

WELCOME!

Salam all!

We Proudly Presents you the first issue of PharmaSCOPE ,the magazine which is brought to you by Computer & internet agency (CIA) at Tanta pharmaceutical Scientific Society (TPSS) , we hope that we'll be able to give you the most Updated medical news on an attractive & modern look. Please help us to improve! If you have any question or comments, please contact us at our website.

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BEL 3ARABI!

علي مدي 14 عاما وبمشاركة 33 أستاذا من كليات العلوم والطب والصيدلة والطب البيطري وكلية العلاج الطبيعي والصيدلة والزراعة وهيئة الطاقة الذرية توصل الباحثون المصريون إلي نظرية جديدة هي نظرية الرنين البيومغناطيس، التي تفسر اسلوب تأثير الموجات الكهرومغناطيسية المنبعثة من خطوط الضغط العالي وابراج البث الاذاعي والتليفزيوني والمحمول ومن الاجهزة المنزلية وذلك علي الانسان والحيوان والنبات والميكروبات والفطريات وأثبت هذه النظرية ان هناك خطورة شديدة علي صحة كل المخلوقات بهذه الموجات ولكن يمكن استخدامها في السيطرة علي الخلايا سواء الخلايا السرطانية أو الميكروبية أو الفطريات بواسطة الاشارات الكهرومغناطيسية، أشرف علي هذه الدراسة الدكتور فاضل محمد علي استاذ البيوفيزياء الاشعاعية والطبية بعلوم القاهرة.

وكانت بداية المشروع عام 1989 - وقسم عده مراحل حيث تم عمل دراسات ميدانية واحصائية حول توزيع المجالات الكهرومغناطيسية والكهربية حول مناطق بثها مثل ابراج البث الاذاعي والتليفزيوني - وعند خطوط القوي الكهربائية وابراج الضغط العالي - وكذلك في داخل بعض المنازل وبعض المدارس والمستشفيات القريبة من هذه المصادر وفي بعض المصانع التي تستخدم التيار الكهربائي في المنازل - وتم عمل دراسة ميدانية عن طريق فريق طبي للمتعرضين عن زيادة شيوع بعض الامراض مقارنة بالمجموعة الضابطة وقد توصل الفريق البحثي إلي عدة نتائج خطيرة. وقد تمت الدراسة في مناطق شارع 15 مايو بمنشية رستم والمنشية الجديدة وشبرا الخيمة - وعين شمس والمطرية - وقد وجد زيادة الاصابة بين القاطنين في المناطق المعرضة بأمراض الحساسية بنسبة 200% - والتشوهات الخلقية للمواليد بنسبة 280% وارتفاع ضغط الدم بنسبة 1,6% والصداع المزمن بنسبة 2,9% وأمراض الجهاز الهضمي بنسبة 332%.

يمكنك الحصول على الموضوع كاملا من موقعنا!



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PharmaSCOPE

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What's on SCOPE?
- a Hope for Alzheimer!
- Let's Sleep Well!
- FDA updates..
- Have a Chocolate?
.. & MORE!

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FACTS ABOUT CHOCOLATE!

BY: AHMED SAIED.

Did you know that the scientific name of the chocolate plant -Theobroma cacao- means "Food of the Gods"

- The melting point of cocoa is just below human body temperature. This is why chocolate melts in your mouth.
- Theobromine, a mild stimulant found in chocolate, can be toxic or even lethal to domestic animals such as dogs, cats, and other animals as a result of its affect on their kidneys, heart, and central nervous system.

•To Get the benefits from (Chocolate) you should choose your Chocolate as follows:

Avoid chocolates that are high in sugar.

Choose high quality, darker and bitterer chocolates. Look for chocolate made with cocoa butter instead of hydrogenated fats or oils such as palm and coconut oil, which are much worse for your heart. Chocolate is considered high-quality if the only added fat is butter, or if there is no added fat at all

> **Why Chocolate makes us feels good ??**

Researchers found that chocolate contains chemicals called anandamides that make us feel good, and another substance called phenylethylamine that seems to be a mood elevator. .The taste of chocolate melting in a person's mouth also stimulates the brain's "feel good" chemicals, endorphins.

A recent major theory was that a meal high in carbohydrates, including chocolate, increases the level of the brain chemical serotonin that regulates mood, and makes us feel calm and relaxed

- Chocolate is a rich source of magnesium and phosphorus. It also has small quantities of minerals such as potassium, calcium, zinc and iron, and vitamins A, B1 and B2.
- Chocolate contains antioxidants that help protect against diseases, and after eating it, the antioxidant capacity of the blood increases for at least six hours.
- A 40 gram chocolate bar contains about eight grams of fat. Cocoa powder usually contains about one third of a gram of fat in one cup.
- There are about 10 - 30 milligrams of caffeine in a 40 gram chocolate bar, while a cup of coffee contains around 100 to 150 milligrams!

NEW HOPE FOR ALZHEIMER

BY: AHMED ABDELHAKIM.

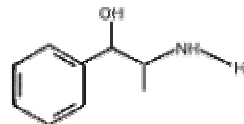
Make it possible transplantation of stem cells from patient's bone marrow to the brain and take over the function of damaged cell and so we can treat Alzheimer and other neurological illnesses research team in UNIVERSITY OF CENTRAL FLORIDA found that treating bone marrow cells in lab. Culture with BROMODEOXYURIDINE make adult human stem cell more likely to develop as neural cell after they where implanted in adult brain. You have to know that using patient's own stem cell instead embryonic is important because we won't have to worry about immune system rejection of new cell .Why stem cell !? stem cell hold promise for treatment of many diseases because they are capable of dividing endlessly and develop into many different types of human cell.

USES OF BROMODEOXYURIDINE improve the chance that the stem cell taken from adult bone marrow would have the potential to develop efficiently into neural cell.

NEW DRUG RECALL

BY: AHMED ABDELHAKIM.

Please take your precaution and read drug elements now drugs containing PHENYLPROPANOLAMINE has been linked to increase hemorrhagic stroke(bleeding in the brain) among women 18-49 in the 3 days after starting use of medication ,the problem where not found in the men, however, the FDA recommend that everyone even children seek alternative medicine.



This ingredient is found in most common cold drugs & flu treatment; you have to know that drugs containing phenylpropanolamine were recalled from USA Markets by (FDA).

You can get insurance about this issue and what you can use instead of these drugs from FDA Website at:

<http://www.FDA.org>

LET'S SLEEP WELL!

BY: ALAA ELKADY.

Getting enough sleep is more important than you think Sleep plays a much more important role than just providing rest! It restores both the mind and the body, allowing you to function at peak levels the next day. Many people don't realize that lack of sleep, or sleep deprivation, is a major contributor to serious medical conditions. Among these are depression, high blood pressure, muscle pain, and the early onset of kidney disease and diabetes. Sleep deprivation also plays a role in memory loss, lack of concentration, and poor judgment.

To be healthy and stay healthy, you must get enough sleep. During sleep, your body goes to work actively repairing itself.

Damaged cells are replaced with new ones, while organs and muscles are repaired and re-energized. The immune system is boosted during sleep, and the brain processes the day's activities and thoughts, which are then put into memory.

Insomnia affects 20-40% of adults each year and experts say that 50% of the population will experience insomnia at some point during their

life. The consequences of not getting enough sleep are widespread and can range from tiredness the following day to injuries on the road or at work. If sleep deprivation continues, health problems can ensue. Most of us have experienced a sleepless night where we've tossed and turned and counted sheep until the sun came up.

> **There are two types of insomnia:**

1-acute (temporary) : When this sleeplessness lasts only for a few nights or, at most, a few weeks

2-chronic (long-term): when insomnia persists on a longer-term basis, it is referred to as chronic insomnia.

In general, chronic insomnia is defined as insomnia that lasts for three or more nights a week for more than one month.

> **Sleeping Tips:**

- Keep regular hours. Try to go to bed and wake up around the same time every day.

- Develop a "sleep ritual." If you do the same things before you go to bed each night, it will train your body to get ready for sleep.

- Take some time to relax and unwind before you go to sleep. You may try stretching, relaxation exercises, a hot shower or glass of hot milk will help!