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## In and Around Tabuk

**The Fajer Al-Tarikh Museum in Al Disa (220 km from University of Tabuk), Tabuk is a privately owned museum that gives a glimpse of ancient life in Tabuk. A star collection is a stone with carvings that according to the owner dates back more than 2000 years.**



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# MedEdu Tabuk

## Weekly Newsletter

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

## CITATION OF "MedEdu Tabuk" ARTICLES

### Message From the Editor- Dr. Tanveer

Contributions to professional body newsletter like "MedEdu Tabuk" are often added to resume's and cited in scientific publications as references. Although not peer-reviewed, these publications can be highly valuable. They demonstrate the authors commitment towards the professional body and demonstrate their area of interest and knowledge. It also indicates the authors active involvement in the broader community. Writing in "MedEdu Tabuk" can be a starting point for students in the world of publishing. Today's article by Dr. Abdullah Alatawi may be cited like this: Alatawi, A. (2018, March 7) Our Values. *MedEdu Tabuk*, 2(14). 2-3.



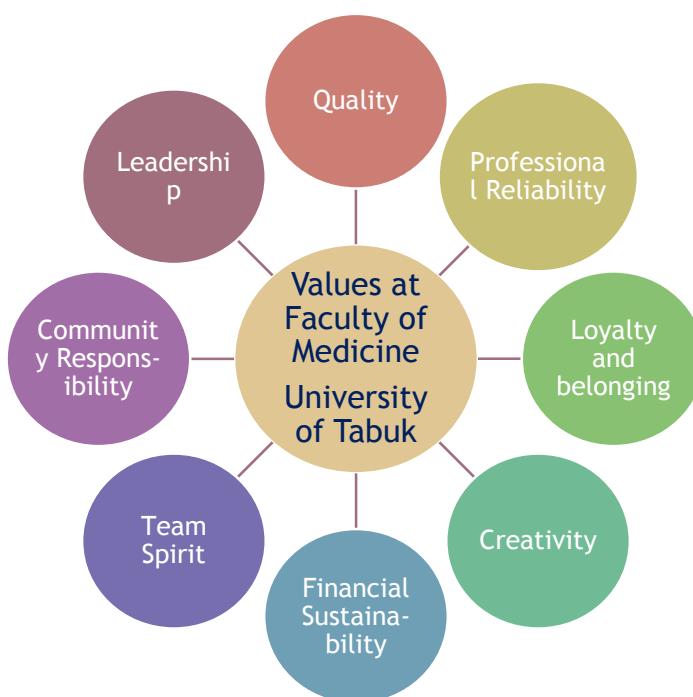
## OUR VALUES

### Dr. Abdullah Alatawi

Dr. Abdullah Alatawi is a Consultant Gastroenterologist and the Vice Dean of Quality and Development, Faculty of Medicine, University of Tabuk. He can be contacted in the following email: [as.alatawi@ut.edu.sa](mailto:as.alatawi@ut.edu.sa)



Values are references that determine the nature and range of our words and actions, values originate from facts and beliefs, there different sets of values that govern different environments in our lives. Moral values derived from religious or cultural rules ,scientific values drive to conclusions and influence decision making. In this article, I would like to shed some light on the professional values that are established in our faculty that embodies the core of our beliefs by which we aim to achieve our vision in becoming an entity that unifies medical education, community services and medical research and become a leading faculty of medicine on local and regional levels, that is our vision of what we aspire to be. Our mission, in fulfilling our vision is molded by our values that



shape our framework and nourish our interactions and generate our ethics that give our professional atmosphere a culture that we all share and believe in. In the faculty of medicine at the University of Tabuk our values are;

Quality: Translates our performance into product of high standards.

Leadership: Defines our ambitions.

Community responsibility: Drives our energy to self-realization.

Team spirit: Joins our paths to success.

Financial sustainability: Ensures the durability of our mission.

Creativity: Leads into new horizons.

Loyalty and belonging: Consolidates our identity.

Professional reliability: Validates our existence.

These are the values we live by when we put our names on office doors, in teaching timetables, inked by hospital stamps, On top of published achievements, but , and most importantly, when we imprint our names on the lives of people who come to know us through our identity as staff of the faculty of medicine [@ut.edu.sa](http://ut.edu.sa) .

### **LIRAGLUTIDE (Saxenda®) AS A TREATMENT FOR OBESITY**

**Ph Turkiah Alanazi**

**Drug information supervisor, King Fahad Specialist Hospital, Tabuk.**

Saxenda was approved by FDA on the 23 of December 2014 for the treatment of obesity when used with low calorie diet and exercise. It is an analogue of incretin hormone, glucagon-like peptide (GLP-1) that was initially used for treatment of type 2 diabetes. It was approved for adult with body mass index (BMI)  $\geq 30$  or patients with BMI  $\geq 27$  with one or more comorbidity including hypertension, diabetes or dyslipidemia.

The exact mechanism of action not fully understood, however, its known that Saxenda is delaying the gastric emptying time and has an agonist effect on GLP-1 receptors in the brain, which involved in appetite regulation.

Saxenda is highly protein bound (98%) and it demonstrate a relatively slow rate of absorption, maximum plasma concentration observed within 9-14 hours. The bioavailability of Saxenda is 55% with volume of distribution of 20-25L (100kg person).

Saxenda metabolism is similar to large protein with no specific route of elimination. The elimination half life is 13 hours allowing once daily administration.

Common adverse effect of Saxenda is nausea, vomiting, diarrhoea, constipation, vomiting, headache, hypoglycemia, dyspepsia, pancreatitis, and acute renal failure and increase heart rate. Saxenda is category X during pregnancy and should not be used with insulin. The safety of Saxenda with over the counter medication or herbal is not fully established. Moreover, it is unknown if Saxenda is safe in children <18 years of age and not recommended for use in children.

Overall Saxenda is well tolerated with some gastrointestinal adverse effects has been reported most commonly. However, Monitoring for safety, efficacy and tolerability is important.

## Academic Affairs arrangement for Next Week

### Prof Magdy M. ElShamy

#### For Female Section:

- ❖ **Family Medicine Module:** 6th Year, Starts on Sunday, 11/3/2018
- ❖ **Pediatrics: 5<sup>th</sup> Year, OSCE** on Sunday, 11/3/2018
- ❖ **Psychiatry Module:** 5th Year, Starts on Monday, 12/3/2018

#### For Male Section:

- **Family Medicine Module:** 6th Year, Starts on Sunday, 11/3/2018
- **Ophthalmology Module:** 5th Year, Starts on Sunday, 11/3/2018
- **ENT (Otorhinolaryngology) Module:** 5th Year, Starts on Sunday, 11/3/2018
- **Patient Safety Module:** 5th Year, Starts on Thursday, 15/3/2018

**THIS WEEK LAST WEEK**

**Progress Test**



**Exam Invigilation Schedule 11/3/2018 - 15/3/2018**

**Dr. Zubair Mohammad & Dr. Ahmed Mesaik**

Date	Module	Invigilators	Reserve (in case of emergency)	Time	Venue
11/03/2018	Pediatrics OSCE				