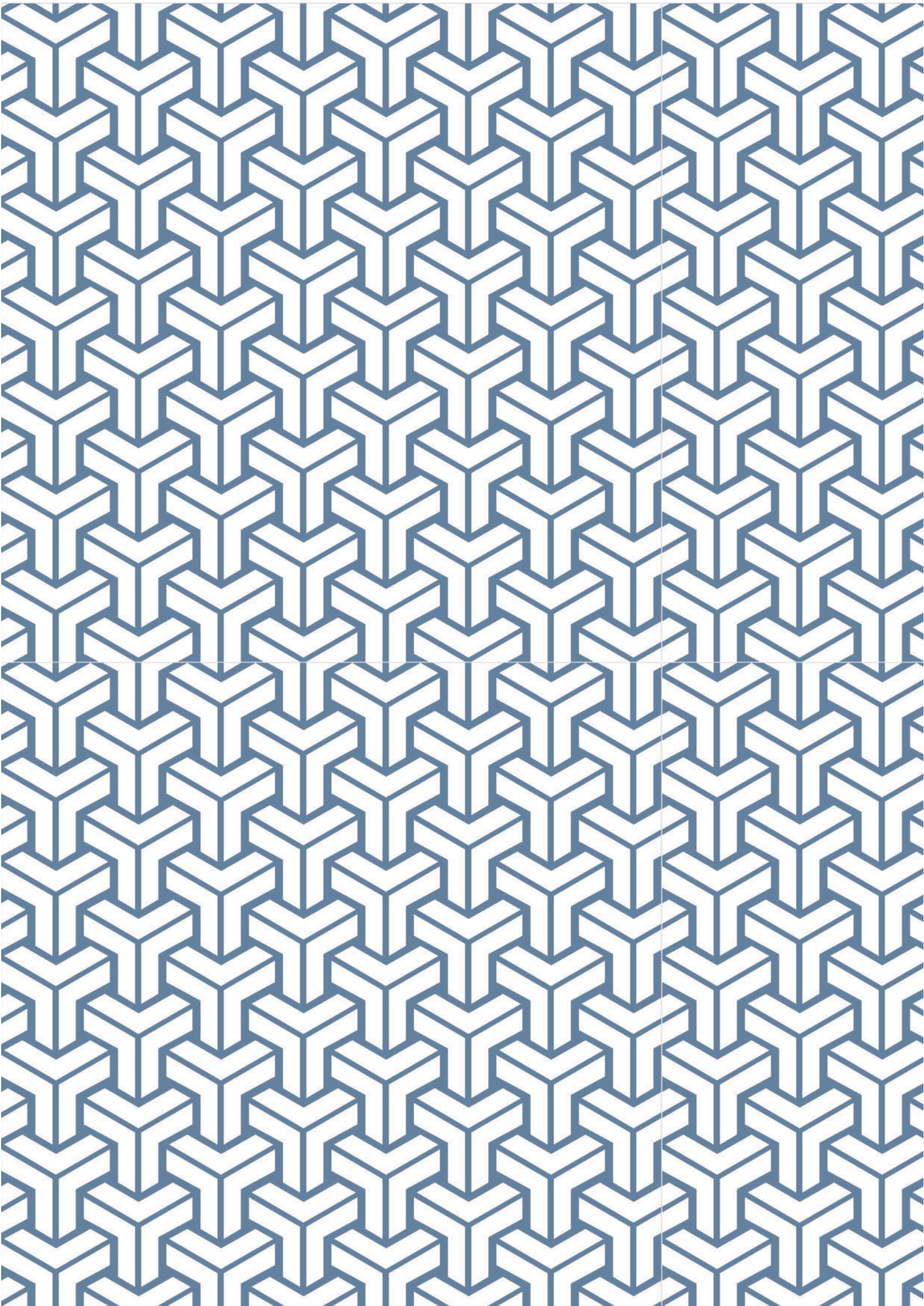
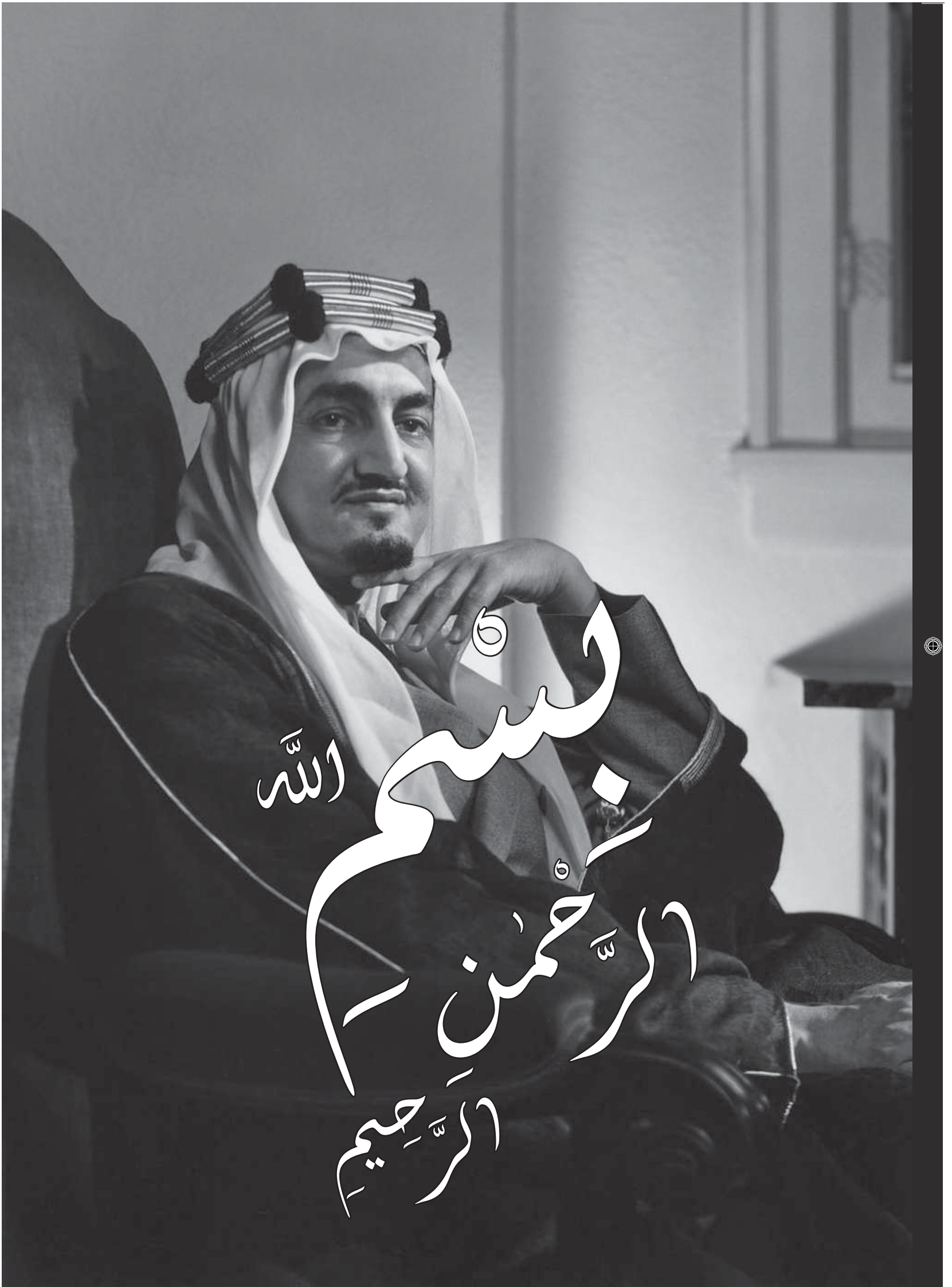








Alfaisal Med Times
Winter edition



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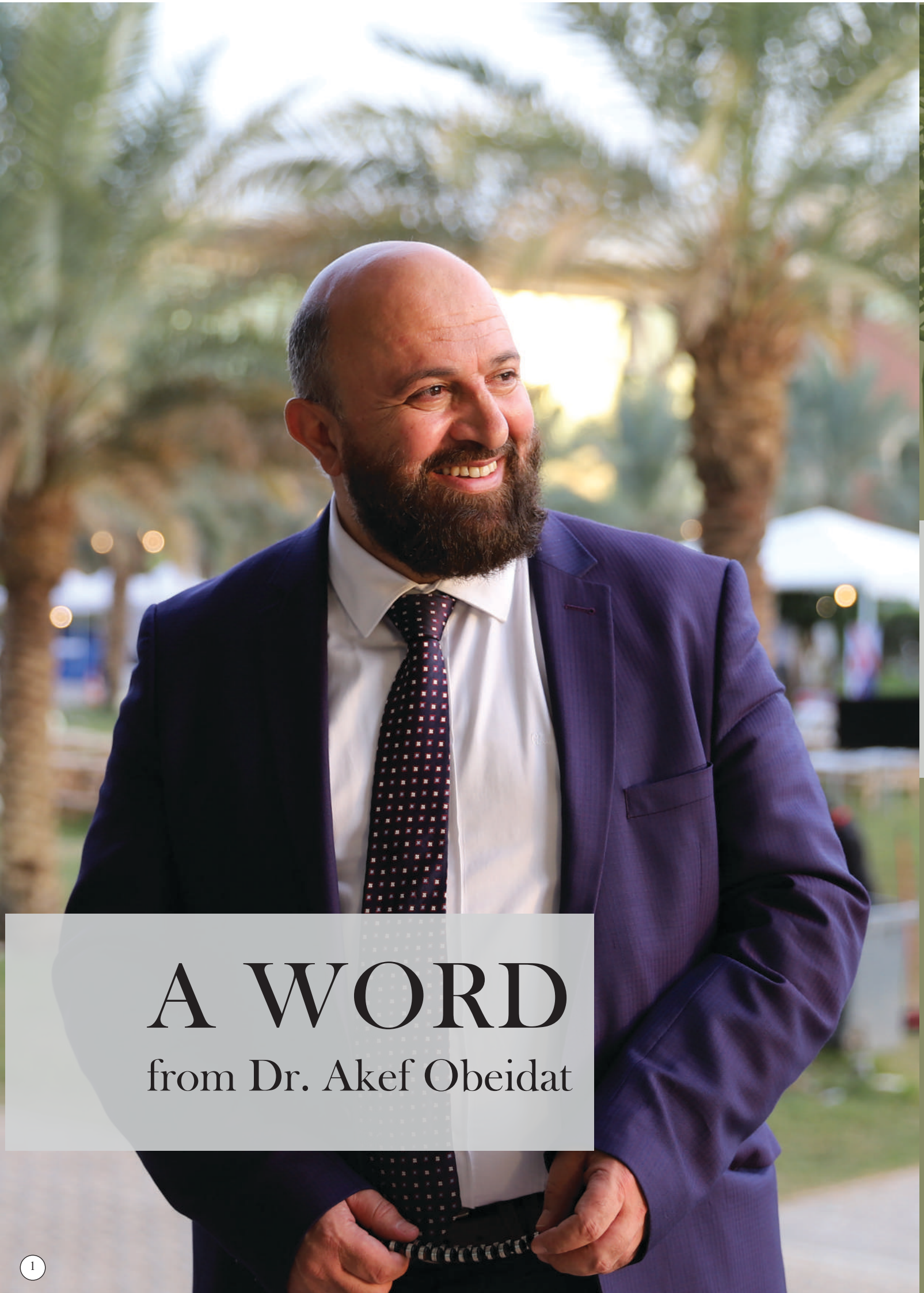
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A WORD

from Dr. Akef Obeidat





A New Year,
A New MSA,
A New Med Times,
and
Yet Another Amazing
Winter Issue.

Great job, Med Times Team

Dr. Akef Obeidat





Time To

Ease The Breeze

February 2019,

You are bustling around, juggling between midterms, and wondering how to manage your time with extracurricular activities and your studies. So, here is a 10-minute refresher. I want you to grab your coffee or hot chocolate and enjoy this year's exclusive Winter Issue. Let's begin by uplifting all those hopes inside of you.

Yara Hani Farahat;
Medtimes Director 2018-2019





Dear First Years,
CONGRATULATIONS on being accepted into medical school.

We know you have been working so hard for the last two years, or even more, to fulfill this dream. You should feel proud of yourself. Please don't let the new system; subjects, and medical terminologies let you down. It is totally fine to feel lost or not know what, when, how to do things. We all went through the same thing. Calm down, study smart not hard, and ask your seniors any questions, so you can enjoy your medical school experience.

Dear Second Years,

After a very long, hard yet exciting year, you have become seniors. Role models; advising first years about the hard blocks and parallels and doctors to choose for electives. We hope you are enjoying Neuroscience and you still have energy after POD. Do yourself and your GPA a favor, and don't underestimate Head and Neck. However, don't let them ruin your life, second year is the best year to enjoy being a university student.

Dear Third Years,

We are on fire this year. We barely talk to each other or have time to go out together. We are in a nutshell. All I can say is, please try to survive this year with the best possible grades and don't forget COM evaluation surveys.

Dear Fifth years,

You are so close to this great achievement, that everyone awaits since Day 1 at Alfaisal; your Graduation. All those good and bad moments at Alfaisal will only remain as memories. One thing we want you to know is that you have joined the sea of role models for all juniors, leaving us in awe of you. Good Luck for your internship and your life after Graduation – we know it will be hard – but not for our seniors Inshallah. Enjoy your success to the fullest and keep making us proud.

Dear Fourth Years,

Congratulations on being able to pass third year. We hope you are enjoying the real-life medical cases and hospital cafeterias too. We cannot thank you enough for helping us with summaries, notes, advices, and sharing your experiences with us.

و بسطة





Message from MSA Presidential Office 2018/2019

Mohammed Khalifa Alenezi & Sarah AlHassan





For medical students to be able to express freely, is indeed a marvelous and crucial part of any medical student's association. Sarah and I would like to welcome you to another edition of MedTimes, to the creation of students' skills in various fields of art, writing, and many other forms of creativity. You will be left in awe after seeing how much talent we students have when we are given a platform for expression.

Every year some new students bring out the best in their skills to the whole university to see, and other students who we know to be skilled show a remarkable improvement; however, this year we saw new talents like on-spot drawing, incredible music performance, wonderful written pieces and many more. In this edition also, you will be able to see our activity in pictures.

You will realize how cooperative, enthusiastic and professional Alfaisal medical students are. Additionally, light will be shed on some of our achievements as Alfaisal medical school family. We grow by learning from each other, and from providing our best in delivering support from academia all the way to recreation, research, and non-academic skills sharpening. Finally, we invite you to develop those talents and strongly discourage you from abandoning them in your pursuit of medicine and future career. For such abilities, give a unique taste of life and definitely make you special.





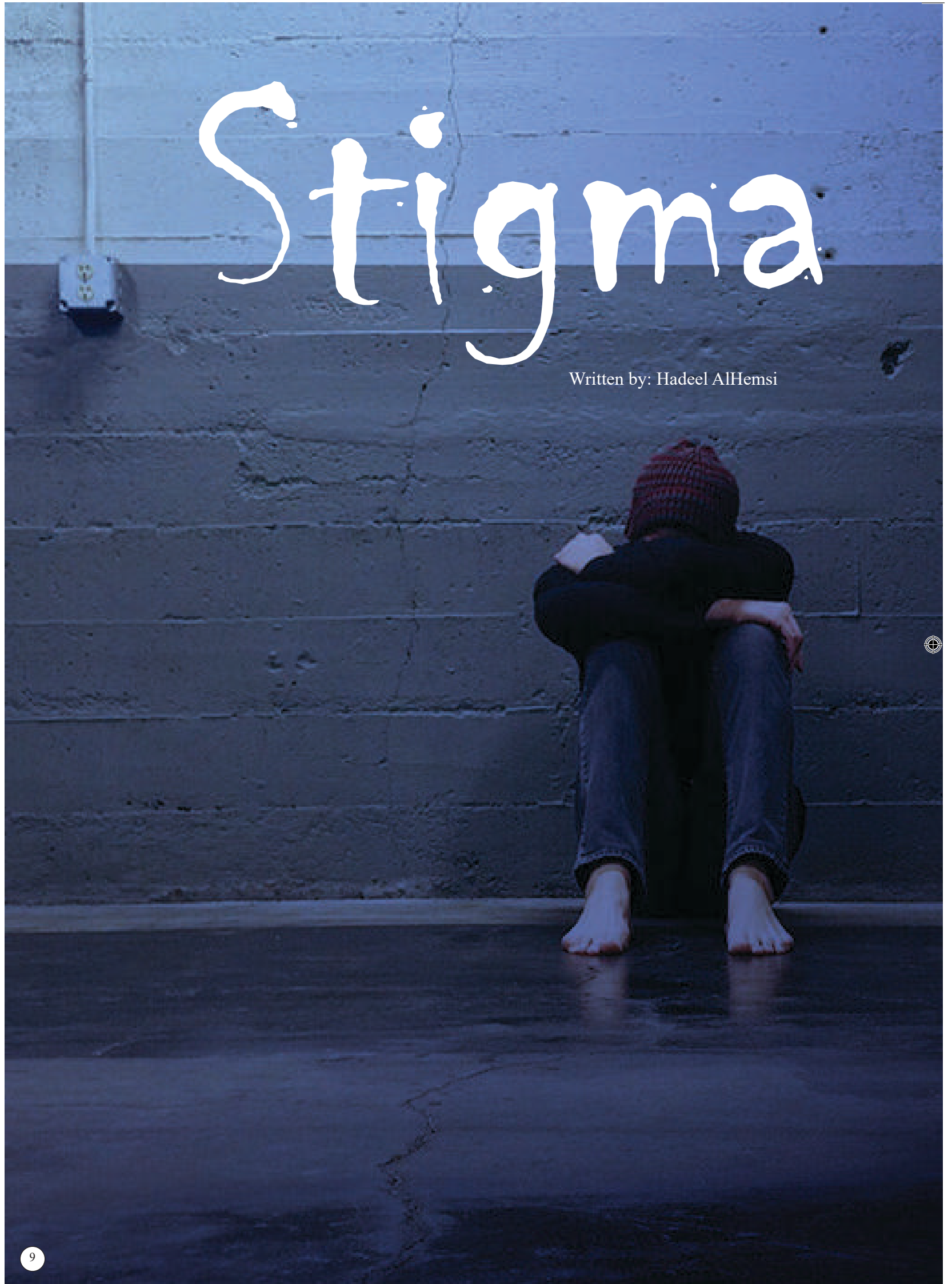
MED TIMES ARTICLES





Stigma

Written by: Hadeel AlHemsi





There's one thing people tell you not to fear or be ashamed of, to Embrace and learn from, and continue to persevere for a better outcome. One Thing that turns them into hypocrites, once they've tasted its bitterness; that one thing is failure. "I have not failed. I've just found 10,000 ways that won't work." – Thomas Edison.

Cliché, but it's a quote well-known and commonly used by many. People always nod to quotes, yet barely ever take them into consideration, myself included.

I've always blamed myself for countless things: not doing better in school, not spending more time honing my skills, not reading, and not learning enough. So much so, that just a little nudge would spark an endless series of self-doubt. It makes you feel like you're walking on a thin rope, anticipating your own defeat. All this for what? To not "threaten" my character with failure. Little did the past me know of what would become of her; the epic series of failures that lasted few years. One after the other, swaggering by and hammering my self-image with every step. I failed so royally, the kingdom of failure crowned me as their queen. It hurt, not the crown, but the reality of being amongst lowered bars. It hurt so much that there were days I'd crawl my way out of bed, begging my chest to stop tightening. That the lump of unspeakable thoughts concentrated in my throat, prevented me from eating. That I'd lay at night crying, and eventually sleep the pain away. It seemed as though the world didn't understand how frightening it is, to no longer stand your own reflection, and the cruelty of feeling imprisoned in your own body.

Amidst all the pain, I've learned to swallow my ego and continue living alongside the decaying model of perfection. Realizing failure's an obligation of life makes you question whether or not such a distasteful experience can be avoided. Makes you wonder; if you're destined to constantly be pushed down the ladder, how will you be able to climb it?

How are others capable of reaching the top?

The answer lies in a simple statement "Consistency is the key, not perfection". Keep going even if you don't reach your ideal scenario. Failure is a stigma, because humans attempt to belittle what they fear no matter how trivial. It's like how arrogance is used as a defense mechanism to hide insecurities.

I wrote this to say, for all of you who look down on failures; Step back and put yourself in their shoes.

...Let's see who's the stronger one.





THE BLADE OF SUSPICION

By: Safwan Urooj Abbasi





I was born to a loving couple. First of their children, apparently. The husband would go off to work each morning whilst the wife looked after me. After all, I was her child. Since the husband strived his sweat and blood to put food on the table, it was natural that he returned late at night.

A good opportunity for me.

The wife took good care of me. I grew stronger. I grew bigger. Then one day, I grew tough enough to walk to the kitchen drawer and draw out a blunt knife. It couldn't even cut butter- not just yet. It needed to be sharp.

Everyday, as the husband was out, the wife would sit in the kitchen and stare at me sharpening the knife. She pondered thoroughly as she did so. As soon as her man would return home, she would go stab him with the knife I sharpened, but to no avail- the knife was still edgeless. Days then months and then years passed by. I grew more powerful and the knife outgrew its blunt stage. It now became a proper weapon.

Today is the day, I promise myself. As usual, I walk up to the kitchen drawer and pull out the "sword". I hand it out to the wife. She takes it. She stares at it. She ruminates carefully as she sees her clear reflection in the sharp blade. She has decided. Her husband enters the kitchen, and without a word, she stabs him. This time, it works.

A blow of light emerges as the previously loving couple are torn apart. I smile. My job here is done.

I leave the house, far enough to hear their shrieks dissolve into the swift breeze that blows today. Of course, I take the sharp knife with me- after all, it is my drudgery. As I pass down the road towards another womb to infest, I hear two friends quarrel. The womb can wait. This is a great opportunity, and I must take it. I approach them on tiptoes.

Which one to choose? Which one to pester?

Aha! I have my target. His eyes have the sparkle of doubt. Yes! He is the one.

I go up to him and hand him the knife.

"Stab! Stab! Stab the idiot!"

Now! Now! It must be immediate!", I chant as I jump around him.

Nothing is happening. Why is nothing happening?

I glance at the knife. "Nooooo!". The knife is blunt again.

No wait! There is no knife. Rather, in my victim's hand is a flower. A white rose.

The row between the two ceases and there is silence. He stretches out his hand to offer his friend the flower. I try to snatch it away from him, but my hand passes straight through the flower as if I am.... not real. I feel weird. Weak.

I raise both my hands to take a look at them. I gape as I discover that they are fading. Fading into thin air.

I glance over the rest of my body. My feet are non-existent. My legs feel numb, but I remain standing. Am I dying?

I glimpse over the two friends. My victim's friend has accepted the white rose. There is peace between the two.

I keep leering at them, as my entire body fades away from the scene. It's been quite a while here inside. I can't wait to get out. I kick and I kick. My host finally caves in to my obstinacy and gives birth to me.

Everyday, when his wife goes to work and he stays home, he sits in the kitchen and contemplates deeply whilst I sharpen yet another knife. A different knife with the same purpose.

Good days are ahead, for me at least.

I smile a sinister one!





A Woman's Worth

By: Rhona Bouki





The world never fails to perplex me with its marvels. Civilization has evolved to become a reality that our ancestors would have never dreamed of. It is extremely ironic how a society can have such tremendous breakthroughs when it comes to technology and medical innovations. However, when it comes to women's rights, we are still obliged to abide by society's "norms" to be accepted by the people around us.

In some parts of the world, little girls are denied the rights of receiving an education and are expected to stay home. Young females are taught to depend on men for the rest of their lives. Women are refrained from pursuing careers because they are dressed in a way that is not convenient for a specific company or institute. Although not explicitly publicized, teenage girls are denied from school because what they wear is distracting to boys.

It is outrageous to see a keen young lady cover up her hopes and dreams and be forced to take on responsibilities because they are afraid to come out of their shell. Women do not want people to look at them with judgmental looks because they are not doing what they were born to do. Girls should not be told to hide their thoughts because they are as diligent, inspirational, and reliable as anyone else. Women do not want people to look at them with judgmental looks because they are not doing what they were destined for.

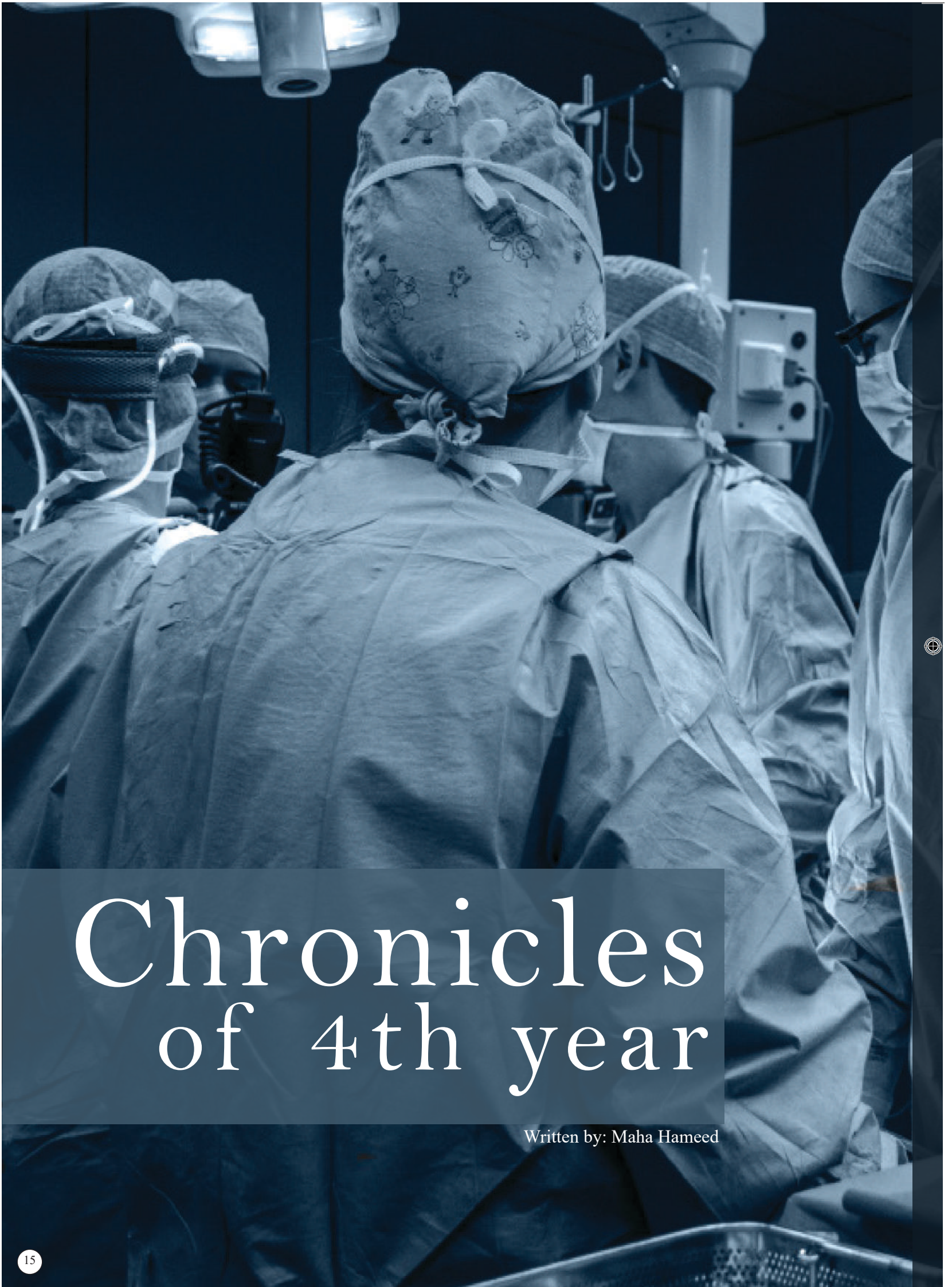
For years, women like Eleanor Roosevelt, Hilary Clinton, Malala Yousafzai, Oprah Winfrey and many more have stood up to stop such injustice on innocent girls. These young women have dreams of becoming independent individuals, who can support themselves without the need for whimpering under the wings of anyone. Nevertheless, the voices of these inspirational women would remain discarded, if the change they are trying to come towards does not inspire girls to stand up for themselves.

All these women did not have their freedom of speech, respect, and ability to inspire others. There will always be individuals who doubt, disregard, and downgrade anything a female does, but she should not back down. If she did give up, she would be surrendering the fate of the girls.

Today's women should stand up and speak against the prejudices that have occurred in the past and, unfortunately, are still occurring today. It is about time that society realizes that a woman's opinion, hopes and dreams matter. God will never give a person more than they can handle. The Almighty knows that women are strong enough to fight against the cruelty of inequality.

For all the women out there, who are insecure about flaunting who they truly are and what they are yearn to do: stand up, raise your chin and show the public what you are capable of employing. Only then, would you be able to daze individuals that were controverting you. A woman's worth is priceless, so keep positive ladies and keep fighting for your rights!





Chronicles of 4th year

Written by: Maha Hameed





4th year. Ah yes, the year of snapping back to the reality of the fact that you are actually becoming a doctor. Not just memorizing and passing exams, but actually being a real-life practitioner. No one tells you just how unnerving the sudden jump from academics to clinical experience can be. A couple of months ago, you were sitting through an average of 6 hours of lectures per day, and now you get to sit through pretty much the same thing but now it's just once a week instead of every day.

I used to think coffee was the devil's drink, 3 years later, I became the devil's advocate. In an old piece titled Chronic Presentation, I made a joke about drinking coffee even though I hated the taste. Look at me now, still a chronic procrastinator but now with coffee. It's the only way you can stay alert when a consultant picks on you to answer the vaguest questions in existence. Tripping on air around a senior resident or consultant might give you bonus points however, since they'll be busy laughing at you and unknowingly give you extra time to think.

Being exposed to the clinical side of what you've spent the last night before the exam memorizing for is a completely different perspective. It's no longer fun and games of leisurely skipping topics at will, but a literal depiction of how anything could go wrong in your body at a given time. You might see patients that will be in the hospital anywhere from an hour in a clinic to 5 years in an inpatient ward. From the most common pathologies to the rarest entities, it's like seeing Robbins on steroids.

For the longest time, you're told how to take history and practice on a simulated patient. A real patient though, might not always be like the simulated ones. You will see every patient from both sides of the spectrum. Some are so sweet and cooperative that you won't even have to ask, they'll offer up all of the information you need and then some. Of course, if you're a non-Arab, you won't even be able to ask any questions anyway but at least the process is similar. Other patients might have you questioning your existence while they ignore your questions and give the consultant a completely different story from what they gave you.

Morning rounds and reports are great, only if you know what's going on. Most of the time, you would be contemplating on which part of the body the CT being shown is from or why the morning round must be at 6:30 am. Meanwhile, the doctors have moved on to discussing management plans using words you've never heard of. Occasionally, you might be asked to present a case report in front of an entire multidisciplinary team leading to your own multidisciplinary roasting.

The most rewarding part of 4th year by far has been attending surgeries. It's a mixture of both learning on the go and getting to scrub in and help with the surgery itself. Suturing, holding the retractors and clamps in place, and casually being told to hold the organ that's just been removed while Fayrouz is playing in the background are some of the things you might encounter while doing the surgical rotation.

Even though this year will be less stressful in terms of studying, it's still quite an emotional rollercoaster. Trying to find a balance between showing empathy and showing too much of a reaction to a patient's diagnosis or prognosis tends to be difficult. Not to mention the fact that rotating in the NICU might have you personally witnessing failure of resuscitation in a critically ill newborn. However, playing with pediatric patients that you relate the most to in the hospital is a huge plus.

On a serious note, 4th year is a genuinely unique experience that will differ from person to person. It helps you in honing your clinical skills and becoming more knowledgeable and medically aware. Not only does it remind you to be thankful for being healthy, but that your journey as a medical student does indeed have an end-point. USMLE is a whole other story though.





Schizophrenia Awareness - Linger-

Written by: Maryam Altayeb





2AM, the clock reads. You drift in and out of sleep, unable to keep your thoughts at bay. You let them pass; let the voices speak. Maybe they'll say something useful this time. Is this what it's like to overthink every detail you never even knew you noticed? The voices never leave a single word unsaid as they tear your heart, tearing your sanity apart. "A pen," you thought, maybe that could help you understand — help anyone understand. You stare emptily at the letters you fail to form into words. The feelings you fail to describe emanate from your unsteady breaths. Your body is shaking, liable to fall into the world around you. You melt into the longing of euphoria, the need for balance. And your thoughts drift away.

3AM. Your mind lights up, like matchsticks that unwillingly kindled a wildfire. You can't help but overhear a conversation nearby. A voice of rage, yelling and awakening every place where fear grew. You have come to terms with the muffled violence, but it comes closer and closer until you feel the edge of a breath approaching you. Your body tenses and the debilitating sense of anxiety overtakes you. You can't see anything in the dark; not a single soul. You try to drown out the voices that draw alongside your own. For a split second, you seem to hear nothing. Then the cycle begins...once more.

4AM, sharp. Please make it stop, you beg. Nothing ever really makes it stop. It's a paradox, the human mind; a dichotomy of nothing and everything at once. You always thought the opposite of war was peace, but as your heart came to grow, you learned it was indifference. And that was all you wished to feel: indifference. To numb the chaos that is the power of a thought; the thoughts that you wish were not your own. A thousand disembodied voices call out in a trance, distracting and filling every thought in your mind.

5AM, your heart starts beating a little faster, your eyelids grow heavier. Sounds begin to ring in your ears, telling you to scream. "What is wrong with me?" you ask yourself. In the bitterness of the dark, you cannot comprehend a single thought that races through your mind. Why are they yelling? What are they saying? Your mind goes blank, transcending from the blaring of the thousand noises you can't help but hear. And yet, the world looks so peaceful from afar, almost dead silent. You can't help but wish to feel the longing that resides with peace; everything opposite to your mind. It's like trying to solve a puzzle, with all the wrong pieces: hopeless.

6AM, You take a pill, hope for the best. The voices stop, but the fear never does. When would they come back, barge in uninvited? Was there ever really peace, will there ever be? What is peace when you live in fear and distraction; when your thoughts are not even your own. Just because they don't feel it, hear it, see it, doesn't mean it isn't true. It doesn't mean it isn't real; your suffering isn't real. But what is then? What is reality in the ill-defined boundaries of your mind? Are they real? Is this real? Sometimes, you think you'll never truly know.

7AM, sunlight begins to creep in through your window. Time seems to melt away, and everything feels warm. Your eyes encounter a subtle burning sensation and you take a deep breath. The rigid voices have subdued, into a mellow chatter at the back of your thoughts. You realize sleep is a virtue many do not value as such. You still can't focus on a single thing. Your mind wanders wayward, as it always has; never a dull moment in the prison of your mind. A single word emerges from your memory; Schizophrenia. That's what the doctor diagnosed you with; a never-ending state of fantasy and delusion — a chemical imbalance. A state where emotion, thought and behaviour malignantly align to distort reality. It seems so dehumanizing, to be stigmatized and categorized as an illness, when you know it does not define you. But who is to blame for the voices that never seemed to go away — for the reality you weren't sure of? Who are you to blame yourself for suffering?





INTER





VIEWS





DR. EMADEDDIN RADDAOUI

Professor Of Clinical Pathology

Dr. Emadeddin raddaoui is a distinguished scholar of clinical pathology, and has Cemented his role in the medical field in the kingdom, having taught and trained Numerous consultants in institutions ranging from king faisal specialist hospital to the ministry of health. In this interview, we delve into the beginnings of his Medical career, the hardships he overcame, and his varied interests within The field of pathology.

INTERVIEW BY FERAS MAHMOUD ATAYA

Q1. Firstly, Thank you very much, Dr. Emad for making time from your busy schedule for this interview. I'd like to begin with a small ice-breaker. Can tell us more about yourself ?

Sure. I am a pathologist. I did my college at the University of Damascus, in Syria. After graduation from the college of medicine, I completed, actually in Syria, a full residency training in Pathology. Then, I went to the US, and I had to repeat the residency training again. Because as far as you know, nothing is acceptable in the US in terms of postgraduate training. So, I repeated the postgraduate training, residency training I mean, in Scott & White Memorial Hospital. It belongs to the Texas A&M College of Medicine. The affiliation is between Texas A&M and Scott & White. Scott & White is a huge hospital in the center of Texas. I completed APCP, which means anatomic pathology and clinical pathology both. So, I hold the American board of anatomic pathology, and the American board of clinical pathology. Then I did another fellowship in a subspecialty called cytopathology. So, I got, again, another American board of cytopathology. I did (for) 6/7 months (a) fellowship in hematopathology too, but I did not complete it to get the American board of hematopathology, but I got the experience I need for clinical practice in hematopathology. That is why, I have my interest in hematopathology, lymphomas, something like that. Cytopathology, surgical pathology... So, later on I came to Saudi Arabia in January, 2005. I joined King Saud University as an assistant professor of pathology, and as a consultant of pathology in the university hospital, which is King Khalid University Hospital, and I've been a consultant since 2005 up till now. I stayed with them for my clinical practice. I moved to Alfaisal (in) August, 2015. I completed assistant professor, associate professor, then full professor in King Saud University, and I moved to Alfaisal as a full professor of pathology. But I am still doing my clinical practice as a consultant pathologist in the university hospital, King Khalid University Hospital.

Q2. Why did you choose medicine?

You know, in the 3rd world, it looks like people always look at the best subspecialty – best specialties to go in. I have two brothers who are physicians. You know the general attitude in our society that (states), okay, go to medicine. Medicine is the best. Maybe it's true by financial issues, by many other issues, by social issues, and that is how I picked medicine. We do not have choices like in the West, you ask somebody "where will you go?" "I am going to study the oceans!" Come on. Mentality here is different, isn't it?



Q3. Indeed, it is. Now, what was your favorite subject in medical school?

In medical school, actually, when I was a medical student, we had a fantastic pathologist who taught us pathology. His name was Dr. Mohammad Eyad Al Shatti. He is a graduate from Mayo Clinic. So, he is an outstanding pathologist. Actually, he is one of the best pathologists I have ever seen in my life. Even after moving to the US, and interacting with the big, international figures in pathology, I still believe Shatti is one of the best pathologists I have ever seen. He was the one who attracted me to the field of pathology. However, I went to pediatrics first for a couple of months, but then, I right away switched to pathology as a residency training in Syria. So that is how I ended up as a pathologist.





Q4. What attracted you to pediatrics before pathology?
You know, many people saying pediatrics is a clinical side of medicine. Pathology is not that much, you will not interact much with patients. It turns out not to be true actually, for me. I enjoyed pathology much, much more than pediatrics.

Q5. Now, on the other hand, what was your least favorite subject in medical school?
In medical school? Let me think about. Actually, the basic ones. In the first year we studied physics, math... It was really annoying.

Q6. Now, what influenced your decision to specialize in your field besides Dr. Shatti?
Dr. Shatti was the one who attracted me to pathology, and when I got started in pathology, I liked it really. Great field. You know, pathology is one of the best fields. It turns out it is even a great field in clinical practice. You know, so this is the way I ended up in pathology.

Q7. So, which aspects of your field do you enjoy the most?

Surgical pathology. I am a surgical pathologist. I mean I enjoy working as surgical pathologist. I like to see specimens – big specimens. That is why, when I did hematopathology, I did the solid part of hematopathology, which is the lymph node pathology. I did not like what you call the liquid part. Leukemia, hemoglobinopathies, CBCs, I didn't like that part. It looks like I am a surgical pathologist. I like to examine biopsies. By the way, in King Saud University, in King Khalid hospital, I was the program director for the residency program in pathology. I've been the director for 12 years. So, I was not just teaching the undergraduate, I was (also) the program director for the postgraduate students.

So, now I look at the hospitals around me, the major hospitals in Riyadh, between us Feras, maybe 40% to 50% of the consultants that you see now graduated under my hand. I look at King Faisal, National Guard, the 3 to 4 consultants in the Ministry of Health, many (other) consultants. So, this is a great feeling. You are the one who taught these consultants, you are the one who signed their certificates, and now they are practicing as consultants in these major hospitals. I feel proud.

Must be an amazing feeling.

It is. It is. You know when you see your residents, some having been my medical students, then moving to residency, and now they are consultants in King Faisal, and National Guard... Big figures.

Q8. Now, which aspects of pathology do you dislike the most?

In pathology? In pathology, I am a surgical pathologist. I worked as a general pathologist, and as a specialized pathologist. I like it all. I see everything from the colon to the lung to the breast. I see everything, and I specialize in cytopathology. I see more of the cytopathology, which is a more difficult field. Hematopathology like lymphoma is also attracting to me. I see all of these.

Q9. There isn't an aspect you wish would change in the field?

To be honest with you, I should have completed the hematopathology. It would have taken 5 months to be eligible to get the American board of hematopathology. I regret that actually.

Q10. Now if you have to choose another career, besides medicine, which would you choose, and why?

Well to be honest with you, Feras, I am not attracted to business, I am not attracted to engineering, (and) it seems pathology suits me very well.

Q11. Not at all? No other field would attract your attention just a little bit?
I don't know, maybe business a little bit. My father was a business man. Most of the people of Damascus are businessmen, I should know, I am from Damascus.

Yeah, I am not from Damascus. I am from Deri Ezzor. But I completed my university study in the college of medicine in Damascus.

Q12. Now as a final question to wrap up the interview. What piece of advice would you have given yourself when you were just starting your medical journey, now that you have more experience, and now that you are an established doctor in your field?

Yes. You know I highly advise the students to put some clear-cut targets, and (to) be dedicated. Work very hard for that target, and believe me, there is nothing going to block you from your target. I will give you an example. For you, Feras, you are a 2nd year medical student. I highly advise you now, right now, to say "you know, I am a medical student, I need to be a successful doctor in the future God willing, (and) to be a successful doctor, I need to do a decent residency program training. I will pick something like the US to complete my residency training program." So, your target is to do residency in the US. To do residency training in the US, this needs many requirements. So, yes, I already decided, as a 2nd year medical student, to fulfill these requirements, and I will do it. Believe me, you will do it. Nothing is going to block you from reaching this fantastic target. This is the way it is. Dedication, hard work, and patience, and believing in yourself. Just say, all the time, "those who did it, I admire them, I respect them, but nobody's better than me." So, just be dedicated. Be dedicated. Work hard for your target, and believe me, I've never met somebody that failed, if he believed in something, put it as a target, (and) did all the requirements needed for that target. You will achieve it.

Q13. Very insightful. Do you have any closing remarks you would like to say?

This is the closing remark for the student. Just to work hard, be dedicated... these are the best years of your life, it is the start of your career, focus on getting things done right, and best wishes for them.

Thank you very much doctor for your time.

Thank you Feras! Appreciate it.





OMAR TEMSAH

Alfaisal Medical Student

Omar temsah is a doctor-to-be from our very own alfaisal college of medicine, Distinguished as the best in the kingdom in the latest, regional and international, rankings. The dawn of his medical journey is noteworthy for beginning quite early in his life, and his latest achievement of establishing the usmle committee has Created a loud ruckus of support within our student body. In this interview, We dive into his decision to become a doctor, his interests, and his work with The usmle committee.

INTERVIEW BY FERAS MAHMOUD ATAYA

Q1. First of all, thank you for coming. Thank you for agreeing to this interview. We'd like to begin with an ice-breaker. So, tell us more about yourself Omar?

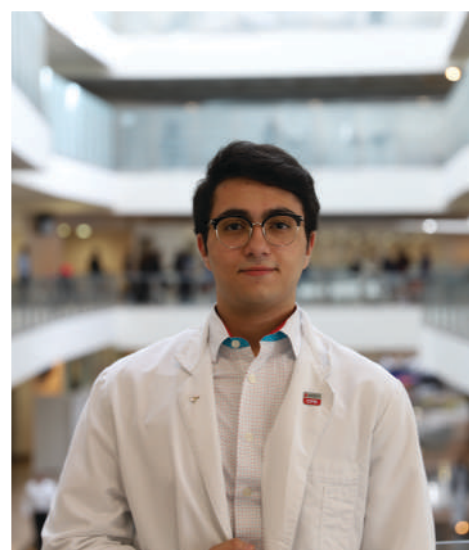
Sure thing. I am Omar Temsah. I am a Lebanese person, whatever that means. I was born here, in Riyadh, and I grew up here, spent my whole life here. Sure, on occasions I'd travel to Lebanon for summer vacations, but I spent my whole life here. Now here is the thing, my parents are both doctors. Actually, my father is pediatric intensivist, and my mother is a neonatal intensive care nurse. But the point is, I spend most of my life sitting around in hospitals, just because I liked going there. I think that is a big part of why I picked medicine. I got very much exposed to it, and I saw what happens in hospitals. How they operate. Not how they surgically operate, but how they work together as a whole unit to save lives, and I think that is why I picked medicine.

Q2. Why did you choose Alfaisal?

Well. Okay. I actually applied to two universities. I was very lazy. I applied to Alfaisal University as my safe option, and I applied to Brown university in the United States. I got accepted to both. I applied for neuroscience there (Brown University), and the starting date there would have been a month after Alfaisal started. So, I said to myself I'd go to Alfaisal for a month for fun, and then I'll go to the United States. That was my plan. That was my honest to God plan. Then I came here, and I found something I know I would have never found in any other university – my friends. This is why I picked Alfaisal.

Q3. Which aspects of college life do you like, or dislike?

College life, in general, I really like that I get to study something that I like. That is amazing. I like different parts. I love my friends so much. What I dislike is that, I have to study. Well, I like what I study, but studying sometimes needs dedication, and commitment, and I'd like to think I am dedicated and committed, but sometimes it can be a bit too hard.



Q4. Indeed, it is. Now, what was your favorite subject in medical school?

In medical school, actually, when I was a medical student, we had a fantastic pathologist who taught us pathology. His name was Dr. Mohammad Eyad Al Shatti. He is a graduate from Mayo Clinic. So, he is an outstanding pathologist. Actually, he is one of the best pathologists I have ever seen in my life. Even after moving to the US, and interacting with the big, international figures in pathology, I still believe Shatti is one of the best pathologists I have ever seen. He was the one who attracted me to the field of pathology. However, I went to pediatrics first for a couple of months, but then, I right away switched to pathology as a residency training in Syria. So that is how I ended up as a pathologist.





Q5. Very nice. What are the major objectives of the committee?

The committee's purpose, in general, is to orient Alfasal students to the USMLE side of things. We have a vision. But first of all, we surveyed the Alfasal student body, and found that most of those who are willing to do residency in the US, are not preparing early enough. (They) are not preparing right, if anything. Some of them are preparing early, and they got accepted on excellent scores, but a lot aren't. And we thought we could help. So, this is the purpose of the committee. Our objective is to provide different resources, whether it is the Golden Book that we will be making, or crash courses that we will be hosting. Just whatever the student body needs for us to help them score high on the USMLE, we'll provide.

Q6. How will you accomplish these objectives?

First of all, we have multiple teams. We have the Golden Book team, which will be creating a resource that's concise, but also comprehensive. We found that between studying for university, and studying for USMLE, there is somewhat of a gap. So, if you study for university, it is very much comprehensive, and there is a lot of details that aren't, at all, high yield for the USMLE step 1. But if you go and read FA (First Aid), which is a review book, but not a study book for the USMLE. It is not enough. In the US curriculum, what you study in the first 2 years of medical school will orient you, and will teach you how to study for the USMLE. Doctors themselves tell you such and such will come on Step 1, et cetera. We don't have that. So, we thought there is this gap, and we wanted to fill it, and this is where we come in – by creating the Golden Book resource.

We also have another team, the Crash Course Team, (which) will be hopefully organizing crash courses, taught by people who scored high on the USMLE step 1 already. After every block, we will be holding a crash course for people of all batches to attend, not just the batches that finished that block. It will cover everything. From physiology, relevant to the USMLE of course, to pathology, to everything.

Q7. Could you elaborate the differences between the Golden Book you set out to create, and First Aid for step 1?

Yes, definitely! First Aid is the review book, and that's very much well known. If you go to First Aid, it assumes that you already studied this, that you already know what they are talking about. It does not explain anything. That is not its purpose. It tells you "look, these are the information you definitely need to know and memorize for the step 1 – take them." This does not really work out unless you are in a US medical school, because they teach you the explanations just enough to study from First Aid, but we don't have that here. The Golden Book adds a little more in that (regard), just enough to explain what they are trying to say, but also remaining high yield and concise. So, that's the difference. The Golden Book is a study book, while the First Aid is a review book.

Q8. What are the future plans of the committee?

One of our plans is to hold what we will be calling a Mock Step 1. A lot of people know how Step 1 questions look like, but what they don't know and don't expect is how long the exam is. It is usually about, what, 9 hours? I'm pretty sure its 9 hours. 6 to 9 hours, and its exhausting. Very, very much exhausting. You get 90 minutes of break time, and you have to divide it. So, we will be holding, as a mock exam, here in the university hopefully, on a weekend; you can sign up and come, and it will be a whole Step 1 exam. You will have your 6/7 blocks, you'll have your 90 minutes of break time, you'll get to divide your break, and you will get to feel how mental exhaustion feels like; how you will have to combat through it to score high on the Step 1. This is a major plan to help a lot of students out.

Q9. Do you see the committee commercializing the Golden Book?

No. We STRICTLY prohibit commercialization of our book.

Q10. Are you set on specializing in the US, or are you open to other locations like the UK?

No. I am pretty much set on specializing in the US. I've been working on it pretty much my entire life, for as far as I remember. I don't think I see myself anywhere else. Sure, I do have plan Bs, and plan Cs, if it doesn't work out, but I am definitely set on specializing in the US.

Q11. Which field would you like to specialize in?

Well, I really like neurosurgery, it's always been there for me, and it's always my primary option, but I keep getting some doubts, and some other ideas. For example, right now I am pretty much interested in pediatric surgery, I like trauma surgery, emergency medicine... I don't know yet. I still have enough time to reconsider.

Q12. What is something you would like the university to know about the USMLE committee that they don't know enough about?

Well, that we are students as well. We make mistakes, and that we are trying our best to give you this resource, and I know that it seems you might not trust us – even the official recommendation from our committee is study from First Aid for the USMLE step 1, it's not our book by any means. But we want students to try out our Golden Book. (It's) actually a good book. I'd like to think so. We have a sample of it that we will be releasing soon, that you can check out yourself. So, please do check it out. Please give us a chance, maybe you'll really like it.

Q13. Any closing remarks?

I'd like to thank MedTimes for having this interview. [Thank you very much.] Thank you!



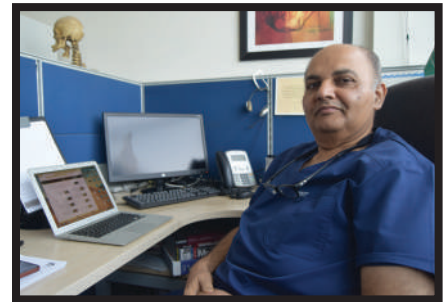
HOW TO SUCCEED IN MY CLASS?

OUR AMAZING DOCTORS' GUIDE TO EFFECTIVE STUDYING



"Always attend lectures and pay attention. This helps in understanding the concept in class. And, if possible, try to study every day instead of cramming everything 2 days before the exam. I know the schedule is tight but if you try to study every day, you would do much better in exams. You just need to manage your time better. Also don't forget that it's not all about studying. You need to take out time for family and friends too. I believe that doing both, enjoying life and studying, is possible." **-Dr Ali Khraibi**

"Learning anatomy is a science and appearing in exams is an art. If you know this art, no one can stop you from getting an A. My only advice is to start learning from yesterday, not today. It is do-able, everyone has done it before you for every exam and block. You need to be a learner and it should start from the 1st day." **-Dr. Atif Mazhar**



"My advice would be this: if you want to get an A, definitely come well prepared. It is preferred when you come to the class, you should go through the objectives at least once, so when you come to the class you shouldn't think this is Greek.

Also don't just rely on our lectures. I would advise you as an elder brother, just try to read the textbooks." **-Dr. Khurshid Anwar**

"People usually find immunology hard to study. What I recommend is they should go on YouTube and watch animated videos e.g. for like antigen presenting cells and complement system. These actually really help in understanding the concept. They should also keep up with lectures on daily basis and always ask questions if something is not clear. It would also be helpful if they solve practice questions from different books."

-Dr. Garwin Kim Sing



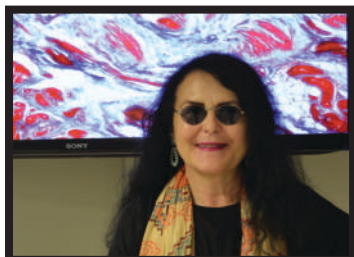
"The question 'How to succeed in your class' is not an isolated or independent entity. First of all, let it be clear what does success in the class mean? If the yardstick is the GPA, then there are time-tested advices of hard work, consistency, regularity and punctuality etc. However, my understanding of success in the class is integrated with the overall success as a human being that also includes high achievements in the exams. I would say that it is basically the overall personal attributes which not make you successful in the class but in other aspects of your life. You need more than hard work to be successful in the class. Through all those years of interaction with students, I have concluded that the discipline in life and all round activities of a human being make him/her successful. My view of a successful man in class is not the one who secures high grades in exams but who is high achiever in other aspects like interpersonal skills, sports, community service and who has good friends. I advise you to spend reasonable time in studies but never lose the opportunities of extracurricular and social activities. Have fun, make friends, engage in sports and on top of everything, travel and explore new things. You will be amazed to see that you are successful in the class. All these successes are interrelated." **-Dr. Dileep Rohra**



"To be a good clinician, the most important thing is seeing as many patients as you can because it helps you gain more experience and get better in history taking, doing physical examination and reaching a diagnosis. There are professional skill courses in Year 1,2 & 3 but those are just a brief introduction to the skills. We are working towards organizing more sessions with patients in both clinical and preclinical years but eventually it comes down to your own activity and how much you practice during your free time. Year 4 is the most important time where you can actually improve your history taking and examination skills. When free, you can go either alone or with friends and see the patients. You don't have to do the whole examination but just a part of it for like 5-10 mins. You can ask someone from the department to observe you (doesn't have to be the consultant. Can be anyone e.g. a resident) and give you their feedback.

Another thing you should do is read a lot. Every time you see a patient, you should go and read different articles and case reports about the disease even if you think you know it. Because every single time you will learn something new. There are also these clinical problem solving/ puzzle cases in journals such as The New England Journal of Medicine. Solving those would also be helpful.

There is a saying in medicine "Treat the patient, not the disease."
It basically means there are no diseases but there are patients. Every patient is different from each other. They may have the same diagnosis but they present with different findings. And so the only way you can be a good clinician is by seeing as many patients as you can and reading a lot."
-Dr. Sabri Kemahli



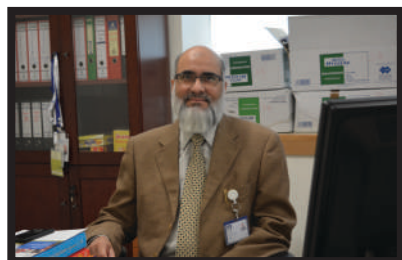
"Working hard is the key, and remain focused on your learning objectives, and follow the referenced texts which are advised" **-Dr. Shawqat**

"Repetitio est mater studiorum"
It is a latin proverb that means repetition is the most important thing in studying. **-Dr. Aniko Szabo**



"What I think is important when you approach clinical microbiology is to understand the medical significance of what you are studying and to try to apply it your patient. So you always have to create a link between different species/types with their epidemiology, pathogenesis of how they cause the diseases and their basic properties such as their capsules, toxins, antibiotic resistance etc. In general, two things that are important for a student to keep in mind are:

- Don't forget POD. POD is the basis of understanding all the other properties. So always go back to it. It is the foundation of scientific approach in any infectious disease.
- Attend lab. Go and take pictures from microscope. And ask your tutor if something is not clear. Lab is a good way to review and understand better what has been taught to you in the lectures." **-Dr. Guiseppe A Botta**



"Normally I give the following advice:

- Be regular and punctual
- Work hard
- Learn time management
- Study with the purpose of learning, don't be exam or grade oriented
- Enjoy your studies"

-Dr. Muhammad Zafar







HUMANS OF ALFAISAL



MOUNT FUJI CHANGED MY LIFE

Written By Abdulelah Banaser





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You know I've never climbed a mountain in my life. To think my friend would suggest hiking Mount Fuji, two days prior to my flight back home was completely unexpected. What seemed like a silly idea then, became a life-changing event for me now. The plan was to enjoy an achievement, on top of a volcano, as we catch a beautiful sunrise. So, without any further delay, we headed to buy some equipment. Mind you, we didn't carry any canned oxygen, didn't bring with us hiking jackets, nor were we wearing hiking shoes because we never thought we'd need any of them. It was late but we eventually found a bus that took us all the way from Tokyo to Hoshu, then were transported up halfway through the mountain (level 5 out of 10). From there, we took the Fujiyoshida's trail (beginner's route) and walked our way to the next level.

At first, the journey was easy and unchallenging as it was mostly walking, but the higher the level, the more difficult it became. Our pace had to be slowed down to control our oxygen levels and be cautious of slipping or falling. We were so high up, that we could see clouds passing by and lightning striking the ground below. Much to our luck, the weather that day was the worst out of the whole week, freezing and windy. \

Suddenly, I began having shortness of breath, which lead to an asthma attack and altitude sickness all together. My fear of heights didn't make the situation any better. Eventually, my eyesight worsened so I had to support myself on the rocks beside me to walk and started developing red spots (bleeding) on my skin. Here, is when I mentally lost hope and marked my death and believed it. My friend couldn't ask for help due to the language barrier, so we had to carry on. All the way from level 7 to 8, I've been crawling, vomiting, resting, and begging my friend to rest until we found a shelter. We paid for only 30 minutes of sleep, which we couldn't properly enjoy because of the frosty weather. I honestly couldn't carry on, tired in all aspects, I managed to voice note my sister apologizing for my shortcomings and informing her of the high chances I wasn't going to make it.

Not long after I sent it, she called me to encourage me to continue. Right after, my dad called and made me promise to God that I would return back. By then we reached level 9. One more to go. To reach the top. It was already the next day, we had missed the sunrise. My friend and I took pictures, rested, then went on our way back. The way down has its own story, but we eventually made it after 6 hours. We then, finally came back to Riyadh.

I honestly returned as a different person, kind of like went up there to split my old self and come back as a new me. I had faced death up there. Sure, I didn't reach the top, but with what I faced throughout, as an unequipped and untrained beginner- who had multiple health complications on his way up there- the journey to the 9th level itself, is an achievement. Even my parents noticed a difference in my personality. All in all, it was a tough experience, but it is something I'm proud of. Regardless of what I've gone through, it was amazing and I encourage anyone to do it. But of course, be more prepared and trained.

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DIRT

Written By Aseel El-Jabali





My name is Aseel El-Jabali, currently a third-year medical student.

It's odd when you compare yourself to your past or to your colleagues; everyone has different obligations and goals. Different hardships, different issues, yet, we are all human beings simply being pushed to a higher tier of expectations. Sometimes those expectations make everyday life occurrences as burdens.

After graduating high school, I promised myself I'd get rid of the mental luggage I carried on from school.

As soon as university started, I took it as a challenge. I was going to start fresh, new, no setbacks of my own creation.

Time passed by as I finished my blocks and courses.

I felt good; I was improving. Unfortunately during the second semester, I lost someone very dear to me. It was exam season and I felt myself slipping back into old habits. It scared me.

Life is unexpected and so regardless of what had happened, I grit my teeth and pushed myself through it, reminding myself of how hard I worked to get to where I was. My progress was not going to go in vain.

To add insult to injury, in the second semester of my second year, my father faced a serious medical condition. I cannot deny the toll it took on me, but this time I built upon my experiences in first year and sought comfort from those around me.

I learnt many things from these encounters, and many others.

Do not live your life in fear. As a student one should prioritize, whether your priorities are yours to choose or not. Take unkind situations as challenges, not drawbacks.

Facing obstacles head-on reinforces your strengths, while also singling out your weaknesses.

I know for a fact that if I read this article when I was going through my hardships, I would never care much for it. It is totally understandable to think, that those who moved on from their miseries successfully, are now just reflecting back on the past. Every situation is unique and I, of all people, get it.

However, try to make good use of advice from people around you. Take pieces of guidance from different people or sources and go ahead, make a scrapbook of solutions. You are in the beginning of the road- try to figure out life on your own terms.

In conclusion, you really do appreciate your distresses once you have passed them. You ponder over the past, remembering a black hole of agony, breaking down in the middle of lectures, trying to hide your face away from the professor, staring blankly at nothing in particular on the way to visit a terminally-ill loved one. Seldom do people talk about these things, but they do happen and they must be addressed as part of our healing process.

If I were to choose a title for all the text above, it would be "dirt"; something that can be used for growth and yet, can also tarnish. You just have to find a way to flourish wherever you are put. It is possible.

You may never fully emerge from the woods but that's ok, rays of sun will still reach you.

Best of luck!







EVENTS

ARTICLES



Awarding Ceremony

Written By Museera Irshad Khan





The awarding ceremony is an event, planned and organized by MSA, to honor the achievement of top medical students of each batch. The beauty of the awarding ceremony is not just the happiness of the Dean's List students, but also the excitement and joy of their friends and family, that really adds meaning to the day. Friends taking pictures from every single angle and family members hiding their tears is what makes it so special. The awarding ceremony is a celebration for the students, and everyone dear to them, who supported these brilliant minds every step of the way.

The event commenced with a lovely musical band which delighted the guests, while they viewed the beautiful one-of-a-kind decoration embracing the auditorium. Dr Khalid Kattan followed with words of admiration for the Dean's List students, praising their persistence, resilience and patience. After his opening speech, the awarding began, from high scorers of USMLE Step 1, SMLE and Progress Test to 5th year seniors and finally, 2nd year juniors.

Each student received a marvelous pin bearing their name, a plaque and a beautiful bouquet of flowers. Students were then offered photo booths to have fun with their loved ones and take polaroid pictures as a souvenir for their memorable day. The day ended with an exceptional dinner buffet, for the attendees to indulge in and enjoy.

The day was a special thank you to students who sacrificed their time and energy to earn knowledge, so they can provide the best possible treatment to patients one day. Their resilience and determination to bring about a change in the world really inspired everyone around them to put in equal effort and join them on the stage next time.



Pioneers in Medicine

Written by Feras Mahmoud Ataya

In collaboration with Alfaisal University, the King Faisal Foundation's annual King Faisal Prize hosted the Pioneers in Medicine conference on the 1st and 2nd of December in commemoration of the 40th anniversary of the prize.

King Faisal Foundation is a philanthropic organization established in 1976 by the late King Faisal's sons and daughters in honor of his memory. A year later, the foundation's general secretariat decided to create an international prize bearing his majesty's name, and thus, the King Faisal Prize was founded.



Initially, there were three branches to the prize, but in the early 1980s, a prize in medicine and a prize in science were added.



The foundation has established King Faisal Prize as a reputable, prestigious annual award. Nominees undergo strict selection criteria, and when there is a lack of sufficiently meritorious nominations, the prize is withheld for that year.

The Pioneers in Medicine conference is noteworthy for hosting H.E. Dr. Tawfiq Fawzan Al Rabiah, the Minister of Health, and several prominent speakers, including 4 King Faisal Prize laureates in medicine, and 19 Saudi specialists that have pioneered their fields in the Kingdom. The theme of the two-day conference was highlighting updates in several specialties of the medical profession in the Kingdom of Saudi Arabia, specifically in oncology, cardiology, fetal medicine and surgery, ENT, genetics, and family and community medicine.

Alfaisal graduate Dr. Abdullah Al Shammari delivered the opening speech of the conference, after which the oncology session commenced with a lecture from professor Patrick Walsh, 2007 King Faisal Prize in Medicine laureate. Prior to professor Walsh's contributions to the procedure of radical prostatectomy (complete removal of the prostate gland), men suffering from prostate cancer faced death due to their malignancy should they decide to opt out of surgery, or a life of impotence and incontinence if they proceed with the surgery. Professor Walsh developed nerve-sparing techniques for radical prostatectomies that have greatly decreased the risk of impotence and incontinence from the surgical procedure, allowing thousands of patients to enjoy normal lives after surgery.





Following the conclusion of the oncology session, the cardiology session began, with Dr. Mohammed Al Faqih delivering the first lecture on the history of cardiac surgery in Saudi Arabia. Dr. Al Faqih is a distinguished cardiac surgeon both locally in the Kingdom, and internationally, being the first non-American surgeon to be awarded the position of visiting professor at Harvard University in 1995. Dr. Al Faqih established Prince Sultan Cardiac Center in 1979, one of the most important centers for cardiac surgery in the region. His long career is marked by numerous awards, accolades, and accomplishments in the field of cardiac surgery, with a prominent patient of his being Prince Khalifa Bin Salman Al Khalifa, the Prime Minister of Bahrain!



Of the 19 spectacular pioneers of medicine in Saudi Arabia featured during the event, 3 are associated with Alfaisal University – Dr. Naif Al Otaibi, assistant professor of otolaryngology, Dr. Zuhair Alhassnan, professor of genetics, and Dr. Abdulkareem Al Makadma, assistant professor of clinical medicine. The thriving medical profession in the Kingdom of Saudi Arabia has had an exciting history marked by continuous innovation, the pace of which has only been accelerating, and it is of great honor that Alfaisal was well represented among the pioneers.

After closing remarks by Dr. Khaled Al Kattan's, and speeches by H.E. professor Mohammed Al Hayaza's speech, and H.E. Dr. Abdulaziz Al Sebail's, secretary-general of the King Faisal Prize, the Pioneers in Medicine conference concluded with the honoring of the pioneers by H.E. Dr. Tawfiq Fawzan Al Rabiah, the minister of health. The audience erupted with cheers as each of the incredible pioneers were called upon the stage. In the midst of the flickering of cameras, and ruckus of claps, several highlights from the abundantly intriguing lectures paced through me as I sat in awe of the impressive progress each of these people achieved through work ethic, persistence, and passion.



Of these highlights, a message from professor Patrick Walsh to medical students resonates deeply. "If you want to make an important discovery – pick an important problem. But, don't work on the most popular current problem." Professor Walsh implores us to heed Einstein's advice. "The person who follows the crowd will usually go no further than the crowd, but the person who walks alone is likely to find himself in places no one has ever seen before." Such is critical advice for researchers of the future, which brings us to the question – how does one identify important problems? "Listen to your patients! If they ask you a question you cannot answer, or tell you something that sounds incorrect, this may be your opportunity to find an important problem."

Indeed, the primary purpose of the conference was the celebration of the 40th anniversary of the King Faisal Prize, as well as highlighting the progress in several medical specialties in the Kingdom by those driving this progress. However, this conference also serves as a message to aspiring physicians like ourselves. Through the presentations featured in the conference, medical students received a first-hand documentation of the collaborative work that was invested in the development of medicine in Saudi Arabia. We listened earnestly to the latest breakthroughs, procedures, and data, and were exposed to the unexplored horizon of discovery that we shall, one day, be the leaders in demarcating.

Who knows? One of us may find ourselves on that stage in future Pioneers in Medicine conferences.





Edupathic

– Dr. Hamad AlDraye



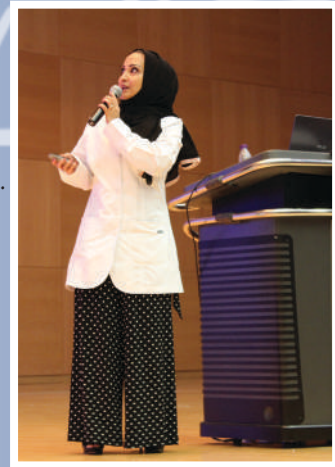


3 years ago, a group of medical students who felt the need for guidance in their medical careers came together and decided to take an initiative. It was a few long nights of planning and contacting every doctor they knew till they had the best mentors, all in one platform.

In one of those long nights, the team wanted a name that broke formality and was relatable. "Edupathic" was finally decided on through a joke about how our medical pathways are basically idiopathic; we are not aware of how we reached this part of medicine and what will come in the future. Our path to education is not clear. And so, it clicked. Swapping "Idio" with "Edu" and now, it meant an education without a clear path.

Edupathic has since grown from the first symposium. Growing from a simple stage to host residents and consultants, we proceeded to more extensive content, workshops and a social event. This year was redesigned to include a research competition and upgrade the symposium to suit 4 essential pathways namely; Research, Board exams, Health Community Service and Finding your path.

One of our prominent speakers was Dr. Fadi Munshi, the Executive Director of Assessment in the Saudi Commission for Health Specialties, who spoke about the future of assessment and the big confident steps they are taking to build a competent safe and empathic physician. We were also honored by the presence of Dr. Saadi Taher, an Advisor to the Ministry of Health, who spoke about the triple aim; which is the new design of effective healthcare systems and how the Saudi Vision 2030 is pushing for excellence in healthcare.



Being a part of Edupathic puts you in an experience, where the whole Edupathic community works together to make sure you have proper guidance and assists you in building the elements needed for a successful career and guidance in choosing the right path as a physician. The symposium brings together hundreds of physicians and leaders in healthcare, from different medical disciplines and from different regions of the Kingdom, assembling to share their experiences. In total, we had physicians in training from 16 medical colleges in Saudi (more than 50%

of the total medical colleges), out of the total of 1638 physicians in training (more than 50% of the graduates of 2018), with more than 2million impressions on social media and multiple news coverage in prominent media outlets such as Makkah and Saudi Press Agency and not to mention, the support from +30 Social media influencers in the medical field.

As distinguished Prof. Khaled Al Kattan rightly quoted, "The best education needs a strong academic track. When the students of Alfaisal met to support their colleagues in the final medical year, they created an intensive program dealing with important medical topics by senior consultants and medical experts. No wonder the Edupathic symposium is a success in all standards. Alfaisal University fully supports the symposium to reach further success. We look forward to the continuation of the symposium and attract students from all over the Kingdom and the region".

As chairman of the organizing committee, I would like to close the success of this symposium saying that The Alfaisal Medical Specialties Symposium (Edupathic) provides all the elements, needed by the physician in training, from guidance to awareness, for requirements by the Saudi Commission for Health Specialties in the selection of their future specialization, focusing the energies of young people and redirecting them to the right place in our extensive healthcare system, hence, achieving the vision of 2030, which calls for improved healthcare centers, empathic and safe physicians. The journey with Edupathic will continue to help reach that goal.







ALFAISA

SPIRIT

SPIRIT GROUP PHOTOS

Brigham and women hospital,
Working in Harvard lab on PKD
polycystic kidney disease- renal section



Istanbul University Çerrahpaşa Tip Fakul-
tisi, basic molecular techniques in neurode-
generative disorder
research unit , mainly
Parkinsons and Alzheimer Disease

International Islamic University
Malaysia IIUM, basic research on effect of
thymoquinone on breast cancer cells



Roswell Park Comprehensive Cancer Cen-
ter At Buffalo, New York. Basic
Laboratory research training at the
department of Immunology



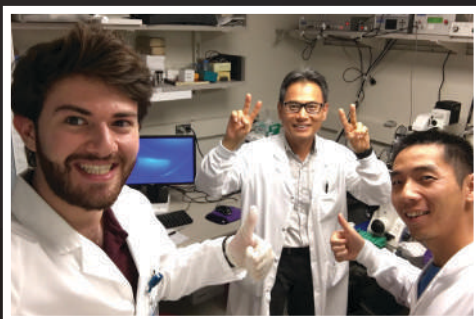
Johns Hopkins University
clinical research on sleeping medicine

Basic research about Reactive Oxygen
species and their role in cardiovascular
diseases. Cardiovascular surgery lab, in
Rhode Island Hospital Providence,
Rhode Island in USA.



Cardiology clinical research in the field of
electrophysiology. working closely with Dr.
Vijay Swarup and his clinical research team
at Arizona Heart Rhythm Research
Center, and, with Dignity Health –
St. Joseph's Hospital and Medical Center.

University of Bristol, Bristol UK



Rochester, Minnesota in Dr.Sieck's
physiology lab





Interviewing the SPIRIT

Good morning! I'm Aisha Siddique, member of the Summer Program for International Research Internship & Training (SPIRIT) Team. Today, I am going to interview two of our colleagues who travelled through SPIRIT 2018, and are now part of the Undergraduate Research Committee (URC).



Hi Zainab!
Hi Fatimah!
How are you both?

I'm great.

Alhamdulillah,
doing good.

Let's get started. Last year, both of you had the opportunity to experience SPIRIT at Roswell Park Comprehensive Cancer Centre in Buffalo, New York. So, we want you both to share your experience with us. Before that, could you introduce yourselves?

I am Zainab Ifthikar, a second-year medical student. I am an ardent public speaking and writing enthusiast. I am a staunch believer that every individual has a remarkable potential buried under layers of uncertainty, all we have to do is to plough through with a little compassion.

I'm Fatimah Alhammad, a second-year medical student.

Okay, that's great! Now, I would like you both to share your views on the city of Buffalo. We all would love to know about your journey and stay.

Reminiscing my days spent in Buffalo now, feels like a far-fetched fantasy that came to life. I enjoyed everything: the breathtaking scenic views, fresh morning air and every ounce of the quiet ambience filling me with serenity. Of course, how can I forget the spectacular moment when I saw Niagara Falls and the brilliant Fourth of July fireworks.



You both seem to have quite a different perspective regarding the city. That's interesting!

For me personally, Buffalo was not that great. Not only was it an uninteresting place to be in, but the fact that you had to have a car to go anywhere did it for me. I remember once I tried going to a nearby place walking and I was literally the only one walking on the sidewalk (it was 5 PM). It was the most nerve-racking 5-minute walk I have ever had! Consequently, the little free time I had when I was not in the lab was spent in my hotel room.

Written by: Aisha Siddique, Zainab Ifthikar, Fatimah Alhammad





Okay so I agree on the point you made about the people being kind. It's true, people in Buffalo are the nicest!

However, I do have to say, it was TOO quiet. It was weird how quiet it was, since I lived right next to Roswell Park.

The peace and quiet that surrounds Buffalo, is what I loved about it the most. Its uneventful environment is what made it so special. No noisy neighbors, no pollution, and no tall skyscrapers! Hundreds of acres of untouched nature and kind people.

Okay guys I guess I get where the difference of opinion arises. It's just that some people like their environment to be peaceful and serene whereas others prefer the hustle & bustle of metropolitan cities. It's completely understandable.

Okay, Tell our audience about the program itself. How was the program and how were the doctors?

The program itself was great and the people in my lab were very cooperative, although they were cautious during the first two days to let me handle anything, within the first week, I was already helping with mice experiments, flow cytometry, and much more. And to be honest, although the city was boring, the people were very nice and welcoming there.

The program was well-structured and catered to my needs of learning. I worked at the Immunology lab, at the (CPG), and was particularly looking into a certain form of immunotherapy. The people I met at Roswell were extremely amiable and welcoming, and my lab mates were very helpful.

They never hesitated to teach me something new, and always found time to make sure that I was comfortable and informed. I got to learn and practice a wide range of lab techniques like flow cytometry.

Oh I see, that's absolutely amazing! The program really encompassed the essence of research and exposed you to many beneficial skills and techniques. Moving on to the next question, what was your favorite part about the experience or could you share your favorite memory from the experience with us?

When it comes to the city itself, I loved Niagara Falls. As for the lab, I thoroughly enjoyed my time there, not only because it was informative, but my lab mates were very accepting, and I enjoyed working alongside them. But my favorite memory has to be when one of them trusted me to come to the lab alone over the weekend to complete an unfinished experiment.

My favorite part was the extensive hands-on experience I got in an active lab environment. I also enjoyed attending the seminars held in the immunology department, where researchers would talk about their ongoing work and tackle questions from the audience.

I hope you get to go back to Roswell one day! Thank you both so much for sharing your great experience with us.



That's the SPIRIT!

Written by: -Adnan Doumani and Bader Abou Shaar

Dedicated to the extraordinary SPIRIT team, that has inspired us so much during the past few months. Exhilarated by their high morale, we decided to write our article on the five rules we believe are the key to a happy and successful life. These rules are simple and universal. They reflect on how you should feel inside and on the impact you can make on this world. We hope you have a good read!

Rule 1: Destination Summit

Always aim to be the best. Because if you aren't, then what are you aiming for? And why? If you set out to do something, anything, and you are deliberately aiming for second best, how sad is that? This rule is really simple. As long as you follow it, the results don't matter! It doesn't matter if you fail again and again, as long as your destination is the summit. The effort you sow, will be reaped in experience and personal growth. You won't slip on that rock this time, and you will learn to rest during the next sunrise and enjoy it. The journey will feel so easy, so short, once you look down from above the clouds.

"We lift ourselves by our thought, we climb upon our vision of ourselves." — Orison Swett Marden

Rule 2: Plan A

It's our decisions, not the conditions of our lives, that determine our destiny. The decisions that you plan to take are just as important as your daily choices that shape your character. Having a plan means that you've looked ahead and asked yourself: "What do I want to accomplish? How can I accomplish it?". Do you want to start a research project? Do you want to go on SPIRIT? Do you want to publish in a big journal? Then work your way through it. Find out what you need to do, and build your plan based on that. What do others have that you don't? Why can they do what you cannot? After setting your eyes on your goal, you can plan the logical steps, that you need to follow to achieve it. Then, you have to do whatever it takes to climb those steps and pursue your dream. Take the initiative!

"Man is not the creature of circumstances, circumstances are the creatures of men." — Benjamin Disraeli

Rule 3: Get Involved

Life, even as a medical student at Alfaisal, has more to it than just the boring daily routines. Our choice to become doctors means we're in it for the long run, we might as well enjoy it. Getting involved means cooperating, contributing, engaging, and having fun together as a community. That's what successful people do, they take interest in their community's well being and





prosperity. How? They become volunteers, mentors, club members, advisers, charity workers. They join groups, associations, clubs, committees. They get out there and belong and have fun. They put themselves out there to make a difference or share an interest. They might even sometimes wish they hadn't gotten involved because some things can creep up and take over your life. But they are part of something. Part of the world—in a full and proper sense. Get involved!

“Initiative is to success what a lighted match is to a candle.” — Orlando A. Battista

Rule 4: Life is a Pizza

You know what we're going to say. Yes, life is a pizza, with everything on it. If you want the good bits, you have to deal with the bad bits. Pizza has plenty of different toppings, and sometimes you get some that you don't like. There's no point in complaining about that, just pick them off or swallow them down really quickly like they were never there. Life is amazing, then it's awful, then it's amazing again. If life was a series of lovely days, we'd soon get bored. That's what life is, what it is meant to be: a series of struggles and breaks. So, breathe in the amazing, and hold on through the awful, and relax and exhale in between.

“The ultimate measure of a person is not where they stand in moments of comfort and convenience, but where they stand in times of challenge and controversy.” — Martin Luther King Jr.

Rule 5: Leave your Mark

We're often remembered for what we did, rather than for what we were. Leave your mark, let history note that you've made an effort, that you've tried your best to make a difference. We have to care, if we want to be successful, that those who come after us are going to inherit a better world than the one we found ourselves in. We have to consciously make the effort to be part of the improvement before we go. We should be able to take responsibility for what we've been given and make better use of it, before we pass it on. We should always aim to spend our life on achieving something, that will outlast it. It is because of people who do so, that we advance at all.

“All good men and women must take responsibility to create legacies that will take the next generation to a level we could only imagine.” — Jim Rohn



MSA PHOTO GALLERY



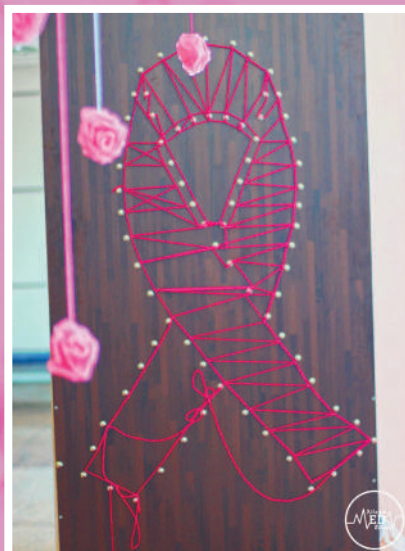


WINTER COLLECTION 2018-2019





BREAST CANCER AWARENESS

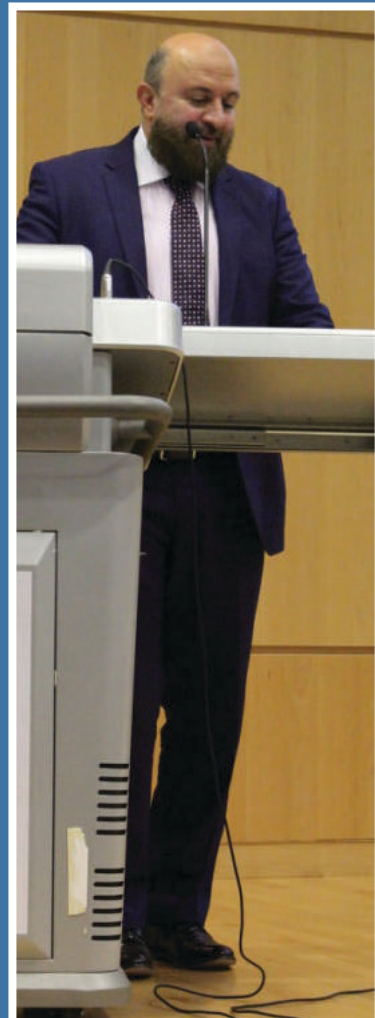






PREMED-NEUPOD CLOSING CEREMONY







Pioneers in Medicine







TOUCH OF HEALTH

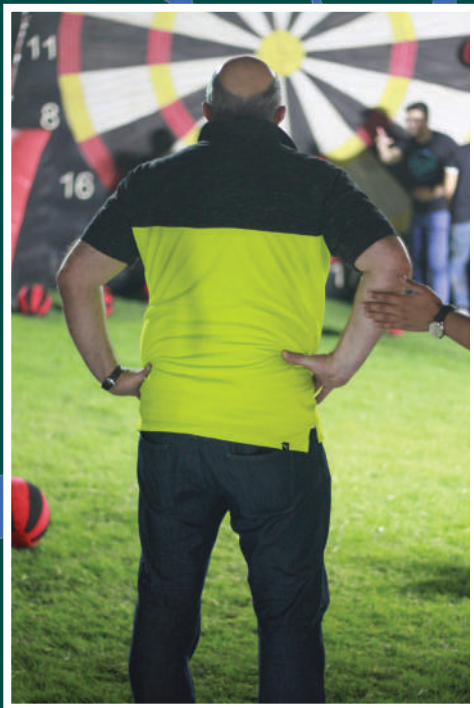






PAINTBALL



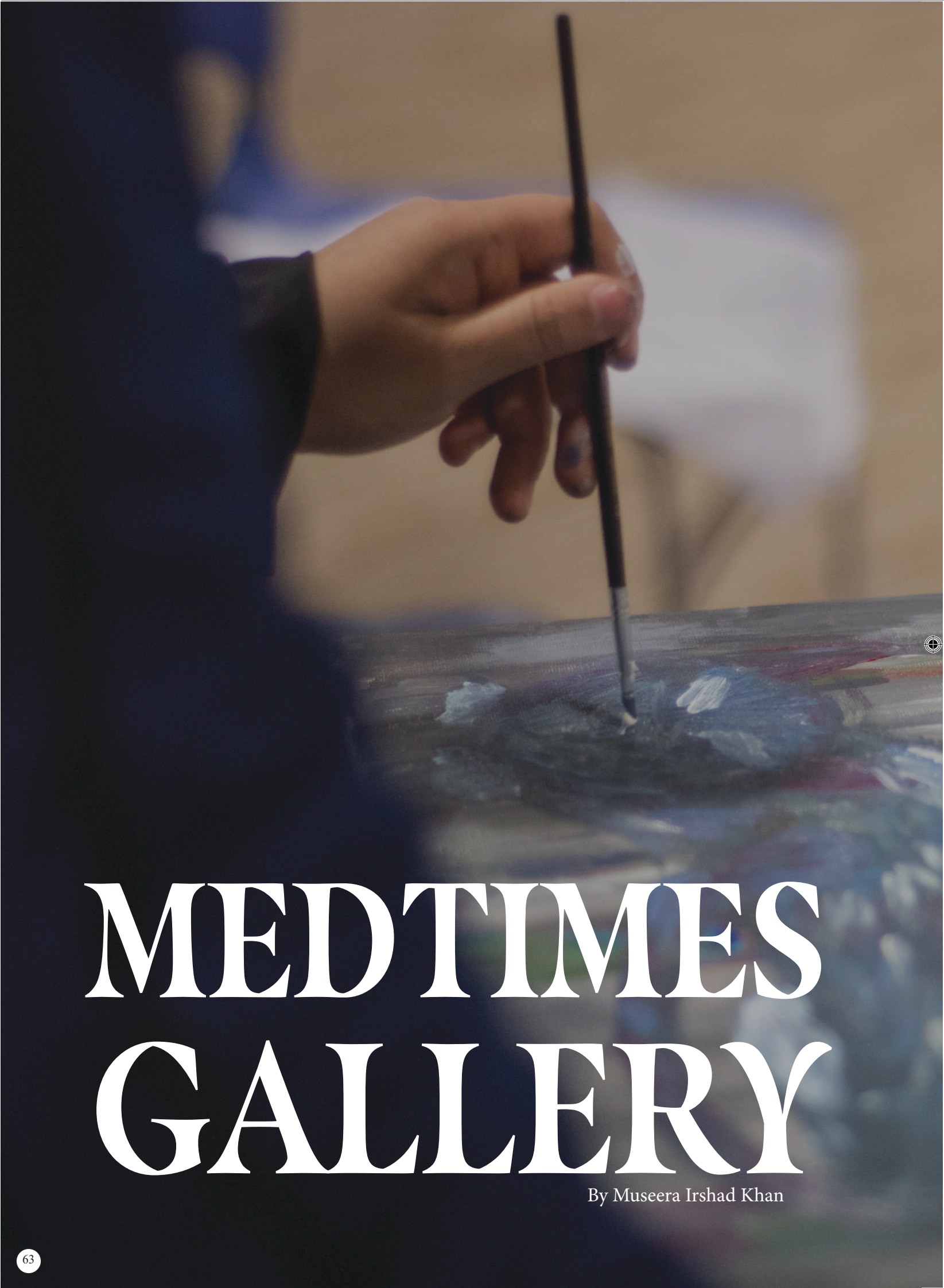




DIAGNOSTIC SHOTS







MEDTIMES GALLERY

By Museera Irshad Khan





Everyone has a story they want to express whether it is through words, paint or pixels. On 21st November, medical students were given this chance, and they delivered.

The Medtimes Gallery, first of its kind, was an event which gave freedom to medical students from their stressful daily lives. The surprising thing about this event was that their art did not convey any negativity or pessimism. In absolute contrast, the gallery was a vibrant representation of the passionate minds of CoM students.

The exhibition started off with the writing section of the gallery, which consisted of a visual prompt and many comments regarding it. Each description of the picture was written from a unique perspective, showing the amazing talent of writing hidden among Alfaisal students. The pleasant music, played by students as well, added to the experience.

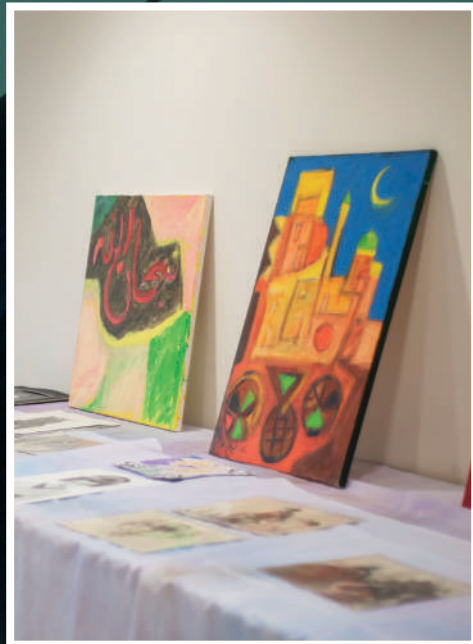
The next exhibition displayed paintings of different styles. The creative energy of each painting was exhilarating and heart warming at the same time. Since the competition was not restricted by any boundaries, each piece of art was a unique insight of the artist. The anonymity of the canvases provided an openminded enjoyment to the paintings. Volunteers were also present, to explain the hidden meaning behind each piece, adding to the wonder and amazement.

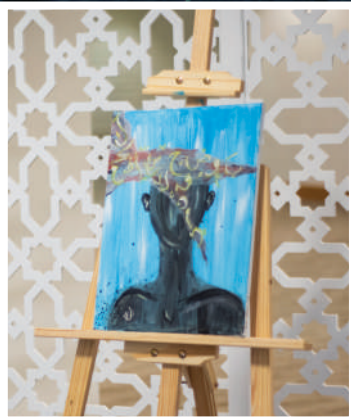
The photography exhibition displayed individual pictures under the theme of positivity. Each photograph was a special and completely different perception of positivity than the last. Some pictures were of beautiful beaches and serene sunsets while others were of exciting moments and favorite objects.

The next, and perhaps, most enlightening part, was paintings provided by the Schizophrenia Society; each piece drawn by the hands of a patient. The special aspect of these bright, abstract paintings was that they expressed schizophrenia in an understanding way, helping people grasp what goes on in the minds of these patients.

The last course of the exhibition was a fun, self-painting section, encouraging everyone to express themselves. This was an exceptional section which tempted many students, artist or not, to simply enjoy. Watching art in the making provided an exciting experience, a perfect way to end the exhibition. The entire event was magical and every attendee, from student to faculty, was blown away by the skill and talent of the brilliant medical students of Alfaisal.









First place of Art competition -Rawan Mahdaly



Writing Competition
1st place -Zainab Iftikhar
2nd place -Fatimah Khdeir
3rd place -Yamen Shayah



First place of Comics competition -Hadeel Al Hems



Winner for painting on spot
-Ayesha Ambia





First place of Photography Competition -Zainab Ifthikar



**3rd Place of Art competition
-Allaa Yousef Sheikhbrahim**



2nd place of Photography Competition -Bana Alabrash



**2nd Place of Art competition -
Nader Ashraf Fawzy**



3rd place of Photography Competition-Mohammad Sajid



**Videography Competition
1st place -Mhd Adnan Al Doumani
2nd place -Basel Emad Tamimi**







Cadeaux

from:

Previous
Medtimes
Directors





ALONE AMONG THE LIVING

Written By: Norah AlRohaimi ; MedTimes Director 2016-2017





I've been trying for a while, to accurately describe the feeling of loneliness. Each time, it feels like I'm missing something. I never come close enough. It's a tricky one. It's not as expressive as sadness is. Doesn't gut you or slice you open the way grief does. Loneliness works differently. It doesn't slap you in the face like anger or jealousy. It takes time penetrating your life.

You ever have a friend that you didn't particularly like? But you ended up being friends. It seems like they've always been around. Not sure why. Not sure of the moment they went from stranger to a contact in your phone. Loneliness is like that. Like an invader that moved so slowly, you didn't even notice. It just sits there, like a bruise that's close to being healed. Sometimes, you think it's gone. If you stay distracted, plugged in, never fully present, you might not feel it at all.

But like a bruise, if you touch it, you'll wince. You'll be reminded it's still there. In my experience, loneliness rarely has anything to do with being alone. Not cliché, right? Sure, it might amplify it, but it's never the root cause. Loneliness shows up when you forget yourself. It's present on the nights you feel like a stranger in your own body and you wonder how long you've been on autopilot.

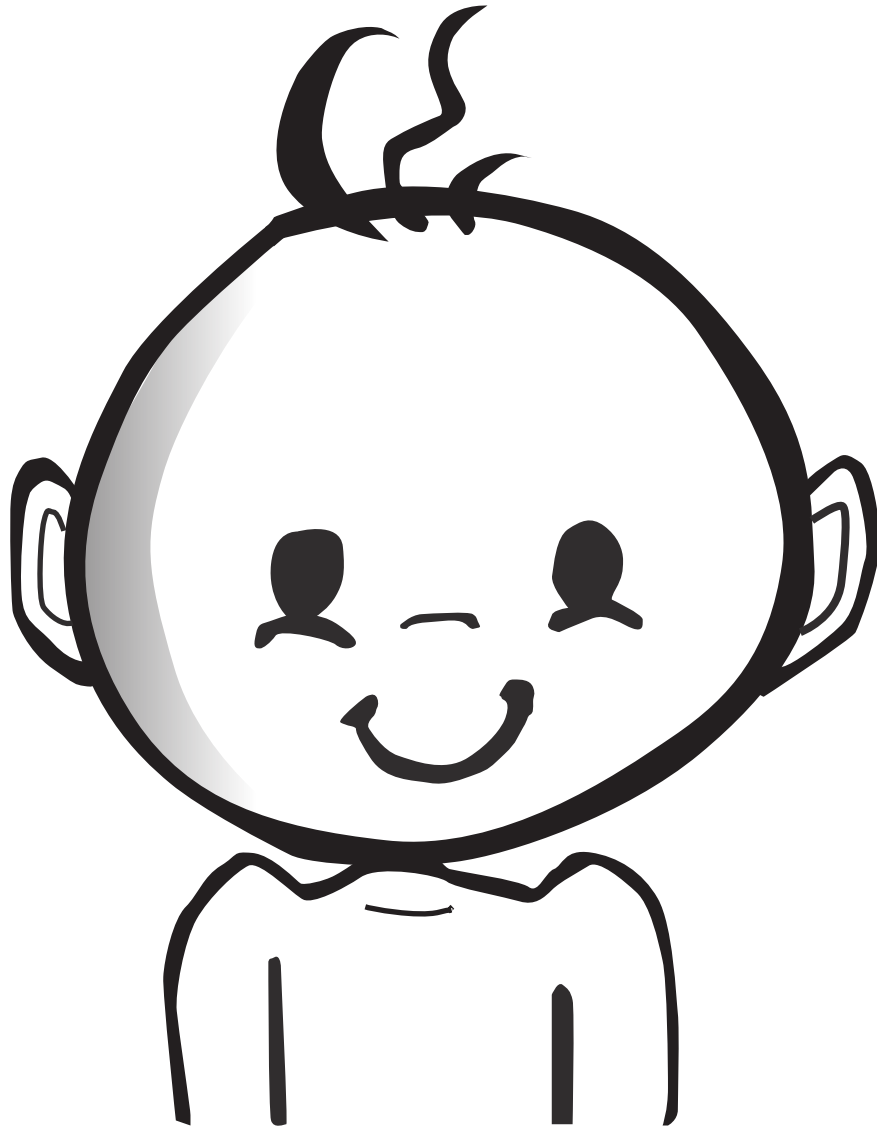
On those nights, you'll ask yourself, "Have I always been this lonely?" When it becomes too much, on the bad nights, you'll look for immediate distractions. We're good at that, us humans. We've figured out how to be so plugged in all the time. We'll numb ourselves with food or superficial connection. We'll text someone we shouldn't. We'll binge watch shows on Netflix until the screen is forced to ask, "Are you still watching?"

On those nights, you'll hate admitting just how lonely you really are. It feels like a failure of all sorts. Because loneliness, unlike sadness or anger, is harder to figure out. Why do we feel this way? How can we fix it? I'm still not sure I know the answers to those questions, but I do know loneliness does not go away if you just ignore it. It sits. It waits. It stays tucked away for the next bad night. The next night until you lower your defenses.

Perhaps, there is a feeling of unity in our loneliness. That even in our most isolated, in our pangs of pure lonely, we know that others are feeling that way too. Maybe we should talk more about our loneliness. Maybe that's how we take its power away. We share, we grieve together, we try to understand this feeling.

I wonder how many of us are hurting right now. I wonder how many of us are afraid to let the world know just how lonely these nights can be. Sometimes I feel like ripping my skin apart and searching for a reason as to why I feel the way I do. So empty. Maybe my veins are tangled, or maybe something is lodged between my ribs. Because it constantly feels like something inside of me is missing or broken and I would give all the money in the world to find that missing piece.





THE REAL STRUGGLE

By Abdullah Tajeddin; MedTimes Director 2017-2018









TAs

from Students' Perspective





Dr. Mustafa Obeidat

- One of the nicest people out there, always helpful, understanding, and easy to talk to.
- Dr. Mustafa I would like to thank you for all your efforts and for all the support.

Thank you.

- I think he is the best because he understands what every student is going through, and he is funny as well
- Supportive and easy-going person. Wish you all the best in your future career.
- Truly one of the best TAs. I really enjoyed having my PBL with him. He mainly cares about the benefit of the students, unlike others who only care about the grades.



Dr. Abdulla Ghazal

- An amazing PBL instructor, his approach is fun and gets everyone to participate.
- Excellent Professional • Dr. Haitham, thanks for always helping us and making sure we understand everything • Very funny and Lovely doctor. We're blessed to have him in uni. • He is really really helpful, he helped me out in all extracurricular activities and microbiology labs, I owe him alot



Dr. Elhaitham Khaled Ahmed

- I can say that so far, Dr. Abdulaziz is one of the most Respectable and inspiring teachers in the university. I really enjoy Learning from you and wish you all the best • The House Of Wisdom • Very respectful and professional



Dr. Abdulaziz Barakat





Dr. Sadek Obeidat

- Excellent Teacher. Smart
- Very kind
- Very responsible, he deserves to be 3rd year director

• Met him this year and immediately became used to him teaching micro. He is an awesome person • Dr. Qais, my amazing and supportive mentor. I would like to thank you for all the support and for always believing that I can do well. For always being there when I needed help, I really appreciate it. • THANK YOU for making microbiology labs fun & easier to understand. You have a bright future ahead of you! • Encouraging and motivated. • Funny soul and one of the best tutors in the lab. Make sure he carry on



Dr. Qais Saleh



Dr. Abdullah Alshammari

- Excellent faculty
- Very very very STRICT yet he always says the truth in which is very important. I really liked his style and don't regret any single word he said to me last year in PRO because I enhanced all of them.
- The boss

- Very nice and kind doctor.
- Very helpful and understanding person.
- Makes PBL enjoyable and fun.



Dr. Saifudeen Ibrahim





• Dr. Raed is a very nice and calm doctor, he's always there for us. • One of the best TAs who had taught me. His calm and encouraging nature has always made me feel comfortable to participate even if I cannot do it right. I am inspired by his welcoming nature and how nice he is to students. • I love his teaching style and the way he presents ideas • One of the amazing doctors. He gives incredible advices and push the students when they need some power.

Dr. Raed Albar

Dr. Karam Hamweyah

- Amazing
- I just love how passionate he is when he teaches! And that's why I find myself remembering each word he's said without even trying.
- Keep up the good work!
- The best TA in the lab, the only one who is actually nice to students AND delivers the information well.

Dr. Janti Talaat Ahmad

Dr. Omar Jamal AlDeib



• Even though he's only taught us once so far, I loved the way he teaches. He has a way of maintaining your attention and making you remember the important information easily.

• He is super cute; his way of explanation is funny & informative at the same time.

• He's very kind and helpful, and I enjoy his sessions immensely.



Dr. Louai Dweik



Dr. Mohammad Rezek

• When he teaches you something, he does it properly! He's an amazing doctor and teacher • Although, he's pretty strict, I feel that he paternalistically cares for us. • He is a very respectful and hardworking gentleman doctor god bless him and his parents I wish I had the chance to be his student I truly wish him the best • The best teacher I have ever studied with until now, cares about every student, and helps all students regardless of their different level. More importantly, he is patient and shares many examples of his past experience to help us overcome the difficulties we are experiencing. I wish him every success in his future career.

• In my opinion, Dr. Omar is one of the best TAs ever to teach. He gives us important, clear and brief information, which has always helped me to get an idea about the material I'm going to learn in class. Besides his great teaching skills, Dr. Omar is a very nice and respected doctor, and I really enjoy when he chats with us about his and our experience in medical school. Thank you so much and I really hope that you would stay with us during this exciting journey! • Dr. Omar, thank you so much for all the hard work you put • He's really funny, and explains things straight to the point. One of my favorite TAs.



Dr. Omar Mansour



Dr. Ahmed Ibrahim Farahat

• The sweetest one of them all, he's like the batch's older brother, the person you can count on. I've never left his station without memorizing everything.

• Really good at teaching! His small lab sessions were always the most enjoyable and stimulating as well.

• Such a great asset to the university, he's always ready to help whenever, always pushes you to be better.



Dr. Mohamad Salim Alkodaymi

• Dr. Salim... how could I even begin to describe someone indescribable. This wonderful human being, that I hold the deepest respect for, helped me out in ways more than I could ever thank him for. He taught me lessons about life, about medicine, and about balance between those two. He is one of the nicest, smartest, most genuine people I have ever met. I, and all of Alfaisal, are so incredibly lucky to have him. If I were to fill up the entire sky with thank you notes, I still wouldn't be able to thank him enough. So from the bottom of my heart, thank you for being the greatest teacher and bigger brother I have ever met. • Dr. Salim is an extremely kind and whitehearted doctor. Sometimes, he tries to be strict and/or evil. He knows how to tease students (sometimes) But when it comes to real situations, he is AWESOME!! • I just love how chill and relaxed you are, during explaining the procedures which always reminds me that medicine is not always boring & stressing etc. I mean we can still have fun during sessions. Please don't ever change! I wish you all the best!

• If I were a guy, I'd definitely fall for her ^^ the definition of beauty with brains • Dr. Sawsan Obeidat is a TA who has inspired me time and again. In the short time that I have gotten to know her, both as my PRO & PBL instructor, I have developed a profound kind of compassion and reverence for her immense knowledge and remarkable kindness. • Only taught me once but was very helpful in making me look at diseases in a bigger perspective, and great sense of humor



Dr. Sawsan Obeidat





- Very fun! Never a dull session with her.
- Always smiling, she makes the class fun.
- Sweet, caring, and calm with students. She has great communication skills as well.



Sarah Rauf Qureshi



Menatalla Fayed

- She is very nice and her explanations are simple to the point and to our level • She is so amazing in explaining and teaching. She repeats to us if we don't get something and she just have save to us. She is really the MOST AMAZING teacher to teach anyone! God bless her and may all TA's be like her! • Dr.Menatalla I really really love you, you always supported me and encouraged me to be confident. You made me believe that I can do well. Much appreciated and Thank you so much • Mashallah a great doctor and the most important is her personality, she has a lot of emotions حنية and you feel like she cares about you more than you care about yourself, god bless you , I love you.... Always supporting me!

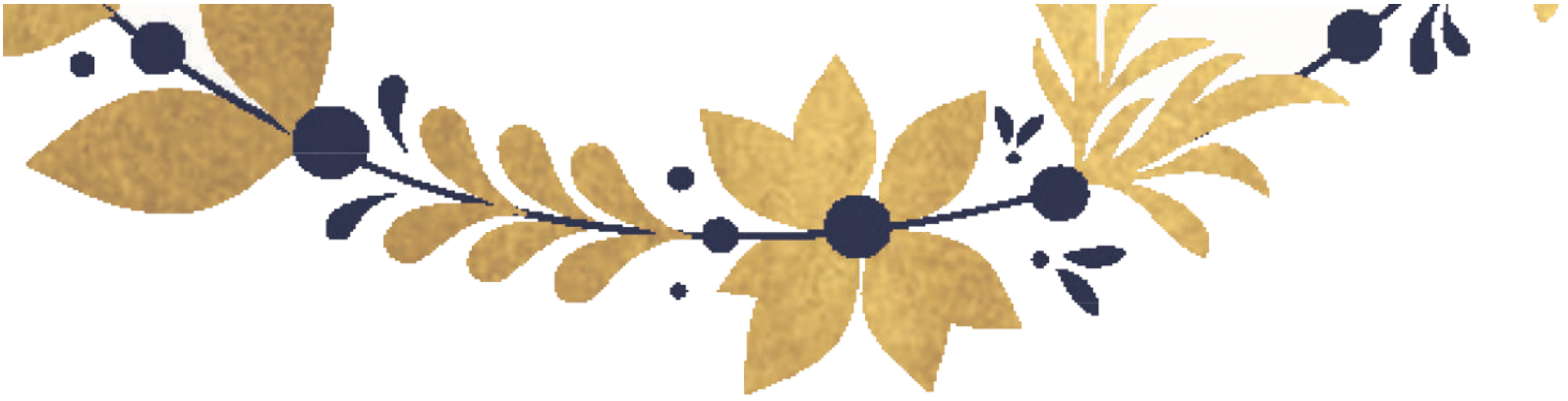
- She's very nice and chill.
- 100/100. Good TA wallah. اخلاق ، شرح ، مساعدات
- One of my favorite TAs. She's a real sweetheart.
- Amazing doctor and very calm and kind. All our PBLs with her were AMMMMAZING



Dr. Noor AlQeshtaini







Dear Engr. Malek Al Mobarek,

When we come to campus each morning, we are amazed to see the well-tended grounds, the well maintained buildings and the beauty of the campus. We know the appearance of our campus doesn't just happen. It is the result of hard work throughout the year by a dedicated team of Facility Management working under your able command.

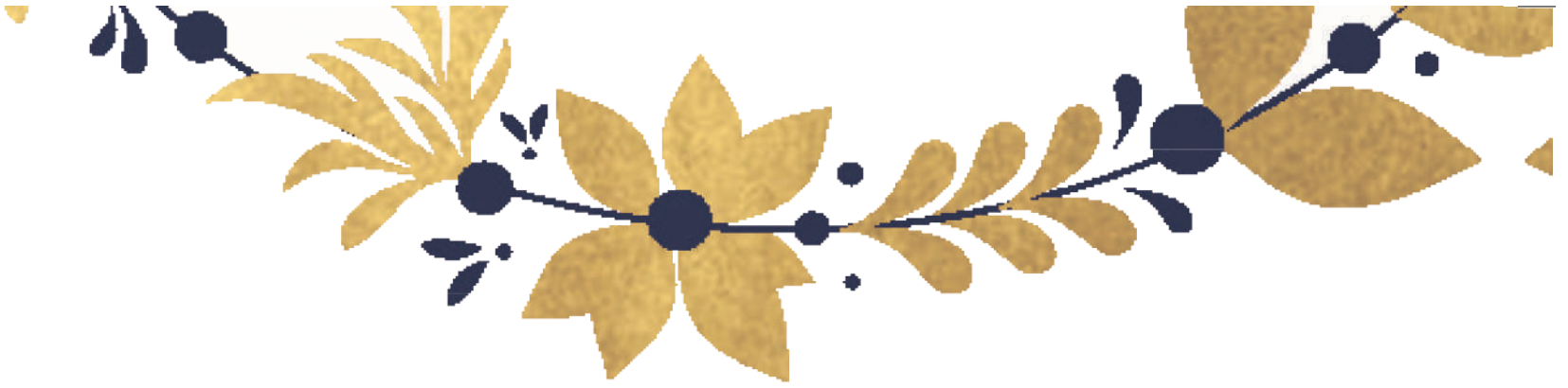
Your efforts or responsibilities just don't stop here, you also provide us effective transportation that is needed for us to go on field trips or to hospitals to gain necessary knowledge to become good professionals. Not to forget your procurement, safety and security services, without which we could not have organized our events so successfully.

The Med Times Gallery, our greatest event of the year, could not have been a reality without the support of your four efficient units, namely operations and maintenance (housekeeping & landscaping included), procurement, logistics and safety and security.

On behalf of Med Times, we extend our deepest appreciation to you and your dynamic team for all the support extended to MSA in general and to our club in particular.

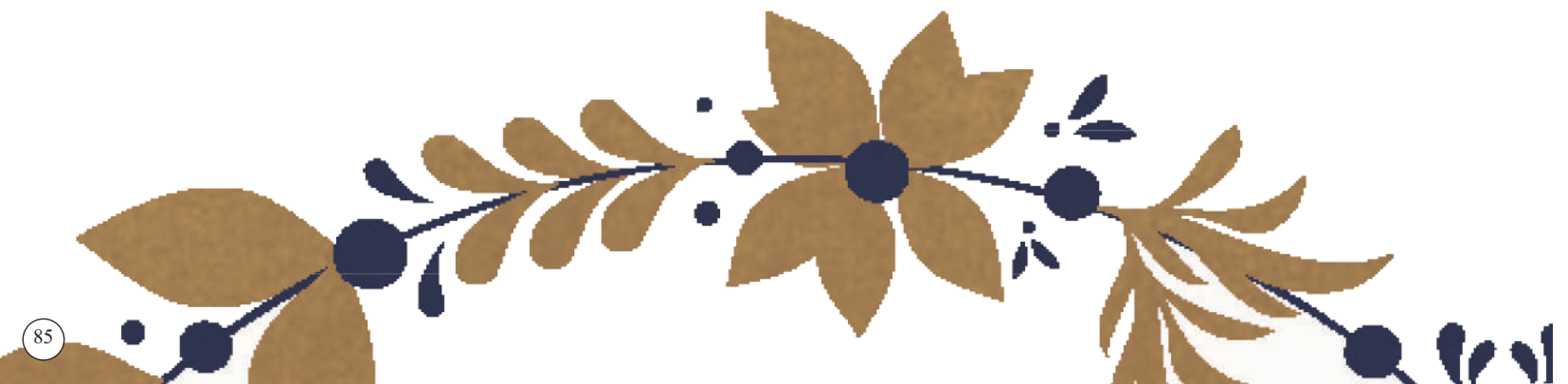
You folks set an inspiring example for all of us and we are grateful.





Dear Mr. Ahmed Khan,

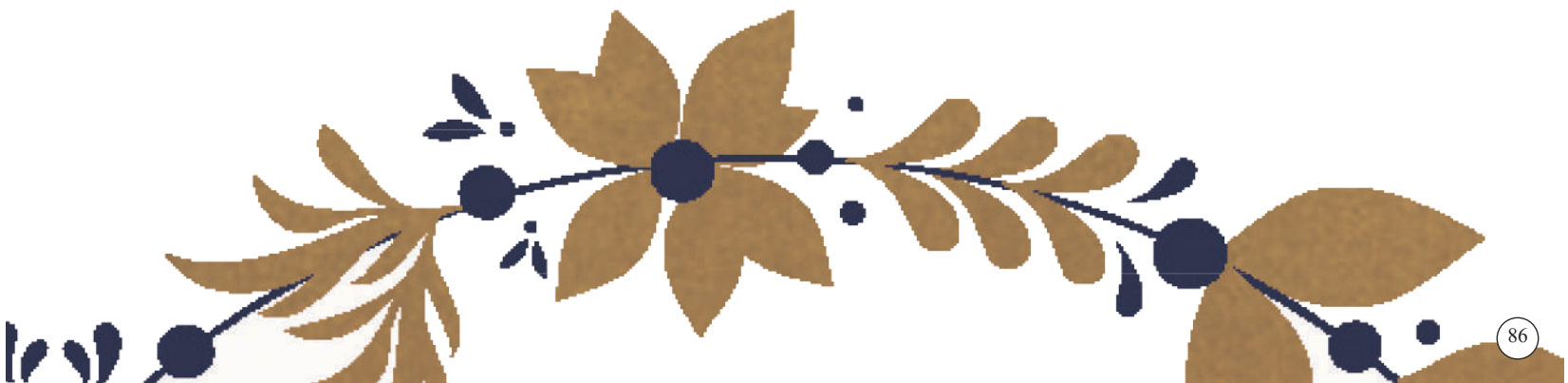
Being the coordinating supervisor of the College of Medicine, Mr. Ahmed Khan is always showing his interest in our club. He helps with the mass emails being sent to all colleges about what Med Times is up to. His willingness to continually broaden the audience of Med Times and their endeavors is truly appreciated. He also offers his aid by handling the budgets. Overall, he's one of of Alfaisal University's most respected and appreciated faculty member.





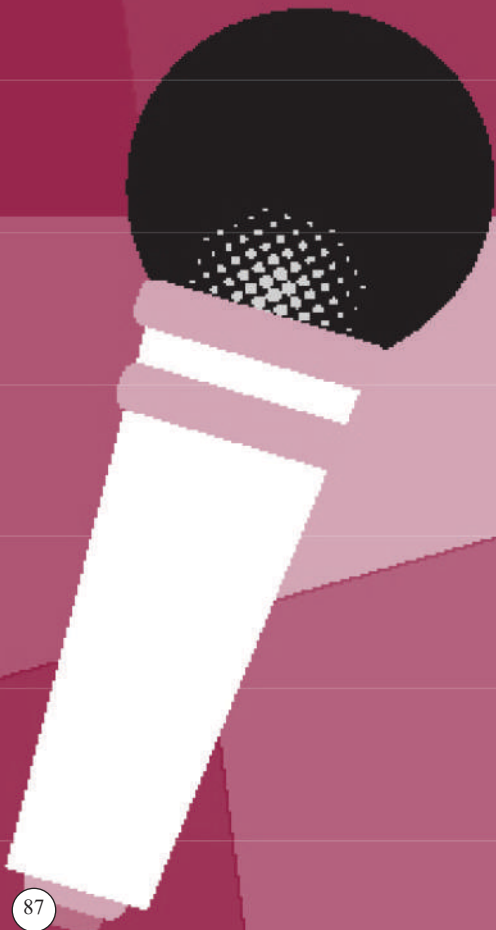
Dear Mr. Sherrif Hassan Mohamed,

Being the student consular, Mr. Sherrif interacts with the students of the College of Medicine on a daily basis. He always carries a smile, and is extremely welcoming to the students. Mr. Sherrif consistently goes the extra mile, not just for the students, but for every person he encounters throughout his day. His offer of moral support and his willingness to help is truly inspiring. Med Times want to extend their greatest gratitude towards his wonderful efforts.





Raise Your Voice





I find myself questioning medicine all the time, and especially this year. I'm so emotionally and mentally drained. It's dimming our lights, depressing, and frustrating us. It's making us doubt ourselves and our abilities. There has to be a healthier way to become an MD

Med school is difficult but life after med school is a horrible series of tweets about old age and covfefe

I find that the university has no regards to medical students' wellness, clearly anyone with common sense would know that scheduling 30+ lectures in 2 weeks while we have parallel finals is a bad idea. Why is the beginning of the block so lax and easy with few lectures, then when we have finals, suddenly they need to fit in all the lectures? Mental health is very important, and I find it ironic, considering we're health care and medical people. You would think we'd be the ones who take it seriously.

The amount of competition in this uni sucks.

How do you overcome the parental stress of being the best and coping with the exam stress.. cant manage to handle both

So in exams I tend to not focus or comprehend the question even though I finish the syllabus numerous times

What is the barrier between helping and not helping others? It's affecting my grades and I'm questioning what to do

First of all thank you for giving me this chance to let everything out especially at this time.

These couple of weeks have been hard because of the endless exams and the upcoming final but that goes without saying. However, it's been especially hard because I technically no longer have a place to live and that is because of a long and dramatic story about how my landlord didn't pay the rent and we didn't know anything about that until the cops came and posted a paper on the door of the dorm telling us we had to move at a certain date (we had one week) otherwise they will come in "breaking doors" and forcing us out. This all happened in the midst of midterms and the drama doesn't end yet because the landlord keeps postponing moving out until the deadline when the cops came and we had to go to our neighbouring hotel. So, if you're wondering what's the current situation, I'm basically living in a hotel with my sisters, thankfully, and some of our belongings are in the building we're supposed to move to (I say "some" because a lot of it is now lost). The building we're supposed to move to is a wreck, the elevator is broken, and it doesn't have water. To end this tragedy, I would appreciate it if you could pray for me to pass my exams and to hopefully be able to go back home to see my mother finally. It's easy to complain and be sad but I'm thankful for what I have right now

The parking speed limiters are so bad I hear my car crying everyday
– Saeed Khattab

I wish I had more time to do more stuff. Some days I'm just so tired from spending the day I don't get time to do more of the important stuff and hobbies I'd like to get done. Also, I don't have a social life. Probably others here would agree too



We are born alone, and we ultimately die alone. Loneliness is a very palpable aspect of contemporary life. Social isolation does not just make people sad, it can make them sick. Social media plants the idea of having lots of friends, but still, people feel lonely, unappreciated, and pain. What social media forgot to state is having lots of VIRTUAL friends, like robots. Robots, no matter how human they are, have no feelings towards each other. Social media distracts people from real-life affairs by taking their souls to a temporary cage until they wake up.

Social media is one possible reason for this malaise. In a world that cannot stop running, time is money. Because the surroundings are coercing us to accomplish more and more, our social life becomes corrupt and more wearying than ever before. Social media as its ammo, technology is simpler, hopeful, optimistic, and ever young. People become addicted to the virtual life they create on this dramatic platform, which disguises itself as a vital creation to manage social life more adequately. However, our fantasies are taking a toll. It makes people collect “friends” like pencils without putting in mind quality against quantity. Consequently, it is converting the meaning of friendship with exchanging photos and chat conversations. Hence, people are abandoning strong covalent bonds for a mere VDW force between friends. This paradox is created in which social media users claim to have many friends while actually being lonely. Then they ask: “what is the problem of texting? It is a superb method of communication.” Well, it takes place in a virtual time and you can control what to say.

From posting to texting, people can edit themselves like editing a sandwich from Subway. They choose what to say and the optimal order of words, which picture to share, delete, or edit, and thrive to create a better image of themselves. Instead of building bonds, they just promote this perfect sandwich they created and claim it is them.

People are ‘distracted from distraction by distraction’ (T.S. Eliot). Social media has drastically changed the ability to stay focused on what is going immediately around to escaping and going elsewhere: “nowhere”. It creates a portal to a place free of difficulties and problems, where everyone can talk freely. However, when people are teleported back, they fall in a sea of isolation called Red S... Reality. Instead of enjoying an occasion and living the moment that may not happen again, people tend to take videos and pictures, and become disengaged from reality. It can serve as memorial fragments and share it on the media so they can remember it... forever. Faking experiences, people tend to just remember to share. They do this then it becomes Bytes taking space in their phones, not hearts, and delete it without remembering anything of it. People need to cherish every moment in their lives; not to remember the moments but to remember their feelings. ‘What is past is prologue’ (William Shakespeare). There will be a consequence of what you do in the past. Wasting time on distraction will only lead to regret and sadness for the rest of this intermittent life.

Social networks are not just changing what we do every day, but also who we are. Media tends to be of great importance when vulnerable. People are vulnerable. People are lonely and afraid. ‘I share ;therefore, I am’. They think being on social networks will make them feel less alone and more alive . It is in human nature to be alone, and one can not experience friendship unless having went through loneliness. ‘There are many things of which a wise man might wish to be ignorant’ (Ralph Waldo). Social Media is one of the things.

– Nader Ashraf Fawzy

I would love it if the CoM would support and communicate with their students more and provide more guidance, also there are students who have high potential in this college and are eager to learn and would like to have a good basis in medicine and the stress of schedules and consecutive exams without the correct time correlation with studying can affect learning outcomes and grades and mental health all together. Thank you





Punishments will never teach ethics, especially if they are unfair. It will only create anger and push some of the respectful ones to misbehave as they are punished anyway. Generalized punishment should be prohibited in our university as the minister of education prohibited it in schools. Be fair and give ethical classes to those who misbehave and if they keep misbehaving then punish them alone.

Dear Innocent person, I know that you are hurt enough about what is going on. But, always keep in mind that Allah sees and knows, and he will never let you down. So, stay calm, patient and never lose hope. there is always. There is always darkest just before the Day dawneth.

A message from Med Times: We are pleased that some students have taken the time to fill in the survey with concerns they had. Considering one of the responses in which a student expressed problem they have had with accommodation recently, we tried to help by providing several contact info of a few dormitories and buildings that will make life easier for those looking for affordable accommodation, particularly students. As for those who seem to have issues coping with the stress that medical school presents, we have but one piece of advice: talk to someone. Talk to a friend, a colleague, a senior, a counsellor, a mentor, a doctor... Let it out. We sincerely wish everyone a happy and successful rest of the year.



Places to Stay Nearby





سكن السرمد

How Far? 10 Mins away from university (the nearest to Uni)

Contacting Number: +966 55 368 2756

Price: 8000 or 9000 for each 6 months (price can be divided by two if it's shared room) per semester

Location : Khashram Ibn Al Habab, Al Murabba
12628

سكن السالم

How Far? It's 15-20mins away from university

Contacting number +966 50 192 0395

Price: 8000 SR for big room and 5000 SR for small room + 400 SR transportation per semester

نجمة الرضا

How Far ? 10 - 15 minutes from Alfaisal

Contacting number 011 229 9789

Price: ranging from SAR 6000 to 6800 per semester, depending on size of room per semester

Location : 2602 bin binhum , almurabae , riyad 12624

سكن الأسرة

How far ? 45 mins away from Uni

Contact Info : On Instagram : sakan_alosrah

Price: single room - ranging from SAR 7200 to 8200 (per semester)

sharing room - ranging from SAR 4000 to 4500 (per semester)

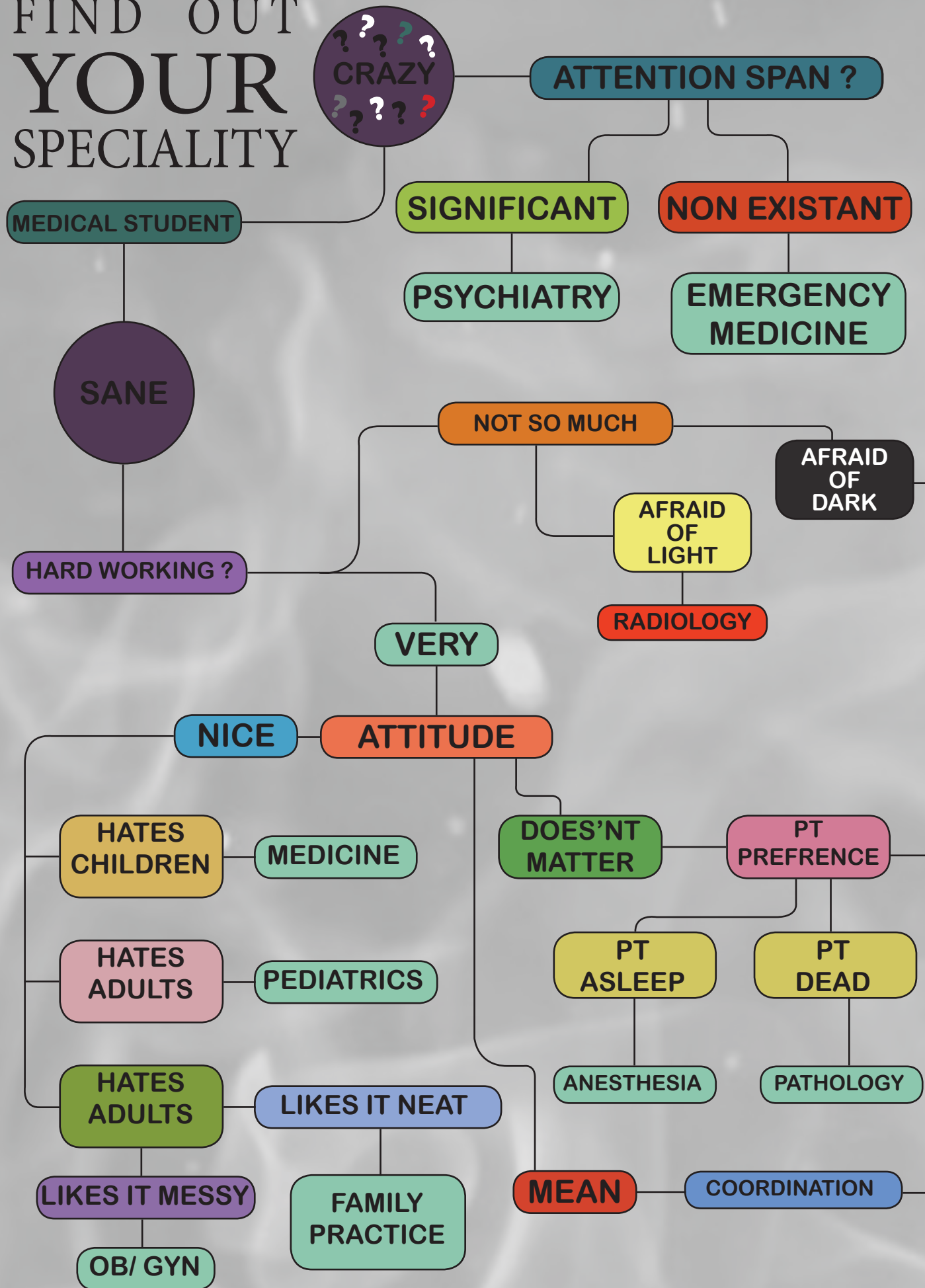
Transportation: SAR 1000 (per semester)

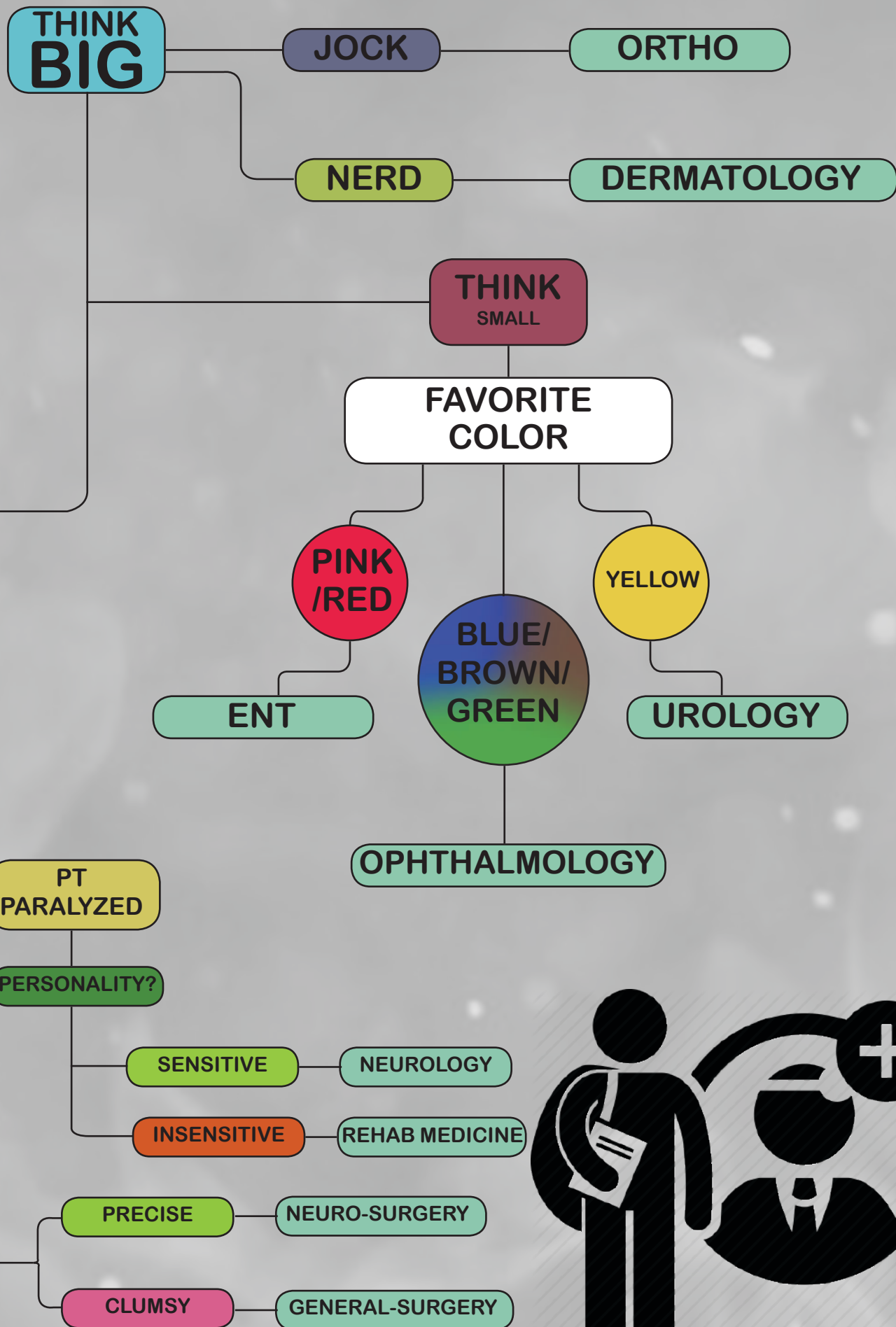
Location : Sahl bin Harith road in Alaqiq, Riyadh





FIND OUT YOUR SPECIALITY







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