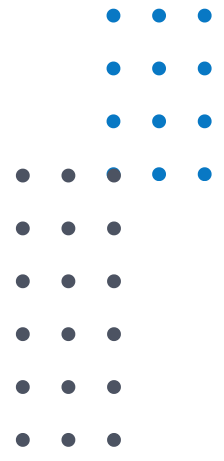
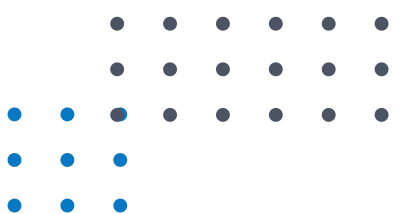




# Newsletter no 6/2023



MEDICAL  
UNIVERSITY  
OF LODZ



## Message from the Editors

We are happy to present you with the 6<sup>th</sup> edition of our MUL Newsletter. In this issue we want you to meet Ms. Natalia Gajek-Widerska, who is the Manager of the Department for Students Affairs of the Administrative Centre for Studies in English:

*Dear Graduates,*

*My team of administrative coordinators and I are here to help you with all the post-graduate verification and documents which you might need to confirm your academic education. As we supported you during the course of your studies, we want to support you further in your career. If you have any requests or questions, please write directly to the Dean's Office: [deans.office@umed.lodz.pl](mailto:deans.office@umed.lodz.pl). We wish you all the best and hope that you will share your post-grad stories with us!*



**Natalia Gajek-Widerska**

Manager of the Department for Students Affairs of the Administrative Centre for Studies in English



This year we celebrate 20th anniversary of the MUL's English Division! In October 2003 a group of 8 freshmen from United States and Canada began their studies at the newly opened English Division of the Medical University of Lodz. Twenty years later every year over 100 students start their medical and dental education at MUL and currently we have over 700 students from almost 70 different countries.

After these 20 years we have a lot to be proud of. We have educated almost 1200 doctors and dentists from all over the world, who have successfully developed their careers in a variety of medical fields.

MUL underwent significant changes. The most spectacular metamorphosis can be observed in the area of the Clinical and Didactic Centre. Together with thermomodernisation the building gained new look. Many facilities in the area have been renovated and MediHub, Brain and MolEcoLab opened in recent years. Due to renovation, the Information and Library Centre building was fitted with new technologies, becoming a student-friendly environment with silent study rooms, computer rooms and chillout zone. Old Collegium Anatomicum building at 60 Narutowicza street was renovated and now students

learn anatomy in modernized building at Żeligowskiego street. Most recently, the physical education centre and swimming pool at 6 Sierpnia street was renovated.

Łódź itself has also changed a lot. New Łódź Fabryczna railway station was built. In its neighbourhood, a former electrical power and heating plant EC1 has been transformed into a modern science and technology centre. The most famous street, Piotrkowska, has gained new look and in the city you may find many modernised tenement houses.

Over the last 20 years our University facilities have been witness to many a relationship established, some of which turned out to be lifelong friendships and loves.

You spent there the best years of your youth. We hope you recall this time with pleasure.



On the occasion of our 20th anniversary, we would like to encourage you to **share with us your most interesting memories from MUL**. Funny situations or achievements that you were proud of. Or maybe you want to boast about the acquaintance you made during your studies or greet a friend, a group or the whole year? Be sure to let us know, we will publish your story or greeting in the next newsletter!

**Below some pictures from the past. Do you recognize yourself or your friends?**



## Alumni stories

Today we would like to share with you stories of **Dr Tolulope Osinuga and Dr Adediran Adelekan.**

All of you spent a few years of your life at our University. After graduation some of you came back to your home countries, some chose a new place to live, but all of you began walking a new path. We would love to hear about this new chapter of your lives and professional careers. Please email your story (maximum 10 sentences) and photo to: [mul.alumni@umed.lodz.pl](mailto:mul.alumni@umed.lodz.pl), if you want to catch up and share your journey with others like you.

“

The Medical University of Lodz sharpened my knowledge and increased my passion to pursue my goals and dreams. I made friends who became family and loved-ones.

My stay in Lodz was an amazing journey as I not only got involved in medical part of the study, I was also engaged in some many extra-curricular activities, which is something I think needed in this line of profession. At the end of my medical study, I did and passed the Polish state exam (LEK) as this ensures my proficiency.

I then followed the path of starting the UK-foundation program in Malta, where I recently finished my FY-1 training which has broadened and deepened my clinical skills and knowledge as I have rotated in several surgical and medical specialty. The foundation program is a great program which is designed to create a bridge between medical school and starting residency. I am currently in FY-2, another phase of the training to further broaden and sharpen my clinical skills.

I am a lover for Research and Audits. In my first year, I was able to participate in several audits/quality control, developed a case-study which were both presented at different functions and conferences. Also, I was engaged in a lot of teaching and mentoring of medical students as I love to impact knowledge to others. In line to developing myself, I have also engaged in several courses to deepen my clinical skills and knowledge. Another milestone for me, was co-founding the Community of African Doctors in Malta (CADM), a community which intends to bring doctors of African origin together and share a common goal. I was acknowledged by the community with various awards.

As I start my FY-2, I look forward to pursuing and developing myself in areas of medicine, especially surgery. I will always remember Medical University of Lodz as my alma mater, which contributed an immerse path in my medical career.



**Dr Tolulope Osinuga**  
Graduate of  
4MD Programme 2020

Impacting and showing care to humans has always been one of my cherished goals in life. I started my journey into the medical profession by first obtaining a degree in Human Anatomy (B.Sc Anatomy) in my home country, Nigeria, from which I emerged as a best graduating student in my year. I then further pursued my medical degree in the Medical University of Lodz.

”



**Dr Adediran Adelekan (MD,  
MBA, MPA)**

Graduate of

6MD Programme 2020

Once upon a time, in the beautiful city of Lodz, Poland, I embarked on a journey that would shape my future in the field of medicine. It all began in 2014 when I was accepted into the Medical University of Lodz, Poland's English Division. Little did I know that this educational institution would become a second home to me, providing not only an exceptional medical education but also fostering an environment of growth and proactive learning.

Throughout my years at the Medical University of Lodz, I was driven by a thirst for knowledge and a passion for making a positive impact in the healthcare sector. While pursuing my medical degree, I demonstrated my dedication and commitment to excellence, which culminated in being awarded the prestigious "Student of the Year" in 2020, an accolade that filled me with pride and reaffirmed my path.

“

In parallel to my medical studies, I seized the opportunity to expand my horizons by pursuing an MBA and MPA in healthcare administration from Clark University, USA, and the University of Social Sciences, Lodz, Poland, respectively. These degrees equipped me with a unique blend of medical expertise and management skills, setting the stage for a dynamic career that combined clinical practice with administrative leadership.

Upon completing medical school, I proved my proficiency by passing the LEK Polish final medical exam, showcasing my dedication to continually challenging myself and reaching new heights in my medical journey.

After graduation, I embarked on an exciting adventure to the picturesque island of Malta, where I joined the UK foundation program as a medical doctor. Over the course of two years, I honed my clinical skills and medical knowledge, becoming a competent and compassionate healthcare professional.

During my time in Malta, I was actively involved in research and audits, participating in a total of 10 projects that explored various aspects of healthcare delivery and patient outcomes. Many of these research findings were presented at esteemed conferences, including the Geriatric Society of Malta

Conference and the Maltese Cardiac Society Conference, garnering recognition and appreciation from the medical community.

Throughout my journey, I received various awards and recognitions that served as a testament to my dedication and contributions to the field of medicine. From being honored with the "Heroes of the Pandemic" commemorative coin for my sacrifice during the pandemic to receiving the "Clinical Excellence Award" and "Research Excellence Award" from the Community of African Doctors in Malta, these accolades encouraged me to persist in my pursuit of excellence.

Furthermore, my passion for research and knowledge dissemination led me to publish my findings in reputable journals, leaving a lasting impact on the medical community. These publications covered topics ranging from patient preferences in receiving diagnostic news to medical students' roles during the COVID-19 pandemic.

But my journey did not end there. Eager to expand my expertise, I sought out various courses and trainings, earning certifications in life support, infection prevention and project management, among others. Additionally, I engaged in several EIT Health initiatives and training programs, enriching my understanding of innovation and entrepre-

neurship in healthcare.

Through my experiences, I came to realize that my true passion lay in clinical practice and research. Driven by this realization, I pursued a clinical fellowship (ST equivalent) in Scotland, UK, where I could further develop my clinical skills and contribute to cutting-edge medical advancements.

As I reflect on my journey from a medical student in Poland to a clinical fellow in Scotland, I am filled with gratitude for the incredible opportunities that came my way. The Medical University of Lodz, Poland, played a pivotal role in shaping my foundation, while my proactive approach and quest for knowledge guided me through an enriching and diverse career.

I look forward to continuing my pursuit of excellence, exploring new frontiers in medicine, and making a positive impact on patient care and healthcare systems



The Clinical Excellence Award, Leadership in Healthcare Award, Research Excellence Award, Community Engagement Award, Mentorship and Teaching Award, Advocacy and Health Policy Award and Lifetime Achievement Award were presented at the Community of African Doctors in Malta (CADM) 2023 Award Ceremony by the Charge´ D’Affaires en titre with concurrent accreditation to the Republic of Malta and Nigeria’s Permanent Representative to the Community of Sahel-Saharan States (CEN-SAD), H.E. Ambassador Kabiru Musa.

Worldwide. As I embrace the future with enthusiasm and determination, I will always cherish the memories and lessons from my alma mater in Poland, a place that nurtured the passion that burns within me as a medical professional.

## MUL news

The Graduation Ceremony for the English Division students was held on 29th of June 2023. 160 graduates from 35 countries received their diplomas and joined the Alumni community.

Certificates for the outstanding results were awarded to:

- **Dr Magdalena Kot**, DMD program
- **Dr Sodiq Ademola Ojuolape**, MD Advanced Program
- **Dr Mostafa Ghazwan Jihad**, 6MD Program

## Graduation Ceremony 2023





The following academic teachers were also recognised:

- Dr Damian Chybicki, Department of Dental Surgery, 5 DMD Program
- Dr Mateusz Staciwa, Department of Internal Diseases and Clinical Pharmacology, 6 MD and MD Advanced Program.

Congratulations to all the graduates!

The tradition of the White Coat Ceremony is continued and every year the event is getting more and more spectacular thanks to the effort of the MUL Student Government representatives and the coordination of Ms Joanna Wieremiejewicz-Podkościelna from the Dean's Office. This November 112 MUL students celebrated the symbolic transition from their preclinical years to the clinical years. Prof. Lucyna Woźniak, the Vice-Rector for Science and International Relations, and Prof. Sebastian Kłosek, the Vice-Dean for Studies in English honored the event with their presence.

Prof. Lucyna Woźniak addressed to the students: *"The White Ceremony reflects the virtues and underlines the work of doctors, including altruism, compassion, responsibility; including duty and honour and respect to the society and from the society [...]. Wherever you go, you have to remember that your major duty is to serve to people, your patients and the society, within which you will be functioning. White coat is a representation of power to save life. With this white coat you accept a lifelong commitment to serve, heal and care for others."*

Prof. Sebastian Kłosek also emphasized the meaning of the white coat: *"[...] the White Coat Ceremony is kind of rite of passage. This is also the*

## White Coat Ceremony 2023



*process of welcoming you to the more advanced level of medical studies and this ceremony joins the symbol of a white coat with the virtues such as altruism, responsibility, duty, honour, respect and compassion. So, all these features are enclosed in a symbol such as a white coat and today by wearing the white coat you confirm to accept all of them. The white coat reminds physicians of their professional duties as prescribed by Hippocrates to lead their lives and practice their art in uprightness and honour. So, please make your white coats symbol of both, physical and mental cleanliness and order."*

The event was even more stunning thanks to the musical performance by our talented students: Kimberly Sebastian and Rami Altabbouche as singers and Marwan Zeini on the piano.

Full photo gallery is available on MUL's Flickr: <https://flic.kr.saHBqjB4qpu>



## Rector's Award 2023



The winner of the Rector's Award 2023 is Ms. Hoang Bao Ngoc Tran, 6th year 6MD student and Vietnam citizen. She is a laureate of 8th edition of the UMED Grants 2022 program – she received a grant for the project „Extracellular collagen effect on connexin 43 in heart fibrosis“. Her presentation „Regulatory effect of Extracellular Matrix components and  $\alpha 2\text{B1}$  integrin on connexin 43 density in cardiac fibroblasts“ won 3rd place during the conference Juvenes Pro Medicina 2023. The student has been actively participating in research and scientific work of the Department of Pathophysiology for several years under the supervision of Prof. Jacek Drobnik.

Shanghai Global Ranking of Academic Subjects (GRAS) 2023, an international ranking of universities in 55 subjects across 5 fields of science, has been released. The Medical University of Lodz was ranked as 1st in the group of Polish universities in Clinical Medicine, which means we have moved up when compared to the previous year. Moreover, we have risen from the ranking top 400 to top 300.

## MUL advanced in GRAS

2022			2023		
Clinical Medicine			Clinical Medicine		
World Rank	Institution		World Rank	Institution	
201-300		Jagiellonian University	151-200		Medical University Lodz
201-300		Medical University Lodz	201-300		Wroclaw Medical University
201-300		Wroclaw Medical University	301-400		Jagiellonian University
401-500		Medical University Gdansk	301-400		Pomeranian Medical University
401-500		Medical University of Warsaw	401-500		Medical University Gdansk



## Annual Cultural Soirée



On 9th of December the MUL Student Government organised the Cultural Soirée. Students brought local dishes, wore traditional outfits and prepared artistic performances. Prof. Taran invited Polish primary school students to make a brief presentation of Polish culture for foreign students. Every year the event is more popular not only among ED students, but attracts also Polish students and University employees. Students and guests celebrated the diversity of cultures dancing together.

Below you can read the wonderful speech prepared specially for the event by Melissa Akalonu, 3rd year student of 6MD programme, MUL Student Government Social Director.

“

*What is Culture?*

*According to the Oxford dictionary – “Culture is the ideas, customs, and social behaviour of a particular people or society”.*

*So, in other words, Culture is a compass. It's our eyes, our smile, the distinct nose we inherited from our fathers. It is our tongues, whenever we speak – always points us straight home. And for when words fail, it is our dance and the movement of our bodies.*

*Culture is our communication: Dzień Dobry, Bonjour, Otuotuoma, Maskadii, مرحبا “Marrhaban”, Namaste – all of which means one thing – “Hello”. It is what brings us together.*

*Although I identify as both Nigerian and Irish, I remember my first year studying in Ireland. I was so determined to blend in and fit in, that every time my teachers spoke, it took me about 1 minute to understand him. The words didn't quite translate as easily in my head and so what I did was – practice. I practised changing my accent, practising each word exactly as my teacher would say.*

*But most times, I preferred to be silent, if I hadn't yet practised the rhythm and flow of the words yet! I stopped rolling my “r's” and speaking in cursive and instead, opted for the same font as everyone else around me. Then, I thought culture was about assimilating and changing but it wasn't. Because when you do that, you deny yourself of your own heritage... what makes you – You.*

*So, I'll tell you what culture isn't, it is not our ever fluctuating currencies or our somewhat questionable government – it is about acknowledging our similarities and celebrating our differences.*

*It is about knowing that integration is far better than assimilation and that there is a power in this diversity that we share.*

*The truth is, we are not all the same. For some of us the history has been kind and unkind to our ancestors, but with culture, we learn about empathy and community. I don't know your pain, but I see you, I hear you, I support you, I stand in solidarity with you.*



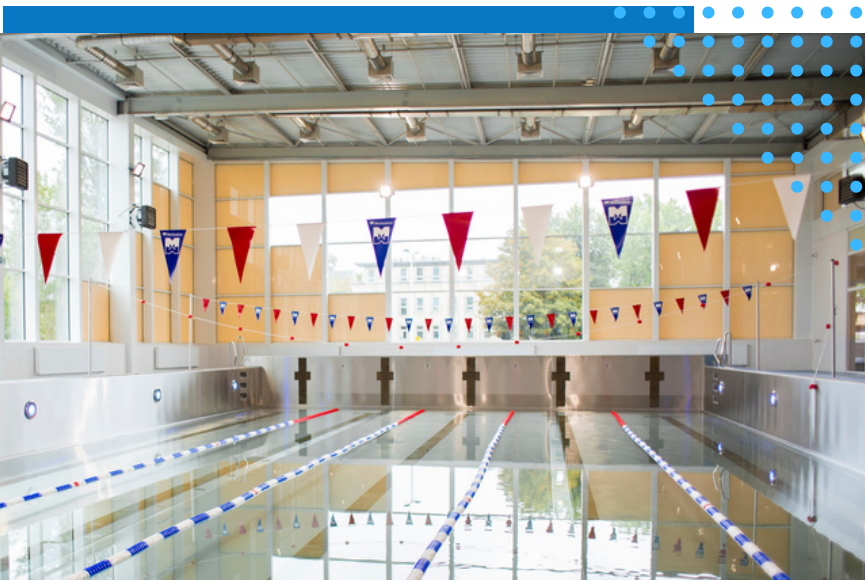
Culture is about being compassionate, and today, we get to celebrate the beauty in each other and what our uniqueness brings, to the Medical University of Lodz. This is a wonderful day to celebrate our openness as students and future doctors, and I am blessed to be a part of this event. And so, on this special day, I encourage you all, to celebrate diversity, work on Unity, to overcome all adversities. And why should we do this? Because "Our Culture is Our Compass, It always points us home."



After an overhaul and thermal modernisation, the Sports Centre was opened on 23rd of September 2023. The opening ceremony was held in the atmosphere of sports competitions because the Centre was at the same time the host of the Medical Badminton Cup and the Polish Doctors' Badminton Championship.

The total cost of the renovation and thermal modernization of the Sports Centre amounted to PLN 12 million. The construction works started in May 2022 and included a sports hall and a swimming pool.

## Reopening of the MUL Sports Centre



The windows, doors, floors and roofing were replaced, external walls and ceiling were insulated. The water, heating, electrical and ventilation systems as well as Building Management Systems (BMS) were modernized. The stairs, stair railing and roof were fixed. The swimming pool basin was also replaced. As part of the investment, a photovoltaic installation was installed, external lighting and sidewalks in front of the building were replaced.

The Medical University of Lodz is completing the thermal modernization project of the CKD A1 building: it has not only got a new façade, but its windows and lighting were also replaced. The metamorphosis was possible thanks to the project: "Deep thermal modernization of the strategic building of the Clinical and Didactic Centre campus of the Medical University of Lodz" financed by European Funds, from the Cohesion Fund, for the amount of over PLN 76 million.



## CKD transformation

The modernization shall enable us to produce energy from renewable sources, reduce annual energy consumption and limit greenhouse gas emissions. Building A1 is already the 20th facility to be thermally modernized and thanks to such activities, the total energy demand at the university has decreased by 32% in recent years.

## MUL Research

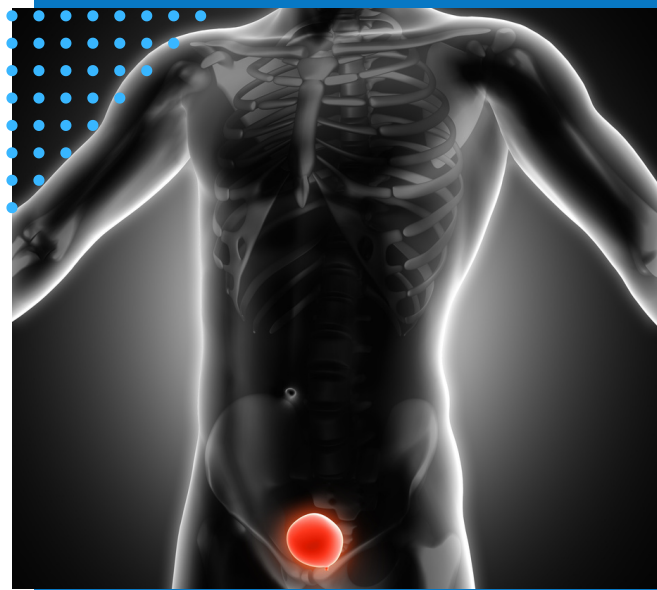
On 21st of July the first allogeneic haematopoietic stem cell transplantation was performed at the Department of Haematology Medical University of Lodz. A 49-year-old female patient with acute myeloid leukaemia was the transplant recipient. Currently, the transplant from a compatible donor provides the only possibility for a complete recovery from the disease. The implementation of allotransplantation from matched unrelated donors will allow for comprehensive treatment at Copernicus Memorial Hospital, especially for patients with acute leukaemia. The number of patients currently qualified for transplantation at other haematology centres in Poland will be successively reduced.

## FIRST UNRELATED DONOR STEM CELL TRANSPLANTATION



Konrad Stawiski, MD, PhD from the Department of Biostatistics and Translational Medicine authored a study that opens new perspectives in the treatment of bladder cancer. The study identified the susceptibility of bladder cancer to therapy in the context of the loss of the ATM gene — a key player in the cell's response to DNA damage. Loss of function of this gene enhances the tumour's sensitivity to radiotherapy and chemotherapy, as well as to new molecularly targeted therapies. The study also describes the impact of ATM loss on the immune microenvironment and the response to immunotherapy. Discoveries made in the study, co-authored by Dr Konrad Stawiski, could significantly influence future strategies for treating bladder cancer.

**Study published in the prestigious journal Science Advances!**



**Dr Sarah Shehadeh published a study!**



Sarah Shehadeh, MD, graduate of 4MD program 2020 was a co-author of the study: "Clinical outcomes of immunoglobulin treatment for patients with secondary antibody deficiency". Study demonstrated that immunoglobulin replacement therapy significantly improved clinical outcomes and patient-reported general health state in patients with secondary antibody deficiency. Full text is available [here](#).

Do you have a success you want to share with us and other MUL alumni? We would be more than happy to publish it in our Newsletter! Just contact us via email: [mul.alumni@umed.lodz.pl](mailto:mul.alumni@umed.lodz.pl)

Dear Reader!

Thank you for your time, we hope you enjoyed the Newsletter! If you have any suggestions or anything to share, please contact us via email: [mul.alumni@umed.lodz.pl](mailto:mul.alumni@umed.lodz.pl). Remember to follow our social media, especially LinkedIn - [MUL Alumni!](#)

Have a peaceful Holiday and may the New Year bring you happiness and new successes.

Wishing you all the best,  
Adrianna Adamus  
the Editor