



January 3, 2018
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In and Around Tabuk



**Prophets Mosque
Prophet Mohammed
(SA) offered prayers at
the Mosque after
arriving with an army
for the Battle of Tabuk.
Situated in Tabuk city
it is only 20min drive
from the University-
Dr. Tanveer**

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MedEdu Tabuk

Weekly Newsletter

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Message From the Editor

Another step forward. Now our newsletter has its own e-mail id. A special thanks to the Dean Dr. Marai M. Alamri for facilitating this. I would like everyone to send emails regarding the newsletter to this email. The email id is: mededutabuk@ut.edu.sa



Medical Education Committee Meeting and MedEdu Tabuk

Dr. Tanveer Raza

The First meeting of the Medical Education Committee 2017-2018 was held on Sunday December 24th. A number of issues were discussed which included further development of "MedEdu Tabuk". The new committee was introduced and plans to make the committee more effective were considered. A curriculum management plan and the module syllabus typical format (MSTF) were evaluated. Most of the members were present. Only one respected colleague could not attend due to class schedule. The Dean, Dr. Marai M. Alamri was also present.

UPCOMING ACTIVITY

BI-WEEKLY ACADEMIC ACTIVITY

Date: January 10th, 2017 Wednesday

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

Time: 1pm-3pm

Activity 1: World Kidney Day – Dr. Mostafa Nosseir and Dr. Hassan Moria

Activity 2: Colorectal Cancer Awareness Month- Dr. Howaida Saber
Salama Ali and Dr. Abdalla Ali Abdalla Mohamed

Activity 3: Setting the standard for MCQ- Dr. M. Shawir

Activity 4: Update on Strategic Planning- Dr. Abdullah Alatawi

This Week Last Week Activities

Dr. Ayman Foad



Academic Affairs arrangement for Next Week

Prof Magdy M. ElShamy

For Female Section:

- ❖ **Pediatrics Module:** 5th Year, **Mid-Module MCQ Exam** on Sunday 7/1/2018
- ❖ **Pediatrics Module:** 5th Year, **Mid-Module OSPE** on Sunday 7/1/2018
- ❖ **Pediatrics Module:** 5th Year, **Mid-Module OSCE** on Wednesday 10/1/2018
- ❖ **Laboratory Medicine:** 4th Year, **Final-Module MCQ Exam** on Tuesday 9/1/2018
- ❖ **Normal Human Morphology I (NHM I) Module:** 2nd Year, Announcing the **Final Results** of the module
- ❖ **Normal Human Morphology II (NHM II) Module:** 2nd Year, Announcing the **Final Results** of the module
- ❖ **Community Medicine Module:** 4th Year, Announcing the **Final Results** of the module
- ❖ **Basic Imaging Module:** 4th Year, Announcing the **Final Results** of the module
- ❖ **Laboratory Medicine Module:** 4th Year, Announcing the **Final Results** of the module

For Male Section:

- ❖ **Obstetrics &Gynecology Module:** 5th Year, **Mid-Module MCQ Exam** on Thursday 11/1/2018
- ❖ **Obstetrics &Gynecology Module:** 5th Year, **Mid-Module OSPE** on Thursday 11/1/2018
- ❖ **Laboratory Medicine:** 4th Year, **Final-Module MCQ Exam** on Tuesday 9/1/2018
- ❖ **Normal Human Morphology I (NHM I) Module:** 2nd Year, Announcing the **Final Results** of the module
- ❖ **Normal Human Morphology II (NHM II) Module:** 2nd Year, Announcing the **Final Results** of the module
- ❖ **Community Medicine Module:** 4th Year, Announcing the **Final Results** of the module
- ❖ **Basic Imaging Module:** 4th Year, Announcing the **Final Results** of the module
- ❖ **Laboratory Medicine Module:** 4th Year, Announcing the **Final Results** of the module

The Commemorative Day of World Cancer Day

Dr Hytham Bahaeldin Mukhtar

Changes in the way we live means that more and more people around the world are exposed to cancer risk factors. Educating and informing both individuals and communities about the links between lifestyle and cancer risk is the first step in effective cancer prevention.

1. WE CAN CREATE HEALTHY SCHOOLS by adopt a culture of healthy choices and habits by:
 - Providing Nutritious food and drink choices
 - Time for sport
 - Discouraging smoking
 - Practical education about food and physical activity on the school curriculum.
2. WE CAN CREATE HEALTHY WORKPLACES Because Many adults spend much of their time working by:
 - Motivate employees to adopt healthier behaviours.
 - Creating 100% smoke-free workplaces and providing information and access to smoking cessation tools
3. Everyone can take steps to reduce their risk of cancer by choosing healthy options including:
 - quitting smoking
 - keeping physically active and maintaining a healthy weight
 - choosing healthy food and drinks.
 - Reducing exposure to ultraviolet (UV) radiation from the sun

Exam Invigilation Schedule 7/1/2018- 12/1/2012

Dr. Zubair Mohammed

Date	Module	Invigilators	Time	Venue
9 th January 2018	Laboratory Medicine Module (Final)	Dr. Magdi Addamarawi Mr. Mahdi Salim Albalawi Mr. Mahmood Hasaan Alfaifi	10am-12noon	Central Exam Hall

READER'S CORNER: Oral toxicity of dietary fatty acids of *Clerodendrum volubile* stem

Dr. Ahmed M. Mesaik

Oil and fatty acids from the flowers and stems of *Clerodendrum volubile* were investigated for their antioxidative burst activities. The oils were methylated to obtain fatty acid methyl esters (FAMES). The oils and fatty acids were then subjected to GC-MS analysis to identify the compounds present. Their inhibitory potentials on oxidative burst were investigated on blood phagocytes using the luminolamplified chemiluminescence technique after activation with serum opsonized zymosan. Succinate derivatives were observed to be the most predominant compounds. *C. volubile* stem fatty acids showed potent inhibitory activity ($IC_{50} = 18.52 \pm 0.12$) on blood ROS production. No cytotoxic effect was observed on treatment of CC-1 normal cell lines with the fatty acids. Oral toxicity prediction of the identified fatty acids of *C. volubile* stem via ProTox revealed their safety on swallowing. These results suggest the antioxidative burst activity of fatty acids from *C. volubile* stem, indicating a phagocytic action which may be attributed to the synergetic effect of the identified fatty acids. [Link to article](#)