

INFORMED

M O N T H L Y N E W S L E T T E R

S.S.LOOTAH
Healthcare

س.س. لوتاه
للاعاية الصحية

A timeless
heritage of
bringing service
to the
community

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The Director's Message >



Welcome to the first issue of 'INFOR-MED', S.S. Lootah Healthcare's very own Newsletter. Year 2010 has seen an explosive beginning, with HH Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai gracing the Graduation ceremony of our colleges, MEDAWI's successful Open House and the team's participation in Arab Health, the region's largest healthcare event. It is my pleasure to share the good work through this new voice, which aims to serve as a communication platform to address all our healthcare entities.

From humble beginnings, S.S. Lootah Healthcare has grown into a strong entity in the field of Healthcare not only in education but also in healthcare delivery. Our portfolio now comprises of Dubai Medical College, Dubai Pharmacy College, Dubai Specialised Medical

Centre and Medical Research Lab, MEDAWI - our most recent addition to the family, and other stakeholders including international partnerships.

A need for one common platform was therefore felt to address and align our target audience; our students, staff and alumni. 'INFOR-MED' promises to be a valuable source of news and developments of our different entities. A monthly e-newsletter, 'INFOR-MED' is an avenue to mutually interact, contribute and share achievements and information. An exclusive section featuring contributory articles authored by our own people aims to share research findings, rare case studies and other industry knowledge.

Your feedback and suggestions are vital to making this initiative a success. Send your comments and articles to the dedicated email id newsletter@infor-med.ae and watch the 'Interaction Space' for updates.

Let us strive to make this platform mutually beneficial towards building a sustained relationship. Let us be INFOR-MED.

Regards,
Eng. Rashid Lootah
Executive Director
S.S. Lootah Healthcare

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Partnerships

S.S. Lootah Healthcare and KMH
Canada sign MoU



S.S. Lootah Healthcare and KMH Cardiology & Diagnostic Centres based in Mississauga, Canada, earlier signed a Memorandum of Understanding to establish and operate healthcare facilities in Dubai and the UAE. KMH is North America's largest provider of nuclear cardiology services and has administered more than 600,000 diagnostic tests serving more than 75,000 patients annually at its eight clinics. Patients are offered state-of-the-art diagnostic services, including cardiology and nuclear cardiology, nuclear medicine and MRIs within a completely paperless environment.

S.S. Lootah Announces Healthcare
Excellence Centre Agreement

MoU Signed with UKE, Germany



S.S. Lootah Healthcare and Hamburg-based University Hospital Eppendorf (UKE) are pursuing a new cooperation agreement towards establishing centres of excellence for healthcare delivery, medical education and research. UKE is the largest hospital in Hamburg with approximately 1,400 beds and treats around 50,000 in-patients and 250,000 out-patients each year. The university hospital is well-known for its centers of excellence such as the Spine-Centre, Oncology Centre, Heart-Centre, Urology and Prostate-Centre, Transplantation Centre, Children and Women's Centre, to name a few.



MEDAWI, the most recent contribution from S.S. Lootah Healthcare means 'The Healer' in Arabic. As its name implies, MEDAWI Hospital will be the place of healing for the people of Dubai and the region. MEDAWI will open its doors to the community in the first quarter of 2010 and is committed to the highest quality healthcare, with a mission to provide the most gratifying, personal, patient experience along with world-class healthcare services. Strategically located in Muhaisnah, MEDAWI will consist of 83 beds, four fully equipped operating theatres, 22 specialty out-patient clinics and extensive diagnostic facilities with the latest medical equipment.

With the vision being 'To be regionally recognized for quality and trust in healthcare delivery', MEDAWI takes great pride in its legacy of being firmly rooted in Dubai and is committed to give back to the community, including nurturing local medical talent towards realizing their true potential. The hospital will strive towards strengthening this vital sector for sustaining long-term social development of the nation.

MEDAWI Services:

- Centers of Excellence
- Obstetrics & Birthing Center
- Non-Invasive Cardiology
- Diagnostic Imaging (CT, MRI, PET)

Additional Services:

- Gynecology
- Internal Medicine
- Gastroenterology
- Urology
- Orthopedics
- Ear, Nose, Throat (ENT)
- Ophthalmology
- Paediatrics
- Dermatology
- General Surgery
- Neonatology
- Dental
- Physical Therapy
- Emergency Services – 24/7
- Lab
- Pharmacy
- Intensive Care Unit (ICU)

Progress Tracker >

In this section, we bring you updates on the progress of the physical structure of the hospital, which comprises of two parts – **the main hospital building and the nurses' accommodation**. The main hospital building includes a Basement, Ground Floor, First

Floor and Top Roof and will be completed in two phases. Both phases are progressing steadily with Phase 1 (Out Patient Clinics, Pharmacy and Administration at the Ground Floor) almost complete.



News and Events >

MEDAWI Open House

Congratulations to the team on kicking off the first MEDAWI Open House on 20th January. The event saw participation from a variety of visitors; Dubai Medical College graduates, physicians, nurses and healthcare recruiters. The number of visitors was 15, which met the target set. Visitors were impressed with the facility and voiced excitement about S.S Lootah Healthcare and the hospital project. The articulate team provided friendly and accurate information.

The event ended on a positive note with several enquiries and invitation requests for the next Open House. The team is proud that the goals and objectives of the initiative to generate awareness and sustain interest and excitement in MEDAWI have been accomplished successfully.



Dr. Obeid makes a splash at Arab Health Panel Discussion

Dr. Mohammad Abu-Obeid, COO of MEDAWI was chosen to represent the private sector during a panel discussion on the sidelines of the Arab Health exhibition. The business networking event titled 'Arab Health – A Bilateral Perspective', was organized by Dubai Chamber of Commerce and Industry (DCCI) and dealt in detail with the market trends in the healthcare sector, with particular focus on partnerships between UAE and German entities. In his welcome address, H.E. Hisham Al Shirawi, 2nd Vice Chairman of DCCI made a special mention of the agreement signed between S.S. Lootah Healthcare and UKE, Germany during the Dubai Hamburg Business Forum, 2008.

Dr. Obeid addressed the challenges and priorities of the region's private health sector and threw light upon the strategic plans of S.S. Lootah Healthcare and its international partnerships. The event concluded on a positive note with the panelists expressing that the Middle East healthcare sector is not affected by the financial crisis and has tremendous potential for growth.



L-R: **Dr. Mohammad Abu-Obeid** (COO of MEDAWI), **Dr. Amin Al Amiri** (CEO, Medical Practice and Licence, Ministry of Health), **Dr. Belaid Rettab** (Senior Director, Economic Research & Sustainable Business Development Sector, Dubai Chamber), **Prof. Dr. Hans-Jorg Schmidt Trenez** (CEO of Hamburg Chamber of Commerce), **Dr. Kathrin Adlkofer** (CEO, North German Life Agency GmbH Norgenta), **Dr. Mathias Goyen** (CEO, UKE Consult and Management GmbH)



Meet the Team >



The MEDAWI Team

Senior Management & Consultants:

- | | |
|-----------------------------|---|
| 1. Eng. Rashid Saeed Lootah | – Director (Dir) |
| 2. Mr. Dan Danesh | – General Manager SSLI |
| 3. Dr. Rula Khalil | – Manager, Dubai Specialized Medical Center |
| 4. Dr. Fouzia Shersad | – Quality Management Team, DMC |

MEDAWI Management Team:

- | | |
|---------------------------|---------------------------------------|
| 1. Dr. Mohammad Abu-Obeid | – Chief Operating Officer (COO) |
| 2. Dr. Suhail Kady | – Medical Director (MD) |
| 3. Ms. Katherine Doll | – Nursing Director (ND) |
| 4. Nauman Jan | – I.T. Consultant |
| 5. Nawar Haytham Hamza | – I.T. Technical Support |
| 6. Mohammad Abu Al Ata | – Senior Bio-Medical Engineer |
| 7. Abdullah Abu Ghosh | – Bio-Medical Engineer |
| 8. Thea Quirino | – Executive Assistant to the Director |
| 9. Wella Sepida | – Office Assistant |

MEDAWI Support Team:

- | | |
|-------------------------|---------------------------------|
| 1. Abdul Vaheed | – Manager, Business Strategy |
| 2. Jan De Wachter | – HR Consultant, Human Resource |
| 3. Sadiq Al Ghamry | – Finance Manager |
| 4. Abayazid Bakri | – Purchase Manager |
| 5. Hassan Morshidy | – Legal Advisor |
| 6. Andrew Holmes | – Legal Advisor |
| 7. Doaa Tahboub | – Marketing Manager |
| 8. Hatem Ahmed | – Planning Manager |
| 9. Nidal Agha | – Project Manager, SSLC |
| 10. Habib Omar Farooqui | – Project Manager, SSLC |
| 11. Arvin Guides | – Design Architect, ZAS/PSE |



مداوي Medawi

ثق باهتمامنا
Trust that we care

Graduation Ceremony of Class 2009 Dubai Medical College and Dubai Pharmacy College *His Highness Shaikh Mohammed Bin Rashid Al Maktoum graces the occasion*

CONGRATULATIONS

Batch 19 of Dubai Medical College and Batch 14 of Dubai Pharmacy College



S.S. Lootah Healthcare is honoured with the presence of His Highness Shaikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, at the graduation ceremony of the 19th batch of Dubai Medical College and 14th batch of Dubai Pharmacy College, held at the Grand Hyatt on 19th January, 2010. Other dignitaries present included H.H. Sheikh Maktoum bin Mohammed bin Rashid Al Maktoum, Deputy Ruler of Dubai along with H.H. Sheikh Majid bin Mohammed bin Rashid Al Maktoum, Chairman of Dubai Culture and Arts Foundation, H.H. Sheikh Mansour bin Mohammed bin Rashid Al Maktoum, H.E. Dr Hanif Hassan, Minister of Health, H.E. Abdul Rahman Mohammed Al Owais, Minister of Culture, Youth and Community Development, H.E. Reem Al Hashemi, Minister of State. His Highness Shaikh Mohammed presented appreciation awards to top performers in the presence of Haj Saeed Bin Ahmed Al Lootah, Founder & Chairman of the Board of Trustees of the colleges. Graduates received their certificates from Eng. Yahya Bin Saeed Al Lootah, Member of the Board of Trustees. A total of 53 students were conferred with the MBBS degree and 62 students with the B.Pharm degree. This number includes 27 Emiratis.



Top Performers >

Dubai Medical College

- Basma S. A. Muhammad Al-Arnawoot
- Sumaiya Iqbal Maklai
- Ayah Mahmood Ahmed Mustafa Al Zamrooni
- Maisoon Mahmoud Ahmed Jamal El Din
- Dana Hasan Sulaiman



Dubai Pharmacy College

- Salma M. Nouredin Ghawji
- Dania Chawki Kamal
- Rahaf MH'D Ala Essin Ahmed Saad
- Eman Mohamed Hasan Alali
- Alaa Adnan Ibrahim



Achievements >

Students emerge winners at 4th Medical Students Conference held at University of Sharjah



First prize in oral presentation at the 4th Medical Students Conference held at University of Sharjah during November, 2009.

Topic presented - Genetic Polymorphisms of Glutathione S-Transferase gene and Susceptibility to Chronic Obstructive Pulmonary Disease*

The winning team:

Mona M. Faramawy – Second Year
Tasnim O. Mohammed – Second Year
Aysheh M. Hossaini – Third year
Reem A. Kashem – Third year
Rania M. Abu Rahma – Fourth Year

Medical Students Conference is conducted by the Emirates Medical Student Society conceived by Dr. Maisoon Jamal, then President of Students' Union in 2006. The first conference was hosted by DMC in 2006 and is now an annual event.

* Find the details of the study in the 'Student Research' section (p7)

First research work published in an international journal (Journal of Critical Care)



Congratulations to Amna Salah, Aysheh M. Hossaini, Haseena Banu, Isra Ahmed, Mariam Khan, Mona M. Faramawy, Najma Esmail, Rania M. Abu Rahma, Reem A. Kashem, Reem Al-Fageer, Reem Al-Suwaidi, Samar Habibiullah, Tasnim O. Mohammed, Yara Al Lahham, on the first research work from DMC to be published in an international journal (Journal of Critical Care).

* The findings titled 'Cognitive emotions: Depression and anxiety in medical students and staff' is featured in the 'Student Research' section.



كلية دبي الطبية
DUBAI MEDICAL COLLEGE

Dubai Medical College is the first private college to award a degree in medicine & surgery in the UAE. Established in 1986 by Haj Saeed Lootah, the college offers women in the UAE and the region an opportunity to study medicine by avoiding the troubles and risks of traveling abroad. Today, DMC boasts of over 700 graduates who are now well-placed medical practitioners not only in the Gulf but also in world-renowned

hospitals overseas. The college has a unique arrangement with the Department of Health, for the students to undergo clinical training at their hospitals. DMC is accredited by the United States, GMC - Britain and is listed in the World Directory of Medical Schools by WHO. The college has also been awarded the 'Dubai Quality Appreciation Program' and has to its credit the implementation of EFQM excellence model.

Staff Profile >

Prof. Mohammed Galal El din Ahmed Dean, Dubai Medical College

Prof. Mohammed Galal El Din Ahmed has been the Dean of Dubai Medical College since October, 2000. He is also the Head of Department of Anatomy. His areas of research include quantitative morphometry (stereology) in Neuroanatomy, in which he has published several research articles. Prof. Galal has been committed towards excellence in medical education through use of technology. He continues to inspire the faculty by encouraging innovative teaching methodologies and institutional research in addition to frequent Faculty Development Programs. He also empowers students through a culture of self-assessment by introducing structured appraisal systems. Several such initiatives have earned him a reputation as a leader and promoter of a student-based learning environment.

The recent strides taken by DMC under Prof. Galal's inspirational leadership have brought accolades from the American accreditation team and the Dubai Quality Appreciation Program.



Academic Qualifications:

Ph.D Anatomy, Aberdeen University, Scotland

Masters Degree in Anatomy, Assuit University, Egypt

Masters in Health Professions Education, Maastricht University and Suez Canal University.

M.B.B.S, Ain Shams University

Achievements >

DMC graduate gets FRCP Fellowship



Dr. Nooshin Bazargani

Congratulations to Dr. Nooshin Bazargani, Specialist Senior Registrar-Cardiology at Dubai Hospital, on being awarded the Fellowship of Royal College of Physicians (FRCP), London, in December 2009. Dr. Nooshin graduated from the 2nd batch of DMC in 1992 and obtained her MRCP in 1999. She has chosen 'Heart failure' as her specialty. Her main ambition is to set up a program and clinic for heart failure particularly the infrastructure for chronic heart failure cases in hospital practice and primary health care. She has been a tutor and a lecturer at the Dubai Medical College for several years. She is the first graduate from DMC to be awarded the fellowship.

FAIMER Fellowship grant for Dr. Fouzia



Dr. Fouzia Shersad

DMC becomes the first representative from the Gulf to join the global network of the Foundation for Advancement of International Medical Education and Research (FAIMER), following the selection of senior faculty member and Director of the Institutional Effectiveness Unit Dr. Fouzia Shersad, for the Foundation's two-year fellowship program. She is among the 20 international health educators chosen this year to receive a grant from the GSMC-FAIMER Regional Institute in Mumbai, India, one of the five centres in the world.

Student Research >

Cognitive Emotions: Depression and anxiety in medical students and staff

This is the first research work from DMC to be published in an international Journal (Journal of Critical Care).

Abstract Background

Medical students represent a highly educated population under significant pressures. They encounter multiple emotions during the transformation from an insecure student to a young knowledgeable physician. During the transition to clinical settings in the third year, the student may experience a loss of external control and may counter this with an increase in depression and/or anxiety symptoms. Studies suggest that mental health worsens after students begin medical school and remains poor throughout training. It is not just the undergraduate study period, which brings about these changes; it may continue later in internship, postgraduate study, and in the physicians' practical life, and it may reach burnout level. The greater the psychosocial health, the greater is the well-being and the capacity for adaptation and overcoming problems and common life frustrations in family, relationships, and work. Medical students and practicing physicians, in comparison with the general population and that of other professions, are exposed to academic and professional stress and therefore are vulnerable to psychosocial health problems and certain specific dysfunctions that may compromise their physical, mental, and social health.

Subjects and Methods

This cross-sectional study was conducted in November 2008. One hundred sixty-five medical students of DMC and 93 doctors (including medical staff of DMC) completed a set of 2 questionnaires regarding Beck Depression Inventory (BDI) & Beck Anxiety Inventory (BAI). Results were analyzed using SPSS 11, and adequate statistical significant tests were done. A P value of <.05 was considered statistically significant.

Results

Among medical students, 28.6% showed depression and 28.7% showed anxiety. The second-year medical students exhibited the highest percentage of depression and anxiety. There was a significant correlation between depression and anxiety among medical students ($r = 0.6$). "Crying" was the most common depressive symptom, and "fear of worst happening" was the most common anxiety manifestation in medical students.



Conclusion

The considerable amount of depression and anxiety found among doctors and students in this study should trigger further work. Studies using more powerful designs would help illuminate the factors leading to depression and anxiety.

Article can be found online at
[http://www.jccjournal.org/article/S0883-9441\(09\)00134-8/abstract](http://www.jccjournal.org/article/S0883-9441(09)00134-8/abstract)

Genetic Polymorphisms of Glutathione S-Transferase gene and Susceptibility to Chronic Obstructive Pulmonary Disease (COPD)

Winner of first prize in oral presentation during the 4th UAE Medical Students Conference at the University of Sharjah

Abstract

Introduction: COPD is one of the major health care problems worldwide as it is the fourth leading cause of death and the only cause which is increasing. Smoking is the major causal factor in the development of Chronic Obstructive Pulmonary Disease (COPD), yet only 10-20% of chronic heavy cigarette smokers develop symptomatic COPD which suggests the presence of genetic susceptibility. This genetic susceptibility to COPD might depend on variations in enzyme activities that detoxify cigarette smoke products such as microsomal epoxide hydrolase (mEPHX) and glutathione-S transferase (GST).

Objective: To test the hypothesis that genetic polymorphism of (GSTP1) (GSTT1 and or GSTM1) are associated with COPD in smokers.

Material and Methods: A case control study was done on 34 patients with COPD and 34 matched controls. DNA was extracted from WBCs by 'salting out' method. GSTT1 and GSM1 genotype were amplified by PCR and GSTP1 genotypes were identified by restriction fragment

(continued on p8)

Student Research >

(continued from p7)

length-polymerase chain reaction (RFLP-PCR) in peripheral blood DNA samples, followed by detection by agarose gel electrophoresis.

Results: The frequency of (AA) genotype of GSTP1 gene was 50% in COPD group compared to 44.1% in the control group. Carriers of (AA) genotype were at higher risk of developing COPD when compared with carriers of (GG) genotype, odds ratio was 1.7 (95% CI= 0.2-11.6). The frequency of carriers of null GSTT1 genotype was 53.1% among cases compared to 46.9% in control group, carriers of null GSTT1 were at slightly high risk of developing COPD when compared with carriers of the wild GSTT1 genotype (OR=1.3, 95% CI= 0.5-3.3). The frequency of carrier of null GSTM1 genotype was 66.7% among cases compared to 33.3% in controls, Carriers of null GSTM1 were at much higher risk of developing COPD (OR=3.13, 95%CI=1.1-8.6). Furthermore the risk of developing COPD was increased among carriers of null GSTT1, null GSTM1 and AA haplotype (OR =4.6, 95%CI =1.3-16.2).

Conclusion: Genetic polymorphisms of GST are risk factors for developing COPD among smokers.

News and Events >

'Health Awareness Day' at Dubai Medical College

Walkathon, Sports, BMI and Cholesterol check, lecture on metabolic syndrome and Workshop on healthy diet.



A 'Health Awareness Day' was organised in December, 2009 by the first and second year students to emphasise the importance of a healthy lifestyle and eating habits. The day began with a walkathon around the Arabian Centre in association with the Dubai Police, followed by sport activities at the college grounds. Dr. Nazneen Hussain and Dr. Aisha Salim from the Department of Health - Al Khwanej Primary Healthcare Centre conducted a detailed screening and assessment of basic parameters such as Body Mass Index, cholesterol, blood pressure and sugar levels for the students. This was followed by a lecture on 'Metabolic Syndrome' by Dr. Mohammed Obaida. Strong emphasis was also laid on a healthy diet with a workshop on planning a balanced diet by Ms. Reema Sultan, clinical dietician from Al Qassimi hospital, Sharjah.



كلية دبي للصيدلة
DUBAI PHARMACY COLLEGE

Dubai Pharmacy College is the first pharmacy Institute in the UAE established in 1992 by Haj Saeed Lootah, with a vision to complement Dubai Medical College in providing the community with competent pharmacists. The College boasts of over 400 graduates till date and is the first educational institution to be awarded with Dubai Quality Appreciation Program

(DQAP) in 2004. The 'B.Pharm' course includes 1000 hrs of professional practice experience in the Department of Health hospitals of Dubai, 100 hrs in pharmaceutical industries and 300 hrs in community pharmacies which prepare the graduates to pursue careers in research, manufacturing, analytical, controlling, marketing & administration.

Staff Profile >

Dr. Saeed Ahmed Khan
Dean, Dubai Pharmacy College



Academic Qualifications:

Ph.D. (Chemistry), Delhi University, India

M.Phil. (Chemistry), Delhi University, India

M.Sc. (Chemistry), A.M. University, India

Dr. Khan has been associated with Dubai Pharmacy College right from inception in 1992, where he started as an Assistant Professor in the Department of Pharmaceutical & Medicinal Chemistry. He has held various teaching and non-teaching positions over the years and was appointed Dean in 2007. He is also the Chairman, Committee of Quality Assurance and was instrumental in DPC winning the Dubai Quality Appreciation Program (DQAP) in 2004,

the first educational institution to win the award. He has been actively involved in research for the last 29 years and specializes in Synthetic Chemistry and Photochemistry. Dr. Khan has led the college in developing its vision to educate new pharmacists for the new century, who are technically excellent, broadly educated, and socially responsible. The college advances this vision through initiatives in student success, cutting-edge multidisciplinary curriculum and student research. Under Dr. Khan's leadership, the professional practice experience enables the students to witness first-hand global challenges and opportunities in pharmaceutical industries, hospitals and community pharmacies.

News and Events >

DPC Islamic Committee's themed charity drive



The Islamic Committee of DPC has embarked on a more active role that will include holding charity contributions every month based on a new theme, in addition to its existing agenda of creating awareness and spreading information on scientific and Islamic matters.

As a first initiative, the committee donated funds raised as *Zakat* and *Sadaqa* made for the month of *Dhul Hijjah*, to a Liver Cancer Patient in Pakistan during November, 2009. The month of December saw the collection of unused medicines and old clothes for the less fortunate. The medicines were sent to medical centres to help patients unable to afford medicines. The clothes will be sent to needy places outside the UAE.

The themes for the coming months will include reaching out to orphans, laborers, people with special needs and the economically poor sections of the community. The committee also plans to invite Islamic scholars to address the students in addition to providing regular updates on upcoming Islamic events.

Trivia

Colds and Flu

- A cough releases an explosive charge of air that moves at speeds up to 60 mph.
- A sneeze can exceed the speed of 100 mph.
- With only 30 seconds' of use, a handkerchief has been found to contain 15,000 germs.
- Colds are caused by over 200 different viruses, and they are not the same viruses that cause the flu.



مركز دبي الطبي التخصصي DUBAI SPECIALIZED MEDICAL CENTER

DSMC is a unique medical center that provides alternative medicine in addition to primary general medicine, such as Acupuncture and Ayurveda. DSMC has the distinction of introducing for the first time in the UAE the 'ALCAT' test for food and chemical sensitivities. The test detects allergic reactions to over 100 food items. The Medical Research Lab encourages innovative research by in-house doctors that focus mainly on alternative medicine and nutrition.

Announcements >



A warm welcome to Dr. Alirza Najafi *Acupuncture Specialist*

Dr. Najafi joined the Acupuncture and Chinese medicine clinic at the Dubai Specialized Medical Centre & Medical Research Lab in November, 2009. He graduated as an Acupuncture Specialist from the British Columbia University, Canada.

In addition to treating all case indications for acupuncture, Dr Najafi also specializes in techniques for special treatments like face-lifts and weight management. Acupuncture is most commonly used to treat pain management cases. Dr Najafi also incorporates herbology and acupressure methods in his treatment along with acupuncture.

Staff Profile >

Dr. Rula H. Khalil Manager & Physician



Academic qualifications:
*MBChB Degree in Medicine,
Baghdad University, Iraq.*

*MSc. Health Management and Leadership,
RCSI (Royal college of Surgeons-Ireland)*

Dr. Rula has been associated with DSMC & MRL since 2001. She has actively contributed to clinical and academic research conducted in the Group through the Central Labs and the research committee formed under direct instructions from the Chairman. The committee was formed in collaboration with the colleges to design and implement research specifically in the field of alternative medicine. She is an advocate of natural medicine and promotes combining treatment with lifestyle management. She has several publications to her credit in the field of food intolerance.

Dr. Rula is currently the Manager and Physician at DSMC & MRL and a Consultant as part of the senior management of MEDAWI Hospital.

Aplastic Anemia

- It is a condition where the bone marrow drastically cuts down on its production of all types of blood cells (red, white, and platelets).
- There are 2 to 12 new cases for every million people each year.
- Other names for aplastic anemia are

aregenerative anemia, erythroblastophthisis, hemorrhagica aleukia, hypoplastic anemia, panmyelopathy, panmyelophthisis, progressive hypoerythemia, refractory anemia, and toxic paralytic anemia. A very rare form of aplastic anemia is Fanconi's anemia (a type of hereditary aplastic anemia with bone abnormalities and brown pigmentation in the skin)

ARAB HEALTH EXHIBITION AND CONGRESS

January 25-28, 2010



The 35th Arab Health Exhibition and Congress turned out to be the largest edition to date, with over 55,000 visitors and 2,700 exhibiting companies from 70 countries. Thanks to the burgeoning demand for healthcare across the Middle East, the 4-day marketing and education event held at the Dubai World Trade Centre, capitalised on a market of around \$ 14 billion worth of healthcare-related projects currently underway in the Gulf. The sector itself is estimated at close to \$80 billion per year.



This year's event reflected the current trends in the sector with focus on preventive medicine and early screening, among others. The Congress component plays a fundamental part in the ongoing professional development of the region's 'health carers'.

Event Highlights >



H.H. Shaikh Mohammad opens the Conference and Exhibition at the Dubai World Trade Centre



DHA launches Electronic Medical Records (EMR) system offering online access to patients' records in government-run hospitals and clinics



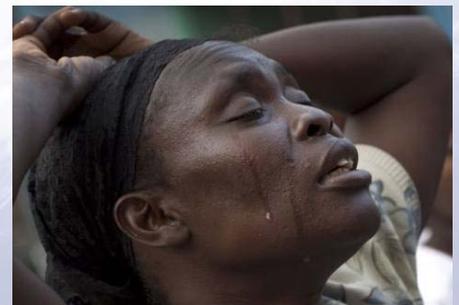
DHA unveils first facility in UAE that will produce the FDG injection needed for PET scans to detect cancer in early stages



Bionic fingers and artificial "living skin" exhibited by Touch Bionics



18 internationally accredited conferences with over 5,000 delegates



Medical relief effort for Haiti - Samples of medical supplies and equipment on display were sent to Haiti after the conference to aid earthquake-relief efforts.

Contributory Article >

Nuclear Pharmacy: Beyond the Looking Glass

Nuclear pharmacy is a specialized pharmacy practice that deals with the compounding and dispensing of radioactive pharmaceuticals utilized in various nuclear medicine procedures. In order to broaden our knowledge about this specialized field that is similar yet unique from traditional pharmacy practice, I met Professor Suleyman Kutlan Ozker, who is the Consultant Radiochemist, Medical Physics Section – Dubai Hospital.

Professor Ozker is an expert in the field of nuclear pharmacy having been involved in it for the past 40 years since the early days, when it was beginning to evolve into a specialty. He has spent 36 years in the USA of which 20 years in the University of Wisconsin as a Radiopharmacist in the research department.

Please describe a typical day at work:

Every work day is hectic and one has to be on the toes at all times during work hours. Here, we import radiopharmaceuticals from Europe, and carry out tests to assess their specificity and content. We also use the ⁹⁹Tc generator to prepare radiopharmaceuticals that are used mostly for diagnostic procedures mainly in the case of malignant tumors and cancers and for functional studies. Patients are scheduled and accordingly, the necessary radioactive pharmaceuticals prepared. An average of 15 – 16 patients per day are seen.

As a radiopharmacist, what is the extent of interaction with the patients directly?

The amount of interaction involved with patients directly is minimal or none at all. We receive the blood samples or body fluids of the patients in order to carry out diagnosis. The sample is made radioactive and injected into the patient's body again to determine the presence of tumors, cancers, the extent of malignancy, aggressiveness, etc. although we have complete information regarding patients, it is the physicians who administer the radioactive chemicals.

What is the difference between the imaging obtained by techniques using radioactive substances and other scans such as the MRI and CT?

MRI and CT scans can be used to visualize areas but techniques such as PET

Nuclear Pharmacy is a dynamic field, which is highly competitive and the margin for mistakes is very small



Nuclear Pharmacy

(Positron Emission Tomography) are used for functional imaging. They give an idea about living physiology and behavior of the cells, macromolecules, etc. They can also be used for the staging of tumors. Nowadays, PET and CT scans are taken together to give an idea regarding the anatomy and physiology.

What are the health risks of working with radioactive compounds on a daily basis?

The risks are actually lesser than those involved in a chemical plant or in other pharmacy practice sectors. But this is on the criteria that the individual is well trained and possesses the necessary knowledge of safety precautions which minimizes the exposure to the radiations. Otherwise, exposure to radioactive substances will lead to harm to both self and the other people around the radiopharmacist, including the patients.

What inspired you to choose this field? How has radiopharmacy as a specialty evolved through the years?

Back in 1972 in America, when radioactive chemicals were being used in the field of medicine, the concept of a specialty as radiopharmacy had not come into being yet. No regulations were made to monitor their use. It was after 1975 that the FDA implemented NDA (New Drug Application) for radioactive chemicals and made the licensing of all radioactive chemicals being used in pharmaceutical care a necessity. Now they have become a part of conventional pharmaceutical care.

What is the current status of radiopharmaceuticals in today's healthcare and how do you see it changing?

Today most of their use, nearly 90% is in diagnostic procedures where they have immense value. But in the near future, they will play a more prominent role in therapeutics including possibly of malignant tumors, the treatment of which still presents a challenge. They will provide a specific means of irradiating the cancerous tissues internally, reducing the damage to nearby normal tissues.

What are the challenges that have to be overcome before radioactive chemicals can be used for therapeutics?

They are in use in therapeutics nowadays but their use is limited by many problems, the foremost being nephrotoxicity. When radiopharmaceuticals are used for diagnostic procedures, they are used in such small amounts that they do not cause adverse drug reactions, side effects and do not have any pharmacological actions. But they

are regarded as drugs since they are injected intravenously. The whole scenario changes when they are used for therapeutic purposes as larger amounts are used. Most of them are eliminated by the kidneys and lead to renal damage. Also when used in larger amounts, factors such as adverse drug reactions and side effects come into play. Research is being carried out to overcome these problems and the results are promising.

Your advice to the students?

Radiopharmacy is an excellent specialty with rapid growth and continuous development. It is a dynamic field, which is highly competitive and the margin for mistakes is very small. It is ideal for hardworking students who want to achieve intellectual satisfaction. There is good financial compensation as well. I would also suggest the field of Molecular Imaging and Treatment as it is promising.

Interviewed by Sara S. Kamal



Batch 13
Dubai Pharmacy College

Interaction Space

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