

Connecting

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Message from HMSDC's Chief Academic Officer



Welcome to *Connecting*, the first quarterly newsletter of the Harvard Medical School Dubai Center Institute for Postgraduate Education and Research (HMSDC). Through this forum we will bring news of our education and research programs in Dubai and throughout the Gulf Region, and keep you informed about upcoming events and other ways you can participate in our programs.

Since the establishment of HMSDC, we have held numerous programs dedicated to bringing the latest advances in medicine to generalists and specialists in the Gulf Region. These events bring together leading medical authorities from Harvard Medical School and top local faculty, with an emphasis on evidence-based medicine and current best practices. The response to these programs has been overwhelmingly positive, and we are continually working with friends and colleagues in the region to design programs that address areas of particular concern.

At HMSDC we are also creating opportunities for the region's future health care leaders to examine different systems of care, explore groundbreaking research and development, and acquire the knowledge and skills that will help them devise solutions to the region's most pressing healthcare challenges. In the inaugural issue of the newsletter you can read about one such program that enabled six students from the Higher Colleges of Technology to advance their studies at Harvard Medical School and its affiliated teaching hospitals.

Please feel free to contact us to learn more about our activities, and to talk about how you can join in our mission to establish a new standard for excellence in health care, medical education, and research.

Regards,
Robert L. Thurer, MD

HMSDC Updates

Dr. Muhadditha Al Hashimi, formerly the Director of Education, is now the Deputy CEO of Dubai Healthcare City.

Dr. Ayesha Al Mutawa will be joining our team as Director of Education.

Librarian Observership

Layla Salem Albraiki, a UAE national, has successfully completed the Maktoum Harvard Medical Library Observership under the auspices of the Harvard Medical School Dubai Center (HMSDC) Institute for Postgraduate Education and Research and the Maktoum Harvard Medical Library. "The development of the Maktoum Harvard Medical Library in HMSDC will fill a critical need in the UAE to help patients educate themselves better" said Layla.

HMSDC Observership Program

Six students from the Higher College of Technology (HCT), Sharjah Women's College were selected by the Harvard Medical School Dubai Center (HMSDC), Institute for Postgraduate Education and Research, for a four week training and observership program at the Center's affiliated hospitals in Boston, United States. Robert L. Thurer, MD, Chief Academic Officer of HMSDC said: "These observerships will play a significant role in preparing HCT graduates to take up positions in the UAE health care system."

To learn more, visit the "News and Events" section on the HMSDC website

DHFMR News

The Dubai Harvard Foundation for Medical Research (DHFMR) launched its First Annual Scientific Symposium on Sunday, March 26, 2006 at the Madinat Jumeirah in Dubai.

Harvard Medical School leaders in academic research attended this conference titled Today's Science, Tomorrow's Cures and presented recent breakthroughs in the management of cancer, heart and neurodegenerative disease, and introduced recent improvements that enables the growth and development of organ transplantation.

HE Humaid Mohammad Obaid Al Qutami, Minister of Health, opened the luncheon on March 27, 2006 with a welcoming speech in the presence of Lawrence H. Summers, PhD, former President of Harvard University, and Dr. Joseph Martin, Dean of the faculty of Harvard Medical School, took place to recognize and honor the generosity and foresight of the Founder Members and key leaders in the country.

Useful Links

Harvard Medical School Dubai Center
www.hmsdc.hms.harvard.edu

Harvard Medical International
www.hms.hmi.harvard.edu
www.hmiworld.org

Dubai Healthcare City
www.dhcc.ae

Highlights from our monthly Education Series

Meditation in Place of Medication
by Dr. Santi Medhi

- Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (*WHO in 1946*).
- Unique breathing practice helps to release stress.
- SKY practice heals the mind of negative impressions, detoxifies traumas of the past and improves memory, cognition, behavior and interpersonal relations (*Dr. Gerbang, Clinical Psychiatrist, New York*).

Diabetes and the Importance of Lifestyle
by Dr. Cooppan Ramachandiran

- 18 million people in the U.S. have diabetes. Numbers are expected to double in the next 10 years
- Set goals to your lifestyle and prevent type 2 diabetes: *Reduction of fat and calorie intake, physical activity at least 150 minutes/week, achieve and maintain at least 7% weight loss.*
- Things you can do to reduce your risk for complications: *Maintain a healthy weight, control your blood glucose, control your blood pressure, know your A1C and cholesterol levels, stay active and stop smoking!*

Continuing Professional Development

ON NOVEMBER 9–10, 2006 WE WILL CONDUCT OUR 8TH SPECIALTY PRACTI-MED: ENDOCRINOLOGY FOR PRIMARY CARE PHYSICIANS AND OBSTETRICIANS, AT THE GRAND HYATT HOTEL, DUBAI.



HMSDC is currently addressing the need for professional development in the region, across the full spectrum of medicine, through Continuing Medical Education. These courses are a regular component of HMSDC's activities, helping to bring a constant supply of updated knowledge and practices to physicians, nurse practitioners, allied health professionals, dentists, researchers, faculty members, Medical and Health Science students, industry representatives and pharmacists. Health care professionals find the opportunity to enrich their clinical skills, expand their medical knowledge, and learn about important advances in the diagnosis, prevention, and treatment of diseases. Each program, customized to relevant regional practices, is led by a multidisciplinary faculty drawn from prominent academic medical centers around the world as well as local institutions.

To register, please e-mail info-hmsdc@hms.harvard.edu

Our Monthly Education Series

Our monthly Education Series is free and open to all DHCC tenants and Tatweer employees.

Date: Monthly

Topic: Various medical topics

Time: 12:00 pm to 1:00 pm

Join us on October 12, 2006 at 12:00 pm in the Mayo Conference Room - DHCC for a session on

Future of Healthcare – Global trends and its effects on healthcare by Dr. Sarper Tanli



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HMSDC'S BUILDING IS UNDER CONSTRUCTION...



Stay tuned for updates!





Our Past Events

Specialty Practi-Med:
Women's Health Throughout the Life Cycle
December 7-8, 2005

Specialty Practi-Med:
Oncology Update
May 10-11, 2006

Education Series:
Diabetes and the Importance of Lifestyle in Preventing Type 2 Diabetes. June 28, 2006

Education Series:
Childhood Asthma, A Special Emphasis on Diagnosis and Therapy. July 13, 2006

BLS Course:
Basic Life Support & Automated External Defibrillation
July 23, 2006.

Education Series:
MEDITATION in place of MEDICATION
August 24, 2006

CONTINUING MEDICAL EDUCATION

The First Annual International Infectious Disease Congress
November 1-2, 2006
Dubai, United Arab Emirates

Specialty Practi-Med: Endocrinology Program for Primary Care Physicians and Obstetricians
November 9-10, 2006
Dubai, United Arab Emirates

Dubai Harvard Foundation for Medical Research

Dubai Harvard Foundation Annual Symposium for Young Investigators
January 4, 2007
Dubai, United Arab Emirates

Our Upcoming Events

For more inquiries on our upcoming Events, CME and Education Series, please contact Ms. Badriya Amir - *Client Services*
E-mail: info-hmsdc@hms.harvard.edu - Telephone: 04-3622794 or visit our website at www.hmsdc.hms.harvard.edu