

2023 - 2024 | VOLUME 2

HealthEd.

By protecting one, we help protect all





HealthEd. Magazine



جامعة العلوم والتقنية في الفجيرة
UNIVERSITY OF SCIENCE & TECHNOLOGY OF FUJAIRAH

Welcome Back to
HealthEd. Magazine
VOLUME 2

We are thrilled to bring you another edition filled with insightful articles, research, and inspiring stories from our community. We value your input and encourage you to actively participate in shaping the magazine's content by suggesting topics of interest, and sharing with us your own research! Thank you for joining us, let's continue to explore the exciting world of health education together!



Maisa Saif Aladdin
Editor-in-Chief

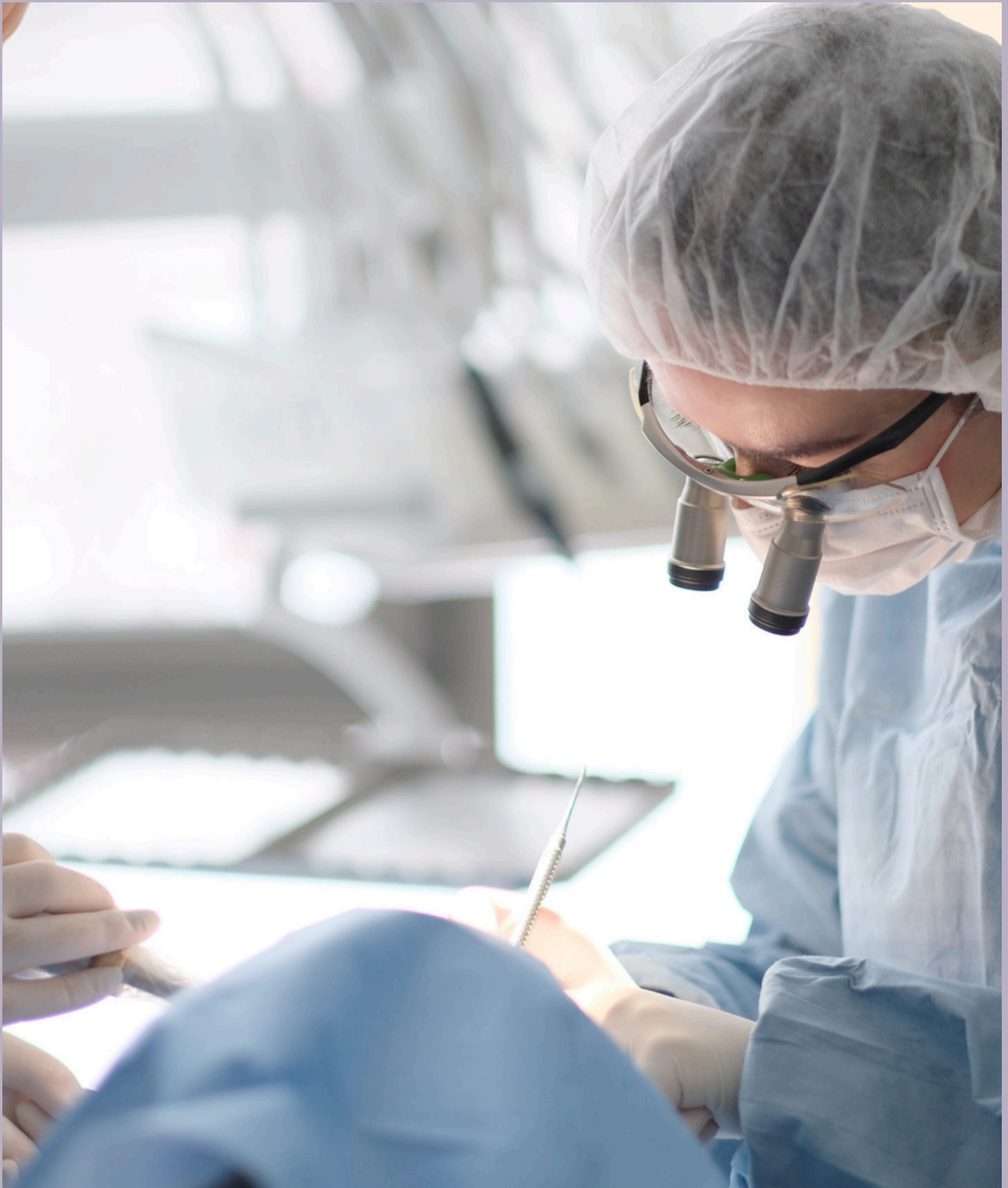


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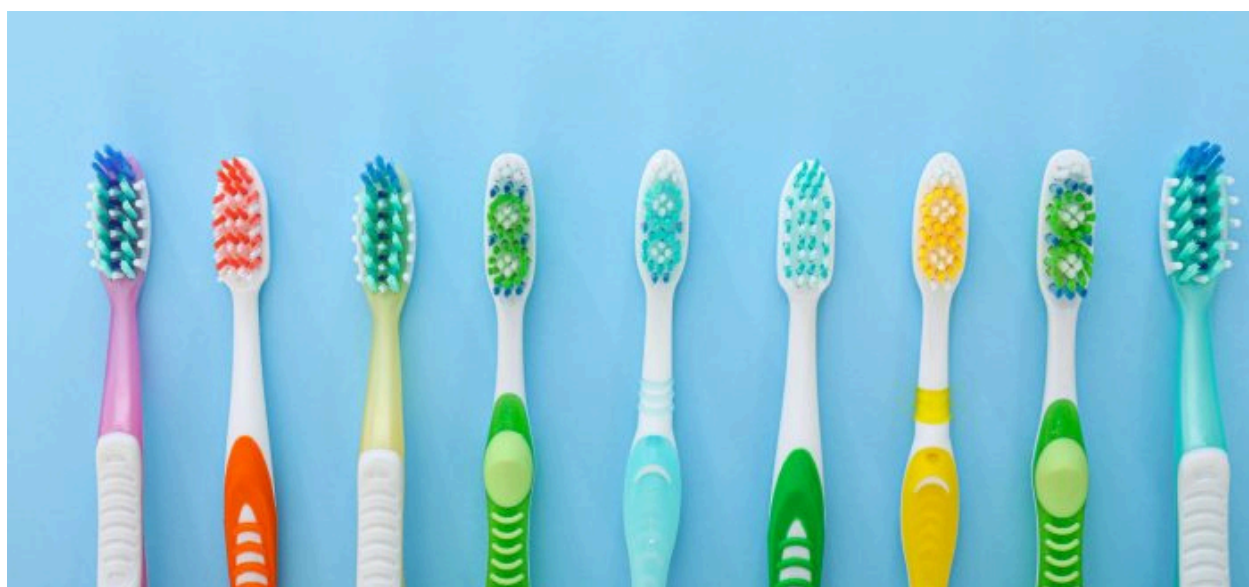


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Is Miswak Better than a Toothbrush?



vs.



By Maisa Saif Aladdin

third year dental student

What's A MISWAK?

Miswak, also known as siwak, is a teeth-cleaning stick made from the roots or small branches of the *Salvadora persica* tree, commonly known as the "toothbrush tree." It has been used for oral hygiene for centuries, particularly in Islamic cultures and in regions of the Middle East, Africa, and South Asia.

Miswak is characterized by its *natural antibacterial properties, fluoride content, chlorides, calcium, and silica*. These help reduce the growth of bacteria, prevent dental caries, strengthen tooth enamel, and act as a natural abrasive to remove stains and plaque. Studies have shown that miswak is effective in reducing dental plaque and gingivitis, combating bad breath, and providing convenience as it can be used without requiring toothpaste.

Additionally, miswak is eco-friendly, being biodegradable and natural, making it an environmentally friendly alternative to plastic toothbrushes. To use miswak, one trims approximately 1 cm of bark from one end, chews the exposed end until it becomes soft, and then uses it to brush the teeth. The used bristles should be cut off regularly to maintain effectiveness. Miswak holds significant cultural and religious value, especially in Islamic practice, where it is used and recommended (sunnah) by the Prophet Muhammad (PBUH) for oral hygiene. Beyond its religious significance, it has been a traditional dental care tool in various cultures for centuries due to its effectiveness and accessibility.

—• The evolution of a tooth brush: from antiquity to present

As we all know, toothbrushes are essential in any oral hygiene routine. This routine typically includes the use of a toothbrush and toothpaste. The concept of dental hygiene has evolved significantly over time, reflecting advances in technology, materials, and understanding of oral health. Although pointing out the exact origins of the toothbrush through centuries is challenging, ancient texts provide valuable evidence of its development. Tools specifically designed for tooth brushing have been traced back to between 3500 and 3000 BC. Chewing sticks of plants were prehistorically used by the early Arabs, Babylonian, Greek, and Roman societies for cleaning teeth. Similar practices were noted in China and India around 1600 BC.

By the 17th century, toothbrushes made their way to Europe. However, it wasn't until the 18th century that they became more widely used. Europeans modified the design, often using softer horsehair bristles. In 1780, William Addis, an Englishman, is credited with creating the first mass-produced toothbrush. After serving time in jail, where he used a bone with bristles glued into holes, Addis developed a similar design for the public, which became widely popular.

The biggest revolution in toothbrush design came in 1938 when DuPont introduced nylon bristles, replacing animal hair. Nylon was more durable, hygienic, and cost-effective, quickly becoming the standard material for toothbrush bristles.



The first nylon-bristled toothbrush was called "Dr. West's Miracle-Tuft Toothbrush." Toothbrush handles then transitioned to plastic, offering more durability and the possibility of ergonomic designs. Soft, medium, and hard bristles were designed in the same period.

The first electric toothbrush, developed in Switzerland in 1954 and introduced to the U.S. as Broxodent, automated brushing to improve cleaning efficiency. Over time, these toothbrushes have evolved to include features like oscillating heads, sonic technology, and built-in timers. Brands are now offering toothbrushes with biodegradable handles made from materials like bamboo, as well as replaceable heads to reduce waste.

• Is Miswak Better than a Toothbrush?

Miswak has been shown to be effective in removing plaque (which is a primary cause of gingivitis) due to its *natural* antibacterial properties and its content of fluoride, chlorides, silica, and other compounds. Miswak acts as a natural abrasive, allowing it to physically remove plaque from the teeth. Regular use of Miswak has been associated with reduced gingivitis due to its antimicrobial properties. It can help massage the gums, improving circulation and contributing to overall gingival health. On the other hand, modern toothbrushes, particularly those with soft or medium bristles, are specifically designed to remove plaque from all surfaces of the teeth efficiently. Electric toothbrushes, with their vibrating heads, have proven to be particularly effective, often removing more plaque than manual brushing and they often come equipped with features like pressure sensors to prevent excessive force, further protecting the gingiva from harm. Consistent brushing without using the proper technique will harm the gingiva whether it is by miswak or toothbrush.

In terms of overall oral hygiene, Miswak is effective due to its antibacterial properties and ability to clean teeth without the need for toothpaste. It also naturally combats bad breath. However, its effectiveness may be limited when it comes to reaching all areas of the mouth.

Modern toothbrushes, when used with fluoride toothpaste, provide great oral care. They remove not only plaque and bacteria but also help in preventing cavities and strengthening tooth enamel. Electric toothbrushes, with their advanced features, can enhance overall oral hygiene by ensuring thorough cleaning, even in hard-to-reach areas of the mouth.

Miswak is relatively simple to use but requires proper technique to achieve maximum effectiveness. One of its advantages is that it doesn't require water or toothpaste, making it convenient for use in various settings. Toothbrushes are easy to use and familiar to most people. Electric toothbrushes might require charging or battery replacements.

In terms of cost, Miswak is generally inexpensive and can be used for extended periods before needing replacement, making it a cost-effective option for oral hygiene. Manual toothbrushes are also relatively affordable, but they require replacement every three to four months. Electric toothbrushes can be more expensive.

Many studies discussing the efficacy of miswak and modern toothbrushes have shown a superior or comparable effect of miswak. Danielsen et al compared the efficacy of miswak and use of toothbrushes and found that the use of miswak was associated with a significant reduction of dental plaque and gingivitis along with comparable or superior oral hygiene effect. Bhambal et al found that chewing sticks had shown even better results in terms of reduction in plaque scores than in subjects using toothbrushes. As mentioned previously, electric toothbrushes have superior advantages when compared to manual ones, but realistically, most people use regular manual toothbrushes which could be less effective in comparison with the other options

However, both Miswak and toothbrushes offer distinct advantages in maintaining oral hygiene. Miswak is a natural, eco-friendly, and culturally significant option that effectively cleans teeth and promotes gingival health. Toothbrushes also offer good cleaning of the entire surfaces of all teeth (particularly the electric ones) but they need to be used with a good toothpaste as it does not have any natural properties to provide. The choice between the two ultimately depends on personal preferences, cultural practices, and individual oral health needs.



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Oral health
is a window
to your
overall health

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'Water intoxication' How much water is too much?

By Aya Ali
third year dental student

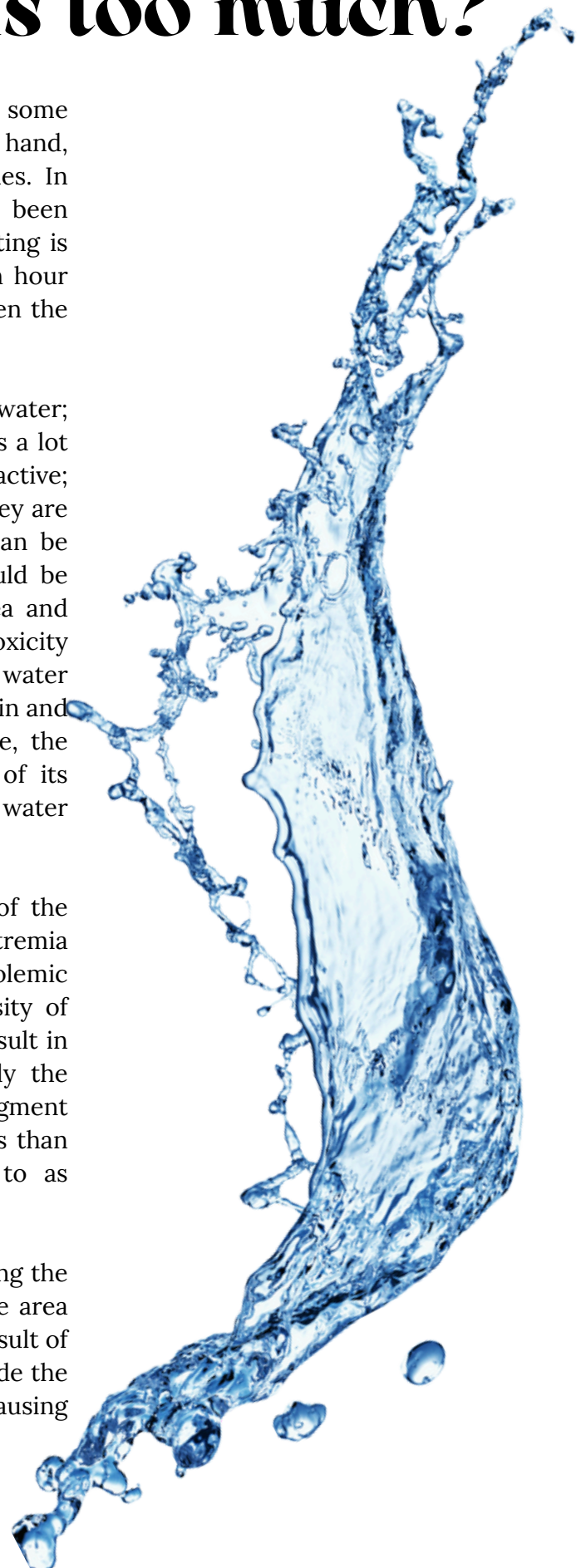
'Water intoxication' How much water is too much?

Water is essential in the body to allow some performances to be made and, on the other hand, water is poisonous if taken in large quantities. In other words, the only thing which has been established that kidneys are capable of excreting is 0. undefined Not a single sip of water per an hour and if one takes in more amount of water, then the electrolyte level in the body gets affected.

By intent, it is rather difficult to overdose on water; but there are some cases when a person takes a lot of water – for example, a person is physically active; they can sweat involuntarily, and, probably, they are thirsty. So the some of the symptom that can be exhibited as a result of water toxication could be dizziness, not knowing where one is , nausea and vomiting. However, the compound has no toxicity the excessive consumption leads to the water accumulating in body organs especially the brain and in resultant to the extreme, death. Therefore, the goal of this essay is to describe the signs of its manifestation, the causes, and the effects of water overload or water intoxication.

while poisoning water is another condition of the disordered brain function called hyponatremia because of drinking too much water. Hypervolemic types with high volumes have a higher density of proof of water in the blood. it may further result in dilution of the blood electrolytes particularly the sodium content in the body fluids. In the judgment of medical practitioners, if sodium level is less than 135 mmol/l there is a condition referred to as hyponatremia.

Sodium plays a role in the process of controlling the movement of water between the cells and the area outside them. When sodium levels drop as a result of taking excess water, the fluids shift from outside the outside cell membranes into the cells thus causing them to become oedematous.



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However, if such an occurrence occurs in the brain cells, the result may be severe complications, or even the death of the patient. Effects linked to overdosing with water they also claim that as soon as a person gets water intoxication and the cells in one's brain are full and water begins to gather in them, pressure builds up within the cranium. challenge in trying to distinguish between Sensory cuesThe medical term that is used to describe the state where there is accumulation of fluid in the brain tissues is called cerebral edema. This may affect the brain stem and therefore the central nervous system of the body. Excessive consumption of water may cause severe consequences like seizures, brain swelling, coma and sometimes even death.

What are the triggers of water intoxication?

It is difficult to over-hydrate by a long shot and water poisoning is very rare so unless one is intentionally trying to drink too much water, it is very hard to do. However, it can happen. Minority of indicated patients with water intoxication engage in sports or activities such as endurance or stamina training whereas other cases are associated with different mental disorders.

• Sporting events

• Calcium research can be carried out in endurance athletes as it has been identified that water intoxication is possible. This can occur if a person consumes large amounts of water without learning about the loss of electrolytes. That is why hyponatremia is often registered during major games and races.

In one of the older studies completed by the authors, out of 488 individuals that competed in the 2002 Boston Marathon, 13% had symptoms of hyponatremia, and 0.6% had serious level of hyponatremia with the sodium level of more than 120 mmol/l. Hyponatremia risk is higher because with sports of a long time duration, high loads of work, and with heat stress.

Military training: The Military Health System and Defense Health Agency recorded 1,690 exertional hyponatremia cases in the active components of the military from 2007 to 2022. Thus, the symptoms of hyponatremia may mimic symptoms of dehydration, which points to the necessity of accurate diagnosis and further treatment. For instance, a published report in 2015 reported and demonstrated that the high volume of water intake during a hot-weather 40-kilometer March exercise contributed to a fatal result contrary to the belief that it can help avert a fatal result. During the exercise, the soldier in question drank nearly 12.7 L of water while peers' water intakes were approximately 10 L.

Mental health conditions: Hypomania, Depression, Schizophrenia and personality disorders are among the mental illnesses that may cause compulsive water drinking, also known as psychogenic polydipsia. Commonly, it is observed in schizophrenia, however, it may be evident in affective, psychotic and personality disorders.

Drug interactions: Other effects include but are not limited to MDMA Trusted Source, which gives rise to excessive production of saliva, leading to victory drinking of water. Also, certain diuretic drugs and vasopressor can also contribute to hyponatremia in the body.

Drinking too much water can be harmful in rare cases

Drinking too much water can lead to water intoxication. This is rare and tends to develop among endurance athletes, soldiers, and people participating in sporting events.

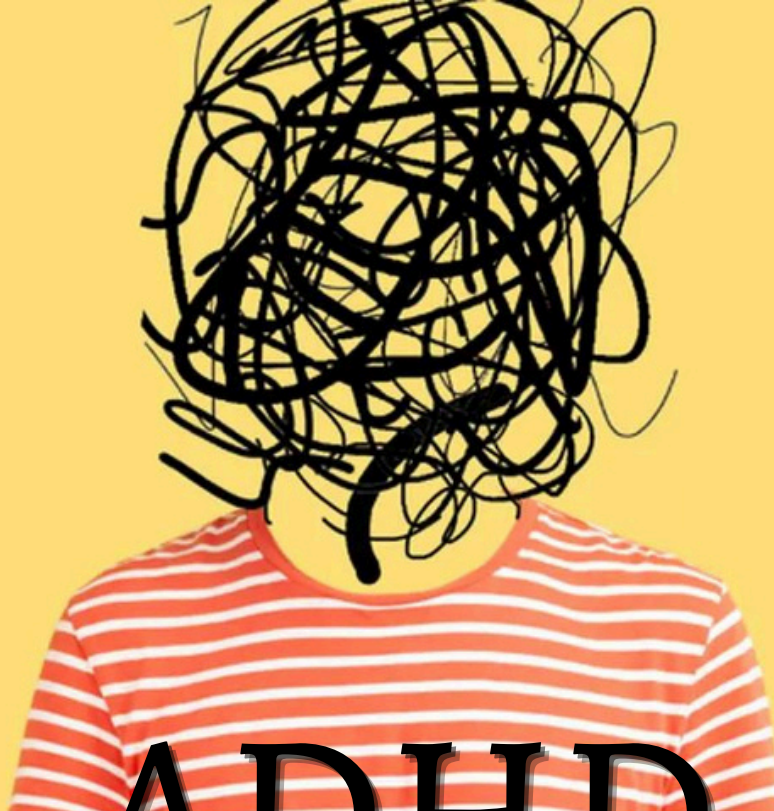
There are no official guidelines about how much water to drink. To avoid water intoxication, some sources recommend drinking no more than 0.8 to 1.0 liters of water per hour.





What Is ADHD? & Can I Be A Dentist With ADHD?

By Abeer Ahmed
third year dental student



ADHD


Attention Deficit Hyperactivity Disorder (ADHD) is a mental developmental disorder related to ongoing pattern of difficulty paying Attention, impulsivity, and hyperactivity. ADHD can affect a person's life a lot especially adults, leading to unstable relationships, poor work performance and other problems.

Symptoms of ADHD start during early childhood and continue during adulthood. In some cases ADHD is not recognized until the person become an adult. It's not as easy to recognise ADHD symptoms in adults as in children, since symptoms are clearer in children .

In some people ADHD symptoms such as hyperactivity, may decrease with aging, although some adults continue to have the same severe symptoms (difficulty in paying attention, restlessness, and impulsiveness) that interfere with their daily tasks. Symptoms can range from mild to severe. Adult ADHD symptoms include: difficulty in focusing, inability to multitask, impulsiveness, hyperactivity, mood swings, poor time management, low frustration tolerance, inability to cope with stress, and disorganization.

Many adults with ADHD don't know that they have it, but they are aware that they struggle with everyday tasks, like difficulty in focusing and forgetting important dates and meetings. Impatience while waiting and mood swings are caused by inability to control impulses.

Can I Be A Dentist With ADHD?



Living with ADHD and working as a dentist is possible but with certain challenges. Success in any profession, including dentistry, rely on many factors including passion, dedication, skill development, and hard work.

Considerations for dentists with ADHD:

-Focus and Attention: paying attention to details and focusing for a long time is required in dentistry, this might be challenging for individuals with ADHD but not completely impossible.

-Stress management: stress exists in every profession, and learning how to manage stress is important since dentistry can be quite stressful.

-Organizational skills: Effective time management and Organizational skills are important in dentistry, Developing these skills can help manage the demands of the profession.

People with ADHD can succeed by improving their strengths, ask for help and support when needed, and find strategies to manage their symptoms.

Tips that may help individuals with ADHD succeed in a career in dentistry:

·Identify strengths: people with ADHD often have unique personality traits like creativity and high energy levels, using these traits and aligning them with the demands of the profession can be beneficial.

·Look for support: asking for help and support from mental health professionals or mentors can help and assist in managing ADHD symptoms as well as dealing with challenges that a person may face in the workplace.


·Regular Breaks: Taking regular breaks during long procedures or study sessions can help maintain focus and prevent burnout.

·Coping strategies: Managing ADHD symptoms can be easier with effective strategies like breaking tasks into smaller, more manageable steps, using visual aids or reminders, establishing routines, and setting clear goals.

·Medication and Therapy: If prescribed, medication for ADHD can help improve focus and reduce hyperactivity. Behavioral therapy can also help develop coping strategies.

·Structured Environment: Creating a structured work environment can help manage ADHD symptoms. This includes organizing the workspace and having a consistent routine.

It's important to remember that success looks different for everyone, with the right strategies and support, anyone with ADHD can become a dentist and succeed in that field. Passion and determination along with support and additional efforts to manage the symptoms makes it possible for individuals with ADHD to achieve success in dentistry.



UPDATE

Feb. 1, 2024

According to the ADA (American Dental Association), the use of lead abdominal aprons or thyroid collars on patients when conducting dental X-rays is no longer recommended,

After reviewing published studies on radiography, the expert panel determined lead aprons and thyroid collars are not necessary to shield patients from radiation exposure. These recommendations apply to all patients, regardless of age or health status (like pregnancy). Evidence indicates that modern digital X-ray equipment and restricting the beam size only to the area that needs to be imaged better protect patients against radiation exposure to other parts of their body. Lead aprons and thyroid collars can also block the primary X-ray beam, preventing dentists from capturing the image they need.

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Pregnancy & Periodontal Health

By Rania Ahmed
third year dental student

Pregnancy & Periodontal Health

Periodontal disease is a serious condition resulting from bacterial plaque that accumulates around the teeth which can result in destruction of the tooth-supporting structures “periodontium”. This can lead to bleeding, inflammation, and tooth loss in later stages. The pathoses of periodontal disease begin with bacterial plaque that accumulate around the teeth. Hence, periodontal disease is highly associated with poor oral hygiene. When Periodontal disease is diagnosed and treated early, it is possible for the condition to become reversible. However, advanced stages which are characterized by severe bone loss are difficult to treat and are usually irreversible.

Periodontal health in pregnant women

A high number and different severities of periodontal disease has been recorded since the sixties. The latest studies have shown that around 50-100% of pregnant women have gingivitis. Numerous research has proved that pathogens and metabolites can result in adverse outcomes which have many serious effects on the health of pregnant women and their babies. These include early birth, low birth weight, and pre-eclampsia. Despite the late improved technology in medicine, adverse pregnancy outcomes have not decreased and are still a health threatening concern.

The influence of periodontal pathogen infection

Between 25% to 40% of early birth cases were found to be caused by intrauterine infection as a result of periodontal pathogens invading

the uterus through the blood stream. Some of the periodontal pathogens that were marked are *Aggregatibacter actinomycetemcomitans*, *P. intermedia*, *C. rectus*, *T. forsythia*, *T.denticola*. and the most prevalent species are *F. nucleatum*, and *P. gingivalis*.

The effect of pregnancy hormones

Although pregnancy gingivitis is caused by dental plaque, pregnancy hormones e.g. estrogen, progesterone, and androgen exaggerate the response of gums to infections, which increases the susceptibility of pregnant women to periodontal disease and affects the severity of an existing inflammation. the cause of aggravated gingiva in pregnant women was found to be associated with the high level of progesterone, which is an essential hormone during early pregnancy. It produces prostaglandins, which helps in blood vessels dilation, leading to increased gum sensitivity and vulnerability to bacterial plaque. A significant increase was noted in both progesterone and estrogen during pregnancy that reduces eventually after giving birth to the baby.

Investigation reports have revealed that the highest severity of gingivitis was found to be between 2nd - 3rd trimesters, which is due to hormones levels reaching their peaks. Gingivitis can be extremely severe by the 8th month. However, in the 9th month it is less severe and eventually reduces within a year after the baby is delivered.



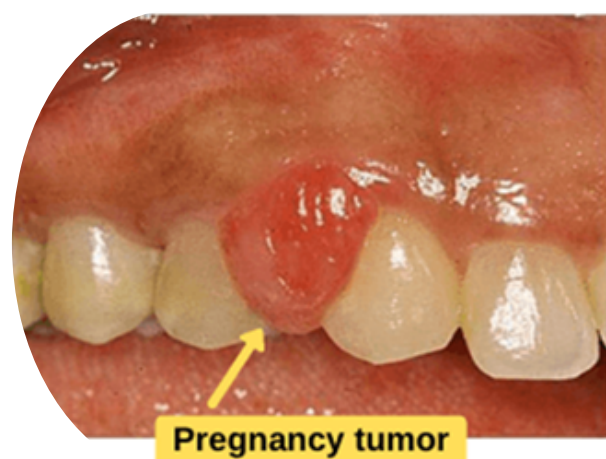
Pregnancy Gingivitis

Pregnancy gingivitis is characterized by ease of bleeding “even with minimal mechanical stimulation”, pocket depths, increased GCF flow, shiny bright reddish to bluish red swelled gingiva that appear smooth and soft and have an appearance of raspberry-like. The extremely red gingiva indicates high vascularity which tends to bleed. However, most of the time, these changes are asymptomatic unless accompanied by acute infection.



Pregnancy Tumor

Also known as pregnancy epulis / pyogenic granuloma is a non-cancerous, tumor-like lump that is usually painless. It is mostly seen during the 2nd trimester. The main cause is unknown, but it was thought to be related to bacterial plaque and hormonal alterations. In pregnancy tumor, the interdental gingiva appears red and raw-like, that is most of the time seen in the front part of the upper teeth. The lesion tends to shrink and disappear on its own after the baby is delivered. However, sometimes it may cause pain and discomfort. Excision can be performed although it is not recommended in pregnant women due to high chances of increased uncontrollable bleeding and the possibility to recur postpartum.



Prevention of periodontal disease for pregnant women

Maintain good oral hygiene: teeth brushing at least twice a day, flossing, and fluoride toothpastes are helpful in elimination of dental plaque and ensures the health of the teeth and gums.

Antacids and mouth rinses: mouth rinsing can reduce the bacterial load, while antacids are crucial to neutralize the acids in your stomach. This is recommended for patients that find brushing nauseous.

Healthy diet: avoid food with high sugar and carbohydrates for improved overall health. Pregnant women need healthy food containing vitamins, fibers, and protein. Making smart food choices will assist in having a healthy pregnancy journey with a healthy baby.

Regular dental check-ups: visiting your dentist every 6 months aids in the diagnosis of early stages of periodontal diseases and to ensure oral health.

Treatment of periodontal diseases during pregnancy

The first and the most important key to oral health in pregnancy is to avoid accumulation of bacterial plaque, and this can be easily prevented by improving oral hygiene and regular dental professional visits. Achieving a proper adequate oral health for pregnant women was hindered by myths considering the safety of oral health in the past, which resulted in development of dental phobia in numbers of pregnant women. Although their dental health was at risk, 41% pregnant women have ignored dentist appointment for at least 1 year before pregnancy. These studies have shown low dental services caused by lack of education, challenges to access, as well as the fear of dentists. Specific approaches for the elimination of dental plaque and the latest oral health interventions have been safe to use during the 2nd trimester. They are considered an efficient option to maintain the health of the periodontium along with less inflamed gingiva.

To conclude, during pregnancy, women become more open to learn and acknowledge more about improving their health and try their best to implement them in their lifestyle. Simple oral manifestations should not be left and should be checked before the case worsens. It is highly recommended for pregnant women who have no complications to also follow preventive oral checkups. Because of that, educating about oral health for pregnant women proved to be effective in the prevention of periodontal disease. The rule of oral health professionals is to educate, promote periodontal health among pregnant women groups, and promoting appropriate treatment approaches. This will minimize the risks and complications, as well as enhance the health of both the mother and her baby.



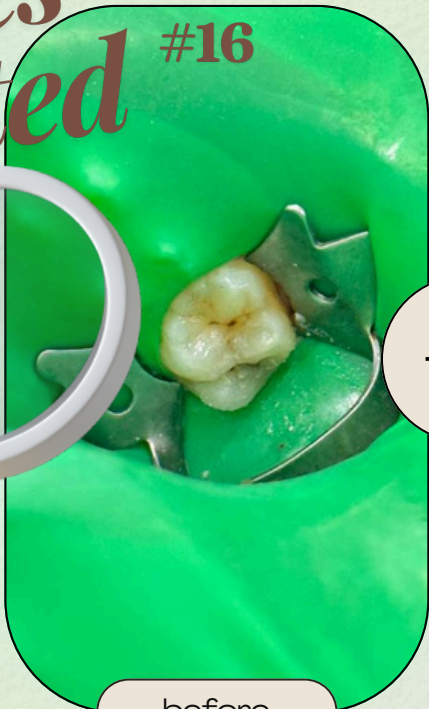
Dental Clinic



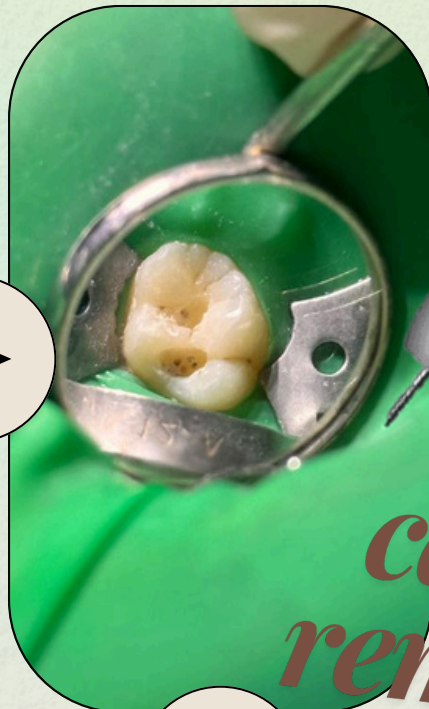
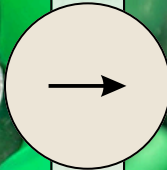
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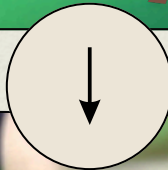
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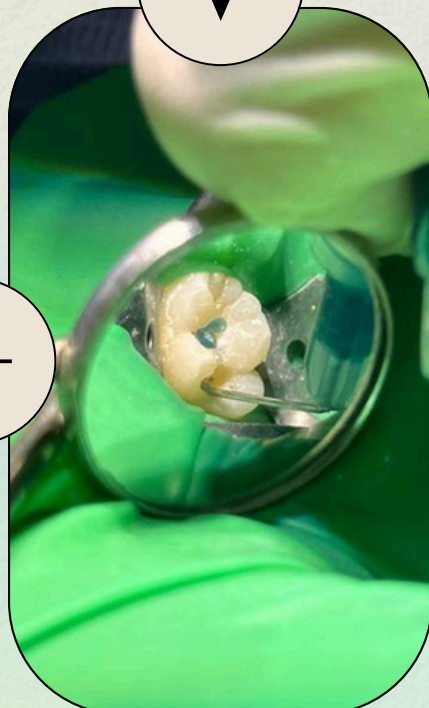
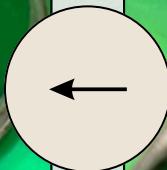
before



caries removed



after



tooth restored

by Maryam Mahmoud
fourth year dental student

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Oral Health Awareness Campaign

In Celebration of World Oral Health Day an Oral Health Awareness Campaign in Fujairah was launched aiming to improve dental hygiene practices among all community members. The campaign was recognized on the FDI (World Dental Federation) international map of activities. The Oral Health Campaign extended its reach to various settings; LuLu shopping Mall (Sharing The Future), caring & appreciating senior citizens (Bridging Generations at Sharjah Social Services Department, Maliha Branch), attention for all community members (Kalba Municipality Camp for Workers), Saint Mary's School Health Awareness Camp, in addition to USTF Community (USTF Mental Health Day).

Sharing the Future Event at LuLu Mall



Bridging Generations at Sharjah Social Services Department, Maliha Branch



Kalba Municipality Camp for workers



Saint Mary's Health Awareness Camp



USTF Mental Health Day



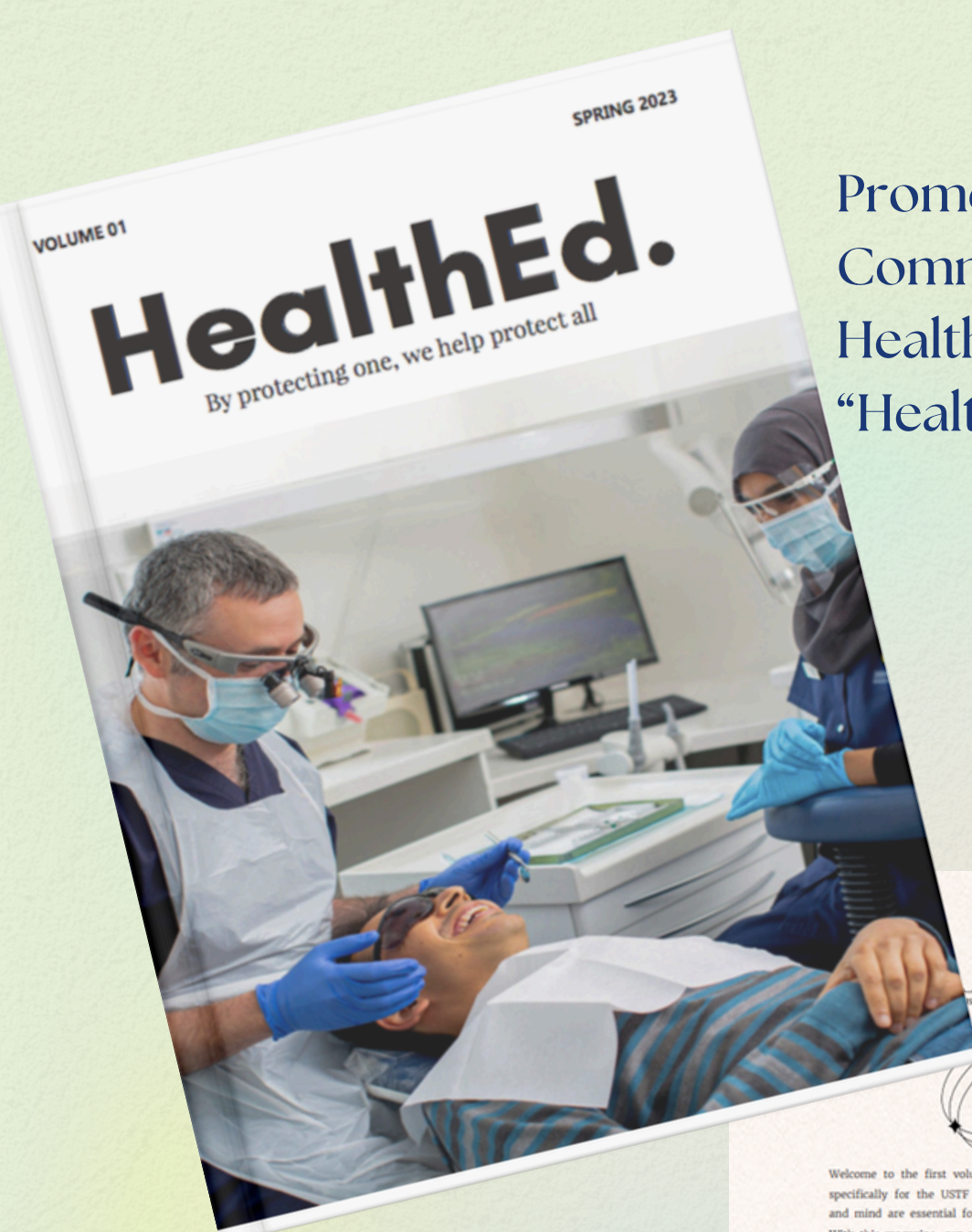
USTF
Community

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Pediatric Clinic <3



The USTF Dental Clinic offers free oral healthcare to all community members promoting preventive practices & alleviating pain and discomfort. Providing service for over 1500 patient/yearly.



Promoting Community Oral Health through “Health Ed” magazine



Dear readers,

Welcome to the first volume of Health Education Magazine, tailored specifically for the USTF community. We believe that a sound body and mind are essential for academic success and personal fulfillment. With this magazine, our goal is to provide you with valuable insights, evidence-based information, and practical resources that will enrich your knowledge which we believe is the key to making informed decisions and taking proactive steps toward leading a healthier, more balanced life. Within these pages, you'll discover articles and features covering a range of health-related topics relevant to university life, including preventive care, disease management, stress management, balanced lifestyles, mental resilience, nutrition, physical fitness, and other essential aspects of well-being. We value your input and encourage you to actively participate in shaping the magazine's content by suggesting topics of interest. Together, we can create a collaborative platform that supports your health and well-being. Thank you for joining us on this journey. We are honored to have you as our reader, and we are committed to continuously improving and delivering a magazine that resonates with you.

Editor-in- chief



Maysa Saif Aladdin

Supervisor



Dr. Sherine Badawy

Our magazine

Career Counseling for School Students

“Be a Dentist for One Day”



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Career Counseling for School Students



USTF Research Initiative to School Students, UAE Hackathon & USTF AI Competition



IMG WORLD TRIP



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RAMADAN

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YEAR 5

FINAL

LECTURE





Let's Bake

with

Sara Aladdin

third year dental student



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Pound cake with Lemon and Blueberries

Ingredients:

All at room temperature
2 and 3/4 cup flour
2 teaspoon Baking Powder
1/2 teaspoon salt
1 cup labneh
1/2 cup milk
1 and 3/4 cup sugar
200 grams butter
5 lemons zest
1 teaspoon Vanilla
4 eggs
1 and 1/2 cup blueberries

For sugar glaze:

Mix 1/2 cup powdered sugar + 1 tablespoon of milk
or lemon juice



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The Psychology of Color: How Colors Affect Mood and Perception

by Ms. Marah Aladdin

College of Engineering - Teaching Assistant



The Psychology of Color: How Colors Affect Mood and Perception



Did you know that colors have an effect on how we view and feel in the space?

Color is the brain's interpretation of the different wavelengths of visible light waves. The study of color and our everyday use of it is a mix of both art and science.

Basics of Color Theory

Color is a fundamental aspect of our visual experience, influencing both our perception and emotions in profound ways. At its core, color encompasses several key attributes: hue, saturation, and brightness. Hue refers to the pure color itself, like red or blue, while saturation, or tone, describes the intensity of the color, indicating how vivid or gray it appears. Brightness denotes the extent to which a color contains white or black, affecting its overall lightness or darkness.

The color wheel is a pivotal tool in color theory, categorizing colors into primary, secondary, and tertiary groups. Primary colors are red, blue, and yellow, which serve as the foundation, while secondary colors like orange, violet, and green are created by mixing two primary colors. Tertiary colors arise from blending a primary color with a secondary one, adding further complexity and variation.

Color and Psychology: is there a meaning behind color schemes?

Color schemes and combinations enhance visual aesthetics by utilizing different relationships between colors. A monochromatic scheme relies on variations of a single color, producing a harmonious and consistent appearance. Analogous schemes pair a primary color with the two adjacent colors on the wheel, creating a cohesive look. Complementary schemes use colors positioned directly opposite each other on the wheel to create striking contrasts, while split-complementary schemes involve a main color and the two colors adjacent to its complement. Triadic schemes offer high contrast and balance by selecting three equally spaced colors around the wheel.

Psychological Impact of Colors

The psychological impact of color is a fascinating area of study. Bright and saturated colors tend to uplift mood and provide visual pleasure. Cool colors, such as blues and greens, evoke calmness, while warm colors like reds and oranges stimulate energy and enthusiasm. Each color also carries its own psychological connotations: red can signify excitement and love but also anger; orange is associated with adventure and celebration; yellow evokes creativity and happiness; green represents nature and balance; blue conveys trust and peace; purple suggests spirituality and creativity; pink symbolizes sweetness and delicacy; brown stands for stability and neutrality; black denotes sophistication and power; gray implies neutrality and safety; and white signifies purity and calm. Understanding these associations helps us appreciate the powerful role color plays in shaping our experiences and emotions.

Further Insights on Color Psychology

Colors play a crucial role in our psychology, influencing mood, behavior, and perception. For instance, red can increase energy and passion but might also lead to feelings of aggression if overused. Blue, often used in bedrooms and offices, can promote a sense of calm and productivity. Green, with its association with nature, can create a sense of balance and tranquility, making it ideal for living spaces and bathrooms. Different shades and tints of colors can evoke various emotional responses. Light colors can make spaces feel larger and more open, while dark colors can make a space feel cozy and intimate. Understanding these psychological effects can help in creating environments that enhance well-being and functionality. Designers often use color to draw attention to specific areas, create focal points, or balance other design elements. By strategically applying color theory, one can transform a space into an aesthetically pleasing and psychologically beneficial environment.



What is

SDF?

(silver diamine fluoride)

According to the ADA (American Dental Association), evidence shows that SDF at 38% can be an effective, non-invasive treatment option to arrest dentinal caries.

Silver diamine fluoride is a colourless or blue-tinted liquid with a pH between 10 and 13. SDF offers the possibility of arresting or slowing the progression of caries lesions in primary and permanent teeth without removing sound tooth tissue as silver inhibits bacterial/biofilm growth. SDF also appears to promote remineralization of demineralized dentin due to fluoride ions. However, permanent staining is observed in arrested caries lesions managed with SDF, limiting its use in esthetic areas. Other downsides are unpleasant metallic taste, and potential to irritate gingival and mucosal surfaces.

SDF is preferred to be used in deciduous teeth and older individuals, especially when physical limitations or lack of access to conventional restorative techniques like resin composite or amalgam restorations are issues. SDF is particularly useful for young children and individuals with special care needs, as it can be an alternative to advanced sedation techniques, making it a viable treatment when sedation is not desirable or available.

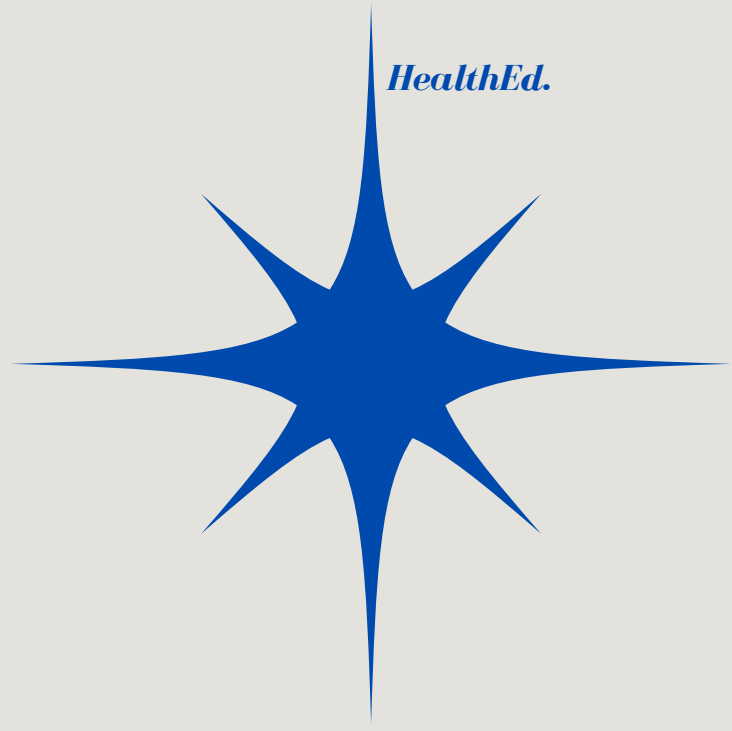


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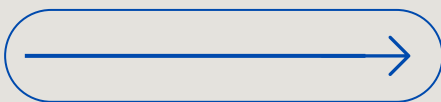
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USTF EVENTS

Fall 2023-Spring 2024



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The University of Science and Technology of Fujairah celebrated "Flag Day"

Thursday, Nov 02, 2023

Prof. Ali Abou Elnour, the Chancellor of the University of Science and Technology of Fujairah, raised the national flag at the main building of the university, in the presence of faculty members, university staff, and a large number of students.



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52nd National Day Celebration



His Highness Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, witnessed the celebrations of the 52nd Union Day of the country, organized by the University of Science and Technology in Fujairah



The Crown Prince of Fujairah toured the exhibition organized as part of the festivities, which showcased various heritage contributions, craftwork displays, productive families, and popular groups that reflected the cultural and social heritage of the United Arab Emirates and its authentic meanings.

Prof. Ali Abu Al-Nour, the Chancellor of the University of Science and Technology in Fujairah, delivered a speech during the ceremony, stating that celebrating the Union Day of the UAE is a cherished national occasion in the hearts of citizens and residents on the UAE's land. It embodies the love for the homeland and the meanings of loyalty and belonging under the banner of the proud union every year.

The university's celebration program included various festive segments in which students, the audience, and presenters of popular shows participated, showcasing heritage elements and the joy of the participants in the national occasion.

The celebrations were attended by Dr. Ahmed Hamdan Al Zeyoudi, Director of the Office of the Crown Prince of Fujairah, and Mr. Yousuf Al Marzoudi, a member of the university's Board of Trustees, along with a large audience.



AEEDC

Scientific Visit

Wednesday, Feb 07, 2024



The Dentistry College recently organized a remarkable scientific journey for its students to the AEEDC 2024 International Conference and Exhibition held in Dubai. The event provided students with a valuable opportunity to engage with scientific lectures, hands-on workshops, and explore the extensive exhibition showcasing the latest advancements in the field of dentistry. The students immersed themselves in the wealth of knowledge presented at the conference, benefiting from insightful scientific lectures and practical workshops conducted by experts in the dental industry. The exhibition, a focal point of the AEEDC 2024, featured state-of-the-art dental equipment and technologies, offering students a firsthand look at cutting-edge developments in their field of study. Highlighting the exceptional participation of the Dentistry College, two standout students, Yaqeen Al Nuqawa and Mariam Al Afifi, showcased their research poster in the main hall of the conference. Their noteworthy contribution underscored the commitment of the college to encourage and recognize the academic achievements of its students.

Prof. Dr. Tamer Hassan Dean of the Dentistry College expressed satisfaction with the students' active engagement and emphasized the importance of such experiences in fostering a culture of continuous learning and staying abreast of the latest advancements in dental science.

The educational trip to AEEDC 2024 not only expanded the students' knowledge base but also provided a platform for networking and interaction with industry professionals. The college remains dedicated to offering enriching opportunities that contribute to the holistic development of its students.

The 16th Student Scientific Conference

at the University of Science and Technology of Fujairah Under the Slogan of “Breaking Boundaries to Explore Innovative Research”

Thursday, May 02, 2024



During the preparation phase for the conference, all university students were invited to participate in it, especially students in the final years of their university studies or about to graduate due to their advanced scientific and methodological experience in conducting research. The instructions and steps for participating in the conference and the means of presentation were also announced, in addition to the research evaluation criteria. The students were asked to address the main themes of the conference and its slogan as part of the university’s social responsibility and to highlight the role of university students in effectively contributing to facing important national and global challenges.

The number of participants in this year’s student scientific conference was 194 male and female students from 6 different colleges and 171 teams, under the supervision of 30 faculty members. Students who won first place were honored, and electronic certificates were prepared for all participants, in addition to the supervisors, judges and event organizers.





The Hstf News

Jun 05, 2024

Wednesday

CONGRATS GRADS! SUSTAINABILITY YEAR CLASS GRADUATION CEREMONY



Congratulations to the Sustainability Year Batch!

In compliance with the directive of His Highness Sheikh Mohamed bin Zayed Al Nahyan, President of the UAE, to extend the "Year of Sustainability" initiative to include the year 2024, and in alignment with the national spirit, the University of Science and Technology in Fujairah has joined the celebrations by naming its graduating class of 2024 "Sustainability Year Batch".

On this Occasion, the University of Science and Technology of Fujairah is delighted to honor its graduates and to extend to them warm greeting and deep wishes as bearers of its torch of knowledge and as role models for coming generations eager to achieve success.



The University of Science and Technology of Fujairah is proud of the partnership with the community represented by its graduates and their families, and it will continue as a beaming center of learning and enlightenment.







His Highness Sheikh Mohammed Al Sharqi Attends the Graduation Ceremony of the "Sustainability Year Class" at the University of Science and Technology of Fujairah.

His Highness attended the graduation ceremony of 161 students from the University of Science and Technology of Fujairah "Sustainability Year Class," in the presence of Sheikh Saif bin Hamad bin Saif Al Sharqi, Chairman of the Fujairah Free Zone Authority, Sheikh Engineer Mohammed bin Hamad bin Saif Al Sharqi, Director General of the Electronic Government Department of Fujairah, Sheikh Abdullah bin Hamad bin Saif Al Sharqi, President of the UAE Bodybuilding and Fitness Federation, and His Excellency Saeed Mohammed Al Raqbani, Special Advisor to His Highness the Ruler of Fujairah and Vice Chairman of the University Board of Trustees.

Professor Ali Abu Elnour, Chancellor of the University of Science and Technology of Fujairah, delivered a speech in which he praised the support of His Highness Sheikh Mohammed bin Hamad Al Sharqi, Crown Prince of Fujairah, for educational institutions in the emirate and His Highness's interest in their development by providing the best educational tools and practices.



HONORS

Ceremony

Wednesday, Jun 05, 2024



The University of Science and Technology of Fujairah organized a special ceremony to honor strategic partners and training partners, as well as distinguished students, at the Fujairah Creative Center, Ministry of Culture, in the presence of a group of academic and administrative figures and representatives of cooperating companies and institutions.

Certificates of appreciation were given by his excellency Prof. Ali Abouelnour, Chancellor of the University of Science, and technology of Fujairah, to honor the distinguished students who showed academic and professional excellence during their studies and training, and faculty members who excelled in the field of teaching, research and community service.

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