



MedEdu Tabuk

Since 2016

Official newsletter of the Faculty of Medicine, University of Tabuk



New Issue

Saudi Medical
Journal for Students
Volume 1 Issue 2

Dr. Md. Tanveer Raza
Editor-in-Chief
SMJS and MET



Countdown to our 100th Issue

-19



Volume 5 Issue 4
November 4th, 2020



DR. TANVEER RAZA

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



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It is my great pleasure to introduce to you **Volume 1 Issue 2 of Saudi Medical Journal for Students (SMJS)**. We faced numerous challenges to publish this issue of SMJS due to COVID-19 global pandemic. Access to resources required were restricted. We also faced difficulty to communicate with reviewers and authors. SMJS Volume 1 Issue 2 has been possible due to the hard work, perseverance and dedication of our Editors. We would like to thank H.E. **Professor Dr. Abdullah bin Mofarh Al-Thiabi**, the Rector, University of Tabuk and the Dean of Medicine, **Dr. Marai M. Alamri**, for their support. The Editorial Managers, and Alumni and Faculty Editors deserve a special appreciation. Our gratitude to the **reviewers** for their hard work and learned opinions in making SMJS a better journal.

Despite the challenges, we have strived to maintain our quality and continued to follow our criteria in manuscript selection and hence the low acceptance rate.

I would like to finish my Editorial by thanking all the authors for choosing SMJS. Please continue supporting us.

Editors of MedEdu Tabuk

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New Issue

Saudi Medical Journal for Students Volume 1 Issue 2

Dr. Md. Tanveer Raza
Editor-in-Chief
SMJS and MET



Weekly Academic Activity
Faculty of Medicine
University of Tabuk

Speakers

Launching of Saudi Medical Journal for Students (SMJS) Volume 1 Issue 2



Dr. Marai M. Alamri
Dean of Medicine
University of Tabuk



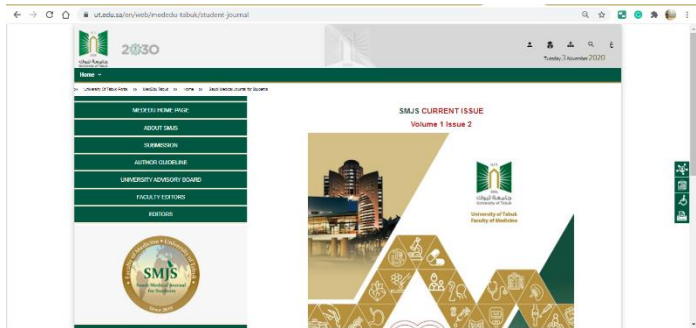
“Impact of COVID-19 on Medical Education”

Dr. Mostafa H. Nosseir
Professor of Physiology
Supervisor of Physiology Department
Faculty of Medicine, University of Tabuk

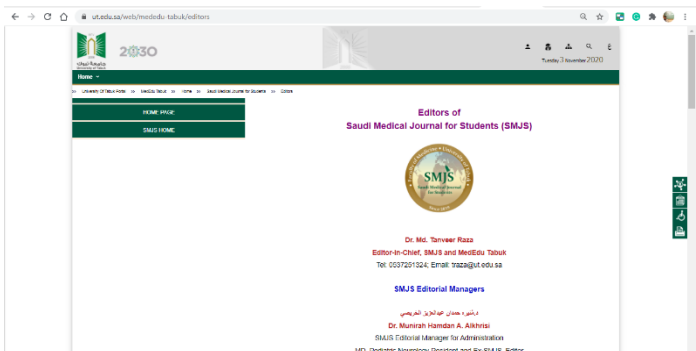
October 28th 2020, Wednesday
2pm-3.30pm
<https://eu.bbcollab.com/guest/d12fa4c5e5a44002bdc4019dbf407fbd>
Contact:
Dr. Md. Tanveer Raza. Tel: 0537251324. Email: traza@ut.edu.sa



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





1

SMJS, Volume 1 Issue 2

Original Research Article



Saudi Medical Journal of Students (SMJS) Official Journal of Faculty of Medicine University of Tabuk ISSN: 1658-8274 (Print version); 1658-8282 (Electronic version)

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MEDICAL STUDENTS ATTITUDE TOWARDS INFECTIOUS DISEASE SPECIALTY AND THEIR WILLINGNESS TO TREAT INFECTIOUS DISEASES AS FUTURE PHYSICIANS

Etihab G Alsabaie¹, Amjad H Bin Manaa^{1*}, Jehan A Hawssawi¹, Anan H Hakeem¹, Afif Moukkadem², Thamer H. Alenazi¹



SMJS VOLUME 1 ISSUE 2: SOURCE OF ARTICLES, n=30

Original Research Article, n=30



SMJS, Volume 1 Issue 2

Original Research Article



Saudi Medical Journal of Students (SMJS) Official Journal of Faculty of Medicine University of Tabuk ISSN: 1658-8274 (Print version); 1658-8282 (Electronic version)

DEPRESSION AND ADHERENCE TO LEVOTHYROXINE AMONG PATIENTS WITH HYPOTHYROIDISM IN TABUK, SAUDI ARABIA.

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Hyder Osman Mirghani¹, Hamad Albalawi^{2*}, Handar Ahernd Alamran², Thamer Awad Alatawi¹, Mohammed Salem Alshehri², Abdulrahman Mustafa Toonisi², Abdulaziz Ahmed Mebhi²

¹Associate Professor Internal Medicine, Faculty of Medicine University of Tabuk ²Medical Student, University of Tabuk

SMJS VOLUME 1 ISSUE 2: SOURCE OF ARTICLES, n=30

Original Research Article, n=30

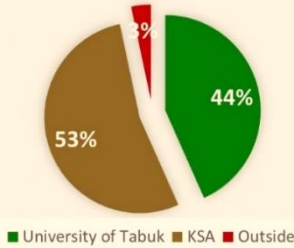


Table with 2 columns: Source, Count. University of Tabuk: 13, KSA: 16, International: 1.

2



SMJS, Volume 1 Issue 2

Original Research Article



Saudi Medical Journal of Students (SMJS) Official Journal of Faculty of Medicine University of Tabuk ISSN: 1658-8274 (Print version); 1658-8282 (Electronic version)

EXTENT OF KNOWLEDGE ABOUT CAUSES AND COMPLICATIONS OF FATTY LIVER DISEASE AMONG THE POPULATION IN TABUK CITY, SAUDI ARABIA

Abdullah Alatawi¹, Rakan Mohammed Bedaiwi², Sultan Makki Alshareef³, Turki Moshabab Alqahtani³, Waseem Mohammed Almalawi³, Nasser Hashim Alshareef³, Omar Muslih Albalawi³

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¹ Assistant professor, Internal Medicine Department, Faculty of Medicine, University of Tabuk ² Medical intern, Faculty of Medicine, University of Tabuk ³ Medical student, Faculty of Medicine, University of Tabuk

Acceptance Rate

36%

Table with 2 columns: Status, Count. Original Research Article: Accepted 5, Rejected 9.





SMJS, Volume 1 Issue 2

4

Original Research Article

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Official Journal of Faculty of Medicine University of Tabuk
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KNOWLEDGE AND AWARENESS OF ANTIBIOTIC RESISTANCE AMONG PARENTS IN TAIF, KSA, CROSS SECTIONAL STUDY

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Abeer Sultan Alshabi^{1*}, Shaimaa Abdulatif Alsalmi², Ola Abdullah Naman Turkstani³, Aham Ibrahim Algrnabi³, Wadd Khalid Saad Alharthi³, Hadeel Mansour Assalmi³

¹Medical students: Faculty of Medicine, Taif University, Saudi Arabia
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SMJS, Volume 1 Issue 2

5

Original Research Article

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PRIMARY HEALTHCARE SERVICE UTILIZATION AND SATISFACTION AMONG ADULT PATIENTS IN QASSIM REGION, SAUDI ARABIA: A CROSS-SECTIONAL STUDY 2019

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يوجد شهادات للحضور

كيفية تقديم وعمل الأبحاث من خلال النشاط الطلابي

How to Introduce Researches in Student Activity

مع د. إلهام البلوي
وكلية كلية الطب لشطر الطالبات



يسرنا إتضمامكم لنا للحدث من الأبحاث العلمية و النشاط الطلابي مع د. إلهام البلوي

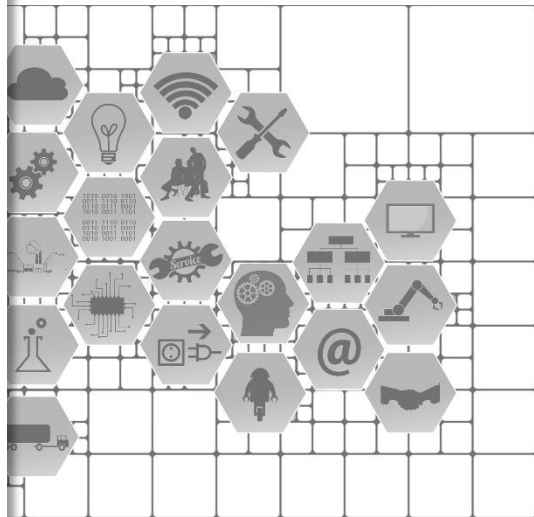
يوم الأحد الموافق ١٥ / ربيع ١ / ١٤٤٣ هـ الساعة ١٢-١ ظهراً من خلال منصة البلاك بورد التعليمية

برعاية: د.إم دي تنفير رازا
editor-in-chief, SMJS and MedEdu

للتواصل: أريج الجهني
٠٥٠٢٥٣٥٠٦٧
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SCAN ME
https://eu.bbcollab.com/collab/ui/session/guest/1c6f8801e25749d69642554aa49f2b44



تصميم: أريج الجهني



**Dr. Othman Alzahrani**

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دور جينات $BRCA1/2$ في سرطان الثدي العائلي والوراثي



تفاصيل الدراسة

جينات سرطان الثدي ($BRCA1/2$) بنوعيهما ($BRCA1/2$) تتواجد في أنسجة الثدي وغيرها من الأنسجة بشكل طبيعي وتلعب دوراً مهماً في عدد من العمليات التنظيمية الخلوية وعند وجود طفرات وراثية في هذه الجينات تزيد احتمالية الإصابة بسرطان الثدي.

سرطان الثدي عالمياً بين عامي ٢٠٠٨ - ٢٠١٢ م

١,٧ مليون إصابة
٥٢٢ الف حالة وفاة

سرطان الثدي في المملكة العربية السعودية

يشكل حوالي ٢٧% من بين أنواع السرطانات
سبباً لوفاة حوالي ٢٠% من المتوفيات بسبب السرطان

الهدف من الدراسة

مراجعة تفصيلية لأنماط الخلل في كلا من $BRCA1/2$ وتقدير خطر الإصابة بسرطان الثدي المرتبطة بكل خلل.

نتائج الدراسة

الطفرات التي تحدث في جينات $BRCA$ هي السبب الرئيسي في:

٢٥% من حالات سرطان الثدي الوراثي
١٠% من إجمالي حالات سرطان الثدي

وعليه يمكن التقليل من عدد الوفيات إلى حد كبير من خلال الفحص الجيني المبكر لجينات سرطان الثدي $BRCA$ للأشخاص الأكثر عرضة لخطر الإصابة بسرطان الثدي.



— Distinguished Alumni

This week our alumnus is the top of 2018 class doctor Rahaf Nasser Alotaibi

Doctor Rahaf graduated in 2018, from Medical school of Tabuk . She is currently working as Anatomic pathology resident at National guard hospital, Riyadh .

Dr. Rahaf Nasser Alotaibi .

E-mail :RahafOtaibi99@hotmail.com

Dr. Rahaf said that Pathology is a fundamental, exciting, challenging and intellectually stimulating specialty with a great work-life balance. In addition, the diversity of fields that you can specialize at in the future .She thinks that the Pathologist is a vital member in the clinical diagnostic team that use extensive medical knowledge and ancillary studies that lead to ultimately right care for the patient . For those reasons she decided to be a pathologist .

Her future goal is to become a well-known pathologist who is trained well , teach others and help them.

Dr. Rahaf ends her words by saying , Nothing is impossible. You can do everything if you want. If many other people did it , why can't you ?

Just trust in God, trust your abilities, then be courageous and persistent.

Edited by:RaghadAsiri.

Meet A MedEdu Tabuk Editor

خالد عبدالله الأسمرى

Khaled Abdullah S Alasmari
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I decided to join this newsletter MedEdu because I see in this newsletter that will be one of the biggest and well known medical newsletter in Saudi Arabia and even in the Middle East. I really want to be a one of the members of this family as I want to share my knowledge in the designing and writing skills. Also, I want to improve my writing and reading skills in the medical profession.

Edited by: Lena Alzahrani





Meet Our New Editors **Faculty of Pharmacy, University of Tabuk**



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عبدالإله تركي الأحمري

This page Edited by Mariam



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السلام عليكم ورحمة الله وبركاته
إلى طلاب وطالبات جامعة تبوك الكرام، أنتم ايقونة
التعليم في هذا الصرح الشامخ وأنتم رؤية
المستقبل التي تظهر متجلية من خلال طموحكم
اللامحدود.
انطلاقاً من ايماننا بقدراتكم وطموحكم اللامحدود،
الصحيفة الدورية الاسبوعية للتعليم الطبي تدعوكم
لمشاركة ما لديكم من مواهب (تصوير، كتابة، رسم،
تصميم، شعر) من خلالها، لنصبح الداعم والحاضن
لكم.
فلا شك اننا في سعي متواصل للعمل على تحقيق
آمالنا وتطلعاتنا التي تقوم أولاً وأخيراً بكم، نسعد
بتواصلكم معنا لمشاركتنا في هذا السعي:

نتمنى لكم دوام الصحة والعافية، فريق MedEdu Tabuk .



Perineural Injection Therapy (PIT) Lyftogt Technique

Wejdan Mohammed Alshehri

6th year, Faculty of Medicine, University of Tabuk

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This treatment, first discovered and later further developed by Dr. John Lyftogt, which is a series of subcutaneous injections of D5W (Dextrose 5% in Water) are injected along the path of superficial nerves targeting painful nerves (neurogenic pain). It is safe, effective treatment for inflamed and injured nerves.

Neuropathic pain, or nerve pain is one of the most intense types of chronic pain, often described as burning, stinging and electric, there are many causes of neuropathic pain include ; Nerve or spinal cord compression from herniated discs or from arthritis in the spine , Spine surgery .. etc.

Following an injury an area, there is increased production of Na & Ca which causes the associated nerves to swell and become inflamed. Then the nerves release protein messengers ((neurotransmitters)), which are allow the electrical impulses to occur.

How does Perineural Injection Therapy work?

The aims of PIT to extinguish the pain in order to stop the neuropathic pain and restore the original composition of the areolar connective tissue that supports , PIT involves multiple small injections along the path of tender superficial nerves in the area of pain with a small amount of 5% Dextrose (basically sugar water).The dextrose solution works by Blocks the TRPV1 receptors which inhibits the propagation of the neuropathic pain signals,Inhibits the neurogenic inflammation and Stimulates the release of nerve growth factors, helping in the repair & restoration of the soft tissues.

The aim of PIT is reduce the pain, and the success rates ranges between 80-100% depending on the condition. After the first session the pain relief may last for a period of 4 hour to 4 days. Repeated treatments (6-8 sessions) usually done weekly, result in gradual reduction of the pain, with the aim of complete resolution (0 pain score) and return of full function.



This is a case study presented in Annual conference of Mansoura Rheumatology & Rehabilitation (2018) by DR. ALI M.MURSI [Lecturer of rheumatology Benha Teaching Hospital – Egypt] Email: Alimursi2015@gmail.com

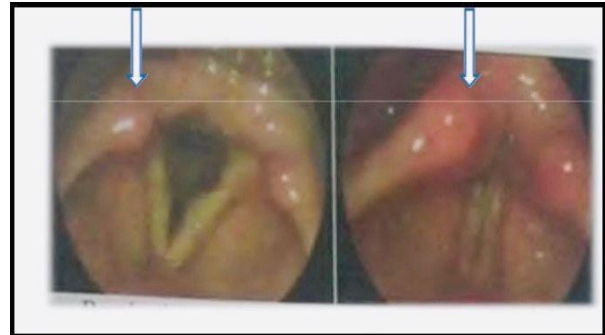
A 48 female patient was diagnosed as RA 12 years ago. During routine follow up visit the patient was complaining from difficulty of swallowing water, sore throat and hoarseness of voice.

Examination : TJS= 0, SJS=0, ESR =15mm/1st hour.

There was tenderness over laryngeal area.

The patient was referred to ENT department, indirect laryngoscope was done and showed **Rt cricoarytenoid joint (CAJ) arthritis** (white arrow).

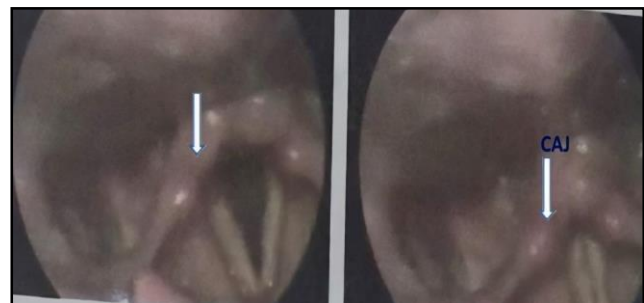
Suggested management was to inject glucocorticoids (GC) into CAJ by direct laryngoscope (DL) under general anesthesia. The patient refused this procedure. Approach to CAJ blindly by local GC infiltration is very difficult.



CUURENT THERAPY

The patient was maintained on MTX 20mg/week, HCQ 200mg/day GC 5mg/day and calcium plus Vitamin D. NSAIDS was added for 2 weeks with no response. Manifestations were exaggerated and dysphagia and

hoarseness of voice were increased. So we decided to **use perineural injection therapy (PIT) 4 sessions on days 0, 4, 11, and 18**. The patient improved, can swallow water as usual and hoarseness of voice disappeared. Follow up after 4 sessions by indirect laryngoscope (IDL) showed completely free Rt CAJ and no abnormality within the larynx.



In closing, I would like to convey my deepest thanks and appreciation for DR. ALI M. MURSI (Consultant Rheumatologist) for his assistance.

