



KOLEJ UNIVERSITI ISLAM MALAYSIA
جامعة العلوم الإسلامية ماليزيا
ISLAMIC UNIVERSITY COLLEGE OF MALAYSIA

FPSK Bulletin

APRIL 2006

SECOND EDITION



IPTA's MEDICAL DEANS COUNCIL MEETING

PANDAN INDAH - 19 January 2006.

FPSK KUIM received the blessings and trust from its big brothers to host the first Medical Deans' Council Meeting in 2006.

The meeting was attended by all medical deans from UM, UPM, USM, UMS, UNIMAS and HUSM Acting Director respectively.

It was an honour for the Faculty to host the event as it acknowledges the faculty's existence as the youngest Public Medical Faculty in the town.

HIGHLIGHTS:

HOLISTIC APPROACH TO HEALTHY LIVING SEMINAR

KUIM LPU MEETING IN FPSK

FPSK ANNUAL DINNER 2005

GUNUNG DATUK EXPEDITION

Dean's Foreword

Assalamualaikum....

The academic session for the 29 pioneer students in the first year is coming to the end. Time is really running fast. In the middle of April they will be sitting for the End-of-Year 1 examination in Anatomy, Physiology and Biochemistry together with papers in Islamic Knowledge and Arabic language. They have been a very good batch of students who study, play and are also involved in many co-curriculum activities. I hope they will do well in the coming examinations.

This second issue of our Bulletin sees a temporary change of Editorship – Dr Suhaila has gone to Sydney to do a Masters degree in Medical Education and in her place our English teacher Ms Queshaira steps in. That is our spirit of working in close co-operation. And I hope this kind of working relationship will continue for a long time among all the staff for it will ensure the survival and success of this Faculty. Although a small faculty, but the Faculty of Medicine and Health Sciences is looked upon very well by our colleagues from other faculties. We are still looking for more lecturers or trainees. But we should do our best always.

The Faculty was proud to be given the honour to host 2 very important meetings -- the meeting of the Board of Directors of the University on the 16th December 2005 and then the meeting of the Medical Deans' Council on the 19th January 2006. From both meetings the comments regarding our Faculty were very encouraging. I feel stronger to continue my work. I am sure the rest of the staff felt the same too. We will always value comments and suggestions to further improve our performance.

Thank you.

*Professor Dr Nik Mohd. Nasri Ismail
Dean*

Notes from the editor

Hello to all,

Yes!! There's a new editor for the FPSK bulletin. Dr Suhaila is now in Sydney pursuing her Masters thus the task of Editor is now in my hands. It is an honour and I hope that the bulletin will live up to the expectations of its readers.

As the saying goes "to grab the bull by its horns", I would like to thank the members of the editorial board for doing exactly that in their efforts in producing this second issue. We have maintained some aspects of the last issue and we've also done quite a number of changes

based on the comments of the readers and not forgetting the ideas of the editorial board. Thank you to all and we do welcome any query, suggestion, contribution, etc. from readers.

Do keep an eye for the short excerpts that are inserted at a number of pages. We hope the bulletin will be informative, yet entertaining at the same time.

A pinch here, a dab there and also a number of sleepless nights (besides the countless hours), thus the bulletin is now ready.

Happy Reading.



EDITORIAL BOARD MEMBERS

ADVISOR

*Prof Dr Nik Mohd Nasri Nik
Ismail*

CHIEF EDITOR

Ms Queshaira

EDITORS

Dr Mohd Hairulhisyam

Dr Siti Hanum

Mr. Sanizan

Mr. Muhammad

Contributors

Prof. Dr. Jamilah

Dr. Anuar Sani

Dr. Ainul Huda

Dr. Marlina

Ustaz Mohamad

Jamil Aiman



INAUGURAL HEALTH SEMINAR

By - Dr. Anuar Sani

What is there to report? HUUUH... I promised the editor that I would come up with the health seminar report as soon as they required. Yet, here I am, 3 am Wednesday the 29th of Mac, in front of the TV screen watching Champion League football with another type of screen, white blank on my lap. What do I type? Today is the dateline. I just wish Zetty, the hardworking Seminar's secretary were here to put the words in. Ah.. well... she is in London starting her PhD endeavor. HUUUH. What is there to report?

Anyway, here it is. The Health Seminar entitled "Holistic approach to healthy living" was successfully held at Nikko Hotel, Kuala Lumpur. It was a one day-seminar packed with contemporary issues in medicine. 14 January 2006 was the date. The day started early for the committee members. All were there by 8.30am. They did not disappoint me at all. The sponsors had their booths ready by 9 am with plenty of goodies to be given away.

Our Tamhidi (matriculation) students arrived early, so did our 29 first batch medical students. We enlisted some help from them for ushering participants and speakers to the right places. Participants began to swell. As usual, a common sight in Malaysia nowadays, women outnumbered men (except in Pusat Serenti I supposed). Reporters from main stream medias came in droves, 22 in all, apparently expecting the officiating ceremony by the DG to be in the morning. READ they did not. The programme itinerary sent to them clearly stated the DG would be delivering his key note address just before lunch time. IQRA'! and they got mad with us for not telling them to read. Ah.. well... then again...

By the time the first speaker arrived, the main hall was full. It exceeded our target of 200 paxs! Good! Dato' Dr. Hj Azhari Rosman duly delivered his plenary talk on coronary heart disease. The session was immediately followed by 2 mini symposiums running concurrently. In the main hall, experts on infectious disease comprising of Prof. Sazaly (UM), Prof. Rosmawati (UM) and Dato' Dr. Faisal (KKM) shared their knowledge with the participants. In the other hall, Men's Health was the focus. Oncologist, Dr. Kamal (SJMC) and Urologist, Mr. Zulkefli (HUKM) did well to enlighten the participants on prostate cancer treatment and that very 'hard' issue, erectile dysfunction, respectively.

Delicious food was at 11 am during the break and the Forum on Complementary Medicine started soon after. Ah... need some herbal for health, don't we all. Prof. Dato' Kew (IMU), Dr. Aminah (Hospital Permai, JB) and herbalist Dr. Ilham (FRIM) really complimented our knowledge. The DG arrived and joined the forum session halfway through. "I really want to hear what the panelists have to say on complementary Medicine" he said, and I could not hold him any longer in that VIP holding room. The panelists were surprised and obviously honoured (plus nervous!) to have the DG in the crowd.



The DG, Datuk Dr. Hj Mohd Ismail Merican spent almost an hour on his pet subject, hepatitis, during his key note address and now the reporters were happy. Officiating ceremony went on without any glitch. The reporters got to spend another half hour with the DG in the press conference that followed. One key message out of many: Get yourself checked for Hep. C if you received blood transfusion many years ago. DG left without taking his lunch as he has another function to attend. What a busy man. He was all smile making his way off (bye-bye reporters) and he really like the souvenir presented to him. Thank you Puan Marina for the nice souvenir idea.



Afternoon session started with 2 more mini symposiums. Cosmetic medicine symposium was graced by renowned plastic surgeons, Dato'(Mr). Jalil Jidon (Ampang Puteri) and Mr. Kuladevan (Assunta). We felt young again. The other symposium was on women's health with our dean Prof. Nik Nasri sharing his knowledge on abnormal uterine bleedings and that dreaded time all women have to face, perimenopause. Consultant Gynecologists, Dr. Tan Ay Eng (HUKM) enlightened the participants with contraceptive medications and its effects. Don't worry. OCP is safe and can make your skin beautiful. Men, should we all take OCP as well.



Time flew by and the afternoon was complemented by another 2 plenaries. Emeritus Prof. Dato' Khalid Kadir on obesity and Dr. Khalid Yusoff (FKP, KUIM) on Food: Health, Heaven and Hell. Listening to Prof. Khalid, I was sure at least half of the participants were categorically obese and could not wait to get home and start ringing Marie France for appointment.



That was it. The seminar finished at 5 with another episode of tea break adorned with cheese cake. Puan Marina, myself and couple of others got to take home some left over cheese cake. Only then the appetite came back. Fuuh!!! What a relief! Finally it was over. All in all, I cannot imagine where else one can get to attend a seminar with such high profile speakers, excellent place and delicacies, all for RM25 (students), RM75 (Public/Allied Health) and RM100-120 (doctors). Practically all staff of FPSK were committee members and I could not thank them enough for their help. The same appreciation goes to Puan Sapora and her team, The IT unit headed by Encik Idris, KUIM's PPPP for financial assistance of RM10K, and of course to KUIM's top management for their approval and support. THANK YOU AGAIN.



MUTIARA KATA
 "Berhati-hati tentang perbelanjaan yang kecil kerana lubang yang kecil boleh menenggelamkan sebuah kapal yang besar."

FOOD FOR THOUGHT
 HONESTY is the cornerstone of all successful human relations, whether personal or professional. Without honesty, there is no trust, and without trust there is no growth. True honesty is never an excuse to attack another person's weaknesses or destroy their confidence.



Dean of FSU, IT Director and part time lecturers.

The meal was delicious in its simplicity. We wished we could have a bigger budget.

Later, the medical school's own nasyid group took to the stage for several performances to the delight of the crowd. All of them on the floor were excited. Before wrapping up the night, we had a fantastic lucky draw where the students grabbed

ANNUAL DINNER FOR THE FACULTY

By - Dr. Marlini Muhamad



More than 70 people thronged Ballroom 3 Crown Princess Hotel last 23 December 2005 for our first ever Medical school annual dinner. Even the heavy down-pour and traffic failed to dampen the spirit of the students, staff and VIPs from Nilai to turn up.

Everybody dressed up at their best. Among those present were KUIM's Rector, Vice rector of Academic and Internationalization, Registra,



MEDICAL JARGON— by Dr Mohd Hairulhisyam

The language, house officers, medical officers, specialists, consultants and even the nurses, is different as it expresses their unique world view, their concepts, their categories and their humour. If it seems frequently egotistical and brutal, we should consider the circumstances that produce it and remember that it is a revealing body expression that may well be essential to their survival. In any case it is central to their socialization and training.

The words, phrases and abbreviations used by medical professionals in the normal course of everyday hospital life are inserted in the bulletin.

Some of the words and phrases are widely used in Malaysia and throughout the medical wide world. If there are other who want to enrich this list please contact me for the next edition. No offences.

SOFT DRINKS

By - Dr. Ainul Huda



Soft drink or carbonated drink as it is commonly known is a very popular drink and is widely available. Globally, carbonated soft drinks are third most consumed beverage. The annual consumption of carbonated soft drinks (7.7 gallons) is nearly 4 times the consumption of fruit beverages (2.1 gallons). But how much do we know about soft drinks. Is it good for your health? Does it have any nutritional value? Or is it just good enough to quench your thirst.

Carbonated beverages are produced by injecting carbon dioxide into the drink at several atmospheres. Carbon dioxide then dissolves readily at normal atmospheric pressure, particularly in cold beverages. The carbonated drink tastes fizzy due to carbonic acid, inducing a slight burning sensation.

Diets high in refined sugars can promote obesity that increases risk of diabetes, high blood pressure, stroke and heart disease. Sugary soft drinks also promote tooth decay.

It also contains little to no vitamins, minerals, fibers, proteins or other essential nutrients.

If There are studies done that showed soft drinks causes obesity and increases the risk of developing diabetes. But these findings are controversial as it does not include lack of activity or other lifestyle factors that might contribute to the subject's obesity or diabetes.

So, the next time you're about to pop up a can of soft drink, think again..

HOW TO RECOGNISE EXAM FEVER

By - Jamil Aiman



Exams are a bit like tax return forms: nobody likes doing them, but we're forced to sit down and rack our brains trying to fill in all those blanks anyway. And nobody feels the heat more than us; the students.

About two weeks before exams start, tell-tale signs already begin to appear: books piled up on the desks, lecture notes strewn all over the place, charts and diagrams hung up on the walls...Not to mention that fellow friends suddenly become interested at the slightest hint of a medical term that accidentally slips out from your mouth.

One week before the exams, students are already busy trying to decide upon which study group

they should join. Some study with their room mates, a few choose to seek guidance from the best student, a handful study on their own. All these serve one purpose: to cram in as much facts before the dateline. Each study method is different with varying degrees of success.

Also, exam fever is easily distinguishable by the increasing number of 'owls' that stay up late into the night pouring religiously over their books. The end-results include: panda eyes, an increased addiction for instant coffee and glazed eyes that tend to wander off into space if left idle for more than a few minutes.

Oh, it's not hard to recognise when the exams are near. More so when medical students are involved.

“E eeee!!!! Tension betul lah. Kerja yang bertalu-talu ditugaskan kepada saya. Apa guna ada rakan sepejabat yang lain. Asyik-asyik saya juga yang ditugaskan untuk tugas begini...”



STRES DI PEJABAT

By - Sanizan Sardzi

Dalam kesibukan menjalankan tugas di pejabat, sekali sekala mungkin anda pernah terfikir untuk meluahkan rasa seperti dialog di atas atau mungkin juga anda pernah mendengar dialog tersebut diungkapkan oleh rakan sekerja. Tahukah anda apa yang dinamakan stres pekerjaan?



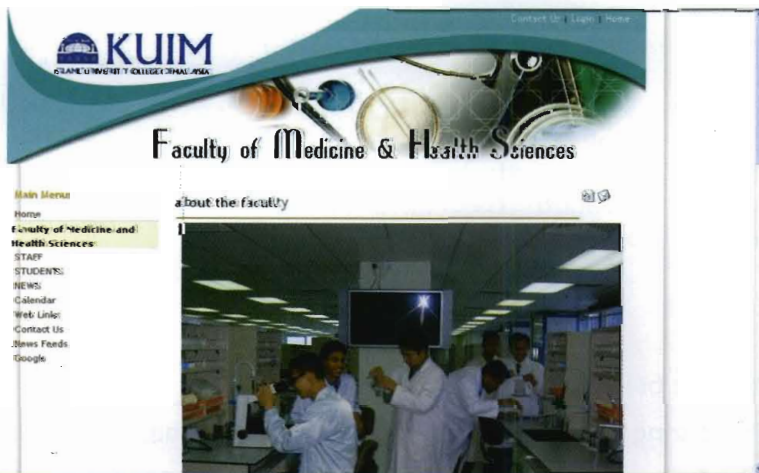
gembira, kecewa, cepat marah, sering berasa marah atau geram, berasa tiada harapann atau peluang, gelkisah dan risau berlebihan, kurang motivasi kurang tumpuan, tidak dapat membuat

Stres pekerjaan berlaku apabila pekerja menghadapi tuntutan dan tekanan kerja yang tidak sepadan dengan pengetahuan dan kebolehan mereka. Stres juga turut dikategorikan sebagai salah satu penyakit yang menjejaskan pemikiran, perasaan dan sikap individu. Stres boleh mempengaruhi semua aspek kehidupan seperti kualiti pekerjaan, hubungan sosial, keluarga bahkan perhubungan seks. Setiap individu mengalami tekanan yang berbeza-beza. Namun antara gejala stres pekerjaan yang biasa dapat dikesan termasuklah tidak

keputusan, kurang minat, kelesuan, masalah tidur, tingkah laku agresif, merokok berlebihan, penyalahgunaan alkohol dan dadah, sakit kepala, perubahan selera makan yang mendadak, keletihan, dan sengal otot.

Sekiranya anda sering mengalami gejala tersebut anda harus membuat sedikit analisa terhadap budaya kerja dan persekitaran kerja anda. Antara punca-punca stres pekerjaan adalah objektif dan struktur organisasi yang kurang jelas, tugas yang membosankan dan tidak bermakna, kerja yang terlalu sedikit atau terlalu banyak, perkembangan kerjaya, status dan gaji yang tidak memusakan, waktu bekerja yang terlalu panjang dan tidak anjal, konflik dan kurang sokongan daripada rakan sekerja atau pihak atasan, konflik di antara tuntutan kerja dan rumah.

<http://fpsk.kuim.edu.my/>



FPSK is now on the net ... check it out!

The faculty has stepped up to launch its own website which is linked to KUIM portal. A demo and presentation on the website administration was conducted by Dr. Anuar, the webmaster team leader on 31 March 2006. The website is currently maintained by 3 staff members and assisted by 2 students.

It is hoped that the website will be one of the best medium to access latest updates and information on the FPSK, KUIM.

KUIM BOARD OF DIRECTORS MEETING @ FPSK

By - Dr. Siti Hanum

MEDICAL JARGON

C.I.C.U. - pronounced "kick-you" acronym for cardiac intensive unit.

KUIM's Board of Director meeting was held on 16/12/05 at the FPSK's main meeting room from 3-6 pm.

It was attended by all members of KUIM's Board of Director. They had spent some of their precious time after the meeting was adjourned touring the faculty during which they had expressed their satisfaction on the facilities available here.

All FPSK's staff had the privilege of having light refreshment with them afterwards.



EDUCATIONAL TRIP TO PETROSAINS AND AQUARIA

By - Ms. Queshaira

PEPATAH MELAYU

"Habis air habislah kayu, jagung tua tak hendak masak."

BERMAKSUD

Sesuatu perbuatan atau pekerjaan yang tidak mungkin menampilkan hasilnya dan sia-sia sahaja.



The trip was held on 10 December 2005. The objective of the trip was to look at another branch of science apart from Medicine-geology- in order to broaden the students horizon to see the limitless power of Allah. Besides that the

students also had an assignment to do- an argumentative report on the theme of Science and Technology.

The first part of the trip took the whole morning, as students went through the different areas of Petrosains. It

arranged its exhibits in such a way that much of it revolves around its industry, and indirectly serves to promote the local oil giant. The students were informed on a number of things and they also had fun trying out the activities found there.

The second part of the trip was to Aquaria. The marine life seen there was indeed an experience not to be missed. The students were tired at the end of the day but they agreed that it was a trip worth taken.

:))

Doctor : "So you haven't been able to sleep well?"

Patient : "I sleep fine during the night, but during my afternoon naps, I just can't keep my eyes closed."

APRIL 2006

On 7 December 2005, the first intrafaculty competition was held for the 29 students of this faculty. The main aim of this competition was to expose the students to the joys of Scrabble and at the same time, test their skills in English. For some of the students it was their first time playing the game.

The first round started at nine o'clock. All of the students tried to make the longest words with the longest marks as to win the competition. Unusual words were challenged as soon as they were laid down, and the dictionary was referred to more than once during the period of the game. From time to time, gleeful laughter of a fellow player rang broke the silence, and it was understood amongst

the others that a student had just pulled off a big word.

For the final round which started at 12, the four players who made it were Muhammad Yusoff, Mohd Ikhwan, Anuar Ahmad Rasheeq and Jamil Aiman. All four players were passionate and tried their best to make use of every Triple Letter and Triple word score available on the board.

In the end, Jamil Aiman emerged as winner with the winning word 'daintily' which put him in the lead as he used up all his tiles at one turn. All in all, the inaugural interfaculty Scrabble competition was a success, and it is hoped that it will be organized as an annual event.

FPSK SCRABBLE COMPETITION

By - Ms. Queshaira



With the success of holding its first scrabble competition at intrafaculty level, the advisor and committee decided to hold one at Interfaculty level. This took place on 25 February 2006 at Menara B, MPAJ as the Medical Faculty was the host. The competition saw 32 students from 7 faculties in KUIM taking part in the competition.

Although the ambience was calm and relaxed, the desire to win was burning in each and every player. The winners of each table moved to the semi final round and lastly to the final four players for the final round. As the audience could move and see the tiles of every player, both the semifinal round and final round were indeed a thrill to watch as wordplay was at its best.

Besides nerve wrecking silence, whispers, laughter and cheers were also heard throughout the rounds. The final results were Nurdina (FPSK-the medical faculty) was the Scrabble Queen, the first runner up, Insyirah (FEM), second runner up, Nurul Hani(FST) and third runner up, Jamil Aiman (FPSK).

It is hoped that this event will be held again at a bigger scale next session. This can promote the use of English and also foster close relation-

KUIM INTER-FACULTY SCRABBLE COMPETITION

By - Ms. Queshaira



ships among the students of KUIM.

MEDICAL JARGON

M & M – morbidity and mortality; weekly conferences reviewing recent severe illness or death on the service; interesting cases; occasionally mistakes. Many officers in charge do not like to attend this meeting as it some sort of bashing up session.

ANEMIA

By - AP Dr. Jamilah

MEDICAL JARGON

M.O

- medical officers.

O.T

- acronym for operating theatre. Not overtime since no such in medical field.

On Call

- night or weekend duty at the hospital.

G.P.

- General practitioner; implies little or no training beyond housemanship, this kind of doctor is the family practitioner.

What is anaemia ?

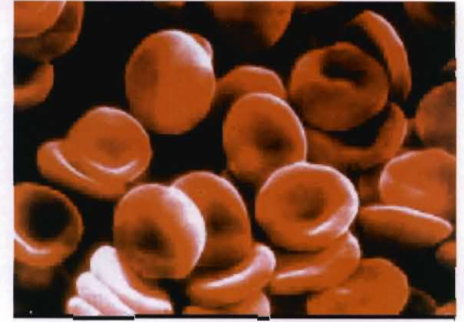
Anaemia is a condition which occurs when there is an abnormally low content of haemoglobin in the circulating red blood cells. Red blood cells contain a red pigment called haemoglobin, which gives blood its red colour. Oxygen is transported from the lungs to the tissues by haemoglobin. When the amount of red blood cells circulating in the blood decreases, oxygen supply to the body tissues is inadequate.

Production of red blood cells

Red blood cells are produced by the bone marrow especially in the long bones. Synthesis of red blood cells requires an adequate supply of iron in the diet. Iron in the haemoglobin binds to oxygen. Matured red blood cells are released from the bone marrow into the circulation. Red blood cells in the circulation live for about 120 days. Older red blood cells become increasingly fragile and they may rupture as they pass through narrow vessels.

What causes anaemia ?

A common cause of anaemia in Malaysia is due to iron deficiency in the diet. Deficiency of iron causes inadequate haemoglobin synthesis. This type of anaemia is usually seen in children and women. In pregnant women, iron-deficiency anaemia may occur because the growing baby taking its supply of



iron from the mother to make red blood cells. Women who menstruate heavily are likely to suffer from iron-deficiency anaemia because of iron loss in menstrual blood. It can also occur due to chronic loss of blood due to worms in children or piles in adults.

Symptoms of anaemia

Among symptoms of anaemia are shortness of breath, feeling of tiredness and faint especially when doing exercises. The anaemic individuals usually appear pale.

How is anaemia treated?

A simple blood test can be done to measure the amount of red blood cells and the haemoglobin content of blood. The most common way in the treatment of anaemia caused by iron deficiency is to take iron tablets. A diet high in iron will also be recommended. Foods that are rich in iron include liver, meat, fish, cereals and dark green vegetables. If iron depletion is very severe blood transfusions may be necessary.

:))

"My wife's in labour!" he yelled. "I think she's going to deliver any minute now."

"Please calm down," the receptionist said.

"Try to relax and give me some basic information. Is this her first child?"

"No, no! I'm her husband!"

الكمبيوتر في تعليم اللغة العربية كلغة أجنبية

- أستاذ محمد بن حاج إبراهيم

مما لا شك فيه فإن الكمبيوتر الذي رسخت أقدامه في العديد من مجالات الحياة قد ساهم إسهاماً بعيد الأثر في تقدم الباحثين والطلاب. حيث أن العالم بجملته يستثمر هذا الجهاز التقني العجيب ويستخدمه في تحقيق أهدافه في أي مجال كان. ولذلك فإنه من المنطقي أن يتعرف عليه الطالب - في العصر الحاضر - في مرحلته الدراسية، وحبذا لو كان هذا التعرف بين هذين الطرفين منذ نعومة أظفار الطرف الثاني، وهي حتماً ستكون تحت إشراف وإرشاد وتوجيه المدرسين المعنيين لهذا الغرض، وذلك استعداداً للحياة التي تنتظر هذا الجيل الصاعد والعالم المحيط بهم.

إن الكمبيوتر بصفة عامة، قد اتخذ لنفسه كرسى الصدارة والريادة بين الأجهزة الإلكترونية في الإنتشار والشهرة، بما تميز من تملكه قوة كامنة فيه، أحدثت تأثيراً شاملاً في شتى أوجه الحياة الحديثة. فنجد أن الفرص التي يتيحها هذا الجهاز، والتحديات التي يفرضها تجعله من الأولويات التربوية التي تحتم علينا اغتنامها، بكل معاني الكلمة، في سبيل نهضة تربوية، ورقي شامل لجميع المواصفات العلمية والعملية التي نريد أن نراها في أبنائنا ومن تبعهم. ونحن في ماليزيا، ندرك بأن اللغة العربية مهمة في حياتنا الدينية ويجب الإلمام بها بالقدر المستطاع. إلا أننا مازلنا نعتبرها لغة أجنبية. وعلى كل فإنه لا بد علينا من توظيف الكمبيوتر في تقديم أسلوب تدريس متطور لتعليم اللغة العربية بصورة سهلة وبشكل سلس وفقاً لمقضى الحال الذي نحن الآن بصده.

أما كونه كمادة تعليمية، فيعد الكمبيوتر وسيلة متطورة لنقل وتوزيع العديد من المواد التعليمية وذلك باستخدام شبكات الاتصالات الحديثة (الإنترنت)، فهو بحد ذاته يعتبر سلاحاً ذا حدين. فمنهم من يدلي ببلوه، ويرسل عصاره أفكاره من شعر ونثر، وأدب وكل علم ينفذ به الآخرين. ومنهم من سولت له نفسه في توظيف هذه الوسيلة الجبارة في هدم القيم والأخلاق ونشر الفساد والباطل فيه. بيد أن أهل العلم دائماً في الصدارة في صد هذه الفئنة الفاسدة وتحقيق الأهداف السامية لحقيقة استخدام هذه الوسيلة. لذلك استوجب على المستخدم أن يكون دائماً واعياً بحقيقة وجود هذه الشبكة، وأنها تحمل لنا الكثير من الفوائد والخدمات.

إلى جانب هذا، فإن للكمبيوتر مزايا وخصائص جعلت منه أداة تعليمية فريدة ذات فعالية وديناميكية كبيرة. ودمج هاتين النقطتين بعضهما في بعض يتمكن المدرس توظيفهما كمادة دراسية في تحسين وتطوير المهارات اللغوية الأربعة (مهارة القراءة، والمحادثة والكتابة والاستماع).

ويجدر بي ذكره هنا، بعض المواقع العربية المشهورة التي يمكن استغلالها لهذا الغرض. فهناك موقع (بحث، وعيون، وفارس، وإسلام أون لاين، والجراند العربية، والجزيرة وموقع (scolarabia.net) وموقع (geocities.com) وموقع (fustat.com)، وغيرها. وإليك أخي الطالب أن تتبحر في هذه المواقع لترى بنفسك كيف يمكن الاستفادة من الكمبيوتر في كيفية تعليم اللغة العربية، وتحسين مهاراتها لديك. أسأل الله أن يوفقنا في طلب العلم وأن يبسر لنا طرقه، وأن يحببنا في طلبه.. إنه السميع المجيب.

ISLAMIC MEDICAL WEBSITES

What Is Islamic Medicine?

Developer : Ahmed EI-Kadi

<http://www.positive-action.net/al-yusra/Article%20Islamic%20Medicine.htm>

An article that covers the meaning of islamic medicine by Ahmed EI-Kadi.

Oriental and Islamic Medicine

Developer: School history

www.schoolhistory.org.uk/orientalmedicine.htm

Information on the differences between oriental (chinese) and Islamic medicine.

Muslim and medical history

Developer: Dr.Sharif Kaf Al-Ghazal

<http://www.islamicmedicine.org/history.htm>

A web site that links to other papers on muslim and medical histology some writes from all over the world.

Islamic Medicine

Developer: Baghdad.4mg

<http://www.baghdad.4mg.com/>

a website on the art of Islamic medicine.

The Formation of The International Society for the History of Islamic Medicine

Developer: International Society for the History

<http://www.ishim.net/about.htm>

A website of The International Society for the History of Islamic Medicine which was establish

MEMOIRS OF GUNUNG DATUK.

By - Dr Mohd Hairulhisyam



WHAT? First year medical students did rough-and-tumble backpacking and jungle trekking in the rugged Rembau? Isn't this taking outdoor junkies culture too far? Or medical school is no more fun? They were 12 boys and 7 girls. I myself really got into jungle trekking in medical school. As yet, I couldn't find the answer why it becomes an obsession beside the hectic curriculum in medical school.

Clambering entirely 45 to 60 degree steep slopes right after the first 15 minutes leaving the mountain base is a torturing description about Gunung Datuk. Huffed and puffed, I took four hours to scale the solitary 870 meters summit of Gunung Datuk. Recalling my last trip to Gunung Yong Belar (2180 meters) during my ambitious year to complete the Peninsula Great Seven (G7) was five years ago, I was rusty. This was an arduous task to coincide my students since they are 10 years younger.

At the summit, there was lack of flat ground to pitch tents. Most of my students slept on the earthen floor. Luckily a fair amount of convectional rain occurred that night. They were not left in the cold.



The best part of the trek was at the peak. Formed by several gigantic granite boulders, the peak offered a 360-degree view. On that day, we managed to see the Seremban town and as far as the Straits of Malacca. Besides the joy, this time myalgia lasted for five days.

Lastly, my practical advice "If you've never trekked before, start modestly, perhaps with short day treks and build up from there. Go slowly and observe nature". I enjoy being outdoors with nature. By now I think my students are in love with nature and the outdoors too. See you next at the summit of Gunung Nuang, Hulu Langat.

PEPATAH MELAYU

"Mendinging sampai ke laut, mengepung sampai ke seberang."

BERMAKSUD

Jangan melakukan pekerjaan itu hanya sekerat jalan sahaja tetapi selesaikan sepenuhnya selagi terdaya.



Reception Counter

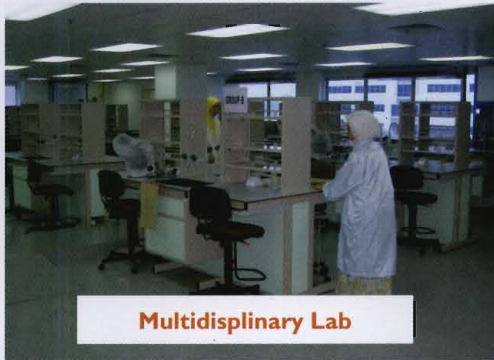


Security and Help Desk

**A PEAK INTO
FPSK, KUIM
PANDAN INDAH CAMPUS.**
Photoes by Nor Zuhaini Yahya
and Izam Putra Mohamed Nor
Piah



Clinical Skills Lab



Multidisciplinary Lab



Faculty Office



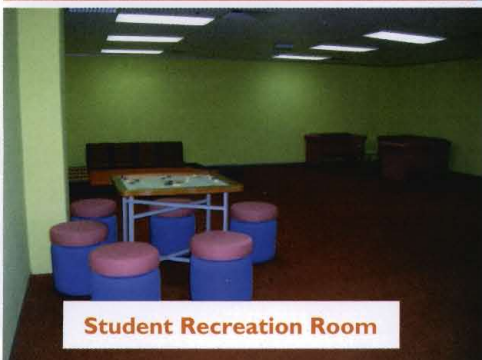
Anatomy Museum



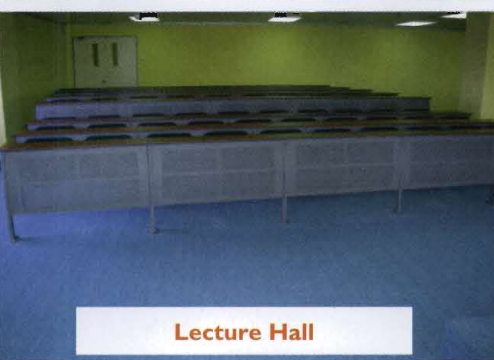
Administration Office



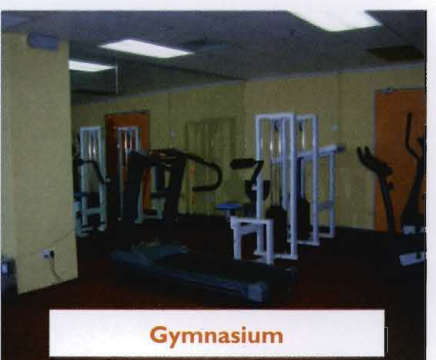
Library



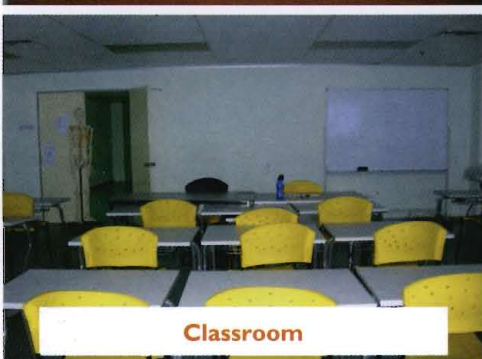
Student Recreation Room



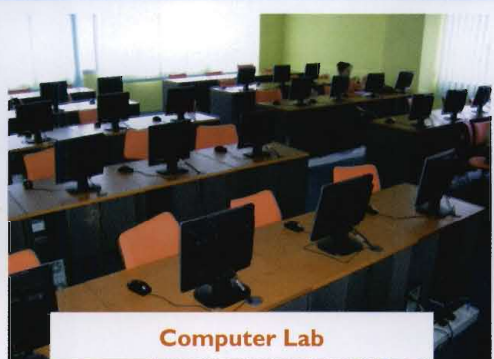
Lecture Hall



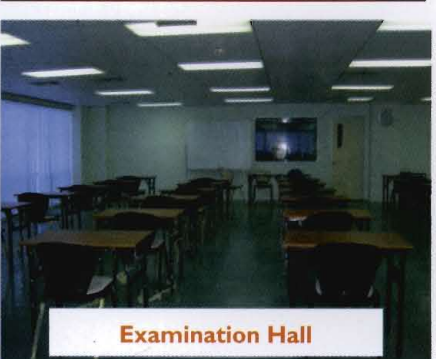
Gymnasium



Classroom



Computer Lab



Examination Hall

FREE AND EASY

MUTIARA KATA

"Tiada guna terlalu kkuatir tentang masa hadapan yang belum kita ketahui. Adalah lebih baik untuk menumpukan perhatian kita kepada apa yang berlaku ketika ini."

"Seseorang yang tidak tahu untuk menangis, tidak tahu untuk ketawa dan tidak memahami keistimewaan kanak-kanak maka dia bukanlah seorang manusia yang sempurna."

PEPATAH MELAYU

"Menyemai benih pada bumi yang subur."

BERMAKSUD

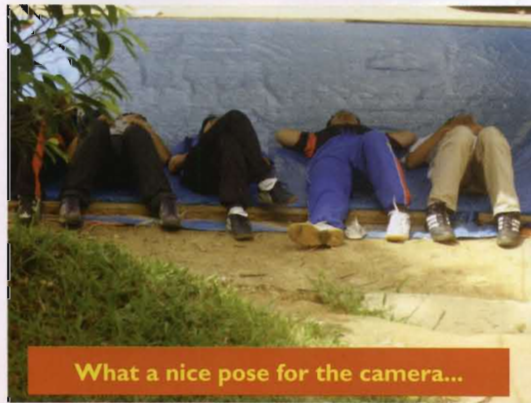
Berbuat baik kepada yang tahu berterima kasih dan bersyukur.



"Thank you Dato'."



Guests... Are you ready to dig in?



What a nice pose for the camera...



Smile first, suffer later



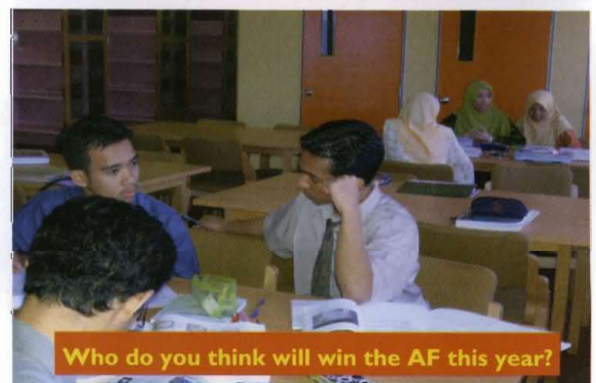
The future surgeon.



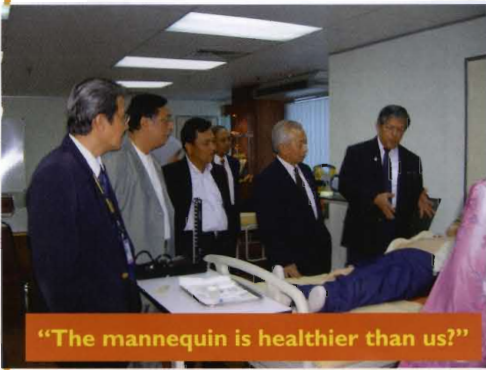
Next.. The Everest!!!



The food committee members?



Who do you think will win the AF this year?



"The mannequin is healthier than us?"



Does this go on top or at the bottom?



"Will this change me into Mr. Hyde?"



This is what I love about meetings.... FOOD!!!



Where would we be without meetings



Send you sms to 3***6 to vote for Miss FPSK 2006



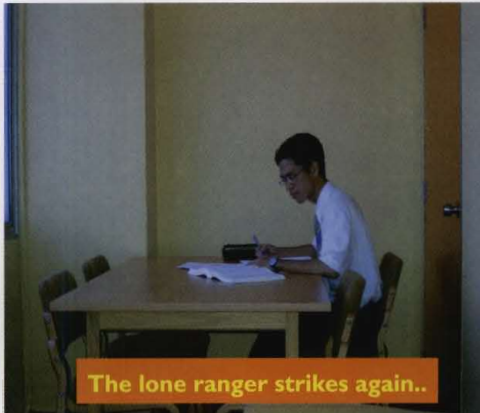
Playing truant at the library?



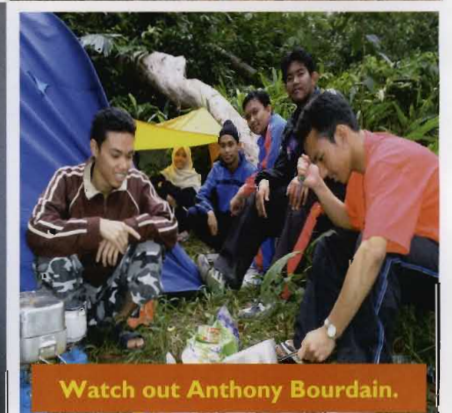
A picturesque view from the faculty.



"Happy Birthday.." Is it sweet 16 or sweet 60?



The lone ranger strikes again..



Watch out Anthony Bourdain.

Senaman menguatkan badan dan merehatkan minda, pendidikan pula menguatkan minda merehatkan badan.

Mereka yang berjaya dalam hidup bukan sahaja tahu menggunakan peluang tetapi mereka juga tahu bagaimana untuk mencipta peluang.

*G*R*E*E*T*I*N*G*S*

WELCOME

STAFF	NOTE
Sanizan Bin Sardzi Librarian	Transferred From KUIM's Main Library to KUIM's Medical Library from 12 Dec 2005
Dr Nur Syahrina Binti Rahim Trainee Lecturer	New appointment from 25 Jan 2006
Norila Binti Ariffin Library Assistant	From KUIM's Main Library to KUIM's Medical Library from 2 February 2006
Profesor Dr Hussein Mohamed El-Sayed Hassan Professor	New appointment from 10 February 2006
Dr Asral Wirda Binti Ahmad Asnawi Trainee Lecturer	New appointment from 16 February 2006
Dr Ainul Huda Binti Sulaiman Trainee Lecturer	New appointment from 20 Feb 2006
Faizul Hilmy Bin Addnan Tutor	New appointment from 27 March 2006
Siva Gowri A/P Pathmanathan Lecturer	New appointment from 3 April 2006

CONGRATULATIONS

STAFF	NOTE
Mrs. Nazefah Abdul Hamid	Wed on 13 Nov 2005
Mrs. Norila Ariffin	Wed on 11 December 2005
Dr. Mohd Hairulhisyam Ngatiman and wife Dr. Marlina Muhamad	New born baby girl on 26 January 2006
Dr. Anuar Sani	New born baby girl on 17 February 2006

GOOD LUCK

STAFF	NOTE
Dr. Suhaila Sanip	On study leave from Feb 2006 in Australia
Miss Zetty Nadia Mohd Zain	On study leave from Mac 2006 in UK

MUTIARA KATA

Apa yang anda pelajari adalah pengetahuan dan pengetahuan yang anda berikan kepada orang lain akan menambahkan lagi pengetahuan anda.

NOTE

The Editorial Board wishes to thank those who have contributed their time and creativity to produce articles for this bulletin. Everyone is welcomed to send any articles, suggestions to the Editorial Board for the upcoming issues of FPSK Bulletin at :
 Qeshaira@admin.kuim.edu.my
 Sanizan@admin.kuim.edu.my
 Hairulhisyam@admin.kuim.edu.my