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In and Around Tabuk

Split Mountain and Red sea where prophet Musa Moses AS crossed Arabian sea. The town of Makna (or Magna) is on the Red Sea coast to the southwest of al-Bad'. It is a warm and windy beach with beautiful scenery especially at sunrise and sunset. It is about 290 km from Tabuk. Dr. Mohammad Zubair



MedEdu Tabuk

Weekly Newsletter

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

Third Culture Kids

Message From the Editor



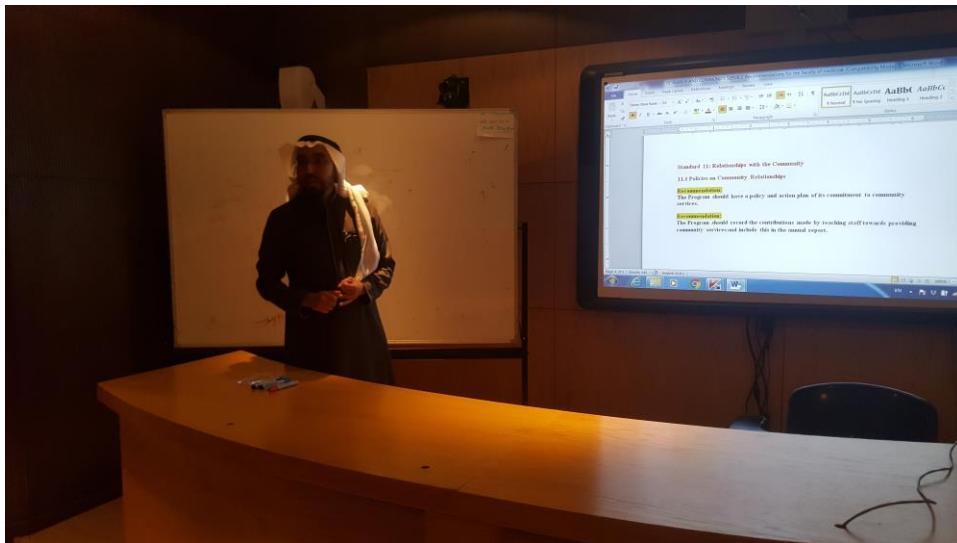
Most of us have been or are parents of Third Culture Kids (TCKs). May we be an Expatriate working in Saudi Arabia or a Saudi working in the USA or France. Our Children need special attention. A TCK is a person who has significant part of his or her developmental years outside the parents' culture. For my daughter; the FIRST culture is Bangladesh (her parents' culture) the SECOND culture is Saudi Arabia (previously it was China) and the THIRD Culture is the culture she faces in school (Tabuk International School) which is a blend of Saudi, Egyptian, Jordanian, Yemeni and other cultures.

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THIS WEEK LAST WEEK





Anterior Cruciate Ligament Injuries (ACL)

Dr. Mohammed H. Abushal, MBBS, Ortho. Swed. Board

Warming-up can reduce the risk of anterior cruciate ligament (ACL) injuries; studies reviled!

ACL injuries have become the commonest injury among young athletes; it is estimated that 350,000 ACL reconstructions (ACLRs) are performed annually in the USA, despite surgical repair, approximately 79% of those individuals develop knee osteoarthritis (OA) and 20% suffer re-injury within 2 years. ACL injury is a growing problem and carries a huge health, economic and psychological impact.

The ACL is composed of the anteromedial and posterolateral bundles, which work together to provide knee stabilization, in addition, it plays a secondary role of limiting internal rotation of the tibia. Injury occurs when a planted leg is placed under extreme stress either through contact- a hit to the knee during a football game- or noncontact- when an athlete changes direction, slows down or lands after jumping. Athletes typically describe hearing a "pop" when the injury occurs. Recent studies reviled that 15- to 20-minute neuromuscular training warm-up cuts your chances of suffering an ACL injury by fifty percent.

Neuromuscular training consists of exercises involving marching, jumping, jogging, lateral shuffling and other movements that teach the body how to change directions, jump, cut, and perform other athletic movements that often lead to injury.

Studies concluded that by implementing warm-up exercises the risk of injury can be cut in half, moreover, dramatically lowering the average cost for medical treatment per athlete.

STUDENT SECTION

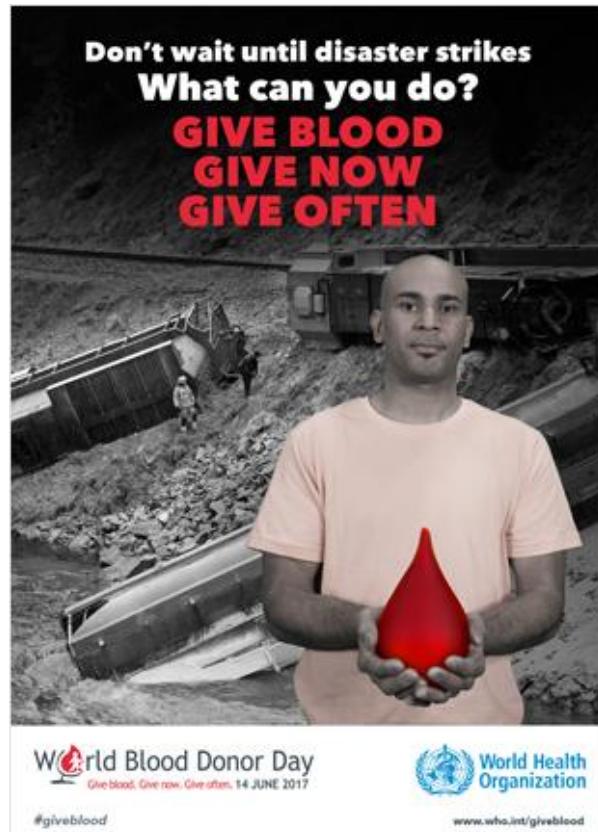
Faisal Khalid Alabduli, 5th Year

BLOOD DONATION

Blood donation is very important because it may save lives of other people who are in need of blood. In addition, there are many benefits for the donor to maintain good health as to prevent hemochromatosis, stimulates blood cell production and maintain healthy heart and liver by preventing iron overload. This can reduce the risk of various health diseases.

In addition to these benefits, the main goal for blood donation is to help

Blood donation is our human duty. Our body does not get affected if we donate blood, and it is very simple and can be done in a short time. The body can repair the loss within a few days. Therefore, we must come forward to donate blood.



I had donated blood before; it was simple and not complicated. It did not take a long time. It took about 15 minute versus the great feeling that you help many people.

CELEBRATION OF WORLD CANCER COMMEMORATIVE DAY

Dr. AYMAN F. FOAD

Venue: Al-Makan Mall, Tabuk
Date: Friday 2nd of February 2018
Time: 5 to 8 p.m.



لأن حبكم يهمنا جامعة أ唳ان University of Alqunfudh

كيف احارب سرطان عنق الرحم؟

أسباب سرطان عنق الرحم:

- الإصابة بالتهاب فيروس الورم الحليمي البشري (human papilloma virus) (hpv) الذي قد ينتقل من خلال الجماع.
- قد يحدث في بعض الحالات نتيجة الإهمال بالنظافة الشخصية.
- ممارسة الجماع غير الشرعي مع العديد من الشخصيات.
- وُجدت بعض الدراسات وجود صلة بين التدخين و حدوث الإصابة.
- الإصابة ببعض أمراض نفس المخالعة المكتسبة.

أعراض وعلامات سرطان عنق الرحم:

- حدوث نزف مهبلي في أوقات تختلف عن أوقات الحيض المعتادة.
- حدوث ألمات مهبالية باستمرار.
- قد يكون هناك ألم في بعض الأحيان في منطقة عنق الرحم أثناء الجماع.
- قد يصاحب ذلك ألم في الظهر أو ألم في المريء.
- ينقصان للوزن والتعب العام.

الوقاية من سرطان عنق الرحم :

- أخذ التطعيم ضد فيروس الورم الحليمي البشري.
- الفحوصات الدورية للكشف المبكر عن وجود الورم.
- يُنصح كل اثنتي يعمل مسحة على الرحم (pap smear) كل ثلاث إلى خمس سنوات، فذلك يساعد في الكشف عن وجود أي تغيرات في خلايا عنق الرحم.
- الالتزام بقواعد النظافة العامة.
- الابتعاد عن التدخين .

The student's activity resided beside the main entrance; they were divided into two groups targeting male and female audiences.

The female group prepared 3 themes; the first for general risk factors for cancers and colon cancer, the 2nd for breast cancer, and the 3rd for uterine cervix cancer. The male group concentrated on lung, prostate, and colonic cancers. The students promoted to the event via social media platforms.



The aim of this event was to raise the awareness of the public to the adverse lifestyle and diet habits predisposing to the incidence of cancers in Saudi Arabia.

Our students illustrated the main symptoms and signs attributed to the most common types of cancers. With the aid of posters, illustrating graphs, flayers and models our students introduced to the community the concepts and the benefits of cancer screening programs, and the available cancer protective immunization schedules.



The event succeeded to appeal the customers and triggered a fruitful discussion with them. The staff members who supervised the event were available to answer any queries and to provide an expert opinion on selected cases.



Academic Affairs arrangement for Next Week

Prof Magdy M. ElShamy

For Female Section:

- ❖ **Basic Emergency Care Module Medicine:** 2nd Year, **will be** on Wednesday 21/2/2018
- ❖ **Basic Emergency Care Module Surgery:** 2nd Year, **will be** on Thursday 22/2/2018
- ❖ **Abnormal Human Morphology I (AHM I) Module:** 2nd Year, Announcing the **Results of Mid-Module Exam.**
- ❖ **Abnormal Human Morphology II (AHM II) Module:** 2nd Year, Announcing the **Results of Mid-Module Exam.**
- ❖ **Endocrine System Module:** 3rd year, Announcing the **Results of Final-Module Exam.**

For Male Section:

- ❖ **Basic Emergency Care Module– Medicine:** 2nd Year, **will be** on Wednesday 21/2/2018
- ❖ **Basic Emergency Care Module– Surgery:** 2nd Year, **will be** on Thursday 22/2/2018
- ❖ **Abnormal Human Morphology I (AHM I) Module:** 2nd Year, Announcing the **Results of Mid-Module Exam.**
- ❖ **Abnormal Human Morphology II (AHM II) Module:** 2nd Year, Announcing the **Results of Mid-Module Exam.**
- ❖ **Endocrine System Module:** 3rd year, Announcing the **Results of Final-Module Exam**

UPCOMING ACTIVITY

BI-WEEKLY ACADEMIC ACTIVITY

Date: February 21st, 2017 Wednesday

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

Time: 12.30pm-3pm

Activity 1: World Thalassemia Day- Dr. Marwa Abd El-Haq Abd El-Azeem

شريفه يحيى سعيد الزهران/Ali

Activity 2: World Hypertension Day- Dr. Mohammad Shawir/ Prof Magdy

Shami

Exam Invigilation Schedule 18/2/2018- 22/2/2018

Dr. Zubair Mohammed

Date	Module	Invigilators	Time	Venue
NONE				