not exclusive to some and others not.

Now the next year, in February, the 7th Scientific Conference for Medical Students in the GCC Countries will be held for the first time in Saudi Arabia and it will be hosted by KAU, Faculty of Medicine. It's a conference completely organized by students for students and it serves to facilitate scientific exchange and encourage research among medical students in the region. We are pleased with the efforts our students are putting into organizing this huge and important event.

What do you think of our medical school finally having its own newsletter simulating other international schools and their newsletters / magazines?

We are very proud of this significant effort. This is the best way to give the students, interns and junior doctors a voice to represent what they think and express their concerns. It could serve as a communication tool between students, faculty members and the administration. It's a great method to document the various activities that take place in our college and to highlight the students and faculty members with outstanding achievements. I think everyone will respond enthusiastically and interact with it when it's released.

It's an excellent achievement. I hope that this young newsletter will be successful and continues beyond this year and lives on even after its original creators have moved on to further ventures.

I wish you the best of luck and thanks for doing the interview with me. And remember, this is only the begging, the best is yet to come.

By: Bassem Kurdi—Intern
And Osama Samargandi—5th Y
Foundation Course

The purpose of the foundation course was to prepare the freshmen with simplified portions of the basic knowledge they need for next year. Thanks go to the Student Support Unit for the sponsorship, and to Med08 students for tutoring the new medical students and answering their queries during the course, which took place on 15-19 August 2009. The closing ceremony of the foundation course was honored by the attendance of the Dean of the Faculty of Medicine, Prof. Mahmoud Shaheen, and the Faculty’s VD for Basic Sciences, Dr. Abdulmonem Al-Hayani.

By: Mohammad AlHamrani

“Save a Life” - Organ Donation Awareness Campaign

King Abdulaziz University medical students have adopted the Organ Donation Awareness Campaign that King Saud University in Riyadh has organized in collaboration with the Prince Fahad Bin Salman Charity Association for Renal Failure Patients Care. The campaign took place during the first two weekends of the holy months of Ramadan. The students have worked on delivering the campaign’s goal in a number of malls and shopping centers in Jeddah in order to reach the largest number of people. The students have been trained regarding the scientific and religious aspects of this issue.

The participants have been increasing awareness among individuals and families about the causes and goals of this campaign, explaining the scientific facts and the fatwa, religious view about it, in addition to distributing multiple pamphlets that include religious, scientific and social information about organ donation and some useful gifts. The campaign has been well-received from the audience and most of them have showed their support for the cause and hope to see more similar campaigns in the future.

Reports

The dean with Dr. Al-Hayani, Dr. Boker and Mr. Hamad Al-Harbi with a group from the new class of medical school

Up: Participants in the Save a Life campaign

Below: The organ donation card that should be filled and kept in our wallets
Swine Flu in Saudi Arabia: Current Status

First of all, let’s address the nomenclature. There have been a lot of debate that Swine Flu is not an accurate name to describe the condition caused by the H1N1 virus, a subtype of Influenza A virus. The pandemic virus is now called Novel H1N1 by the CDC to differentiate it from the seasonal H1N1. Swine Flu virus is the assortment of 4 strains of influenza virus infecting pigs two of which are endemic in pigs. However, for easier reference, Swine Flu in this article will be addressed as such.

According to the Ministry of Health, there have been nearly 3500 reported cases of Swine Flu in Saudi Arabia to this date, 95% of them cured with 26 unfortunate fatalities. There could be even more than 3500 cases documented because the MOH have decided not to publish daily counts of the disease unless there are specific causes to do so because most of those cases are considered mild and 95% of them have recovered completely. However, the Ministry is keeping track of those numbers to monitor the progress of the disease.

The documented cases and fatalities are widespread around the kingdom with no specific localization to a region in the country. These numbers are particularly alarming when we consider the fact that Hajj season is just around the corner. Pilgrimage usually takes place one time a year during Dhu al-Hijjah which is the month of Hajj according to the Hijri Islamic calendar. It is only 2 months away and those hoping to perform Hajj have started visiting the holy cities since the passing month of Ramadan.

The MOH has again confirmed that it has a clear strategy regarding this year’s Hajj season of which the cases of Swine Flu are expected to escalate. One of the first steps of control is that the Arab Health Ministries in their meeting in July in agreement with the Saudi MOH has decided to prevent certain vulnerable groups from performing Hajj this year including but not limited to: Men over 65 years of age, children under 12, patients with chronic debilitating diseases and pregnant women.

The MOH has signed a contract with a major pharmaceutical company to secure 4 million doses of H1N1 vaccine as soon as it is ready for use, expectantly in mid to late October according to the WHO. Priority in receiving the vaccination will be to Saudi pilgrims, residents of Makkah and Madinah, those working in Hajj programs this season including health care personnel, and security forces.

WHO has also issued its recommendations for the Swine Flu vaccine, which prioritize the following groups to receive it: Household contacts of children younger than 6 months, Children and young people between the ages of 6 months and 24 years, Health-care workers and emergency medical service personnel and those with conditions that increase the risk of complications from influenza. It is also recommended to take the seasonal flu vaccine in addition, not that it provides protection against swine flu.

There have been reports that hospitals in Makkah are not well equipped to deal with the large number of pilgrims expected this year, nearly 2 millions, with insufficient amounts of antiviral medications and absence of required vaccines. The MOH is effectively working to solve these issues with the before mentioned vaccines contract while providing hospitals with Oseltamivir and Zanamivir, the drugs approved for treatment and prevention by the CDC.

One of the main issues in Saudi Arabia is the lack of...
public health awareness. The MOH in collaboration with medical colleges around the kingdom has launched a nationwide campaign to educate the public about the symptoms of swine flu and ways of prevention and treatment in order to stop the spread of the disease.

Under the direction of HRH The Custodian of the Two Holy Mosques King Abdullah Bin Abdulaziz and after reviewing the reports submitted by the MOH and MOE regarding the preparations to fight the Swine Flu pandemic, it has been decided to postpone the start of the new academic year until Saturday 21/10/1430H for intermediate and secondary schools and until 28/10/1430H for elementary schools, kindergartens and special needs schools. This direction takes place in order to provide more time to finalize the schools’ preparations and complete the training for school teachers to handle this situation effectively and contain the disease according to the recommendations of the scientific committee of preventive medicine in the MOH. This postponement also hopes to enable the nationwide awareness campaign reach more individuals. The MOE and the MOH have formulated and published a clear strategy to face this pandemic that can be found on the MOE website.

6 million additional doses of swine flu vaccine have been scheduled for purchase to vaccinate the students and vulnerable groups.

Now is there a reason to panic? Some of you are well aware that the seasonal Influenza virus kills over tens if not hundreds of thousands of people each year. According to WHO, as of September 11, 2009 update, 3,593 deaths occurred in 277,607 confirmed cases, which represents 0,013% death rate, which is still lower than the normal flu mortality rate (0,1%).

So why the worry from Swine Flu? Well, the fact that its spread is more rapid than the usual strains leading the WHO to expect 2 billion infections over the course of the pandemic if not interrupted by the vaccine. In addition, the fatalities that happened to young men and women that were considered healthy otherwise because there is some evidence that swine flu virus can infect deep cells in the lungs through specific receptors which might explain the occasional severity of the symptoms. However, you do not need to panic.

Just pay a visit to the CDC H1N1 Flu page or the MOH Swine Flu page and follow the required precautions and inshallah you’ll be just fine. May God keep you safe and healthy!

PS. You are free to eat pork since its consumption does not lead to Swine Flu. However, it is Haram you know!

By: Bassem Kurdi—Intern

Medical News
**Premarital Counseling Survey**

Under supervision of the Community and Family Medicine Department, the Premarital Counseling Survey was done by 4th year medical student (06).

The survey was held in KAU in Jeddah and included 14 colleges and some clinics of university hospital. The sample size was 3650 students, 450 clinic patients.

The survey showed considerable percentage of the targeted population had family history of one hereditary blood disease. It demonstrated poor knowledge about modes of transmission and complication of some diseases which are screened in the premarital examination.

The entire department of Family and Community Medicine in addition to the previous dean, Dr. Adnan Almazrooa and our current dean, Prof. Mahmoud Shaheen attended the closing ceremony.

**2nd Medical Students’ Research Day**

The 2nd Medical Student Research Day was held on 16 April, 2009 at KAUH main auditorium.

The day consisted of two oral research presentation sessions in which medical students from KAU, UQU, KSA and KFU presented their researches.

The day was also enriched by a number of scientific lectures to educate the attendees about the importance of research, ways to formulate hypothesis and how to and all kinds of technical aspects of research conduction and research paper evaluation.

Multiple announcements and invitations for students to participate in research was made by Center of Excellence in Osteoporosis Research (CEOR), Shaikh Mohammad Al-Amoudi Chair for Breast Cancer Research and Princess Al-Jawhara Center of Excellence in Research of Hereditary Disorders.

**International Congress on Successful Aging For Women**

Under the patronage of HRH, the Prince of Makkah Region, Prince Khaled Al-Faisal and with the presence of HE, the President of KAU, Prof. Osama Tayeb, Successful Aging for Women Conference was held at Intercontinental Hotel on 21-24 April.

Conference’s President, Prof. Hasan Nasrat and other members of the organizing committee such as Prof. Hasan Jamal and Dr. Amal Shobokshi were in attendance.

Dr. Amal Shobokshi, a member of the organizing committee, said, “in contrary to the developed countries, many of the developing countries are rather late in addressing the problems of aging. In addition, in conservative societies like ours, women health issues are still not adequately addressed and are frequently neglected.
Breast Cancer Awareness Campaign

In October, 2008, Jeddah Young Doctors group which functions under the umbrella of the Saudi Society of General Surgery has organized the Breast Cancer Awareness Campaign for the second year in a row. The campaign was well received by the public who stressed the importance of such campaigns.

Stop TB Campaign (A Million Youth March Against TB)

During March 18-20, 2009, the Eastern Mediterranean Regional Office (EMRO) of World Health Organization (WHO) has launched the Stop TB Awareness Campaign entitled (A Million Youth March Against TB) to educate the public on TB which is considered endemic in Saudi Arabia. KAU medical students participated in the campaign that span many malls and shopping centers in Jeddah. Jeddah Young Doctors group assisted in organizing the campaign with Serafi Mega mall, the partner of EMRO.

3rd Medical Students’ Volunteer Day

On March 5, 2009, the 3rd Medical Students’ Volunteer Day was organized by the Developmental Student Consulting Committee and took place in one of KAU Ceremony and Conference Hall auditoriums. The day showcased some of the successful volunteer activities in our college and presented the opportunities to join them. An accompanying exhibition for volunteer groups was organized in which Med05 Podcast display won first place prize. The late Dr. Adnan Amin Award for Realization of Projects was also presented to the winning new volunteer project. Words to Inspire, United Hands Team, MED-KAAU, MKS Group, Jeddah Young Doctors and Zamzam Charity group were of the participants.
On Tuesday 28-10-2008, Artophilia I - 1st Talented Doctors Exhibition was opened under care of the then Dean, Dr. Adnan Al-Mazrooa at the main lobby of KAUH. The exhibition was organized by MEDKAAU and showcased some of the talents of medical students in photography, poetry, crafts, calligraphy, graphic design, movie making and painting.

On Monday 16-3-2009, Doctors Across History Exhibition was opened under care of the Saudi Obstetric & Gynecological Society in the main lobby of KAUH. The exhibition was organized by MEDKAAU and it included pictures and biographies of famous Arab and foreign doctors across history who left their thumbprints in different fields of medicine. The exhibition also included many other features and was admired by all those attended, students and doctors alike. It also included a corner dedicated to the late Dr. Adnan Amin who was loved and respected by most students and colleagues, may God have mercy on his soul. The exhibition was repeated in UQU too.

On the 1st of April, 2009, Professor MSM Ardawi (Executive Director of Center of Excellence in Osteoporosis Research) together with his team at CEOR announced the First Cycle of YDP for Senior Health Students including medicine, dentistry, pharmacy and applied medical sciences at the Main Auditorium of King Abdulaziz University Hospital. More than 300 students attended the launching event.

This program serves as one of CEOR’s goals to encourage research among medical students. Cash prizes, research assistance and subsequent publication of best researches were promised.

Prof. Mahmoud Shaheen, Prof. Hassan Jamal, Dr. Amin Jifry and some of the organizers of the exhibition

Dr. Adnan Mazrooa and fellow doctors with the organizing team of Artophilia I

Prof. Ardawi talking to the enthusiastic audience about the Youth Development Program of CEOR

Part of the audience, Dr. Mohammad Gari and Dr. Khalid Balto are seen
Our Lense

Taken by: Asma Muharji
5th year Medicine
Our Lens

Doctor Across History

MEDKAU Student Activity

Main Loby

Premarital Counseling Awareness Video

2nd Research day
Main Adutarium

Artophilia 1
MEDKAU Student Activity
Prof. Talal Bakhsh

Dr. Talal Bakhsh is a Consultant and Associate Professor of General and Trauma Surgery at KAU, Faculty of Medicine.

Dr. Talal has earned his Bachelor of Medicine and Surgery Degree from the University of Hamburg, Germany then completed his training in General and Trauma Surgery there to receive the German Certificate of Specialization (FACHARTZ).

He has held many academic and administrative positions in KAU including Chairman of Surgery Department and Dean of Medical College.

He has multiple research publications and an interest in medical education.

Dr. Talal has retired after a long and honorable career as a physician and most importantly to us, as a teacher and a mentor.

Most of those who know him know of his complete dedication to the patient and to the student. He is a rare breed of doctors that is hard to find these days.

There is so much to say about Dr. Talal and what a remarkable person he is but it will not do him justice. That is why we simply decided to feature him in our first ever Spotlight segment.

To Dr. Talal we say, "You may not know any of us personally but we wish that one day we could become to our patients and our students what you were to us and hundreds of students and patients throughout the years."

Dr. Alwaleed Al-Sawaf

Dr. Alwaleed is a shining example of how medical students are supposed to be. He is well known and respected by most students, colleagues and teachers. He’s a fresh graduate of KAU and just started his career as a Plastic Surgery resident in KFGH. One of the early students to initiate and get involved in student activities. A Member of the Saudi Scientific Club, United Hands Team, Developmental Students Consulting Committee at KAU, and a member of Gifted Students Center at KAU. Involved in countless volunteer activities but still makes the time to dive and write poetry in Arabic. He’s our first student spotlight for many reason!

Med05 Podcast - Learn Out Loud

King Abdulaziz university medical students of med05.com proudly presented the 1st Arabic podcast dealing with common clinical health problems in the Arab community. Their aim is to help advance the clinical skills of medical students, in different medical specialties. Med05 Podcast is a free series of audio media files. Each season has 8 main episodes which are aired monthly. 1st season was concluded and it included 8 episodes and 5 bonus episodes.

To subscribe to the podcast and for more details please visit their website. http://www.med05.com/Podcast
The Culture of Research

According to the Centre for Evidence-Based Medicine, “Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.”

We live in the EBM era. Long gone are the days when we can manage patients depending solely on our preferences or experience. While such factors are still influential in the management of disease, most medical conditions have guidelines for management that are well established and based on sound scientific methods that do not leave much room for questioning or personal opinion.

Evidence-based medicine as a clear concept has been introduced in the 1990s. However, research in its simplest form has been the cornerstone of all medical development since the midst of the 20th century with resources saying it has roots in ancient Chinese and Egyptian medicine.

Today, it is nearly impossible to make a statement without citing its reference. The world is depending heavily on research to ensure the best possible outcome in all situations.

Saudi Arabia is still lacking in research development, advancement and publication. However, this is changing. In the last few years, multiple centers of excellence in research has been established all over the kingdom in order to advance research in all of its forms.

Our own medical college at KAU harbors several centers of excellence in research in addition to King Fahd Medical Research Center. Academic institutions should focus heavily on the encouragement and support of research if they want to remain relevant in this era of science. One of the main objectives it should pursue is stimulating the students to do research from an early start.

Research has gained a lot of interest among medical students. It is most evident in the initiation of the Evidence-Based Medicine and Research Club at KAU’s College of Medicine. The 2nd Medical Students’ Research Day was held last year successfully. Multiple research “contests” are also initiated as a way to stimulate more students.

The opportunities to do research are endless. It just requires a little bit of imagination, hard work and interest to find a suitable topic and a supervisor who is willing to give you time and advice.

So, what are you waiting for? Start working on your research today. Maybe next time we’ll be talking about YOUR groundbreaking research here!

By: Bassem Kurdi—Intern

Ethics for Medical Students!

It was the last day of our final exams. A fellow student said to me, “Alhamdillah cheating was so easy! I cheated the entire exam A-Z and Inshallah I’ll get a passing grade.” He said it with a wide smile. I told him that he shouldn’t be proud or brag about the fact that he’s a cheater and make it public knowledge and that he should thank God for concealing his cheating rather than thanking Him for facilitating it! His smile disappeared but he gave me a hand motion that could only mean, “Whatever. You’re making a big deal out of nothing”.

Do you think that I am making a big deal out of nothing? During our medical school years, we are taught about Medical Ethics. However, every once in a while, I think, do we need to teach a course entitled: “Ethics for Medical Students” instead? I believe it is rather insulting to all of us if such a thing was to be implemented but I can’t say that I don’t see the justification in research development, advancement and publication. However, this is changing. In the last few years, multiple centers of excellence in research has been established all over the kingdom in order to advance research in all of its forms.

Saudi Arabia is still lacking in research development, advancement and publication. However, this is changing. In the last few years, multiple centers of excellence in research has been established all over the kingdom in order to advance research in all of its forms.

When did this happen? Cheating is normal. Lying is fine. Disrespect is usual. Integrity is a luxury. Absence is acceptable. Studying is unnecessary. All of these foreign concepts are finding their way into our conscious.

It is a common consensus that medical students are the crème de la crème. Society holds us to a higher standard than others, whether we want to or not. Through out the centuries, physicians were the beacon of light that people turned to for knowledge and healing. It is one of the most respected jobs in the entire world. We have a responsibility to honor that public perception of us. We must adhere to a strict code of conduct in our daily lives, or at least, in the hospital.

This is simply a reminder to all of us that we should look up to those among us whom we respect and try to become what made them earn our respect. Consider this thought, “Being a physician is not a right and is not an obligation. It’s a privilege that should be earned every single day."

By: Bassem Kurdi
Knee Injuries

As most people know, sports injuries are a great burden on the person himself and his team. They cost time, money, losses and can even end a career in sports. That is why sports medicine was presented as a new specialty in the field of medicine in the 1950’s. The largest of all sports medicine organizations, the American College of Sports Medicine, was established in 1954. The field of sports medicine has had vast expansions in recent years. It continues to grow.

There are many common sport injuries, e.g. spasm, sprain, strain, but our focus here is on knee injuries. Knee injuries are quite common. Female athletes are 5-6 times more likely to have a knee injury than males. There are many types of knee injuries such as Cartilage Injuries (Tearing or damage of the cartilage such as medial or lateral meniscus injury), Ligament Injuries (Anterior and posterior Cruciate ligament injury, medial and lateral collateral ligament injury), Tendon Injuries (Tendinitis and ruptured tendons) and post-traumatic Arthritis of the knee. The most focused injuries are cartilage and ligament injuries that are caused by blows to the knee area or excessive rotation of the knee joint. The patient usually complains of excruciating pain and swelling alongside decreased mobility or even complete loss of function in severe cases. There might be redness and hotness of the joint if there is an associated inflammation. Patients might describe a feeling of the joint giving out or buckling. Patients also often say they hear a “pop” when they mobilize their injured knee.

The immediate management of any sports injury usually follows the P.R.I.C.E.R protocol. Protect, Rest, Ice, Compress, Elevate and then Refer to expert medical help. To diagnose a knee injury, several steps are taken including a medical history, physical exam and x-rays. Other specific tests are done to confirm the diagnosis when needed such as a computerized axial tomography (CAT) scan, magnetic resonance imaging (MRI) scan and even a diagnostic arthroscopy. After the diagnosis is confirmed, treatment is initiated. If there is minimal damage to the components of the knee, conservative treatment with painkillers, anti-inflammatory drugs followed by appropriate physiotherapy is the preferred course of action and is usually sufficient. In the case of internal damage such as a ligament tear, surgery is the best option.

Many well-known football players contracted knee injuries; some are the English player David Beckham, The Brazilian Ronaldo, The Italian Gattuso and our very own Saad Al-Harthi.

By: Ahmad Zugail

Sanjad-Sakati Syndrome

In 1988, Dr. Sakati and Dr. Sanjad from King Faisal Specialist Hospital & Research Center in Riyadh published a paper describing the condition of Saudi children characterized by congenital hypoparathyroidism associated with growth and mental retardation and a pattern of facial anomalies. Later, more cases from around the middle east were being discovered. The syndrome was coined Sanjad-Sakati syndrome but it is also known as Richardson-Kirk syndrome. It’s a very rare inherited autosomal recessive disease that results due to mutations in chromosome area 1q42-q43.

Signs associated with the Sanjad-Sakati syndrome can also include: beaked nose, deep-set eyes, depressed nasal bridge, feeding difficulties in infancy, long philtrum, microcephaly, micrognatia, small hands and feet, phosph./calcium metabolism abnormalities and seizures of any type.

By: Nebras Abu Al-Hamayel
- Intern

Female athletes are five times more likely to have a knee injury than males.

P.R.I.C.E.R protocol:
- Protect
- Rest
- Ice
- Compress
- Elevate
- Refer
For management of any sport injury.

Children affected with Sanjad-Sakati syndrome showing characteristic facies.
أكفّك دموي

سلمان بلغ من العمر 14 ربيعاً وهو الأكبر بين اخوته من بين بنات. وقد توفي والده ورحّمه الله عندما كان في العائلة من عمره، ورغم مراعته ومعرفته ونضاله بالذكر dieta، ذات يوم بينما هو يبكي دراوس للاحتجاجات النهائية ساد المكان ساحة من الحزن، ارتدت الكعبة بأبي أبي، وادت فتى الصوت بالآلاف والألاف، بلجت تحمّي الشاب وقّف على مصادره. إذ يأخذه (حياة) تدخله. وقد غطت ملامة طرق الدموع، قفزت شم وقّعت جوارها وسحت على رأسه. تقول له: سلمان، بابعه المنزل ماهيداً في غدٍ ضعّفت كثيفه كانتها وأخذت تواجهها لفترة: قل لي ما بنيك قادراً أحكمت وسرك الدخول؟ والاختيار مدعى؟ ولكنك لم تتقت. قالت له: أجريني هنالك مالاً: إنما السبب. حياً: الحقيقة لن تأتى من يغتال ما شائناً في ذلك. قال ولم يكن الصحراء مردوده يدفع إلى وجهه الآخر. وليست مارياً وسلاح: تتكرر أيضًا تتبر. فتعطى ملتهماً: أي لا. رأيت ما سمعت لا وليست (سلمان ما الذي يضايقك) لا في أثر. الحالات. تعتمد جهودنا. أكررها أفرد الدموع في. فرحان ضائع. جب مقوّدٌ وعطية ظاهرة ووجوه عوسي.

زاد البكاء مهدداً وحياً ما تبّر مكانه تنتظر منِّ اخْيِه الصغير. كيف انّه يعلم في طياته قله هذه النهائية والعشاق والمواقف التي لا ينام وصفيه الا القمار. بلجى كأس من النام يقوق الندي على جوانه من روحت. قال له: أشباه واحملك يا أخى الجنب. والله لا تكفيك ضربك: أجربُوا حيلتكم! فلا تُقدر. قائمة في الفصل، أدرَّوا الأثاث بالوء. والسيدات يلمعُون النضجاء، ويسلمون وحيداً في أثاثهم. لتشهد في فيهم.

على الصدر وقبلة على الخدي نتمني الأحزان وهو يكشف دموعي. يقول: وليدي لا يزال وهو صدرك قلي ما يّطلي سماله في الأزكاء. فيقول سماله المعرض - سنة سادسة طب

If you want to see your talent featured in this page then send your contribution to our e-mail address and we’ll publish it here. Your talent can be poetry, creative writing, photography, graphic design, painting just don’t exceed 300 words limit.
Opinion Poll

Each issue will include an opinion poll. We’ll ask you a question and you’ll have to choose from several answers. In the next issue, the poll results will be published and a few selected opinions will be featured.

I Don’t Know
We can’t judge before they start their first clinical year as grown up hospital students  
Suhaib Khayat, 5th Y

Worse
worse, because the same content and the way of teaching in shorter time  
Hasan Al Aidarous, Graduate

Better
You learn the anatomy, physiology, and medicine for each system year by year, Its only obvious that your basic science will give you a deeper and better understanding off the disease or pathology.  
Ahmed Alzimaity, Intern

Same
Because it depends on the student not on the system  
Khalid Garout, 2nd Y

Letters:

My Take on the Preparatory Year

I just got accepted into medical school and I’m going to start my first year in a couple of weeks. However, this is my 2nd year in college.

Unlike my older brother who was accepted immediately into medical school, I had to go through the preparatory year which was implemented for the first time last year.

There are many advantages and disadvantages I think.

The advantages are that you get to have an entire year to figure out what you want to study later.

You screen students more effectively than high school grades in which all students get like 100%. You get to improve your English language slightly.

Disadvantages are that because it’s new, many things are still unclear. It’s still disorganized and a lot of things were changed.

Students are not used to this system. Good students with bad English could not get good grades. We didn’t get taught medical terminology and we’re supposed to start studying anatomy and physiology immediately next year.

All in all, preparatory year wasn’t the best decision they made but maybe with improvements this could change and it proves beneficial to all students.

Hassan Kurdi—2nd Y

The Question

Now that the first class of the new system-based curriculum will start the clinical years this upcoming academic year, how do you think their performance will be comparing to those of the previous/old curriculum?

The Results

81 Answered the question
45% thought it will be better

NEXT ISSUE’S QUESTION:
What do you think of male physicians marrying female physicians?
1. With 2. Against 3. Doesn’t matter

Send your answers to our e-mail or Facebook group

This space is reserved for YOUR opinion. Send us comments about anything you see within the pages of the newsletter or what you think about a certain issue and we’ll publish it right here in this page.
An Unusual Case!

Postcircumcision epidermoid inclusion cyst of the vulva containing multiple stone J. Al-Maghrabi, H. Kanaan, N. Bondagji

When you first come to read the beginning of the title you come to think “Ok, no big deal, epidermoid cyst after female circumcision.” Which in fact is common among the Middle Eastern and parts of the African society, but as you read the last few words you get surprised and confused at the same time. Yes, multiple stones inside an epidermoid cyst of the vulva. The only reported case in the world and where? In our very own hometown at the King Faisal Specialist Hospital.

This 35 year old lady came 4 years ago to the outpatient clinic complaining of a pelvic swelling. After examination it was revealed that she had an inclusion cyst and that she was circumcised. The golf ball sized cyst was excised and sent to histopathology revealing within numerous stones measuring from 2 to 7 mm with no dysplasia microscopically. A follow up was conducted after 1 year showing no evidence of recurrence.

By: Ahmed Zugail. Special thanks to Dr. J. Al-Maghrabi.

Caricature!

QUIZ: How Well Do You Know Our School’s Faculty Members?

This is a quiz made just for your entertainment. Each issue we’ll feature a quiz that has nothing to do with medical knowledge and you get to test yourself, for fun!

With all due respect and love to our doctors and teachers, match each faculty member from the left column with his respective specialty in the right column!

Page 18 Answers can be found on page 17

1. Dr. Adnan Marzouki A. Cardiology
2. Dr. Anas Marzouki B. Obstetrics & Gynecology
3. Prof.. Khalid Al-Marzouki C. Pediatric Surgery
4. Dr. Zohair Al-Marzouki D. Biochemistry
5. Dr. Samir Jamal E. Ophthalmology
6. Prof. Yaser Jamal F. Otorhinolaryngology (ENT)
7. Prof. Tarek Jamal Note: There are 2 ophthalmologists and 2 obstetricians!
8. Prof. Hassan Jamal
Contact Us

Medical School Newsletter
Building 1,
Faculty of Medicine, King Abdulaziz University
Jeddah, Saudi Arabia
P.O. Box 80205 Jeddah 21589
E-Mail: KAU.MS.Newsletter@gmail.com
Facebook: KAU Medical School Newsletter

Our Distributors

Male:
2nd Year: Hassan Kurdi
3rd Year: Mo‘ayyad Awad
4th Year: Hossm Ghabra
5th Year: Osman Radhwi
6th Year: Salman Jan
Interns and Doctors: Bassem Kurdi

Female:
2nd Year: Deema Tashkandi
3rd Year: Reham Al-Tuwairki
4th Year: Heba Al-Rouzi
5th Year: Najla Al- Miski
6th Year: Lujain Idriss
Interns & Doctors: Nebras Abu Al-Hamayel

Advertisement

The 7th Scientific Conference for Medical Students in the GCC Countries
“When Students Become Scientists”
13-16 February 2010
King Abdulaziz University

Early Registration Deadline: 30 November, 2009
Abstract Submission Deadline: 15 December, 2009
Website: http://www.gcc7medconf.org/


Mark Your Calendar

- 8 October: Saudi License Examination
- 12-14 October: International Symposium on Child Health - King Fahd Medical Research Center, KAU
- 15 October: Neurological Emergencies Symposium - KAUH
- 19-21 October: 5th Scientific Meeting for Saudi General Surgery Society - King Fahd Medical Research Center, KAU
- 27-29 October: 1st International Conference for Saudi Pain Society
لأننا نهتم!

هذا يعني وجود شرعية صحية في كلية وما الفائدة الموجودة من هذا المشروع وجود التقنية الحديثة من

منشآت ومواقع؟؟ وسأل راويٍ أكثر من مرة.

وجدت عبر سنين دراستي أننا نعمل ونخلص بل ونجده في تطوير وتفعيل أنشطة كلية الطب سواء كان

ذلك علمياً أو جماعياً أو حتىDemandaً وذلك عبر طلاب وطلبات هذه الكلية الذين هم محركي هذه الأنشطة

بالتأكيد مع الإشراف الإداري من أستاذة الكلية ولكن كل هذا يحصل من غير معرفة الكثيرين من متسبي

الكلية من طلاب وطالبات واعضاء هيئة تدريس بما يعرف فيها

ورأت من اتأت تلتزم إلى توثيق أعمالنا ونشرها حتى يراها الجميع ليشعروا بالفخر وربما يفهموا هذا ليقوموا

بالعمل وأكثر. نحتاج أيضاً إلى الردود والتعليقات والنداء لدعم ولتزيد استثناها وتبدي احترامنا

خلال سنواتنا الدراسية وما بعد الخروج. ليس هذا وحسب بل وجدت أننا في حاجة إلى من يدعم صوت

الطلاب وأكثر. ويقوم بعرض مواضيع النتائج. كل ذلك مكن بشريه رسمية تابعة لكلية الحيوية ونابعة

من كل الطلاب الخمسة وأستاذة الكلية.

كل ما نحتاجه إجتناب في توفيره لكي تعتبر صحية كلية الطب بجامعة الملك عبد العزيز راجين أن تقوم ولو

بالفعل في تطوير كلية تحكى أفضل مدارس الطب في العالم.

وتقدم بالشكر الجزيل إلى عميد الكلية السابق. عدنان المزروعي على جهوده معاً وتعنيه له التوفيق في

مهما كانت مهتمة وتأكد عميداً دبلومة لدعمه وتشجيعه للخدمة بالإضافة إلى

د. عبد المنعم الحياني و.أ. د. عميد الخمسة و.أ. د. عميد آتي لدعمهم الكثير لحل من

أعمالها واشغله في تأسيس هذه الصالة و بكل من تضمنها لكل المشاركون.

هذه بداية جيدة لنا ولستة أخرى مبنية بالنشاط والاجتماعية وبداية لقيادة جديدة تضمن لنا كل الفراغ في

تطوير هذا الكلام إلى ماهو أفضل وسوساً نواصل هذا العمل ونتوء إلى الأحسن وذلك بتفهم وأزانكم

أعمالاً سباقدي

المؤسس والمدير العام

Get your copy now!
The E- Copy on the college website.
Building 1 and cafeteria in Male Section
Building 3 and cafeteria in Female Section
Building 10 and hospital restaurant
Or ask about our distributors in your class

( الطب بالعبري )