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Volume 4; Issue 6



MedEdu Tabuk

Weekly Newsletter

University of Tabuk

"All praise is due to Allah who bestows His favors and bounties upon His servants abundantly"

MESSAGE FROM DR. MARAI M. ALAMRI, DEAN OF MEDICINE



Past Issues



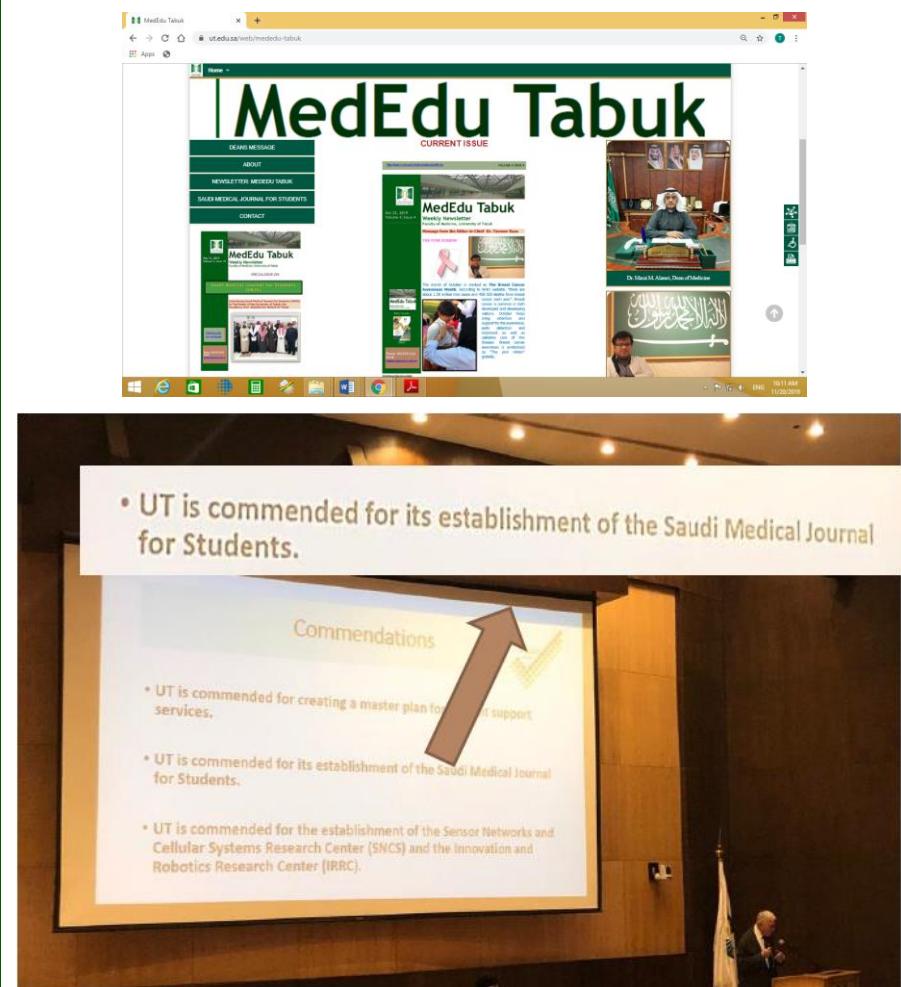
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Dear Colleagues, Assalamualaikum

Welcome to **MedEdu Tabuk**. Today we celebrate the sharing of our newsletter with all our colleagues and students of University of Tabuk. I like to thank The Rector of the University of Tabuk, His Excellency **Prof. Abdullah bin Mofarh Al-Thiabi** for his support towards MedEdu Tabuk and allowing us to distribute the newsletter through out the University. I am grateful to my colleague **Dr. Mana Alqahtani**, Dean of Research and **Dr. Almohanad Alkayyal** for facilitating in distributing the newsletter to all the teachers, administrators

and students. The weekly newsletter, MedEdu Tabuk, provides health information and insight from our expert colleagues at the University of Tabuk to the health workers community in Tabuk region. The students also participate in sharing their views. Each issue contains articles on different issues including common health topics and interests, health tips, teaching tips, student stories, health related activities and campaigns. Today healthcare delivery has become a collaborative effort involving professionals from different disciplines. Engineers, policy makers, physicists, chemists are increasingly involved with Doctors, Pharmacists, Nurses, Paramedics in healthcare. Artists and Media personalities are helping us spreading life saving information to the general population. That is why we invite everyone in the University to be involved in our Newsletter so we can achieve the goal of providing better healthcare in Tabuk region and the world. Thank you.

Dr. Marai M. Alamri, Dean of Medicine



The image is a composite of two screenshots. The top screenshot shows a computer desktop with a browser window displaying the 'MedEdu Tabuk' website. The website features a large green header with the text 'MedEdu Tabuk' and a 'CURRENT ISSUE' button. Below the header is a sidebar with links to 'DEAN MESSAGE', 'ABOUT', 'NEWSLETTER MEDEDU TABUK', 'SAUDI MEDICAL JOURNAL FOR STUDENTS', and 'CONTACT'. The main content area shows a thumbnail of the 'CURRENT ISSUE' and a video player showing a man in a suit. The bottom screenshot shows a presentation slide titled 'Commendations' with a yellow arrow pointing to the text 'UT is commended for its establishment of the Saudi Medical Journal for Students'. The slide also lists other commendations for creating a master plan for medical services and establishing the SNCS and IRRC.

- UT is commended for its establishment of the Saudi Medical Journal for Students.
- UT is commended for creating a master plan for medical services.
- UT is commended for its establishment of the Saudi Medical Journal for Students.
- UT is commended for the establishment of the Sensor Networks and Cellular Systems Research Center (SNCS) and the Innovation and Robotics Research Center (IRRC).

SCOPES OF MedEdu Tabuk

Dr. Khalid Alhazmi

Vice Dean,
Faculty of Medicine
Editor,
Saudi Medical Journal for Students (SMJS)
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الحمد لله الذي علم بالقلم ، علم الإنسان مالم يعلم ، والصلة والسلام على المعلم الأول ، اللهم صلي عليه وعلى آله وصحبه وسلم. ان مجلة إلكترونية أسبوعية تهتم بنشر المقالات العلمية والبحثية والأحداث العلمية المتعلقة بالصحة والتنقيف الصحي والتعليم. هدفها نقل المعلومة الصحيحة والفائدة العلمية الى المتلقى بأسلوب علمي سلس ومبسط ليعلم الخير وينشر العلم النافع بإذن الله. واليوم تصل هذه المجلة الى اكثر من عشرة آلاف متلقى من يعملون في المجال الصحي او يدرسون في المعاهد او الكليات الصحية في منطقة تبوك، والى كل منسوبين جامعة تبوك من أكاديميين وطلاب. ان المشاركة في هذه المجلة سهل ويسير ومفتوح لكل منسوبي جامعة تبوك الطموحة الرائعة بإنجازاتها وطلابها المتميزين والمتقدمة والمتطوره بلا توقف ان شاء الله. ولا شك ان الصحة هي مطلب عام و المجال علمي يكاد ينتمي الى كل العلوم في شتى المجالات من حيث البحث والتطوير والتقدير نحو الافضل.

والتطوير والتقدير نحو الافضل. ففي عالمنا الحاضر هناك الكثير من الأجهزة والأدوات التي تساعد في عملية التشخيص والعلاج لبعض الأمراض هي من اختراع المهندسين والمفكرين والعلماء ممن تخصصهم العلمي ليس في مجال الطب او الصحة. فحربي بالجميع المشاركة والكتابة في هذه المجلة الواحدة (سواء باللغة العربية او الانجليزية) واستغلال الفرصة لنشر العلم وتبادل المعرفة زيادة الثقافة والوعي في بيئتنا الجامعية والصحية (وَتَعَاوَنُوا عَلَى الْبِرِّ وَالتَّقْوَى ۖ وَلَا تَعَاوَنُوا عَلَى الْإِثْمِ وَالْعُدُوانِ).

Message from the Editor-in-Chief

Dr. Tanveer Raza

Faculty of Medicine
Editor-in-Chief, Saudi Medical Journal for
Students (SMJS) & MedEdu Tabuk
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Welcome to the new issue of **MedEdu Tabuk**.

This is the **70th issue** of our newsletter. This issue is of extra significance because through this we are reaching out to all our colleagues and students of University of Tabuk. We cannot wait to share with each other our selection of informative articles, reviews, research, upcoming events and photos. We have now over **10,000 subscribers** throughout Tabuk region and it is growing. As always, the MedEdu team is grateful for the support of The Rector of the University of Tabuk, His Excellency **Prof. Abdullah bin Mofarh Al-Thiabi** and **Dr. Marai M. Alamri**, Dean of Medicine. We are also grateful to the following Deans who had and are providing support to us (alphabetically), **Dr. Alaa Abdullah Saleh Bagalagel** (Faculty of Pharmacy), **Dr. Fahad Mohamed Al Rabae** (Faculty of Science), **Dr. Hamad S. Al Amer** (Faculty of Applied Medical Science), **Dr. Majed Balola**, (Student Affairs & Supervisor of Media and Relationship), **Dr. Mana M. Alqahtani** (Research), **Dr. Manssour Habbash** (Community College) and **Dr. Saad Almutairi** (IT deanship). Special thanks to all the colleagues, administrative staff and students who are the real patrons of the newsletter. We appreciate the opportunity to serve as the editors because we can connect with all of you. In this week I try to answer some questions

How many issues have been published?

Currently we are in our 4th year and this is our 70th issue

When do we publish?

MedEdu is usually published every week during the academic calendar. We target to publish 20 issues every year.

How to publish?

Just send us and we will publish it. Usually we do not edit the contents, however the editors of MedEdu Tabuk reserve the right to reject a

Where to send?

Call us at: +966537251324

Email us at:

mededutabuk@ut.edu.sa

Contact one of our dedicated student editors:

<https://www.ut.edu.sa/web/mededu-tabuk/editors>

What do we publish?

Reports on Health related Faculty Activities

Opinions and commentaries on teaching, learning, student advising and Research

Articles on Health related topics and issues. Health related topics include Basic and Clinical Science, Preventive Medicine, Technological advancement, Historical articles, health policy, Ethical issues etc.

Announcements and reports of Health related activities, campaigns, Seminars, Workshops

Images, work of art, photos related to health issues

Professional achievements

And many more.....

submission or request the author to edit them. We might do some formatting of the submission. It might take 2-3 weeks to get published.

Who can send?

MedEdu Tabuk is for all people who are dedicated to improving healthcare in General, particularly Tabuk region. Teaching staff, administrative staff, students and even the General Public are invited to publish as long as it meets the objective of the newsletter. The authors will be responsible for the content of the articles.

In what language is it published?

We publish in both Arabic and English language.

Can published article be referenced?

All issues of MedEdu Tabuk is archived online (<https://www.ut.edu.sa/web/mededu-tabuk/newsletter>) and gives the authors a much desired web presence. Authors can put references in their resume.

https://www.bing.com/search?q=mededu-tabuk&qs=n&tbo=exp&rlz=1C1GCEU_enSA1000SA1000&safe=strict&biw=1536&bih=775&ei=TD9qX2JLWdsAeg95a&t=0

Wasan Suwailem S. Albalawi

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[https://www.ut.edu.sa/documents/MedEdu+3\(18\).pdf](https://www.ut.edu.sa/documents/MedEdu+3(18).pdf)
Feb 27, 2019 - Dr. Alhejaily is a recent graduate from the Faculty of M
Another example is the image by Wasan Suwailem S. Albalawi..

Can I join the Editorial team of MedEdu Tabuk?

Yes of course!!!! We would be very glad to have you. For faculties please call me (Tel: 0537251324) and for students you may contact me or one of our dedicated student editors (<https://www.ut.edu.sa/web/mededu-tabuk/editors>)

MESSAGE FROM THE EDITOR – FACULTY OF PHARMACY

Dr. Palanisamy Amirthalingam

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Dear Faculty members and Students,

Greetings. At the outset, I would like to thank all the Faculty members and Students for your contribution for the successful publication of MedEdu Tabuk Weekly Newsletter. It is our immense pleasure to deliver the Newsletter to your official email. Hopefully, it helps you to update the recent activities in the University and field of research from the various colleges. Further, I would like to invite more articles from your side with regard to novel findings in the field of medical, pharmaceutical and applied health sciences and activities in the Conference, University and Community. Best wishes.



MedEdu Tabuk FOR STUDENTS

Dr. Lamis M. Altoairqi

Student Editor, Saudi Medical Journal for Students (SMJS) and
MedEdu Tabuk & Medical Intern, University of Tabuk
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بسم الله الرحمن الرحيم
الحمد لله والصلوة والسلام على أشرف الأنبياء والمرسلين سيدنا محمد وعلى
آله وصحبه أجمعين
إن أول آية نزلت في الكتاب الحكيم هي قَوْلُه تَعَالَى : { إِنَّمَا يَنْهَا مَنْ رَّبَّكَ الَّذِي
خَلَقَ }
إن القراءة تنير البصر والبصيرة ، وتهذب النفس ، لذا تطبيقاً للنهاج القرآني العظيم الذي يأمر بالقراءة
حرصت كلية الطب بجامعة تبوك على إنشاء وتفعيل مجلة طبية علمية دورية تصدر شهرياً حيث
يشارك فيها أعضاء هيئة التدريس والطلاب والطالبات من مختلف السنوات الدراسية وتتضمن هذه
المجلة

الأبحاث العملية الجديدة المنشورة في مجال الطب والعلوم الطبية ، بالإضافة إلى أخبار ونشاطات
الكلية الاجتماعية والإنجازات التي قامت بتحقيقها الكلية والإنجازات الشخصية التي تدل على جودة
المخرجات والكفاءات البشرية التي تفتخرا بها الجامعة بها ، يساهم الطلبة أسبوعياً بإرسال
المقالات الطبية العلمية والصور التي يقومون ب التقاطها ، أيضاً الانشطة الاجتماعية والتطوعية التي
تميز بها كلية الطب من الخدمة المجتمعية وتفعيل الأيام العالمية والمساهمة في توعية المجتمع
عن مختلف أنواع الأمراض وسبل الوقاية منها ، ينال الطلبة وأعضاء هيئة التدريس كثيراً من
المواضيع العلمية وحتى تطوير الذات ، حيث ترحب المجلة بجميع المقالات والأراء التي تسهم في
ذلك مثل مواضيع إدارة الوقت ، وطرق التدريس الحديثة والفعالة والنصائح المثبتة علمياً والجديد في
عالم الطب . أسرة مجلة كلية الطب بجامعة تبوك تمنى لكم كل التوفيق في الحياة العملية
والعلمية سائلين المولى أن ينفع بنا وبكم الأمة

VISIT TO SMJS AND MedEdu TABUK BY HIGH SCHOOL STUDENTS

Dr. Khalid Alhazmi

Vice Dean

Faculty of Medicine



A group of high school students from Tabuk City, as part of their Faculty of Medicine tour, visited the Editorial office of the **Saudi Medical Journal for Students (SMJS)** and **MedEdu Tabuk**, newsletter published by the Faculty of Medicine. Dr. Khalid Alhazmi, Vice Dean of the Faculty of Medicine explained to them the scope of SMJS and MedEdu Tabuk. The students were very proud to hear that the Faculty of Medicine, University of Tabuk was publishing the first student Medical Journal in the Gulf Region. Dr. Alhazmi also invited them to write their experience in MedEdu Tabuk. Dr. Tanveer Raza, Editor-in-Chief of SMJS and Mr. Bukhari Chief Office Administrator of Faculty of Medicine was present during the tour.



HEALTH AWARENESS CAMPAIGN ABOUT FEMALE HEALTH ISSUES

Dr. Mohammed Samir,
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Under the directions of the Dean of the Faculty of Pharmacy, Dr. Alaa Bagalagel, and supervision of the Vice Dean of the female section Dr. Sharifa Al-Zahrani, males and females members of the student club in the faculty (Pharmadose) in cooperation with Bayer Pharmaceuticals company, organized a health awareness campaign about all issues regarding females health and family planning on Thursday and Friday, 15-16/ 11/2019, in Tabuk Park Mall.



Figure: Dean of the Faculty of Pharmacy, Dr. Alaa Bagalagel



The campaign aimed to educate the visitors of the mall about the disorders of the menstrual cycle and premenstrual syndrome and how to reduce them, and some guidance on dysmenorrhea, its types and methods used to relieve its pain. The campaign also included awareness of various contraceptive methods and how to choose the right method and correct some misconceptions about them.



FOOD ALLERGIES IN SCHOOL CHILDREN: SCHOOL PERSONNEL AWARENESS

Raghad Alamri: 1st Year*, Reham Alruhil: 2nd Year*, Omniah Altemani: 4th Year*, Lamia Alrefai 5th Year*, Faiza Alghorayed: 6th Year*, Dr. Tanveer Raza**

* Student, Faculty of Medicine, University of Tabuk.

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حساسية الغذاء شائعة جداً. وهي عرضة للأطفال أكثر من الكبار . تحدث بسبب العوامل الوراثية والبيئية. حالياً لا يوجد علاج لحساسية الغذاء، ولكن أفضل علاج لحساسية الغذاء هو تجنب الطعام الذي يعاني منه الطفل. وهذا يمكن أن يمنع الآثار السلبية و يحمي حياة الطفل. أكثر الأطعمة شيوعاً التي يعاني منها الأطفال هي حليب البقر والبىض والفول السوداني وجوز الأشجار والأسماك والمحار والقمح وفول الصويا. حساسية الغذاء في المدرسة شائعة جداً، حيث يتعرض الأطفال لأنواع مختلفة من الأطعمة، يمكنهم تناول هذه الأطعمة عن طريق الخطأ. لذلك يجب على أولياء الأمور إبلاغ المدرسة إذا كان أطفالهم لديهم حساسية تجاه أي طعام. ويجب تدريب ادارة المدرسة على كيفية التعامل مع حساسية الغذاء.

Food allergy are common and has been referred to as the “second wave” of allergic epidemic following asthma [1]. It is a growing public health burden that is increasing in prevalence in the last few decades. Children are more affected than adults and it is estimated that up to 8-10% of children may be allergic to food [2, 3].

Food allergy results from complex interactions of genetic and environmental factors in early life, which now have now been identified [Table 1] [2]. There is presently no cure for food allergy. Therefore, management is focused on food allergen avoidance and prompt treatment of allergic reactions.

Table 1: Early Life Risk factors for Food Allergy	
Male sex	
Ethnicity	
Genetics	
Microbial exposure	Improved hygiene Antibiotic use Dog exposure
Allergen exposure	Timing and route of exposure Antacid use
Vitamin D insufficiency	

Younger Children	Older Children and Adults	
Cow's Milk	Peanut	Fish
Egg	Tree Nuts	Shellfish

Food Allergen avoidance is the first intervention to prevent the appearance of food allergic reactions. It is therefore important to be aware of the most common food allergens [Table 2] [3].

Food allergy affect the dietary habits and daily activities of children. It may give rise to the feeling of anxiety and depression [4]. Parents become concerned about the nutritional choices of allergic children This impact the lifestyle of children and that of people around them including parents, siblings, teachers and friends. In school, children are affected by different kind of foods. Children are not able to distinguish between foods

and may expose themselves to allergic foods. It may result in serious adverse reactions which are often life threatening if the child is not immediately rescued.

Accidental ingestion of food allergen in school is very common. These reactions are often severe and can be fatal. Treatment delays are often due to delayed recognition of reactions, calling parents, not following emergency plans, and an unsuccessful attempt to administer medication [5].

Most teachers are not always trained to deal with food allergy. Parents often fail to inform properly the school authority about their children's dietary restrictions [3].

Therefore, teachers should not only be aware of how to deal with an allergy attack but must know about their students allergic conditions [Table 3]. It is important to better characterize the features of food-allergic reactions in the school setting. Schools and other day care facilities need to have established action plans for food allergy

Table 2: Most Common Food Allergen [1]

Cow's milk
Egg
Peanut
Tree nuts
Fish
Shellfish
Wheat
Soy

Table 3: Reasons school authorities should know about food allergy

- The incidence of food allergy globally is on the rise
- Children are more affected by food allergies than Adults
- Food allergies are one of the most frequent causes of anaphylaxis
- Anaphylaxis may affect children who have not been previously diagnosed with any allergy
- Food allergy has serious impact in quality of life (QOL) for allergic patients
- In case of Children it also affects the life of people around them, (parents, siblings, friends, teachers)
- Children spend a lot of time in school
- Children come in contact with various kinds of food in school
- One out of five Children suffering from food allergies have experienced at least one allergic reaction in school
- Symptoms of an allergic reaction usually appears very rapidly, within 5 to 30 minutes following exposure to the allergen
- Delayed response can give rise to a fatal outcome

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2. Loh W, Tang MLK. The Epidemiology of Food Allergy in the Global Context. *Int J Environ Res Public Health.* 2018 Sep 18;15(9)
3. Ravarotto L, Mascarello G, Pinto A, Schiavo MR, Bagni M, Decastelli L. Food allergies in school: design and evaluation of a teacher-oriented training action. *Ital J Pediatr.* 2014 Dec 4;40:100.
4. Bacal LR. The impact of food allergies on quality of life. *Pediatr Ann.* 2013; 42(7): 141–145. doi: 10.3928/00904481-20130619-12.
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DRY EYE

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Acknowledgement: This article has been reviewed by Dr. Seham Alhemaidi, Assistant Professor/Ophthalmology, Faculty of Medicine, University of Tabuk

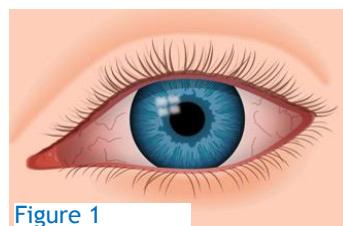


Figure 1

Dry eye, also known as Dry Eye Syndrome or Keratoconjunctivitis Sicca is disease affect the ocular surface due to abnormality in the tear film, that result in various symptoms like visual disturbance, burning sensation, pain, redness, sensation of heavy eyelid, dryness, photophobia, foreign body sensation, stinging and pruritus.

Dry eye is a multifactorial disease, its prevalence around the world varies from 5% to 38%. It affects women more than men and its incidence is increasing with age in both sexes. It has affected people who spend a long time in front of screens that result in decrease blinking reflex. And it has also affected patients who did Refractive surgery. Other causes like medication, autoimmune disease like Sjogren syndrome, allergies, Meibomian gland dysfunction and eyelid disease.

Tear film is consists of three layers any problem affects these layers will result in dry eye:

- 1) Inner layer is mucinous secreted by goblet cells.
- 2) Middle layer is aqueous secreted by the lacrimal gland.
- 3) Outer layer is lipid to prevent evaporation of other layers and secreted by the meibomian glands.

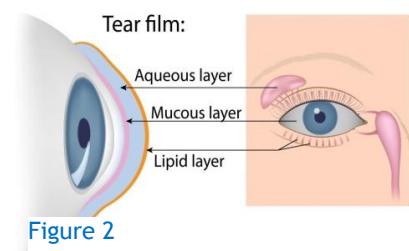


Figure 2

There is two forms of the disease either tear deficiency "dry eye with reduced tear production (aqueous-deficient)" or excessive tear evaporation "dry eye with increased evaporation of the tear film (hyperevaporative)".

Reference:

- 1- Mohammad-Ali Javadi, MD and Sepehr Feizi, MD. Dry Eye Syndrome. *J Ophthalmic Vis Res*. 2011 Jul; 6(3): 192–198.<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3306104/>
- 2- Elisabeth M Messmer, Prof. Dr. med. The Pathophysiology, Diagnosis, and Treatment of Dry Eye Disease. *Dtsch Arztebl Int*. 2015 Jan; 112(5): 71–82.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4335585/>
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- 4- Figure1: Richard Adler. Dry eye syndrome: Symptoms and causes. *Allaboutvision.com*
<https://www.allaboutvision.com/conditions/dryeye-syndrome.htm>
- 5- Figure2: Dry Eye Syndrome - First Eye Care Downtown Dallas. *First Eye Care Downtown Dallas*
<https://firsteyecaredowntowndallas.com/eye-and-vision-health/eye-conditions/dry-eye-syndrome/>

SCIENTIFIC CLUB OF MICROBIOLOGY

(<https://www.ut.edu.sa/web/college-of-medicine/microbiology-club>)

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INTRODUCTION

The Faculty of Medicine at the University of Tabuk established the Scientific Club for Microbiology in 1439H, which is concerned with developing and raising the efficiency of students from all academic years in microbiology through training courses and workshops during the summer vacation in cooperation with the professors of the Department of Microbiology at the Faculty of Medicine by the student: Abdul Aziz Abdul Rahman Bedewi.



LIST OF ACHIEVEMENTS

All sessions are designed to be delivered by the following teaching methods:

- 1- Team based learning (TBL)
- 2- Case based learning.
- 3- Interactive lecturing.

Infectious diseases course (pathogenesis, diagnosis, and prevention):

22nd July – 9th August

Organized by: Abdulaziz Abdulrahman Bedaiwi

Presented by: Shereen Fawzi Hafez

- Pretest/ Host parasite relationship
- Laboratory diagnosis of Infectious diseases
- Skin , soft tissue, bone and joint infections
- Infections of nervous system
- Urinary tract infections
- Sexually transmitted diseases
- Upper respiratory tract infection, ear and eye infections
- Lower respiratory tract infection
- Infection in pregnant female and neonatal infections
- GIT infections and food poisoning
- Blood borne viruses (HBV, HDV, HCV & HIV)
- Bacteremia, septicemia, cardiac infections
- Infections in immunocompromised host
- Immunization
- Post test/ Discussion