

# MedEdu Tabuk

Since 2016

Official newsletter of the Faculty of Medicine, University of Tabuk



جامعة تبوك  
2020-2026  
مكتبة توظيف طلاب الجامعة يتيح أفضل فرص التوظيف بعد التخرج كل ما عليك هو التسجيل أو تحديث بياناتك على منصة طاقات البوابة الوطنية للعمل  
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مع تحيات  
مكتب توظيف طلاب الجامعة



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Cover page by : Sarah Alquayr,  
Faculty of medicine, 4th year



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Editor-in-Chief, Saudi Medical Journal  
for Students (SMJS) & MedEdu Tabuk  
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### HOW LONG WILL IT TAKE TO PUBLISH MY ARTICLE?


This is a question we at Saudi Medical Journal for Students (SMJS) have to answer a lot. An analysis of all papers in PubMed up to 2015 with listed submission and acceptance dates suggests that the median time from submission to acceptance to be around 100 days, which is more than 3 months. At SMJS our median time from submission to acceptance is around 90 days. There are many factors that influence this number, which we at SMJS have identified as

- Delay in the Editorial process
- Missing documents, as for example, signed cover letter, ethical approval forms
- Failure to follow author guideline
- Defect in Referencing style
- Slow response from corresponding author
- Slow response from reviewers

Our authors are students who are new at the field of research. We like to request them to consult their supervisors before submitting their manuscript. This can hasten the peer-review process.

### Editors of MedEdu Tabuk

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Editor-in-Chief, Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk  
Faculty of Medicine, University of Tabuk  
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# DIALOGUE WITH SMJS-MET EDITORS

SMJS-MET, (Saudi Medical Journal for Students (SMJS) and MedEdu Tabuk (MET), conducted a dialogue with **Prof. Mohammed A. Asiri**, Assistant Vice Rector for Post-Graduate Studies and Scientific Research and former Dean of Post-Graduate Studies, Professor, Department of Education and Science of Psychology, University of Tabuk and **Dr. Marai M. Alamri** Dean of Medicine, University of Tabuk. SMJS-MET is committed towards the professional development of its Editors and this is part of the Editor Development Program.

The event took place on Tuesday 23rd of March, 2021 at 12noon and was hosted by **Dr. Tanveer Raza**, Editor in Chief, SMJS-MET. The event lasted for more than 2 hours and was attended by 20 Editors from SMJS and MET.

The poster features logos for the University of Tabuk, Vision 2030, and the Saudi Medical Journal for Students (SMJS). It lists the speakers: Prof. Mohammed A. Asiri (Assistant Vice Rector for Post-Graduate Studies and Scientific Research, Former Dean of Post-Graduate Studies, Professor, Department of Education and Science of Psychology) and Dr. Marai M. Alamri (Dean of Medicine). The event details are: Time & Date: Tuesday 23<sup>rd</sup> of March, 2021 at 12noon; Venue: SMJS-MET Editorial Office, Ground Floor Faculty of Medicine Building, University of Tabuk. It is hosted by Dr. Tanveer Raza, Editor-in-Chief, SMJS & MET, with contact number Tel: 0537251324. A red box indicates 'Exclusive for Editors'.



**Reported by**  
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**Prof. Mohammed Asiri** started by praising the University and the faculty. He is the Editor in Chief of University of Tabuk Journal for Humanities and Social Sciences. Prof. Asiri gave a brief introduction of his journal and talked about its vision and goals. He gave a short history of the journal and concentrated on many useful points like the importance of making rules for the journal, assigning members to tasks, bringing in expertise, making a website for it, and publishing the magazine periodically. He ended his interactive talk by saying "let the journal speak about itself". Prof. Asiri had an open discussion with the Editors of both SMJS and MET. The editors had a good chance to learn from his experience.

**Dr. Marai M. Alamri**, Dean of Medicine in his speech welcomed Prof Asiri. He briefly highlighted the work of SMJS-MET and talked about how both journals could benefit by working together. The Dean of Medicine stressed on the importance of collaboration and urged the Editors to improve their expertise.

In the beginning of the meeting, Dr. Md. Tanveer Raza Editor-in-Chief, SMJS & MET introduced the editors to Prof. Asiri and Dr. Alamri. Each Editor talked about their respective responsibilities. Prof. Asiri was impressed with the professionalism of SMJS-MET. Dr. Raza later briefed them about the Editor Development activities. Dr. Marai M. Alamri presented Dr. Asiri with souvenirs of SMJS and MET and gave him a tour of the Editorial office. At the end, some Memorial photos were taken.





## THE DEAN OF MEDICINE TAKES HIS VACCINE

تلقى الدكتور مرعي محمد العمري ، عميد كلية  
الطب ، تطعيم COVID 19 في المركز الصحي  
بالجامعة، ولله الحمد لا يشتكي من وجود آثار  
جانبية، ويدعو الجميع للتقدم وأخذ اللقاح .  
أدام الله عليه الصحة والعافية.



عهد علي العطيبي

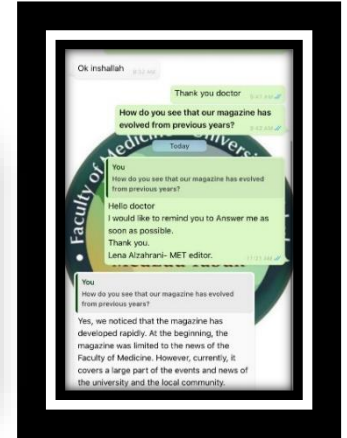
السنة الثانية

كلية تصاميم وفنون - تصميم ازياء

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Lena Alzahrani, Editor SMJS Tabuks' WhatsApp Chat with Dr. Othman Alzahrani, Vice Dean, Post graduate and scientific research, Faculty of Science, University of Tabuk



### “HOW DO YOU SEE THAT OUR MAGAZINE HAS EVOLVED FROM PREVIOUS YEARS?”

Yes, we noticed that the magazine has developed rapidly. At the beginning, the magazine was limited to the news of the Faculty of Medicine. However, currently, it covers a large part of the events and news of the university and the local community.

It also has editors from different faculties of the University, including the Faculty of Science. We wish you the best.

مكتب توظيف طلاب الجامعة يتيح أفضل فرص التوظيف بعد التخرج كل ما عليك هو التسجيل أو تحديث بياناتك على منصة **طاقات** البوابة الوطنية للعمل على الرابط التالي : <http://transition.taqqat.sa>

مع تحيات  
مكتب توظيف طلاب الجامعة





# THE VACCINE TAKERS



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## تاريخ اللغة العربية

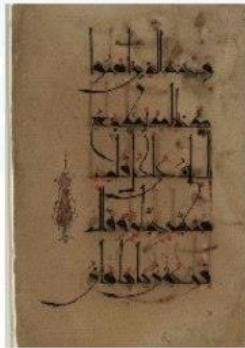
تعد اللغة العربية من أكثر اللغات انتشارا في العالم كونها لغة الدين الإسلامي نجد أن كل دول الوطن العربي والدول المحيطة به يتحدثون بها.

عرفت اللغة العربية بتعدد مفرداتها وبلاغة مدلولها فهل تساءلت يوماً عن بداية نشأتها وكيفية انتشارها؟

نشأت اللغة العربية من قبل الإسلام حيث قيل أن بداية نشأتها كانت مع وجود سيدنا آدم عليه السلام والبعض الآخر رجح أن يعرب من قحطان أول من تحدث بها وقيل أيضاً أن اسماعيل عليه السلام هو أول من تحدث بها، قد وجدت العديد من المخطوطات والنقوش الحجرية في شبه الجزيرة العربية لكن العلماء اعتبروها لغة ضعيفة حيث رجحوا أن اللغة العربية الصحيحة هي من تحدث بها قريش الذين عرفوا في زمانهم بالفصاحة والبلاغة. والرأي القائل انها لغة قريش اقوى لأن أقدم النصوص بهذه اللغة هو القرآن الكريم. قد أثر انتشار الدين الإسلامي تأثيراً قوياً على ازدهار اللغة العربية وانتشارها تحديداً في العصر الذهبي للإسلام عصر الدولة العباسية. فقد ازدهرت مع التجارة والفتوح الإسلامية فكان لزاماً على سكان تلك المناطق تعلمها لممارسة تعاملاتهم اليومية والدينية. انتشارها لم يكن يقتصر على الدين فقط بل اعتبرت ثقافة لنقل العلم والأدب بين الشعوب مما شكل قوة للغة العربية.

### علماء ساهموا في المحافظة على اللغة العربية وتطويرها:

- **أبو الأسود الدؤلي:** هو أبو الأسود ظالم بن عمرو بن سفيان الدؤلي الكناني، يُعد من أشهر علماء اللغة. يُحسب لأبي الأسود الدؤلي أنه أول من وضع النقاط على الحروف العربية وأول من وضع للمصحف تشكيلاً، كما أن أصول النحو قامت على يده، لذا لقب "ملك النحو". توفي الدؤلي سنة 69هـ.



اليوم العالمي للغة العربية

DECEMBER [ديسمبر] WORLD ARABIC LANGUAGE DAY





- **الأصمعي:** هو عبد الملك بن قريب بن عبد الملك بن علي بن أصمع الباهلي، لُقّب بلسان العرب ووجه الأدب وشيطان الشعر، له مؤلفات عديدة تزيد عن الستين مؤلفاً تُعرف بالأصمعيات حيث إنها تضم أشعاراً تحكي تراثنا العربي اللغوي وأضدادها ونوادرها، كان أيضاً مُلمّاً بالنحو و علومه مما جعل مهمة الأدب أكثر سهولة لديه، توفي سنة 216 هـ.

- **سيبويه:** هو عمرو بن عثمان بن قنبر الحارثي بالولاء، لُقّب بعمدة النُحاة وبحر اللغة، يُحسب له تبسيطه لعلم النحو، وقد ألف كتابه الشهير المُسمى "بالكتاب" حيث جمع فيه كل أقوال علماء النحو السابقين وأضاف عليها قواعد مستخلصة من اختلاطه بالعرب الفصحاء، توفي هذا العالم سنة 179 هـ.

- **ابن مالك الأندلسي:** هو محمد بن عبد الله بن مالك الطائي الجياني، كان إماماً في علم النحو واللغة، ومن أعلم الناس بالشعر العربي وأيضاً برواية الحديث، كُتب له القبول عندما ألف أشهر كتاب عن علم النحو والمعروف بألفية ابن مالك، والذي نالته شروحات كثيرة من بعده، توفي ابن مالك سنة 672 هـ.



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- علماء ساهموا في المحافظة على اللغة العربية وتطويرها:  
كتاب طبقات النحويين واللغويين للزبيدي

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اليوم العالمي للغة العربية

DECEMBER ديسمبر WORLD ARABIC LANGUAGE DAY



## MANAGEMENT OF POLYCYSTIC OVARY SYNDROME



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Reviewed by: **Dr. Amani Shaman**, Associate professor Obstetric & Gynecology, University of Tabuk

Polycystic ovary syndrome (PCOS) is one of the most common endocrine disorders in women of reproductive age, affecting between 5-20% of women worldwide.

It is important to appreciate that PCOS is a syndrome, reflecting variable clinical presentations. The syndrome is characterized by hyperandrogenism, ovulatory dysfunction, and polycystic ovarian morphology (PCOM). Clinically women may present with hirsutism, acne, male-pattern hair loss, irregular menstrual cycles, and infertility.

To diagnose PCOS, doctors depend on Rotterdam criteria (preferred) that states the presence of two out of these three points will diagnose PCOS:

1. Menstrual change: oligomenorrhea (less than nine cycles per year) or amenorrhea (no cycle for three consecutive months)
2. Clinical or biochemical signs of hyperandrogenism
3. Polycystic ovary on ultrasound

In addition to the clinical signs of hyperandrogenism (hirsutism, acne, and male-pattern hair loss), biochemical tests should be investigated in the lab.

So, the doctor may ask for testing the following:

- LH and FSH level in the blood.
- Serum total testosterone.
- Morning sample of 17-hydroxyprogesterone.
- B-HCG to exclude pregnancy

For the ultrasound, it can be done through trans vagina ultrasound or transabdominal.

It is important to note that follicle number and size, not cysts, are relevant to an ultrasound diagnosis. The Rotterdam criteria, considered to have sufficient specificity and sensitivity to define PCOS, include the presence of 12 or more follicles in either ovary measuring 2 to 9 mm in diameter and/or increased ovarian volume, one ovary fitting this definition is sufficient to define PCOS.

Many women with irregular menses and hyperandrogenic symptoms can be diagnosed based on the history and physical exam alone. However, the diagnosis of PCOS is only confirmed when other conditions that mimic PCOS are excluded.

Although PCOS is not completely cured, but symptoms are treatable with diet, exercise, and drugs. Most women are able to lead a normal life without significant complication.

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