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New Issue



Volume 2 Issue 1

Saudi Medical Journal for Students

5th YEAR



نعود بحذر



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Faculty of medicine, 4th year



DR. TANVEER RAZA

Editor-in-Chief, Saudi Medical Journal
for Students (SMJS) & MedEdu Tabuk
Faculty of Medicine



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Introducing Volume 2 Issue 1 of Saudi Medical Journal for Students

It is our great pleasure to introduce Volume 2 Issue 1 of the Saudi Medical Journal for Students (SMJS). I would like to thank Dr. Marai M. Alamri, Dean of Medicine for his continuous support in making this possible. Greatest felicitations to the Editors of SMJS in working round the clock to get the article published in time. The SMJS Editors are made up of undergraduate medical students at the Faculty of Medicine who work voluntarily. This is what makes SMJS so unique. We are the first student medical journal in the Gulf region. The SMJS team would like to express their gratitude to the reviewers for their effort. In this issue we have accepted eighth articles of which seven are original research articles and one is a case report.

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ORIGINAL RESEARCH ARTICLE

1 Parents Awareness and Attitude Towards MMR And Measles Vaccine in Saudi Arabia

Nouf Mohammed Almansour¹, Hessah Saad Alsayahi¹, Nora Mohammed Albarakah¹, Haya Saud Almana¹, Shaza Mohamed Leheidan¹, Ahmed Mohammed Almutairi²
¹Medical Intern; Imam Mohammad Ibn Saud Islamic University (IMSIU)²Assistant Professor of Paediatrics; Imam Mohammad Ibn Saud Islamic University (IMSIU)



2 Osteoporosis Awareness and Knowledge Assessment Among Saudi Female in Saudi Arabia

Sarah Ali Alatwi¹, Rana Eidhah Almalki², Abdulaziz Sulaiman Al-Ali³, Wurud Muteb Alshammari⁴, Abdelwahab Hassan Abdelwahab Huss⁵
¹Medical Intern; Tabuk University²Medical Student; Tabuk University³Medical Student; Shaqra University⁴Medical Student, Northern Border University⁵Assistant Professor of Internal Medicine; Tabuk University



3 Assessment of Medical Students' Knowledge, Attitude and The Impact of Educational Intervention on Testicular Cancer Awareness at Qassim University, Saudi Arabia

Sajad Ahmad Salati, Ibrahim Abdullah Aljabr, Meshari Abdulrahman Alharbi, Moath Abdullah Almatroudi
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²Medical student, Unaizah College of Medicine, Qassim University, Kingdom of Saudi Arabia



4 Obesity, Body Image Perceptions and Weight Loss Behavior Among Young Adults

Hyder Osman Mirghani¹, Turki Moshabab Alqahtani^{2*}, Talal Ahmed Alomrani², Eid Alaenzi², Yousef Ali Alaenzi², Raghad Turki Asiri²
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²Medical students Medical College, University of Tabuk, Saudi Arabia



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5 Team-Based Learning, Unaizah College of Medicine, Qassim University, Kingdom of Saudi Arabia, 2020

Rana Abdullah Almutairi¹, Abdullah Musnad Almutairi², Feras Abdullah Alsuheimi², Talal Saleh Almutairi², Nader Mubarak Alharbi², Jarah Abdullah Alrashdi², Mohammed Elmuttalut³,
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3 Medical Student, Unaizah College of Medicine
Assistant Professor Community Medicine and Medical Education Department, Unaizah College of Medicine and Medical Sciences, Qassim University.
Associate Professor of Medical Education, Biochemistry and Molecular Genetics Unaizah Medical College



6 Assess the Level of Awareness of Epilepsy and First Aid in Seizure Attack among Teachers of Children Age Group (6-18yr), Tabuk City, Kingdom of Saudi Arabia

Raghad Shiraz M Alharthi¹, Asmaa Salah Ghmaird², Bedour Eid Alatawi³, Nouf Mohammed Albalawi³, Mariam Awad Albalawi³, Sarah Ali Abosa
1 Medical Intern, Medical College, University Of Tabuk, Saudi Arabi
2 Pediatric Consultant, Assistant Professor, Medical College, University Of Tabuk, Saudi Arabia
3 Medical Student, Medical College, University Of Tabuk, Saudi Arab



7 Knowledge, Perception, and Attitude about Psoriasis among The General Population in Tabuk, Saudi Arabia

Mohammed Olaythah Alraddadi¹, Sara Ibrahim A Alhawiti², Abeer Bakheet N Alotaibi³, Nouf Mohammed Albalawi³, Nadia Abdullah M Alzahrani³, Fatimah Sulaiman Alhawiti³, Mashael Zayed M Albalawi⁴, Bushra Hammad Alatwi⁵
1 Assistant Professor of Dermatology College of Medicine, University of Tabuk, Tabuk, Kingdom Of Saudi Arabia
2 Medical Intern, College of Medicine, University of Tabuk, Tabuk, Kingdom of Saudi Arabia
3 Family Medicine Resident, Aleskan, Tabuk, Kingdom of Saudi Arabia.
4 Service Resident, Tabuk, Kingdom of Saudi Arabia



CASE REPORT

8 Maxillary Lateral Incisor with Two Separated Canals Diagnosed with CBCT Technology: A Six-Month Follow-Up Case Report and Mini-Review

Ahmed S. Al areqi¹, Abdulaziz E. Dallak², Mohammed A. Kariri³, Ahmed M. Suhluli⁴, Mohammed M. Al Moaleem⁵
1 Demonstrator, Sanaa University, Sanaa, Yemen
2 General Practitioner, Ministry of Health, Baish General Hospital, Jazan, SA
3 4 Dental Intern, College of Dentistry, Jazan University, Jazan, SA
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PROF. IBRAHIM ALTEDLAWI DISTINGUISHED RESEARCHER FACULTY OF MEDICINE, UNIVERSITY OF TABUK

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PROF. IBRAHIM ALTEDLAWI Professor & Senior Consultant of General &Oncology Surgery (Breast Onco- surgery & Onco-plasty)

Prof. Altedlawi received a distinguished researcher award from Dr. Marai M. Alamri, Dean, Faculty of Medicine for his research work in Breast Cancer. He has conducted a large number of research on breast cancer cases in Tabuk region with the cooperation of our colleagues in Prince Fahad Bin Sultan Research Chair. It is our honor to share few of his selected works.

Molecular evaluation of PROGINs mutation in Progesterone Receptor gene and determination of its frequency, distribution pattern and association with Breast Cancer susceptibility in Saudi Arabia.

This case control study was performed on 200 subjects in which 100 were breast cancer cases and 100 gender matched healthy controls. The mutation was detected by using mutation specific PCR and results were confirmed by direct Sanger sequencing.

The results showed a clinically significant difference in genotype distribution of PROGINs allele among the cases and gender matched healthy controls ($P < 0.032$). Genotype frequencies of A1/A1, A1/A2, A2/A2 reported in cases was 81%, 19% (18% & 1%) and in matched healthy controls were 93%, 7% (6% & 1%). The higher frequency of PROGINs allele (19%) was observed in cases than the healthy controls (7%). The findings indicated that PgR variants (CC vs CT) increased the risk of Breast cancer in codominant inheritance model with OR = 3.44, 95% CI = 1.30-9.09, $P < 0.021$ whereas non-significant association was found for (CC vs TT) genotypes with OR = 1.14, 95% CI = 0.07-18.658, $P = 0.92$. However, subgroup analysis revealed that (CT + TT) vs CC genotype increased the risk of breast cancer in dominant inheritance model tested OR = 3.11, 95% CI = (1.24-7.79), $P = 0.015$. A non-significant association for PgR (CC+CT) vs TT) genotypes were reported in breast cancer OR = 1.0, 95% CI = (0.061-16.21), $P = 1$ in recessive inheritance model tested. However, analysis with clinical-pathological variables revealed that the PROGINs allele is significantly associated with the distant metastasis and advanced stage of the disease.

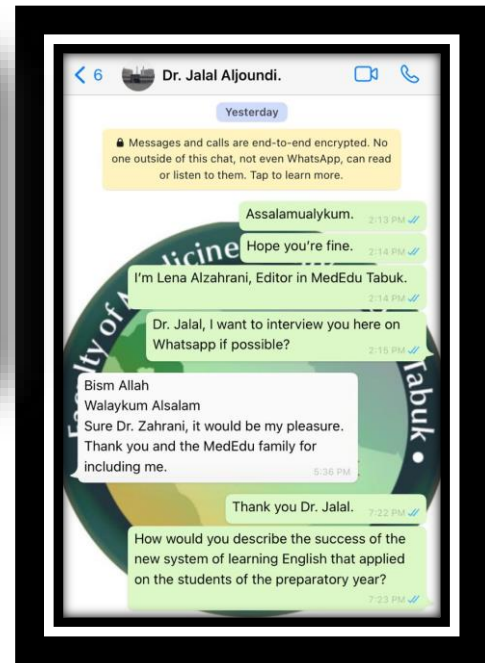
Utility of Amplification-Refractory Mutation System for The Detection Clinically Significant Estrogen and Progesterone Receptors Gene Variations in Breast Cancer Patients, In Saudi Arabia

This study was conducted on 85 histologically confirmed Breast cancer patients. DNA was extracted by using DNA extraction kit from Breast cancer patient and ARMS-PCR was established for the detection estrogen and progesterone receptor gene variations in Breast cancer patients. The results were confirmed by Sanger sequencing. We found that out of 85 consecutive breast cancer patients, (81%) patients had distant metastasis and (19%) does not show distant metastasis and, 9 (11 %) patients were treated with herceptin and 76 (89 %) were not treated with herceptin. Tamoxifen has been the basis of endocrine therapy for patients with ER (+) breast cancer for more than three decades. The treatment reduces the annual mortality rate of breast cancer by 31%, and remains the most effective targeted cancer therapy. However, approximately one-third of patients treated with adjuvant tamoxifen suffer from aggressive recurrent disease. Resistance to tamoxifen, thus, remains a major challenge in providing effective treatments for these patients. There are many conflicting results in the literature comparing quality of life following breast-conserving therapy (BCT) and mastectomy. In our study, out of 85 cases, 29 (34 %) patients received mastectomy and 56 (66%) did not received mastectomy (breast conserving surgery).. Amplification-refractory mutation system PCR for estrogen receptor 1 (ESR1 PvuII-rs2234693 T>C) and progesterone receptor (PR) rs590688 G/C, rs10895068C/T gene variations was successfully established in Breast cancer. It was concluded that the ARMS-PCR assay proved to an appropriate methodology considered for using ER and PR gene variations and allows discrimination between homozygous and heterozygous individuals.

Genetic Effects of Vascular Endothelial Growth Factor A (VEGF-A) and Its Association with Disease Progression in Breast Cancer Population of Saudi Arabia.

This case control study was conducted on 110 Breast cancer cases and 110 gender matched healthy controls. Vascular endothelial growth factor A (VEGF-A) 1 (-460T>C) genotyping was performed using Amplification refractory mutation system PCR method. The vascular endothelial growth factor A (VEGF-A) (-460T>C) genotypes were collated with different clinicopathological features of breast cancer patients. In our results: A significant difference was observed between the genotype distribution of VEGF-A (-460T>C) among breast cancer cases and gender matched healthy controls ($p=0.006$). The frequencies of all three genotypes CC,CT,TT reported in the breast cancer patients and sex matched healthy controls were 4.54%, 46.36%, 49.20% and 7.27%, 64.54%, 28.18% respectively. The increased susceptibility to breast cancer disease was found to be associated with VEGF (-460T>C) CC vs TT variant in codominant inheritance model OR 2.78 (0.83-9.26) RR 1.68(1.01 to 2.81) $P=0.04$. A significant association was reported with VEGF (-460T>C) (CC+CT vs. TT) variant in recessive inheritance model, (OR=2.45 (95% CI= (1.40-4.29), $P=0.003$). Our findings indicated that VEGF (-460T>C) TT genotype is associated with an increased susceptibility to breast cancer disease. Our result indicates a potential dominant effect of VEGF (-460T>C) TT genotype on susceptibility to the breast cancer disease. We conclude that, VEGF (-460T>C) TT genotype significantly increased the risk of breast cancer. VEGF-A (-460T>C) genetic variability was significantly associated with distant metastasis of the disease. It may be a useful as predisposing genetic marker for breast cancer

Lena Alzahrani, Editor MedEdu Tabuks’ WhatsApp Chat with Dr. Jalal M. Al-Joundi, IL Curriculum Unit/BLP Supervisor, University of Tabuk



“HOW WOULD YOU DESCRIBE THE SUCCESS OF THE NEW SYSTEM OF LEARNING ENGLISH THAT [HAS BEEN] APPLIED ON THE STUDENTS OF THE PREPARATORY YEAR?”

I would describe it as the success of communication and cooperation between the university’s deanships: the Medical Faculty (FMd) and Institute of Languages (IL) respectively. Being clearly informed by the FMd of their students’ needs beyond year one, and the IL having the opportunity to design course content with that end in sight, meant that skills learnt in English class could easily transfer into positive skills for non-English courses taken by medical students beyond their freshman year. In other words, the success is due to courses being designed based on real needs, not theoretical ideas of what first year medical students should or shouldn’t take in their English courses. So, if we ask someone why a suit or dress fits so well, the answer will probably be because it was tailored to fit, and I believe that’s been the recipe for success for EMD001 and EMD002. There are other elements of success including using a blended medium approach to instruction with a focus on productive skills, but delivery of content that satisfies real needs is the biggest success in my eyes. Of course, there is still much room for improvement and further development based on the continued evaluation of program outcomes, which everyone involved is very keen on.

ما هو الأوسكي (OSCE)؟

"أوسكي أي" امتحان سريري هيكل هادف

يحتوي مركز المحاكاة السريرية على قسم (OSCE) الذي هو فحص سريري مقنن الأهداف ويتكون من 14 غرفة امتحان سريري بتكلفة عالية جداً وتم تجهيزه بأعلى التقنيات المساعدة في رصد وتدقيق الاختبارات وتوفير نظام مراقبة دقيق ونظام رصد ومتابعة الدرجات بشكل أوتوماتيكي ويتيح دخول المتدربين في المعامل بشكل منظم وبتوقيت زمني موحد يحتفظ بمعلومات على مستوى الإنجاز ومراحل التقدم في عملية التدريب وبيانات كل متدرب من خلال نظام مرئي وصوتي تقني متطور لتقييمهم من خلال غرف تحكم متخصصة لمتابعة تعاملهم مع المجسمات التي تحاكي حالات صحية ومرضية تتوافق ومختلف المهارات التدريبية المتعلقة بالإسعاف والطوارئ والإنعاش والتنفس إعطاء الحقن وحالات الولادة والعمليات الجراحية الصغرى ومهارات التعامل مع حديثي الولادة وخياطة الجروح .

وهو نوع حديث من الامتحانات لفحص طلاب وطالبات دراسات العلوم الصحية مثل (دراسة الطب والعلاج الطبيعي والتصوير الإشعاعي والتمريض والصيدلة) وهذا النوع يفحص المهارات السريرية وادائها والكفاءة في مهارات الاتصال والتواصل والفحص السريري، وفحص مدى معرفة الطالب بالإجراءات الطبية والفحوصات ومدى الاستفادة من نتائجها.

والامتحان عبارة عن محطات كل محطة تحتوي على سؤال ذو مغزى وهدف معين لا يتعدى الوقت في كل محطة عن عشر دقائق وكل محطة تحتوي على سؤال أو معاينة المريض أو فحصه السريري بممارسة حقيقية أو حتى بالمحاكاة ويختلف عن الأسلوب التقليدي في الامتحان حيث أنه لا يوجد حاجة لعدد كبير من الممتحنين حيث يقوم على تعيين ممتحن واحد للفحص بأكمله وعلى الممتحن تدوين العلامات عن طريق علامة لكل هدف من أهداف السؤال الموجود في المحطة وهو في غرفة التحكم وبعد إكمال جميع المحطات في تلك الدائرة ينتهي الامتحان وبهذه الطريقة تجد أن جميع الطلاب يمرون على نفس المحطة ويختبرهم نفس الممتحن.

نشكر جامعتنا الموقرة على ما أولته للتعليم والتدريب الطبي من اهتمام وما وفرت له من امكانيات وما خصصت له من ميزانيات كل عام وما حظي به مركز المحاكاة خلال هذه الفترة من متابعة مستمرة وحرص في ظل الظروف الاستثنائية التي أثمرت بحمد الله على نجاح كبير لسير العملية التعليمية والتدريبية للطلاب خلال هذا الفصل الدراسي وفترة الاختبارات رغم التحديات الكبيرة التي واجهت التعليم بشكل عام والتعليم والتدريب الطبي في المستشفيات بشكل خاص.

Clinical Simulation Unit

الأستاذة/ رشا الفايدى

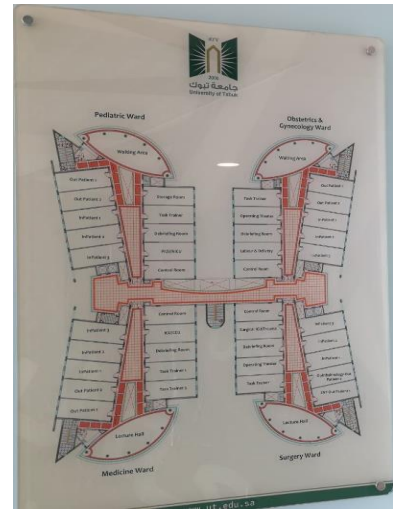
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«يا رب»



BY MARWAH ALFAIFI

يا رب
لا تجعل قلوبنا كقري مهجورة موحشة
بلا أضواء
يا رب
ازرع في قلوبنا سكينه بلا نهاية
يا رب
اجعل قلوبنا دافئة و نقيه من كل حسد غاضب
و حقد ساحق
يارب
اجعل قلوبنا صافية
بلا غبار الكره و الضغينة
و طهرها بمزن عاش على بياض السماء
من كل شظية سيئة

«طيب الحرير»

نفذت أحرقي الثمانية والعشرون
تعبت الجمل من الجمل
يست شرايين اللسان
انتهى عصر الكلام
انتهى كنز الخيول
لم يبق في الميادين فرسان
لم يبق لدي ما أقول
لم يبق لدي من شعر
لم أعد أملك سوى الصهيل
خسرت كل أوراق الثلج
سقطت كل الذكريات
الأحلام
البطولات
لم يبق لدي سوى الحياة
انتهى زمن الأسود
انتهى زمن الفصاحة
إني تركت بلاغتي لأهرب بين أهذاب الكمان
أبكي على حبر الأقلام
على تاريخ العبير
على تاريخ طيب الحرير



BY : MARWAH ALFAIFI

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Post graduate and
scientific research,
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يسر قسم الأحياء دعوتكم لحضور سيمينار علمي (افتراضي) بعنوان

دور جزيئات الحمض النووي الريبوزي الميكروي (miRNA) في التطور الجنيني الجسدي

سلسلة التميز في الابداع العلمي

تدير اللقاء
د. عائشة بنت محمد العطوي
مشرفة قسم الأحياء - كلية العلوم

يقدمه
د. زاهد حميد صديقي
الأستاذ المساعد بقسم الأحياء - كلية العلوم

محاور اللقاء:

- عملية التطور الجنيني الجسدي.
- الحمض النووي الريبوزي الميكروي (miRNA).
- الآلية التنظيمية للحمض النووي الريبوزي الميكروي (miRNA) في بعض النباتات المهمة اقتصادياً.



Zoom للتسجيل 11:00 صباحاً الثلاثاء 26/11/2020



Ahmed Hamoud Alanazi

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Be Fast!

B	E	F	A	S	T	أهم علامات السكتة الدماغية
						
BALANCE التوازن	EYES العيان	FACE الوجه	ARMS الذراعان	SPEECH الكلام	TIME الوقت	مدرسة الإسعافات الأولية @ArabicFirstAid
دوار و دوخة مع الم حاد بالرأس	عدم تساوي حدقتي العين	إرتحاء أحد جانبي الوجه	عدم القدرة على رفع أحد الذراعين	صعوبة أثناء التكلم	متى بدأت العلامات أطلب الإسعاف فوراً	

Stroke is caused by an abrupt blockage of arteries leading to the brain or by bleeding into brain tissue [1]. The main symptoms of stroke is Be FAST! [2]

Reference

1. وزارة الصحة. Stroke. 2020. [online] Available at: <<https://www.moh.gov.sa/awarenessplatform/VariousTopics/Pages/Stroke.aspx>> [Accessed 7 December 2020].
2. Stroke. [online] Available at: <<https://blogs.arabicfirstaid.com/2017/12/First-Aid-Stroke-Symptoms-causes.html>> [Accessed 7 December 2020].



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