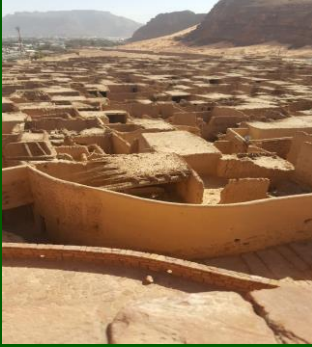




January 10, 2018  
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## In and Around Tabuk



**The old town of Al-Ula dates back to 7 BCE. Named as the Kingdoms of Dedan and Lihyan, this archaeological site is about 4 hours drive from Tabuk University.**  
- Dr. Tanveer

Dr. Tanveer Raza.  
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# MedEdu Tabuk

## Weekly Newsletter

Department of Medical Education, Faculty of  
Medicine, University of Tabuk

إنا لله وإنا إليه راجعون

Iinaa lilah wa'iinaa 'ilayh rajieun  
(We belong to Allah and to Him we shall return)

### Message From the Editor

Our sincere condolences at the passing of the father of Dr. Eman Sarri in Tabuk and Dr. Hisham Al-Shadfan in Amman. At this difficult time our thoughts and prayers are with our colleagues and their families.

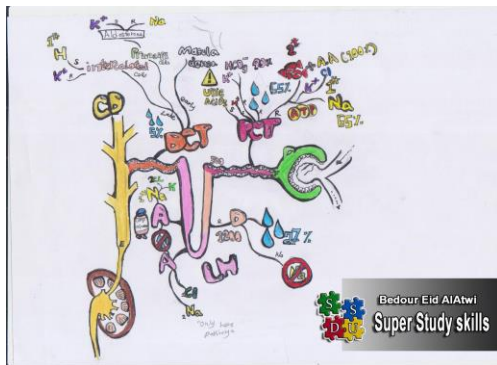


### Message from the Faculty of Medicine:

انتقل الى رحمة الله تعالى (ان شاء الله ) مساء اليوم كل من  
والد أختنا الاستاذة الدكتورة إيمان سري -في تبوك - ووالد  
أخيها المحاضر هشام الشدفان -في عمان- نسأل الله أن يجبر  
مصائبهم ويعظم أجرهم وأن يتغمد الموتى بواسع رحمته وان  
يسكنهم فسيح جناته .. إنا لله وإنا إليه راجعون  
كلية الطب

## SUPER STUDY SKILL WORKSHOP

**Dr. Hesham Khairy**



The Student Skills Development Unit (SSDU) has conducted the workshop (Super study Skills) on two sessions December 16th, 2017 for male section and December 23rd, for Female section. The Workshop was 5 hours of training on several study skills including Mind maps, Basics of fast reading and memory tips such as mnemonics, association, acronymes, magical No. 5 and Von Restorff effect. The workshop was delivered by Dr. Hesham Khairy and 40 students have attended the workshop from preparatory, 2nd and 3rd year. The photo attached is a good feedback from Bedour Eid alAtwy , a third year student, who applied the mind map on studying the processing of water & minerals in the renal tubules.

## UPCOMING ACTIVITY

### BI-WEEKLY ACADEMIC ACTIVITY

**Date:** January 24<sup>th</sup>, 2017 Wednesday

**Venue:** Staff's activity hall in the 2nd floor opposite the Dean's Office

**Time:** 1pm-3pm

**Activity 1: GCC Oral Health Unified Week-** Dr.Asmaa A Sameea Mahmoud  
Soilman/ Dr. Manaa Alkahtani

**Activity 2: World Health Day-** Dr. Hesham Khairy/ Dr. Shamina Begum

**Activity 3: Update of MSTF and Curriculum Management-** Dr. Tanveer  
Raza

### **READER'S CORNER: Effect of Exercise on Inflammatory cytokines, lipid Profile and Glycemic Control in Normal and Obese Rats**

**Dr. Moustafa H. Abdelsalam**

Obesity is becoming more and more linked to a subacute inflammatory state that plays a key role in the pathogenesis of many diseases. The purpose of this study was to investigate the possible role of acute and chronic swimming training on plasma levels of pro/anti-inflammatory cytokines. Rats were divided into two main groups: normal weight control group (NW), and obese group (OB). Each of the two groups was further subdivided into three subgroups (sedentary, S; acute exercise, AE and chronic exercise, CE). At the end of the study period, all animals were decapitated to obtain blood samples. Acute exercise in normal-weight animals significantly increased IL-6 and IL-10 levels with no effect on other parameters. While in obese animals it induced a significant reduction in insulin, glucose, HOMA-IR, levels and a significant increase in adiponectin level. Chronic exercise in normal weight animals significantly decreased insulin, HOMA-B, HOMA-IR, TNF- $\alpha$  and significantly increased IL-6, IL-10, and adiponectin. While in obese animals it induced a significant reduction in all glycemic and lipid profiles. Moreover, It significantly decreased IL-6, TNF- $\alpha$ , and significantly increased adiponectin levels. **Conclusion** Chronic and acute exercise has a significant effect on inflammatory mediators and this effect that is more profound with chronic exercise and in obese more than normal weight animals. [Link to Article](#)