



PharmaShout




A Pharmacy Newspaper prepared by the College of Pharmacy Undergraduate Students at AL-Kitab University

January 2020 . Issue:4



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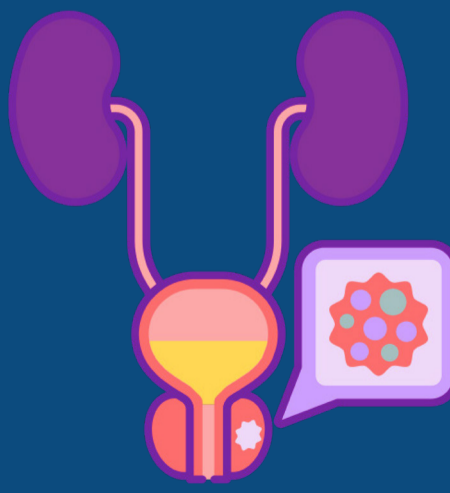
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Learning vs Education, The New Era's Keys



**By: Associated Professor:
Nohad Al-Omari
Dean of College of Pharmacy**

Admitting that the world has changed since 2010 and the introduction of the social media power is a real strength, while

applying the blind eye to such perspective is the real weakness. The current generation that we, as academic stuff, are dealing with is quite different from the ones we have taught previously. They have deep desires to become famous by any sense, to share their lives on the social media with no limits, and they never deal with the equation of hard work alone pays, instead they have updated it into smart and hard work pays. This is what I can see in this generation, the power of accepting the

change, and being the future. Our College of pharmacy in Al-Kitab University invest in putting these young pharmacists powers on the right track and leading them to use it professionally in an aim to develop pharmaceutical skills, as well as academic writing, research skills but above all developing a logical thinking, which is our greatest goal. In such regard, the university is in a race to enrol the outstanding undergraduate students of College of Pharmacy in the

international trainings. For now, we have memorandum of understandings with Turkish and British Universities in an aim to send these students very soon to summer trainings on campus in the laboratories or in the pharmacies for pharmacy practice training. This is the concept that college of pharmacy in Al-Kitab University build on, creating generations that can build their career on their own with owned skills during studies, instead of relying on a piece of degree.

Brain Cancer Fact Sheet



**Dashni Khalid Ali
Second Year Student**

Brain cancer occurs when abnormal cells grow in the brain in a way that is out of control. The brain is part of the central nervous system of the body. The symptoms of brain cancer depend on the location, size and growth rate of the tumour.

Some common symptoms of brain cancer include severe headache, accompanied or not accompanied by nausea and vomiting, sudden illness episode, disturbance in sight or speech, changes in thinking or personality, and weakness on one side of the body (halves



Adopted from: <http://eureka.criver.com/brain-cancer/>

of both sides of the muscles). A team of health experts usually provides treatment and care for cancer patients - a multidisciplinary team. Treatment of brain cancer depends on the stage of the disease, the severity of its symptoms, and the overall health of the person. Treatment

may involve a surgical procedure for eradication. Affected area of the brain, and may also include radiotherapy and / or chemotherapy to destroy cancer cell. Research is under way to find new ways to diagnose and treat various cancers. Some people maybe offered the option

to participate in clinical trials to test new ways to treat brain. References:

1.Cancer Council Australia, accessed online on 15 March 2019 from: <https://www.cancer.org.au/about-cancer/types-of-cancer/brain-cancer.ht>

101 Guide to Pancreatic Cancer: Causes and Therapeutics

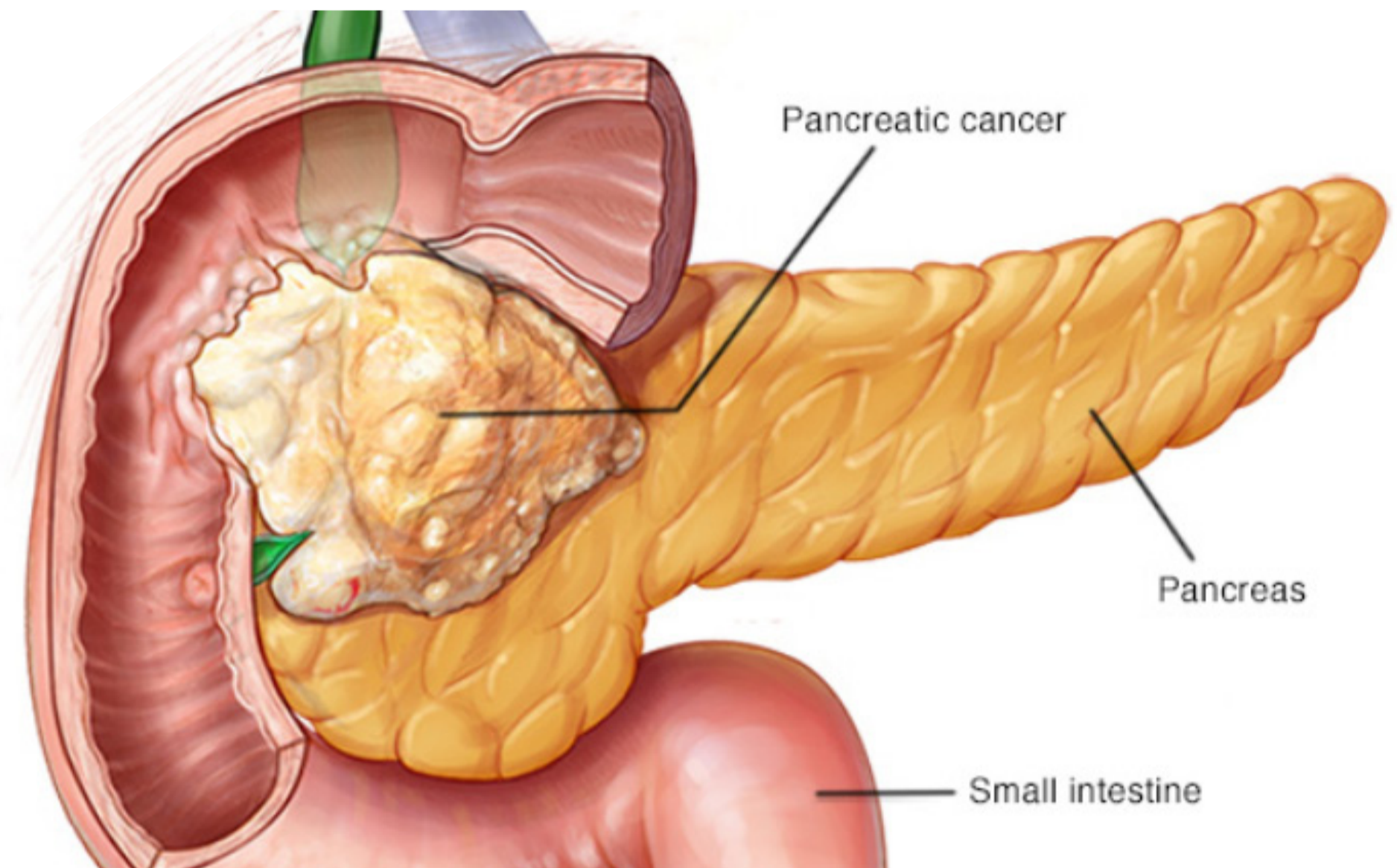


Figure (1): General structure of pancreatic cancer, adopted from: <https://newsnetwork.mayoclinic.org/discussion/what-to-know-about-pancreatic-cancer/>



By:

Mahmood Farhad
Third Year Student

and



Muhammed Fatih
Third Year Student

Pancreatic cancer begins when abnormal cells in the pancreas grow and divide out of control and form a tumor. The pancreas is a gland located deep in the abdomen, between the stomach and the spine. It makes enzymes that help digestion and hormones that control blood-sugar levels. Organs, like the pancreas, are

made up of cells. Normally, cells divide to form new cells as the body needs them. When cells get old, they die, and new cells take their place. Sometimes this process breaks. New cells form when the body does not need them, or old cells do not die. The extra cells may form a mass of tissue called a tumour. Figure (1) shows a

general structure of pancreatic cancer. Changes in your DNA cause cancer. These can be inherited from your parents or can arise over time. The changes that arise over time can happen because you were exposed to something harmful. They can also happen randomly. Pancreatic cancer's exact causes are not well understood. About 5 to 10 percent of pancreatic cancers are considered familial or hereditary. Most pancreatic cancer happens randomly or is caused by things such as smoking, obesity and age. Pancreatic cancer treatment depends on the stage of the disease and

the patient's general health. Patients may get standard (approved) treatments or take part in clinical trials. Standard treatments are surgery, chemotherapy and radiation. Clinical trials study new treatments. The Pancreatic Cancer Action Network strongly recommends clinical trials at diagnosis and during every treatment decision.

References:

Pancreatic cancer Action Network, accessed online on 25 March 2019 from: <https://www.pancan.org/facing-pancreatic-cancer/about-pancreatic-cancer/what-is-pancreatic-cancer/>

Cosmetics in Pharmacy

Student Name: Noor Hamed Mohammed

First Year Student

Cosmetics are substance or products that could be used to enhance the appearance of the skin, hair, and nails, in other words, our feeling toward ourselves. Cosmetics have different items that consumers like to use it. For instance, skin care such as different face creams, make up like lipstick, mascara, eyebrow, foundation blush and eye shadow. Also, we could define cosmetics as a tool to make us feel more beautiful and attractive. You can look on the shelves of pharmacies, which are occupying their main facade until



you usually think that you are in front of a store and not a medical pharmacy that provides medicines and treatments for patients. This scene is not a special case in a particular pharmacy, but rather a scenario that is recently repeated

in many pharmacies, making us wonder if the pharmacist is taking his/her role or the community is forcing this career to reshape. Now we can say these practices are global ones and it makes the public more safe when buying

cosmetics from pharmacies which indicates that these supplies are sold based on knowledge and understanding of the case. In my opinion, it is good to have cosmetic products in pharmacies that are manufactured according to international and national health standards. Personally, I encourage you to buy your cosmetic from the pharmacy because they are often with higher quality and reasonable price as well as stored much more properly. In addition, the pharmacist can always give you a free advice regarding your skin and what can fits it.

REFERENCE:

U.S Food and Drug Administration, Cosmetics, Accessed on 18/12/2019 from: <https://www.fda.gov/cosmetics/cosmetics-laws-regulations/it-cosmetic-drug-or-both-or-it-soap>

The Medications Side Effects Understanding on Human Body

Student: Sayaf Sinan

First Year Student

A side effect is the unwanted symptoms caused by medical treatment. All medicines can cause side effects, including prescription. For instance, around 230,000 Australians are admitted to hospital every year because of problems with their medicines, including side effects. While most side effects can be managed, some can be very serious and may even cause death. For example, some antibiotics can cause allergic reactions in around 5% of the population. Skin rashes is a very common reaction. However, it is not always easy to tell if the reaction is caused by the medicine or the illness itself. On the other hand, adverse effects is referred to the drug beside effects that could be either of a negative or positive impact but still related to drugs. There are also, what is called the risk factors



in patients, which include genes, environment or social factors, gender, kidney function. To reduce your risk of experiencing side effects as pharmacist we must instruct the patient to 1-Take all medicines as prescribed by your doctor 2-Not take anyone else's medicines.

3-Encourage to talk to your pharmacist about dosage aids that can help you organize your pill taking. 4-Ask your doctor or pharmacist questions so you understand the benefits and risks of your medicines. The responsibility is on pharmaceutical industry in which way they manufacture drugs, and pharmacist successful consultations, and doctor way in prescribing the drugs, and for sure patient's compliance with medical instruction. In my opinion, neglecting the side effects of drugs is a very dangerous to your life, do not underestimate them and take risk of not following up with your pharmacist. W

REFERENCE:

1) Medical News Today, all about side effect, March 31, 2017, Accessed on 8/12/2019. Link; <https://www.medicalnewstoday.com/>
2) Better Health channel, medicine and side effects, August 31, 2014, Accessed on 8/12/2019. Link; <https://www.betterhealth.vic.gov.au/>

Mental Health and Anxiety Disorder: How to Treat It

**Bana Faris
Al-mzoorey**

First Year Student

You cannot focus on anything, your heart is pounding, you have a burning sensation in your stomach, you feel nauseous and sometimes you may feel like you are dying. You might have experienced these before during exams every year, especially during 12th grade, we all did. Experiencing these symptoms, from time to time, is quite normal and that is called stress. However, when it gets out of control and you spend most of your day, or even days in a state of anxiety, where it interferes with your daily activities, it becomes a mental disorder, called Anxiety Disorder (AD). In order to treat AD, we need to understand what happens in the brain. There are two parts of the brain that are thought to play an important role in the production and processing of anxiety – the amygdala and the hippocampus. “The amygdala is an almond-shaped structure deep in the brain that is believed to be a communication hub between the parts of the brain that process incoming sensory signals and the parts that interpret these signals. The emotional memories stored in the central part of the amygdala may play a role in anxiety disorders involving very distinct fears, such as fears of dogs, spiders, or flying. The hippocampus is the part of the brain that encodes threatening events into memories.” (National Institute of Mental Health). There are various treatment

plans, the most effective type of therapy for mental health disorders, including anxiety disorders, is called Cognitive Behavioral Therapy (CBT). This takes two forms, Exposure-Based Therapy and Cognitive Therapy. Exposure confronts the feared stimulus and then integrates corrective information in the fear memory, this way fear is expected to decrease. However, such therapy is not enough and the patient has to take medication to regulate the chemical imbalances in the brain. The main two types of anxiety medications are the Selective

Serotonin Re-uptake Inhibitors (SSRIs) and the Serotonin-Norepinephrine Re-uptake Inhibitors (SNRIs). Anxiety disorders are serious as the physical disorders. If you believe that you have AD, or someone close to you has, ask for help, and reach out nearest pharmacist for consultation.

REFERENCE:

1. Hans E, Hiller W. A meta-analysis of nonrandomized effectiveness studies on outpatient cognitive behavioral therapy for adult anxiety disorders. *Clin Psychol Rev.* 2013;33:954-964.

2. Hofmann SG, Smits JAJ. Cognitive-behavioral therapy for adult anxiety disorders: A meta-analysis of randomized placebo-controlled trials. *J Clin Psychiatr.*2008;69:621-632.
3. Norton PJ, Price EC. A meta-analytic review of adult cognitive-behavioral treatment outcome across the anxiety disorders. *J Nerv Ment Dis.* 2007;195:521-531.
4. Olatunji BO, Cisler JM, Deacon BJ. Efficacy of cognitive behavioral therapy for anxiety disorders: a review of meta-analytic findings. *Psychiatr Clin North Am.*2010;33:557-577.

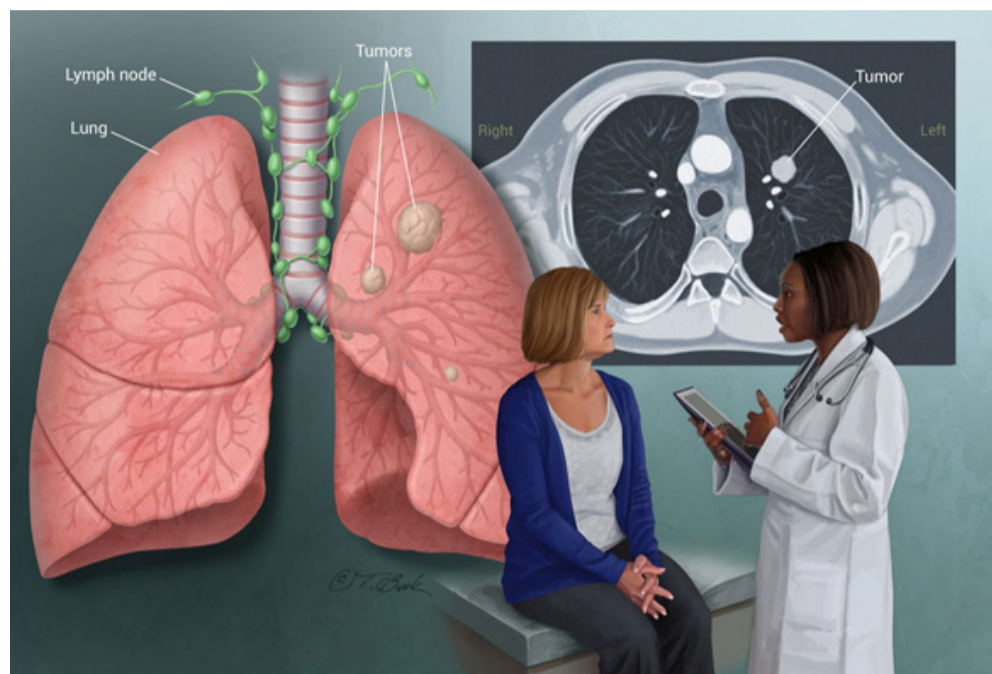


Factors Affecting The Lung Cancer Cases: Patients From Ninawa as a Sample of Study



Noor Nasir
Third Year Student

Lung cancer take into account the most famous eventful cancer in the whole world. Lung cancer occur uncontrolled increases of abnormal cell in one or both lungs. The best way to protection from this danger disease is to detect early, the early detection gives higher chance of successful treatments, also abstaining reduces lung cancer smoking and ionizing radiation and coal, gases from burning



and other factor decrease ratio in lung cancer. Lung cancer is reasonable common cause of gender death inventors smokers and non-smokers, neighborhood

according to the world health organization in 2017 2,285 or 1,30 of total death, average age 14,15 per 100,000 of each population in an Iraqi position

number 84 in the world. According to the data from the registry of the Ninawa directorate of health –Mosul, date for lung cancer cases were collected between 2000 and 2010 with different factors considerations, including age (0-39,40-49,50-59,60-69and 70+years) and smoking habits. Among all age groups, the recent incidence of lung cancer remained stable, while the histology study showed that tobacco use habits is a major important factor in getting this disease.

References:

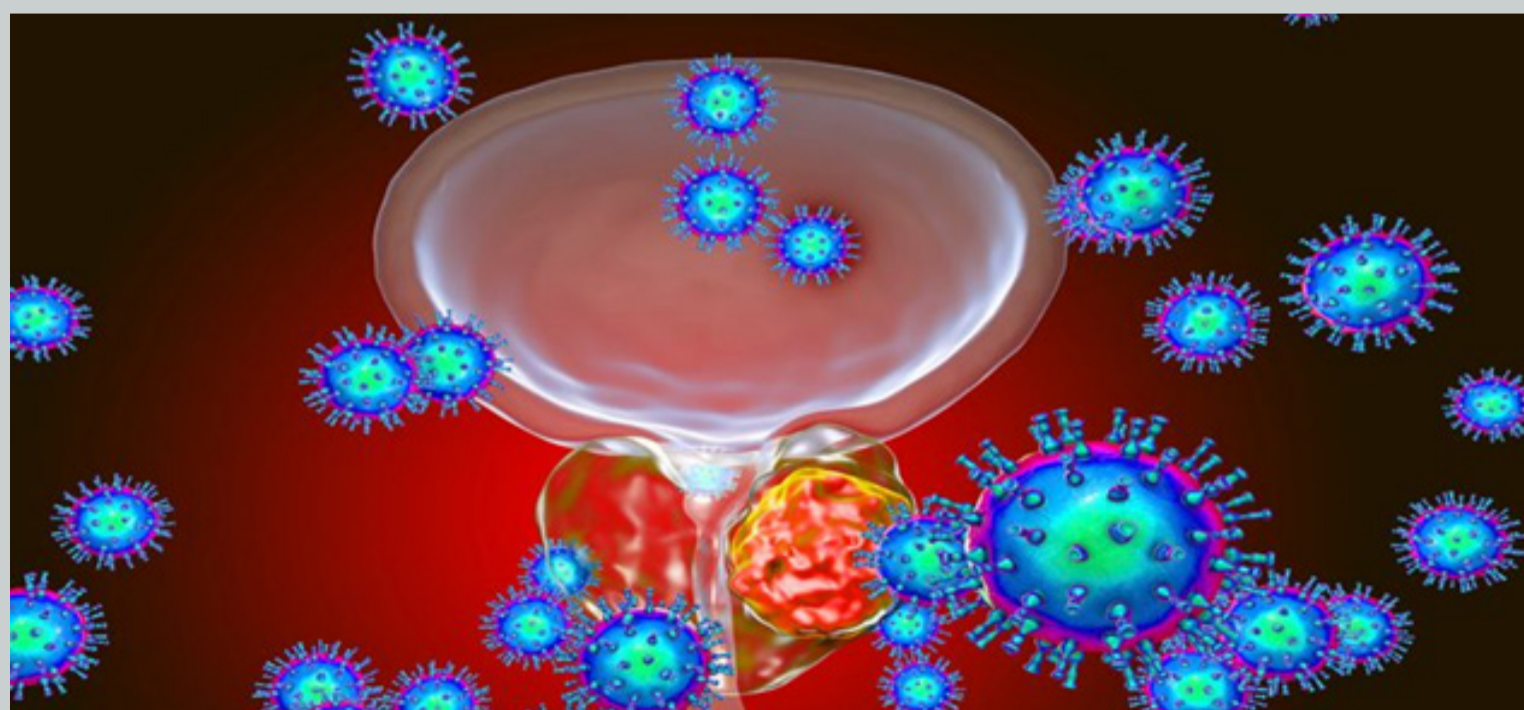
1. Al-Hashimi MM1, Wang XJ., Trend analysis of lung cancer incidence rates in Ninawa province, Iraq, from 2000 to 2010--decrease and recent stability, Asian Pac J Cancer Prev.2014; 15(1):385-90.

Prostate Cancer

By: Roshna A. Hameed

Second Year Student

Prostate cancer is a malignant disease where tumors develop in the prostate and it able to metastasis (spreading to another part of the body). September is the month of prostate cancer awareness, increasing public awareness and the importance of early detection is the great step to beat the disease. It's test is easy and take few minutes; can be done by a simple PSA blood test (measure the amount of Prostate Specific Antigen in blood serum), and physical exam. The common problem for older man above 50 years are Benign Prostate Hyperplasia and prostate cancer. Prostate gland is the reproductive system that surrounds the urethra at the neck and underneath bladder, firm partly muscular chestnut sized in males, produces a viscid secretion that is the fluid part of semen, prostate gland is also involved in urination control, there is no symptoms at early stage of prostate cancer. Most common types of prostate cancer are transitional cell carcinoma and small cell prostate cancer. Prostate cancer can spread



The prostate cancer cells: Updated from: <https://news.sky.com/story/prostate-cancer-breakthrough-new-drug-could-extend-life-of-patients-by-two-years-study-11872191>

by extending out side the thick covering of it (prostate capsule), and it can spread into near by organs, blood stream, lymphatic stream in the pelvis or into bones. This metastasis evaluate prostate cancer stage. When it only occurs inside the prostate it may be curable. In the TNM system, clinical stage 1 cancer and stage 2 cancer are found in the prostate, while stage 3 and stage 4 of cancer have spread elsewhere. The tumor may press on and

constrict the urethra inhabiting the flow of urine. It can therapy by surgically removed if it's in stage 1 or 2. But if the cancer elevated level it may treatments by radiation therapy or chemotherapy or hormonal therapy. It is worth mentioning that the number of new cases of prostate cancer was 109.5 per 100,000 men per year.

References:

- 1.National Cancer Institute:

SEER Stat Fact Sheets: Prostate. Bethesda, MD: National Cancer Institute. Available online. Last accessed September 23, 2019. 2."ProstateCancer".NationalCancer Institute. January 1980. Archived from the original on 12 October 2014. Retrieved 12 October 2014 3.Heidenreich, A., Aus, G., Bolla, M., Joniau, S., Matveev, V. B., Schmid, H. P., & Zattoni, F. (2008). EAU guidelines on prostate cancer. European urology, 53(1), 68-80.

E-Poster Project For Undergraduate Students

The Scientific poster competition in College of Pharmacy at Al-Kitab University greatest aim is to teach students how to design and write an idea in posters so they can be ready for future conferences locally or internationally. However, they have not only learned how to create a hard copy poster, but also to make their contribution in showing the University's quality that they are studying at by uploading the posters to the electronic platform E-Poster. Students were amazed that their posters were viewed from scientists all over the world, and they felt enthusiastic to go on in such field.



EP30858

Poster Title: Can HIV/AIDS transmit by food?

Submitted on 18 Oct 2019

Author(s): Shahad sarmad and muhand khalid under the supervision of Dr reem Abu Assi**Affiliations:** HIV poster

Poster Views: 236

[View poster »](#)

Poster Information

Abstract: AIDS can not live long outside the human body and if the human body contains a small amount of HIV virus, heat and stomach acids will destroy this virus According to the World Health Organization, the source of HIV virus is not food and our job as pharmacists in the community is to spread the right news between people and clarifying misconceptions about diseases and medicines.

Summary: HIV can't transmit by food**References:**

- 1) centre for food safety, the government of the Hong Kong special administrative region, accessed online on 23 Nov. 2018 from <https://goo.gl/nYhGjg>
- 2) The Washington Post online access on 25 Nov. 2018 from <https://goo.gl/KgkkYo>

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Questions



EP30887

Poster Title: The Optimum Food for AIDS Patients' Health Support

Submitted on 01 Dec 2018

Author(s): Abu_bakir Imad hamdi under the supervision of Dr reem Abu Assi**Affiliations:** International AIDS dayThis poster was presented at **College of pharmacy Al-kitab university**

Poster Views: 193

[View poster »](#)

Poster Information

Abstract: As a person with the Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS), is susceptible to many types of infection, like those that can be brought on by disease-causing bacteria and other pathogens that cause foodborne illness. This could be due to untreated or contaminated water, unpasteurized ("raw") milk, and raw or undercooked meat, poultry, or shellfish. Major pathogens that cause foodborne illness in patients.

Summary: The four basic steps to stay safe as an AIDS/HIV patient Clean, separate, cook, chill**Summary:** Identify the bacteria that cause HIV and pathogens in food and ways to prevent these diseases**References:** Food Safety for HIV/AIDS Patients, accessed online on 22 Nov. 2018 at <https://www.foodsafety.gov/risk/hiv/index.html>[Report abuse »](#)

Questions



EP31035

Poster Title: The Optimum Food for AIDS Patients' Health Support

Submitted on 29 Nov 2019

Author(s): Mhamd salih imad hamdi under the supervision of Dr reem Abu Assi**Affiliations:** International AIDS dayThis poster was presented at **College of pharmacy Al - kitab university**

Poster Views: 0

[View poster »](#)

Poster Information

Abstract: As a person with the Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS), is susceptible to many types of infection, like those that can be brought on by disease-causing bacteria and other pathogens that cause foodborne illness. This could be due to untreated or contaminated water, unpasteurized ("raw") milk, and raw or undercooked meat, poultry, or shellfish. Major pathogens that cause foodborne illness in patients .

Summary: Identify the bacteria that cause HIV and pathogens in food and ways to prevent these diseases .**References:** Food Safety for HIV/AIDS Patients, accessed online on 22 Nov. 2018 at <https://www.foodsafety.gov/risk/hiv/index.html>[Report abuse »](#)

Questions

Poster Title: What are HIV and AIDS

Submitted on 28 Apr 2019

Author(s): Karwan M. Qadr and Abdulla Azad**Affiliations:** College of Pharmacy/AL-Kitab UniversityThis poster was presented at **University Campus**

Poster Views: 829

[View poster »](#)

Poster Information

Abstract: HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome, or AIDS, if not treated. Unlike some other viruses, the human body cannot get rid of HIV completely, even with treatment. Thus, an HIV infection lasts for whole lifetime.

AIDS stands for acquired immune deficiency syndrome; it's also called advanced HIV infection or late-stage HIV. AIDS is a set of symptoms and illnesses that develop as a result of advanced HIV infection which has destroyed the immune system. Fewer people develop AIDS now because treatment for HIV means that more people are staying well.

Summary: A short meaning is given to the terms of HIV and AIDS, and a comparison is made between them as well as how this disease is attracted and works**References:** Adopted from online accessed on 22 at:

- 1) <http://www.eschooltoday.com/hiv-aids/what-ishiv-aids.html>
- 2) <https://www.avert.org/about-hiv-aids/what-hiv-aids>
- 3) <https://www.hiv.gov/hivbasics/overview/about-hiv-and-aids/what-arehiv-and-aids>
- 4) <https://www.hiv.gov/events/awarenessdays/world-aids-day>
- 5) <https://aidsinfo.nih.gov/understanding-hiv-aids/fact-sheets/19/45/hiv-aids--the-basics>

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Students Comments on the International Pharmacist Day 2019

The world pharmacist day by College of Pharmacy at Al-Kitab University this year (2019), was under the title of serving community. Students went to Altun Kupri city, where they offered free medical check-ups including calculating body mass index, measuring blood pressure and glucose in blood. They enjoyed feeling their role as future pharmacists, and wanted to share with the world their experiences with brief sentences.



An old proverb says, a good laugh is the best medicine and today I've seen that practically in the faces of my community people

Hiba Hidayet
Secound year at pharmacy student
At Al-kitab university

#wprd2019



One word is the key for a great communication and vis versa, today I used my multilingual gift to communicate with different social levels successfully

Shahad sarmad
Secound year at pharmacy student
At Al-kitab university

#wprd2019

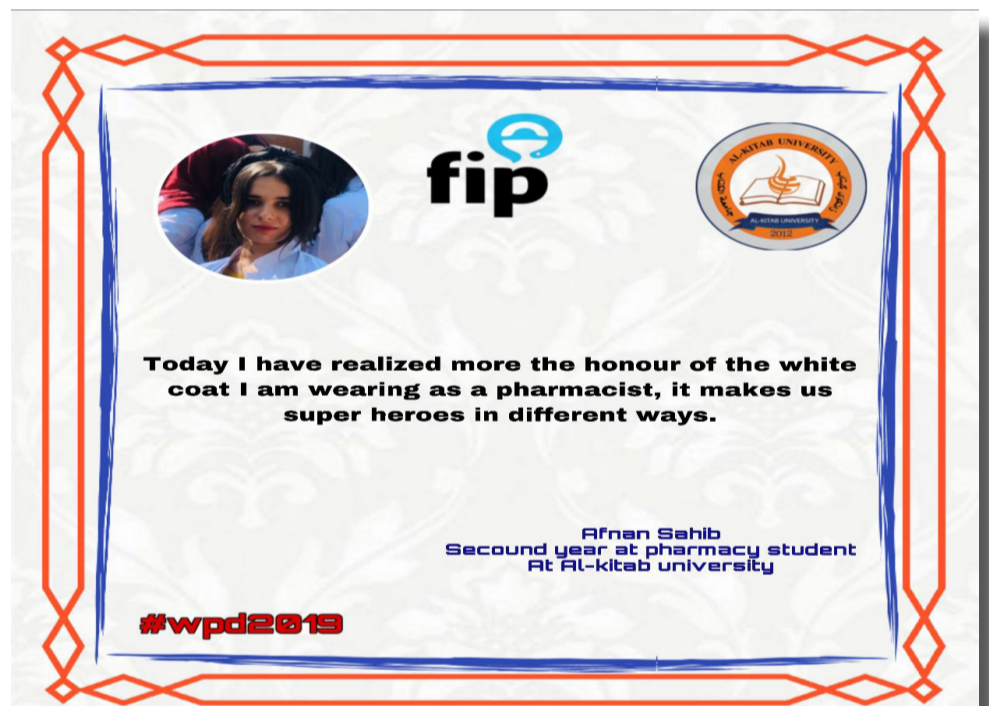




 

Humanity is the core of the pharmacist profession, we design beyond drugs, we design smiles

Abdullah Ahmed
Secoun year at pharmacy student
At Al-kitab university

#wprd2019



Today I have realized more the honour of the white coat I am wearing as a pharmacist, it makes us super heroes in different ways.

Afnan Sahib
Secound year at pharmacy student
At Al-kitab university

#wprd2019




 

Pharmacist is of the few professions that excel in communicating with different social and economical levels in one main aim, better health for everyone

Samya saman
Secound year at pharmacy student
At Al-kitab university

#wprd2019






Measuring glucose and blood pressure levels made the people more curious to learn which food they can and cannot consume safely.

Deyarie Emad
Secound year at pharmacy student
At Al-kitab university

#wprd2019



Feeling the pleasure of serving others life is worth all these years of study and exams, pharmacy is about making difference

Dina Dahtan
Second Year at pharmacy student
At Al- kitab university

#wpd2019



It was amazing to feel the joy of helping people in understanding daily medical self care information and contributing to their safe living

Omar Ali
Second Year at pharmacy student
At Al- kitab university

#wpd2019



Pharmacy practice is all about spreading self love and care

Alaa Mohammed
Second year at pharmacy student
At Al-kitab university

#wpd2019



I have learned to appreciate the little joy my colleagues and I were able to offer to the community by measuring blood glucose and pressure

Malak Muayyad
Second year at pharmacy student
At Al-kitab university

#wpd2019



At Altun Kupri public park we made sure to give a good example of future pharmacists and pharmacy career, so we left the place after the event clean and tidy

Hamde kamal
Second Year at pharmacy student
At Al- kitab university

#wpd2019



As a future pharmacist, I've learned that my success is not related to the number of medications I can give to the patients rather than to the number of habits I can change in their life.

Abu_bakr Imad Hamdi
Second year at pharmacy student
At Al-kitab university

#wpd2019

Competition Between Undergraduate Students and Staff

College of Pharmacy at Al-Kitab University hold a competition in general information between the academic staff and 3rd year undergraduate students. The aim of the competition was endorsing the relationships between both parts and creating a healthy educational environment.



Royal Pharmacists Society Event and Interview

The Dean of college of Pharmacy, Professor Assist. Dr. Nohand Al-Omari was invited by the Royal Pharmacist Society, UK to give a speech with the title "Passion, Experience and Continued work in Putting Pharmacy at The Forefront of Healthcare". In her speech she highlighted the strength of the Iraqi pharmacist and lectures they have in keeping up with the updates and serving their societies needs, despite of all the unusual challenges that the whole world never faced, at least during the modern history yet.

**Women in Pharmacy:
Dean of pharmacy at
Al-Kitab University,
Iraq, Nohad Al-Omari**



On Campus Self Learning Project

Self-learning project is designed by the second year undergraduate students, where they arrange themselves in groups for reviewing certain topic and top student in each subject volunteered to explain the details of a certain subject. It is totally organized by the students themselves, and aims to increase their studies abilities and self-confident.



Online Self Learning Project

In The third stage of college of Pharmacy in Al-Kitab University, the third year students and their representative Karam Amer Ibrahim Al-Obeidi with the support of the college of pharmacy dean and academic stuff launched the self-learning project under the umbrella of E-learning.

The visions and objectives of this project are:

1. Creating a cooperative atmosphere between students, and a more cohesive and stronger university community, and more self-reliant.
2. Graduating students with excellent educational level.
3. Plant the seed of education among the teaching students, and prepare them in the early stages of their study so that they get more chances of success in the near future after graduation.



Aula Tariq Azawy Alazawy

PHARMACEUTICAL TECHNOLOGY
AND BIOCHEMISTRY



**Mohammed Qassim
Kadhim Al-dulaimy**

PHARMACEUTICAL
INORGANIC CHEMISTRY
AND PHARMACEUTICAL
TECHNOLOGY AND ENGLISH



Duha Arshed Shakir

PATHOPHYSIOLOGY



Karam Amer Ibrahim Alobaidy

PHARMACOGNOSY AND PHARMACEUTICAL
TECHNOLOGY AND PHARMACEUTICAL
INORGANIC CHEMISTRY AND ENGLISH



Seren Rzgar

ENGLISH LANGUAGE



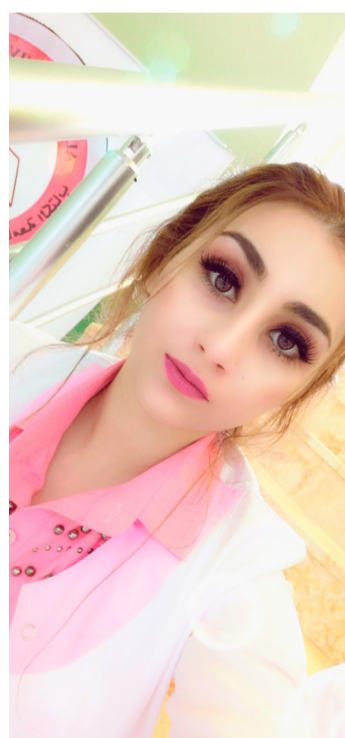
Noor Mudhaffar Noori

BIOCHEMISTRY



**Aws Marwan Ghanim
Alsaraj**

PATHOPHYSIOLOGY



Zeena Ali Jasem

BIOCHEMISTRY



**Mohammed Issa Osman
Al-luhaiby**

PHARMACOGNOSY 2



**Abdullah Fathi Ahmed
Al-badrany**

PHARMACEUTICAL INORGANIC
CHEMISTRY AND PHARMACEUTICAL
TECHNOLOGY



Muhaimen Sabbar Mahroos Al-qaisy

PHARMACOGNOSY



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 - Optics Technology

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 - Petroleum Engineering College
 - Survey Engineering

- Technical Engineering College
 - Computer Engineering
 - Medical Devices Engineering

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 - Physical Education and Sports Sciences

- College of Administrative and Finance Sciences

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- Banking and Finance
- Accounting
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- Law
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