



MUL Newsletter

11th edition



MEDICAL
UNIVERSITY
OF LODZ

Message from the editors

Dear Readers,

It is our pleasure to present the 11th edition of our Newsletter. What began several years ago as a small project aimed primarily at our alumni has evolved into a publication that highlights the most exciting moments from the university's life. Today, it is a multi-page review of our achievements, the successes of our students and graduates, and the events that shape our academic community. We are delighted that it is now enjoyed not only by our alumni, but also by current students, prospective candidates, and university staff.

I am truly proud to contribute to this newsletter with the support of our wonderful MUL community. Its growth would not be possible without the engagement and enthusiasm of the many people who help share the stories that make our university so special.

I hope you will enjoy reading this edition and find it both informative and inspiring. Most of all, I hope it will leave you looking forward to the next issue.

Happy reading!



Adrianna Adamus
The Editor

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INVITATION

1st International Alumni Reunion

May 2027

Save the date
and get ready to reconnect and celebrate with us!



Please complete [the form](#) and let us know if you plan to attend.

Graduation Ceremony 2026

On 25th of June in Aula 1000 took place a Graduation Ceremony for MD and DMD graduates. This year, diplomas were received by 108 alumni from 29 countries.

The ceremony was conducted by Vice Rector for Clinical Affairs – Prof. Adam Antczak. At the head table sat also: Vice-Dean of the Medicine Division at the Faculty of Medicine – Prof. Joanna Makowska, Vice-Dean of the Dentistry Division at the Faculty of Medicine – Prof. Monika Łukomska-Szymańska and Vice-Dean for Studies in English of the Faculty of Medicine – Prof. Sebastian Kłosek, who conducted the entire ceremony. We were also honoured by the presence of university authorities, and academic lecturers, hospital directors, parents, relatives and friends of the graduates.

After the oath and the presentation of diplomas, Prof. Adam Antczak presented the Certificates of Valedictorian to the students with the best overall academic results. The students honoured were Dr Ruth Hanbury, a DMD graduate, and Dr Woodrow Lee, an MD graduate.



MD graduate Dr Carine Nassif gave a speech on behalf of the Student Council of the English Division, congratulating the graduates and invited on stage former Vice-President of the Student Council – Dr Marzieh Pisheh Joo – and former Secretary and outgoing Social Director of the Student Council – Dr Kimberly C Sebastian.

Next both graduates expressed their appreciation for the Teachers of the Year – Dr Damian Chybicki and Dr Paweł Ratajczyk – and congratulated them.



The special moment of the ceremony was honouring Dr Yin Qi Lee, the first graduate in the history of the English Division who, over the past two years, completed the Individual Mode of Study under the supervision of Dr Mateusz Staciwa at the Clinic of Internal Medicine and Clinical Pharmacology.

For the first time ever the certificates were awarded to exceptionally engaged in academic community students. The receivers of the certificates of appreciation were: Dr Barnadine Abassah, Dr Ahrani Jeyakanthan, Dr Yin Qi Lee, Dr Kimberly C Sebastian and Dr Marwan Zeini.



The ceremony was closed by the performance of the choir. After the official part, the participants met at the foyer next to the Aula 1000.

From 6th till 9th of May the 22nd International and 63rd Polish Conference Juvenes Pro Medicina was held.

Juvenes Pro Medicina is a scientific conference which provides an opportunity for students and young researchers to present their scientific work and clinical case reports across multiple medical disciplines. The event brings together participants from different faculties and international programs, encouraging academic discussion, research development, and interdisciplinary collaboration. In addition to the scientific presentations, the conference also allows students to gain organizational and moderating experience through active involvement in the coordination of individual sessions. We asked our students who participated in this great opportunity to explain what their case studies were about and tell us a bit about their research and experiences.

Raja Bou Ghannam

“As one of the coordinators of the Internal Medicine II – Case Reports session, I had the opportunity to assist in moderating presentations and supporting the academic flow of the session throughout the conference.

My awarded presentation in the Cardiology and Cardiosurgery session was a clinical case report focused on ventricular septal rupture (VSR) as a mechanical complication following acute myocardial infarction.

The presentation discussed the diagnostic process, clinical deterioration, hemodynamic consequences, and multidisciplinary management of the patient, including percutaneous coronary intervention, echocardiographic assessment, and surgical considerations. The case highlighted the importance of rapid recognition and coordinated cardiology–cardiosurgery management in rare but life-threatening post-infarction complications. The work was prepared as a detailed educational case report emphasizing both clinical reasoning and practical management challenges.”

Maxwella Oyintare Fakrogha

“Recently, I had the opportunity to publish and present a case report titled ***Veillonella atypica bacteremia in an***

immunocompetent patient. The case was based at Indiana University Health Hospital in the United States and focused on a rare bacteremia caused by *Veillonella atypica*, a bacterium that is usually considered a harmless part of the body’s natural microbiota.

The patient was a 67-year-old immunocompetent man who developed a fever during his hospital stay following a cardiac arrest and myocardial infarction. Blood cultures identified *V. atypica* as the sole organism, making the case particularly unusual because infections caused by this bacterium are typically reported in immunocompromised individuals. After treatment with antibiotics, he made a full recovery. With very few cases of *V. atypica* bacteremia reported in the literature, this publication contributes to the growing recognition that low-virulence organisms can act as clinically significant pathogens. The experience provided valuable insight into clinical research and highlighted the important role of case reports in advancing medical knowledge.”



Maxwella Oyintare Fakrogha

Rose Kelly

“I am honored to have received 1st Place in the Pediatrics Case Study Session at the Juvenes Pro Medicina Conference for my oral presentation, ***An Unexpected Diagnosis Behind a Common Finding: Tonsillar Enlargement Revealing T-Cell Lymphoblastic Lymphoma.***

As the Research Coordinator of the SKN in Pediatric Oncohematology, this project was a valuable opportunity

to deepen my knowledge, develop my research and presentation skills, and explore the diagnostic challenges encountered in pediatric oncohematology. Presenting this case and discussing its clinical significance with colleagues and experts was an enriching experience that further strengthened my interest in the field.

I would like to express my sincere gratitude to my supervisor, Dr. Andriy Sopilnyak, for his guidance and support. I am also thankful to the conference organizers for providing such an inspiring platform for young researchers to share their work and learn from one another."



Tatenda Chijarira (on the left) and Rose Kelly (on the right)

Tatenda Chijarira

"I had the wonderful opportunity to present a case study at the Juvenes Pro Medicina Conference in Łódź, where my work was awarded 2nd place in the Pediatrics category. **The case followed a seven-week-old infant who initially presented with diarrhoea and low oxygen saturation but was ultimately diagnosed with IPEX syndrome (Immune dysregulation, Polyendocrinopathy, Enteropathy, X-linked), an extremely rare genetic disorder affecting approximately one in 1.6 million people.** What made this case particularly unique was the absence of diabetes mellitus, one of the classic features of IPEX syndrome. Instead, the patient developed secondary sclerosing cholangitis and a severe CMV infection complicated by haemophagocytic lymphohistiocytosis,

highlighting the diagnostic challenges posed by rare diseases with atypical presentations.

As a medical student with a strong interest in both pediatrics and anesthesiology, the opportunity to work within the Pediatric Intensive Care Unit was especially valuable. I worked closely with dr n. med. Renata Szmigielska, with whom I had regular weekly meetings throughout the project. Her guidance was exceptional, and she had a remarkable ability to explain complex clinical concepts clearly, which greatly shaped my understanding of this case and critical care medicine.

The conference was also a wonderful opportunity to see many students from the English Division actively participating in research and presenting their work. Their enthusiasm and dedication showcased the growing academic engagement within our community and made the event particularly inspiring.

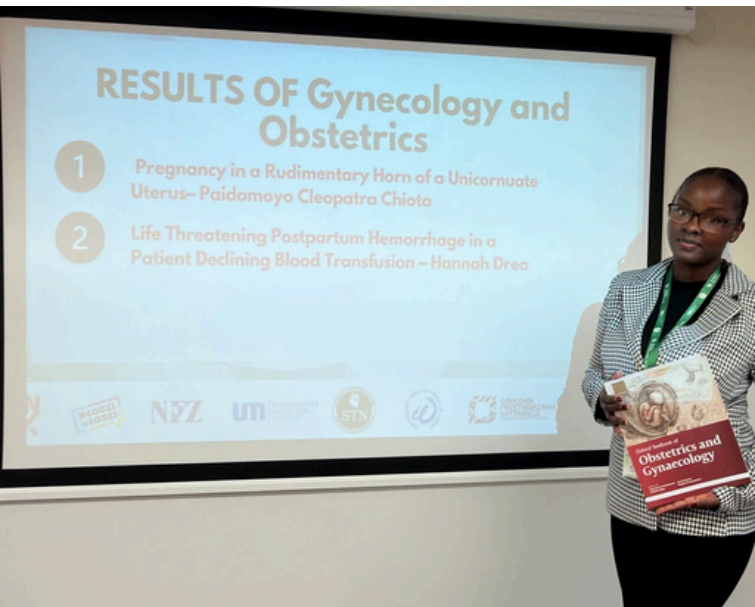
I would like to thank dr n. med. Renata Szmigielska and the entire Pediatric ICU and Department of Anesthesiology team for their guidance and support throughout this project."

Paidamoyo Chiota

"I am honored to have been awarded 1st Place in the Gynecology and Obstetrics Session. The award was granted for the oral presentation entitled ***Pregnancy in a Rudimentary Horn of a Unicornuate Uterus: A Case Report***, prepared together with Jan Bieńkiewicz and presented under the supervision of dr hab. n. med. Jan Bieńkiewicz.

Our work focused on a rare and potentially life-threatening obstetric condition: pregnancy developing within a rudimentary horn of a unicornuate uterus, a congenital Müllerian anomaly. Due to the limited ability of the rudimentary horn to sustain a growing pregnancy, this condition carries a high risk of uterine rupture and severe maternal complications. The case highlighted the importance of early diagnosis, careful clinical assessment, and the role of modern imaging techniques in improving patient outcomes. Presenting this research provided an invaluable opportunity to deepen my understanding of obstetrics and gynecology while developing skills in scientific communication and clinical research. The experience also demonstrated how individual case reports can contribute to medical knowledge by raising awareness of rare conditions that clinicians may encounter in practice.

Receiving first place at one of Poland's most respected student scientific conferences was both an honor and a motivating experience. I am sincerely grateful to my co-author and supervisor for their guidance, support, and encouragement throughout this project. This achievement has further strengthened my interest in research and academic medicine, and I look forward to continuing to represent the Medical University of Lodz through future scientific endeavors."



Paidamoyo Chiota

Kimberly C Sebastian

"By the grace of God, I was honored to receive 1st place awards at both the 34th International Medical Students' Conference (IMSC) in Kraków and the 22nd International and 64th Polish Conference Juvenes Pro Medicina (JPM) in Łódź for my clinical case study **Airway Management in Granulomatosis with Polyangiitis: FROVA-Guided Intubation and Ventrain-Assisted Ventilation in Severe Upper Airway Stenosis.**

The work was conducted under the supervision of prof. dr hab. n. med. Tomasz Gaszyński and focused on the anaesthetic management of a 22-year-old patient with granulomatosis with polyangiitis (GPA), a rare autoimmune disease causing critical upper airway stenosis. Due to severe laryngeal narrowing, airway management posed a significant challenge. A carefully planned strategy utilizing a Frova Intubating Introducer and the Ventrain ventilation system enabled successful ventilation and intubation through the critically narrowed airway. Following stabilization, the stenotic segment was treated with balloon dilation and topical glucocorticosteroids, and the procedure was completed without complications.

Presenting this work at international scientific conferences was a valuable opportunity to share clinical experiences, engage with fellow researchers and clinicians, and further develop my interest in anaesthesiology and airway management. I am sincerely grateful to Prof. Tomasz Gaszyński for his mentorship, guidance, and support throughout this project.



Kimberly C Sebastian

I am grateful to God for the opportunity to receive 2nd place at the JPM in Łódź for our case study, **UTROSCT in an Adolescent: A Rare Diagnostic Challenge.** Conducted in collaboration with Afraaz Lalani under the supervision of Dr. Andriy Sopilnyak, the project presented a rare case of a uterine tumor resembling an ovarian sex cord tumor (UTROSCT) in a 16-year-old patient.

The study highlighted the diagnostic and therapeutic challenges associated with uncommon gynecologic neoplasms, with particular emphasis on the role of molecular diagnostics in clinical decision-making. A key finding was the identification of an ESR1::CITED2 gene fusion, which, together with the tumor's aggressive clinical course and recurrence, underscored the importance of genetic profiling in guiding treatment strategies and prognosis. Receiving this distinction was both rewarding and humbling, reflecting the collaborative efforts of our team and the invaluable mentorship provided throughout the project. It was a privilege to contribute to scientific discussion on rare oncologic diseases and to represent our university at an international academic conference."

Nicole's perspective as a player of AZS Basketball Team at MUL

My name is Nicole Evborokhai and I am originally from Nigeria, but I was born and raised in Ireland. I am a third-year student at the Medical University of Łódź. My sister inspired me to choose MUL because she studied here and had good experiences and I wanted to experience some on my own!



Nicole Evborokhai (on the left) with her teammate

THE BEGINNING OF MY BASKETBALL JOURNEY

I started playing basketball when I was nine years old, and I played for the Dundalk Ravens nearly every day as a child. I had a fairly stable basketball career until COVID struck in 2019–2020. After the restrictions were lifted, I simply continued with club basketball until I moved to Poland. I also played for the Northeast Knights and the Irish Academy's under-15 squad.

JOINING THE AZS TEAM

In my second year, I joined the basketball team. My obsession for basketball motivated me to join the team, and I contacted the captain because I didn't want my career to stop in Ireland. My initial challenge was that I didn't know Polish, which made it very challenging for me to join during my first year. However, after that obstacle, things got much easier in my second year.

COMBINING BASKETBALL AND STUDYING

How I combine basketball and studying is I always keep

in mind that I am a student-athlete rather than an athlete student, so my studies always come first. I also set conditions for myself to go to training; for instance, if I don't finish this chapter before training, I won't go, or if I go now, I have to force myself to study afterwards because I'm usually exhausted after and I usually stick to this 99% of the time!

MY TEAMMATES

My teammates are the most encouraging group of girls I've ever encountered. I wouldn't really say there is a language barrier because all my girls speak English and they always assist in translating what the coach says so I can benefit too. My captain, Barbara Bławat, is the perfect example of a captain; she not only pushes me to do my best but also the entire team, and we give it our all because of her constant support.



OUR LATEST ACHIEVEMENTS

In May 2026, we participated in a tournament in Lublin. Over the course of the three days we were there, we played six games and it was incredibly exhausting yet very fun. Every time we won, it gave us a huge lift and motivated us to win the next several games, which we won 6-0. It was honestly one of the best experiences I've ever had in my life.

CONCLUSION

As a medical student, AZS is important to me and has given me something to do besides study, and allows me to keep my passion alive! My goals for the future are to continue playing basketball and being an excellent student. I strongly recommend joining a team since the experiences you receive from just sports are incredible.

Marie's "Stypendium Obiecane"

Receiving the "Stypendium Obiecane" (Eng.: "The Promised Scholarship") award was a very meaningful milestone in my academic journey. As an international medical student from Lebanon studying at the Medical University of Łódź, this recognition reminded me that hard work, consistency, and passion for research can truly open unexpected doors.

My pathway toward this achievement was not always easy. Studying medicine abroad comes with many challenges — adapting to a new country, balancing academic responsibilities, learning new systems, and building a future far from home. Throughout these years, research became more than just an academic activity for me; it became a way to grow professionally, contribute to medicine, and connect with inspiring mentors and collaborators. My main research interests focus on dermatology, aesthetic medicine, and plastic surgery. Over the past years, I have been involved in multiple systematic reviews, case reports, and international collaborations. I also currently work as a research assistant under the mentorship of a professor of dermatology in Brazil at one of the country's leading dermatology institutions.

These experiences taught me important skills beyond medicine itself: discipline, teamwork, communication, critical thinking, and persistence during setbacks such as manuscript revisions or journal rejections.

As part of the scholarship application process, my international scientific presentations, publications, certifications, recommendation letters, and extracurricular involvement were all taken into consideration. During that academic year, I published one scientific paper and presented seven abstracts at international conferences, including the European Academy of Dermatology and Venereology (EADV) Congress 2025 and the IJCR Central Global Summit in São Paulo, Brazil. Two of these presentations received second- and third-place awards in Brazil, which was an especially rewarding moment after the amount of work and preparation involved. Beyond research, I also included my involvement in student and professional organizations. I served as the president of EMSA, was involved with the EuroLebanese Medical Society, and represented the university as a MUL Ambassador. These experiences helped me grow not only academically, but also



Marie Line Chedid - the laureate of a scholarship programme "Stypendium Obiecane"

personally, by improving my leadership, communication, and teamwork skills.

One important lesson I learned is that opportunities often come from simply starting before feeling fully ready.

Many students underestimate themselves and believe research is reserved only for experienced physicians or scientists. However, being curious, motivated, and willing to learn can already take you very far. Reaching out to mentors, asking questions, and staying consistent can gradually build opportunities that initially seem impossible. Receiving this scholarship motivated me even more to continue pursuing academic medicine and research alongside my future clinical career. I hope my journey encourages other students, especially international students, to believe in their abilities, participate in research, and not be afraid of challenges or rejection. Growth rarely happens inside comfort zones. I am deeply grateful to the Medical University of Łódź, my mentors, collaborators, and everyone who supported me throughout this journey. I believe this is only the beginning, and I look forward to continuing contributing to medicine, research, and patient care in the future.

"Stypendium Obiecane" - Eng: "The Promised Scholarship" is a scholarship programme established and funded by the City of Łódź, aimed at supporting talented students pursuing higher education.

180 Seconds to Standardize Science: An Interview with Rami Al Tabbouche, MUL's FameLab Poland Finalist

Could you explain a complex medical breakthrough to a room full of non-experts in exactly 180 seconds—without PowerPoint, relying only on your words, charisma, and a prop you can carry in your own hands? That is precisely the challenge behind FameLab, one of the world's most prestigious science communication competitions.

This year, Dr. Rami Al Tabbouche, freshly graduated from MUL, successfully fought his way into the grand finale of FameLab Poland and he shared his experience with us!

MUL: Dr. Rami, for those who might not know you yet, could you briefly introduce yourself and tell us what originally brought you to study medicine at the Medical University of Lodz?

Rami: My name is Rami Altabbouche, and I am a biologist and a medical doctor. After graduating from the American University of Beirut in 2021, I wanted to continue my medical career somewhere in Europe, and Poland was one of the few countries offering a high-quality medical degree taught in English. I also had friends who graduated from the Medical University of Lodz and went on to become very successful physicians, which encouraged me to take this step.

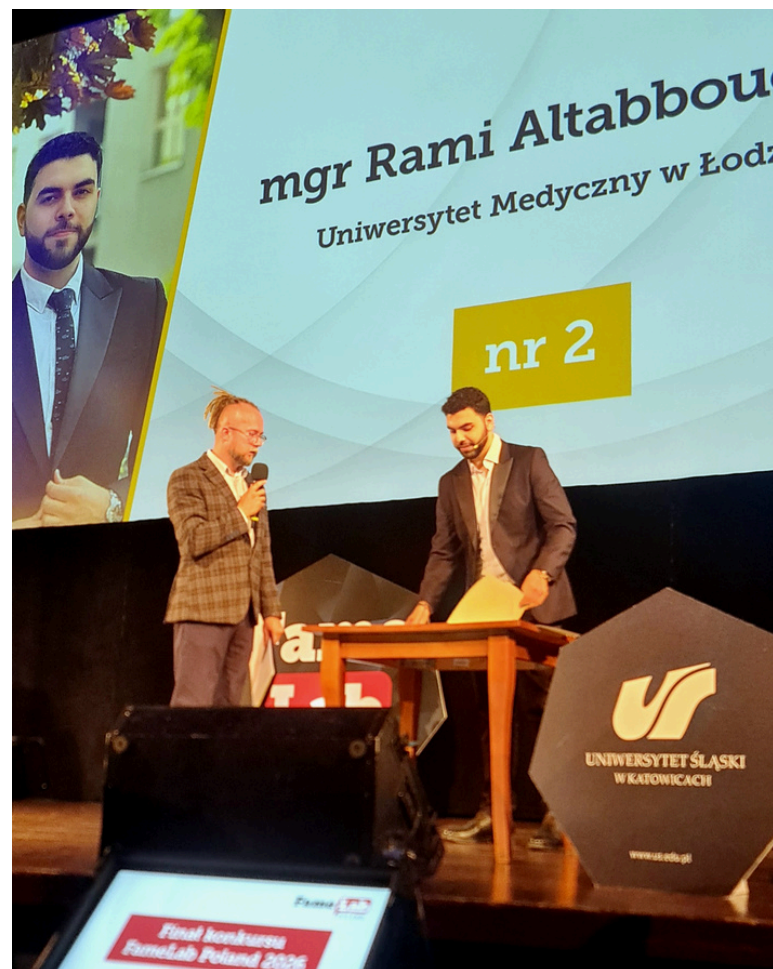
MUL: Why did you decide to participate in FameLab competition?

I have always wanted to combine science with public speaking. I strongly believe that science should be accessible to everyone and that even the most complex scientific topics can be explained in a clear and engaging way. When I received an invitation to participate in FameLab, I did not hesitate to apply. FameLab is a prestigious international competition, and being shortlisted among 106 participants from across Poland was a huge achievement for me.

MUL: What was the core topic of your presentation, and why did you choose it?

The aim of the competition is to present a scientific topic to a general audience in just three minutes. The rules are

simple: participants are evaluated based on clarity, content, and charisma. I chose to talk about a very personal topic, childhood obesity, a challenge I struggled with myself. I wanted to raise awareness and explain the science behind binge eating during childhood, as well as highlight that dieting and exercising are often not the root issue, contrary to what many people believe. My goal was to show the audience how neuroscience and psychology can influence eating behaviors. Those interested can watch my performance on FameLab's social media channels.



Dr. Rami Altabbouche on the stage of FameLab Poland

MUL: Are you involved in any research regarding the connection between mind and dietary behaviours?

Not directly, although I find it to be a very interesting field. Most of my research efforts have focused on cardiac fibrosis, a project that required a significant amount of time and dedication.

MUL: FameLab is famous for providing masterclasses to its finalists. Can you share a bit about the training you received?

We participated in an intensive two-day training program during which professionals delivered workshops on a variety of topics, ranging from public speaking and presenting in front of a jury to developing and structuring a clear scientific message. We also had the opportunity to learn from a previous FameLab winner, who shared valuable advice based on their own experience.

MUL: Public speaking forces most people far out of their comfort zones, and it can be a source of immense stress. On stage, however, you didn't show even a shadow of nervousness—in fact, you looked so comfortable it felt like you do this every single day! Where does that confidence come from? Is it a natural, innate talent, or the result of years of dedicated public speaking practice?

Thank you! I have to admit that competing against top-performing scientists and presenting in front of such an esteemed jury was truly nerve-racking. However, I learned a great deal from my previous experience in drama and acting. In fact, I minored in theater and received years of training in drama, something I am very passionate about. I believe this gave me the tools to understand the stage, connect with the audience, and recognize their cues. Stage fright will always be there, but it is up to you to learn how to channel that adrenaline into something positive and use it to your advantage.

MUL: In the medical field, we often talk about the importance of doctor-patient communication. How do you think your experience in FameLab will influence the way you interact with patients in your future clinical practice?

This is an extremely important aspect of clinical practice. During my years of medical training, I have noticed that the most successful physicians are often those who know how to communicate effectively with their patients. FameLab helped me further develop my communication skills and gave me the opportunity to put them into practice.

MUL: Medical jargon can sometimes feel like a completely different language to the public. Do you feel it is critical for future physicians to practice their communication skills?

Absolutely. In my opinion, communication is one of the most important tools a physician can possess. One of the leading causes of treatment failure is poor communication or unclear instructions, which often result in patients not adhering to their treatment plans. Being able to explain medical concepts clearly can significantly improve patient outcomes and trust.

MUL: Looking ahead to your life after graduation, are you planning to develop your professional career path toward the field of obesity treatment and metabolic health?

My passion for science and research continues to grow. At the moment, my main research interests lie between endocrinology and cardiology, and I have already published several scientific works in these fields. I would also like to become involved in research on metabolic diseases and obesity in the future, and I am currently waiting for the right opportunity to pursue this path.

MUL: What would you say to a fellow student who has a great scientific idea but is hesitant to share it publicly?

There is nothing to be afraid of, you have nothing to lose. Rejection is part of the process. You simply need to believe in your idea and learn how to “sell” it. At our university, there are many passionate researchers and physicians who are eager to support motivated students.

On that note, I would like to take a moment to sincerely thank Prof. Jacek Drobnik and Dr. Małgorzata Gałdyszyńska from the Department of Pathophysiology for welcoming me into their laboratory. Thanks to their support and mentorship, I was able to win two awards at Juvenes Pro Medicina and secure a research grant to fund my project on cardiac fibrosis. I would also like to extend my gratitude to Dr. Krzysztof Kaczka for trusting me and involving me in research projects in endocrine surgery. Working alongside him has been an invaluable experience.

I was once in the same position as many students who are hesitant to take the first step. If I had allowed fear to hold me back, I would not have been able to achieve many of the goals I set for myself. Sometimes, all it takes is the courage to start.

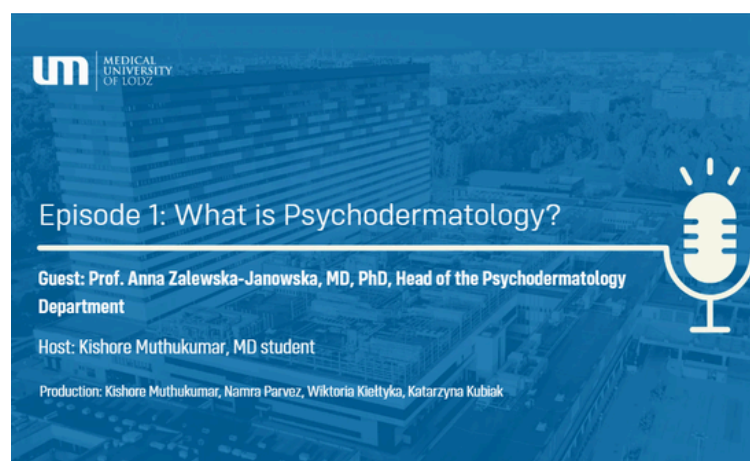
New location of Administrative Center for Studies in English: U1 Building

In mid-August, the Administrative Center for Studies in English relocated to the newly completed U1 building on the CKD campus on Pomorska Street. Constructed in just over a year, this modern six-storey facility houses dean's offices, admissions departments, and a variety of state-of-the-art teaching and learning spaces. The building features modern classrooms, seminar rooms, dedicated areas for quiet study and group work, as well as administrative units supporting education and student services. The new premises have been designed to enhance the student experience and provide an environment that supports academic excellence.



Podcast by MUL students

Our students came up with new initiative: a podcast called "Multiple Perspectives" hosted by Kishore Muthukumar. In the first episode, Professor Anna Zalewska-Janowska explained what psychodermatology is and discussed the fascinating connection between the mind and the skin. We encourage you to watch the episode and learn more about this interdisciplinary field. Click [here](#) to watch the episode.



MiniMed: Summer School for prospective students

From 21 to 23 July, MUL, in cooperation with Medical Poland, organized the MiniMed Summer School for high school students interested in pursuing studies in Medicine and Dentistry. During three intensive days, students took part in a variety of hands-on activities: at MolecoLab, they extracted DNA, while at the Institute of Dentistry they practiced filling dental cavities on phantoms. They also refreshed their first-aid skills at the Medical Simulation Centre. Participants attended surgical suturing workshops, gaining practical insight into basic surgical techniques. The programme also included a visit to the Museum of Anatomy, where students explored anatomical specimens and learned more about the structure of the human body.



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: adrianna.adamus@umed.lodz.pl

Special thanks for their contribution to this issue go to:

Raja Bou Ghannam
Maxwella Oyintare Fakrogha
Rose Kelly
Tatenda Chijarira
Paidamoyo Chiota
Dr Kimberly C Sebastian
Nicole Evborokhai
Marie Line Chedid
Dr Rami Altabbouche

Remember to follow our social media:

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