



DPC NEWSLETTER

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Media Club*

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White Coat Ceremony- Batch 24

A 'White Coat Ceremony ' was held on Sunday, Sept 6th, to welcome new batch of students of Dubai Medical College (DMC) and Dubai Pharmacy College (DPC), the first medical and pharmacy colleges in the UAE.

The White Coat Ceremony is a tradition within the medical profession that marks the students' transition from the classroom to clinical studies. New students of 30th batch from DMC and 24th batch from DPC took Hippocratic Oath on the day, in the presence of the Deans, faculty members, fellow students and family to mark this rite of passage.

The event program included key-note address by DMC welcome addresses by Prof. *Mohammed Galal El Din Ahmed* (Dean) and Prof. *J M Muscat Baron* (Clinical Dean) of DPC and Prof. *Saeed Ahmed Khan*, Dean of DPC.

Following this top achievers from DPC and DMC addressed the students with a motivational speech. The ceremony was followed with a luncheon for all the faculty, staff and students of DPC and DMC.



Dean's Speech



I want to begin by congratulating you and your families for the achievement of becoming a part of this class and of this College. It gives me great pleasure to welcome all of you this morning to the “The White Coat Ceremony” jointly organized by Dubai Medical College.

The White Coat Ceremony serves both as a marker for the transition from the school to patient care profession and as a declaration of the new responsibilities associated with doing so. And it starts right here - TODAY.

You may have many hurdles between today and your graduation. Take it one step at a time. Help each other get over the hurdles and cross the finish line together. Thousands of our students have preceded you. They had the same concerns and uncertainties that you probably have right now, but they have graduated and have touched hundreds of thousands of lives. Your ability to touch these lives starts right here and now with the help of your faculty and fellow students. To sum it up I would like to advise you on a few important facts:

- ❖ Do not engross much in social media
- ❖ Clarify your doubts with faculty members
- ❖ Approach faculty members for any queries

I would like to take this opportunity to express my sincere thanks to the organizers. Finally, this is a right time for me to declare the official opening of the academic year 2015-2016 and I wish all fruitful years of interesting and beneficial program. The white coat is the robe of the profession. Wear your white coat with both a little pride and a lot of humility! I warmly welcome you again and best wishes.

I welcome the esteemed Deans and faculty members and my new admitted colleagues into both Medical and Pharmacy colleges. Wishing you flourished studying years full of academic, scientific and social achievements.

Dear colleagues, you are approaching a community which is full of respect and altruism where everyone including teachers, administrators and workers does exude giving. In addition the doors of success and excellence are widely opened as long as we are showing strong wills, great patience and exerting due diligence. Since our respected Dean and teachers are always helping us and making maximum efforts to provide the extract of all what benefit us with dedication and sincerity.

I guess am not disclosing a secret when I say that the college system is serious and some consider it hard. If we put our best efforts we will definitely succeed...and make our college experience the best. We must show willingness to participate in the activities and events organized by the college in order to achieve a balance between educational and co-curricular activities.

Do not overlook the secret of blessing and success which is helping others. As I have learnt from DPC the more you give, the more you get happiness and success in life. So cheer up my colleagues and set humanitarian goals and stick thereto; praying for Almighty to bless and help us, with hopes that we place our college high with internationally renowned universities.

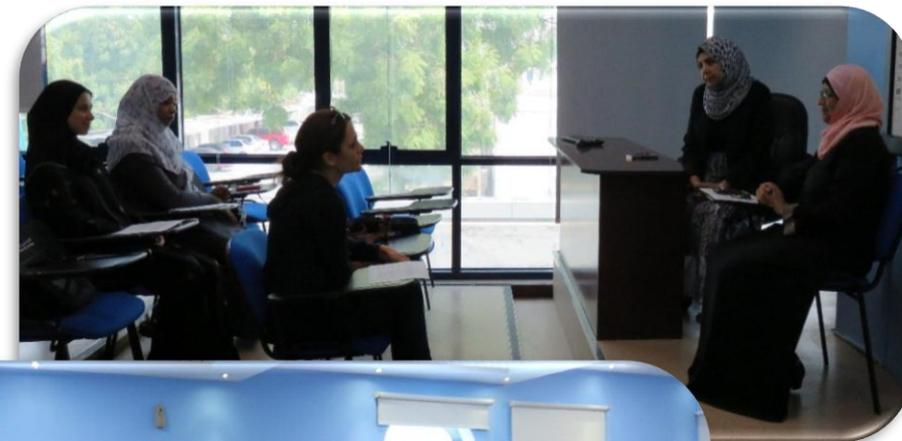
Finally thank you very much and best of luck to one and all.....!!!!!!



Master's students induction ceremony- *Batch 3*

The induction ceremony for the Masters students (Batch 3) was held on 4th September 2015. The students were introduced to the program with relevance to program outcomes. They were introduced to the faculty members in each specialization. The ceremony ended with a luncheon.

MPHARM SPECIALIZATION	No of students enrolled
Clinical Pharmacy	14
Pharmaceutical Product Development	5



Welcome to the New Faculty.....

We welcome the new member to our DPC family.....Dr. Juliana F Roos. She is appointed as an Associate Professor in Clinical Pharmacy and Pharmacy Practice department. She received her PhD degree in the field Clinical Pharmacy from University of Queensland, Australia.

Lisdexamfetamine Approved for Binge Eating Disorder

On January 30, 2015 the FDA approved a new indication for lisdexamfetamine (Vyvanse, Shire Pharmaceuticals): binge-eating disorder in adults. The drug is the first FDA-approved medication to treat this condition.

Lisdexamfetamine is a combination of dexamphetamine bound to lysine. Conversion of lisdexamphetamine to the active metabolite d-amphetamine occurs primarily in the blood through enzymatic cleavage after active absorption of LDX from the GI lumen.

Lisdexamfetamine for binge eating disorder, in brief:

- Pivotal trials: two, 724 adults with moderate-to-severe binge-eating disorder
- Dosing range for binge eating disorder: 50–70 mg/day
- Primary endpoint: reductions in binge eating days/week
- Common adverse effects (incidence = 10% and greater than the rate for placebo): dry mouth, decreased appetite, insomnia and headache.



What is binge eating?

We all overeat from time to time, but for binge eaters, overeating is regular and uncontrollable. You use food to cope with stress and other negative emotions, even though afterwards you feel even worse. You may feel like you're stuck in a vicious cycle, but binge eating disorder is treatable. With the right help and support, you can learn to control your eating and develop a healthy relationship with food.

Binge eating disorder is characterized by compulsive overeating in which people consume huge amounts of food while feeling out of control and powerless to stop. The symptoms of binge eating disorder usually begin in late adolescence or early adulthood, often after a major diet. A binge eating episode typically lasts around two hours, but some people binge on and off all day long. Binge eaters often eat even when they're not hungry and continue eating long after they're full.

The key features of binge eating disorder are:

- Frequent episodes of uncontrollable binge eating.
- Feeling extremely distressed or upset during or after bingeing.
- Unlike bulimia, there are no regular attempts to “make up” for the binges through vomiting, fasting, or over-exercising.

People, with binge eating disorder, struggle with feelings of guilt, disgust, and depression. They worry about what the compulsive eating will do to their bodies and beat themselves up for their lack of self-control. They desperately want to stop binge eating, but feel like they can't.

Signs and symptoms of binge eating disorder

People, with binge eating disorder, are embarrassed and ashamed of their eating habits, so they often try to hide their symptoms and eat in secret. Many binge eaters are overweight or obese, but some are of normal weight.

Behavioral symptoms of binge eating

- Inability to stop eating or control what you're eating
- Rapidly eating large amounts of food
- Eating even when you're full
- Hiding or stockpiling food to eat later in secret
- Eating normally around others, but gorging when you're alone
- Eating continuously throughout the day, with no planned mealtimes

Emotional symptoms of binge eating

- Feeling stress or tension that is only relieved by eating
- Embarrassment over how much you're eating
- Feeling numb while bingeing—like you're not really there or you're on auto-pilot.
- Never feeling satisfied, no matter how much you eat
- Feeling guilty, disgusted, or depressed after overeating
- Desperation to control weight and eating habits



Student Article

Learning a New Language

-Samar Salam Mohammed Ali - Li Xiao Yan
Batch 23

Learning a new language is quite a challenging task since it takes time and commitment. However, it is exciting and beneficial at the same time. There are over 7000 languages around us to learn which can impact our life style in a great way. Although it is said that children learn a new language easier, it is never too late to try as the benefits that will be gained in the end are worth it.

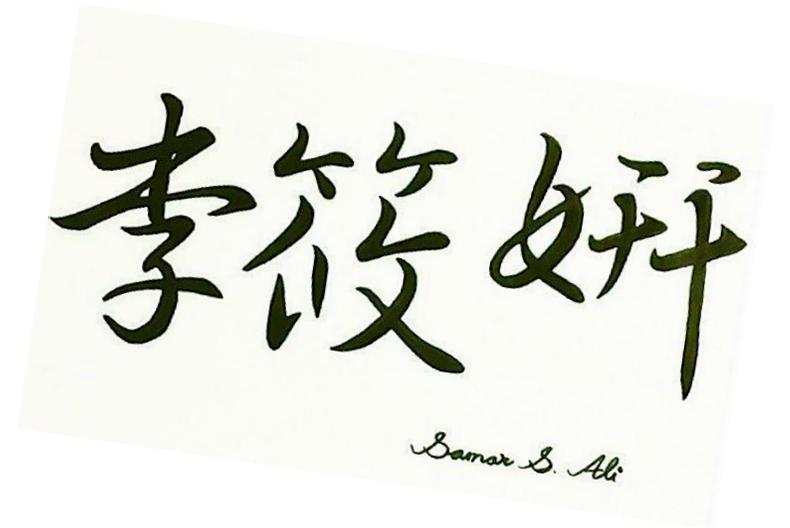
Living in a multicultural city such as Dubai and being able to interact with people from all around the world has opened my eyes on the idea of trying to learn a few words from famous different languages such as French and Mandarin Chinese. After that when I started to use these simple words such as Nihao “Hi” or XieXie “Thank you” with the Chinese people that I was able to talk with in Dragon Mart and the Global Village I noticed that the way they treat you changes as they become more kind and generous which blew my mind away and same result was obtained with French. So I decided last summer to take an official beginners course in learning Mandarin Chinese as a hobby since it is the most used language worldwide, although it was quite difficult at first with practice it became easy and entertaining to learn.

You might ask me.. What will you gain from this headache? Well other than having the joy of understanding a new language it allows you to learn about different cultures and see fascinating new things from a new perspective while interacting with people not only that but also it gives you a better understanding of the world we live in such as in comparing between countries or accessing a whole new collection of film, music and literature..etc

Secondly, learning a new language can boost our brain health as it has been proven that it can prevent many brain related diseases such as Alzheimer. In addition to that, learning a new language opens up a world of new opportunities it can help you in travelling or working in a new country as there will be no language barrier or need of a translator.

And last but not least, let us not forget that as future pharmacists we will be exposed to interacting with many patients that come from different countries and backgrounds. Thus, it is important to communicate with them in a good way to ensure that they understand what should be done in order to be treated, because if the pharmacist cannot understand the patient's case it could be fatal since medical errors can take place.

Therefore, I believe learning many languages is a great thing since it will certainly broaden your horizons.



Samar Salam
Batch 23



Artistic Expressions

*Your mind is a garden,
your thoughts are the
seeds,
the harvest can either
be
flowers or weeds.*

William Wordsworth





GCC Pharmaceutical Congress

5 – 8 October 2015

Dusit Thani Hotel, Dubai, UAE



EXPERT SPEAKER PANEL



Dr. Ahmed Al Jedai
Director of Pharmacy
**King Faisal Specialist
Hospital, KSA**



Dr. Ola Ghaleb Al Ahdab
Pharmacy Consultant &
Advisor
Ministry of Health, UAE



Dr. Osama Tabbara
Senior Director, Department of
Pharmacy Services
**Cleveland Clinic Abu Dhabi,
UAE**



Dr. Rania El-Lababidi
Manager, Pharmacy
Education and Training
**Cleveland Clinic Abu Dhabi,
UAE**



Dr. Fatima Al Braiki
Group Pharmaceutical
Director
**Abu Dhabi Health Services
Company (SEHA), UAE**



Dr. Wafa Y. Dahdal
Director of International
Programmes
**American College of Clinical
Pharmacy (ACCP), USA**



Dr. Samer Ellahham
Chief Quality Officer
**Sheikh Khalifa Medical City,
UAE**



Dr. Matthew Maughan
Director of Pharmacy
Operations
**Sidra Medical and
Research Center, Qatar**



Dina Saba
Senior Pharmacist,
Out-patient Pharmacy
Corniche Hospital, UAE



Dr. Lana Hammad
Pharmacy Manager
**Sheikh Khalifa General
Hospital, UAE**



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POSTER PRESENTATION

Present your research and case studies during the congress with other experts. Submit your abstract before 3 September 2015.

GCC PHARMACEUTICAL CONGRESS AWARDS

Be recognised for your outstanding research in the field of pharmaceutical science by presenting them with the GCC Pharmaceutical Congress Research Awards. Submit your entry to us before 3 September 2015.

ACCP PRE-CONGRESS SYMPOSIUM

Gain international accreditation and CME credits by the American College of Clinical Pharmacy (ACCP) by attending the Pre-Congress Symposium on 5 October 2015.

BENEFITS OF ATTENDING

- Gain insights into new technologies and innovations in pharmacy practice
- Learn about innovations in implementing pharmacy practice in the most advanced hospitals in the region
- Examine the implementation of Continuous Professional Development and pharmacy mentorship programmes
- Obtain regional and international accreditation by attending this congress
- Improve process and waiting time for out-patient pharmacy
- Manage key operational challenges facing pharmacy managers in a hospital setting
- Drive the advancement of the technical, human and leadership competencies of pharmacists and pharmacy staff today

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