



Newsletter no 5/2023



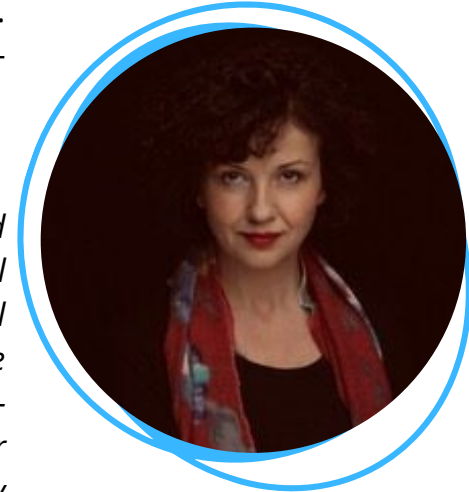
MEDICAL
UNIVERSITY
OF LODZ

Message from the Editors

We are happy to present you with the 5th edition of our MUL Newsletter. In this issue we want you to meet Ms. Joanna Wieremiejewicz-Podkościelna, Administrative Assistant of the Dean's Office.

Dear Graduates,

We are putting another issue of our newsletter and encourage you to read it. What's in this issue? Another batch of information about the professional paths chosen by our graduates. Short reports of formal and informal events that took place in December. Here we particularly want to showcase our "Umed łączy na Święta" event. Ola Hibner's (Admission Officer) open-mindedness was enough to encourage Umed employees to open their doors and hearts and invite students to spend the Christmas holiday together. Additionally, we write about dr Diana Wyrosłak-Bednarek's publication, which was awarded during the 10th edition of a contest Trophy for the best publication and... about the Central University Hospital being among the winner of the Forbes Diamonds 2023 award. Let's stay in touch.



With regards,
Joanna Wieremiejewicz-Podkościelna

Alumni stories

Today we would like to share with you stories of Dr William Abou Shahla and Dr Andres Reig.

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, if you want to catch up and share your journey with others like you.

"It was not easy to say goodbye to all the people I knew during my studies in Poland, as well to the friends who became family after the four years of medical education. We came from a variety of backgrounds but we all shared the love for the Polish culture and Poland's educational system.

Right after graduation, I went on to pursue an internship at the Hotel Dieu de France University Hospital. Soon after, with the education I gained at MUL, it was no challenge for me to get hired at the American University of Beirut as a Postdoctoral Research Fellow in the Department of Dermatology.

Even when I might be considered as someone taking the "long way home," I take pride in the time and effort put into paving the road less taken among other graduates.

My message for the new graduates is to find their passion and to be eager for taking any chance that might place them a step closer to their final goal."



Dr William Abou Shahla

Graduate of

MD Advanced Programme 2021



Dr Andres Reig

Graduate of
6 MD Programme 2012

"My name is Andres Reig, and I graduated from the 6-year MD program at MUL in 2012. Born and raised in Valencia, Spain, I moved to Poland to pursue my dream of becoming a doctor in 2006, and the 6 years I spent in Łódź can be best described as interesting, filled with learning and curiosity, and were also very fun! Many of the professors and lecturers at MUL left a permanent imprint in me, inspiring me to become the doctor and scientist I am today.

Earning my MD degree at MUL was an excellent foundation upon which to build my career. I had always wanted to become an obstetrician-gynecologist and, more specifically, my goal had always been to specialize in human reproduction and infertility treatment. After graduation, I moved to the United States to further this objective. I was offered a position as a post-doctoral researcher at Yale University School of Medicine in the department of Obstetrics, Gynecology, and Reproductive Sciences in Dr. Hugh Taylor's laboratory, where I carried out basic science research in mice, involving endometrial stem cells as a potential treatment for ovarian injury resulting from chemotherapy.

After two years in the lab, I joined the Obstetrics and Gynecology residency program at Yale University – Bridgeport Hospital. During my 4-year residency, I served as administrative chief resident and I was happy to pay back what I received as a student at MUL by teaching the medical students of Yale University during their OBGYN rotations. I also continued to advance my research goals, studying the effect of aging on reproduction beyond the impact of embryonic aneuploidy.

Once I had completed my specialty in Obstetrics and Gynecology, I applied for a fellowship in Reproductive Endocrinology and Infertility, and was humbled to be accepted at IVIRMA New Jersey, one of the world leaders in fertility treatment and research. While in fellowship, I have had the privilege of helping many patients fulfill their dreams of starting or completing their families, and to be a clinical instructor for the medical students and residents at Sidney Kimmel School of Medicine and Rutgers Robert Wood Johnson School of Medicine. I have also remained involved in research in the field of reproductive medicine, investigating in areas such as reproductive outcomes in patients with diminished ovarian reserve, the impact of pre-implantation genetic testing, and neonatal outcomes after IVF.

During this journey, I have authored several peer-reviewed publications, continued to teach and mentor medical students and residents, served as a reviewer for several journals in the field of reproductive medicine such as Fertility & Sterility, Reproductive Sciences, and the Journal of Assisted Reproduction and Genetics, and obtained several awards for medical teaching and research, including the 2019 Society for Assisted Reproductive Technology prize paper – not to mention I helped deliver hundreds of babies!

Having now fulfilled my dream of becoming a board-certified obstetrician-gynecologist and dedicating my professional life to advancing the field of reproductive medicine, I look back and realize that none of this would have been possible without my time in Łódź. As for all future doctors who will graduate from MUL, I applaud your decision of training here. Keep your goals in sight and strive to be the best you can, but don't forget to have fun in the process!"

MUL news

White Coat Ceremony 2022

In December 2022 MUL Student Government traditionally organized the White Coat Ceremony - event which marks the transition from preclinical to clinical years. Congratulations to all MUL students who began a new chapter of their studies and good luck!



MUL Connects Cultures for Christmas

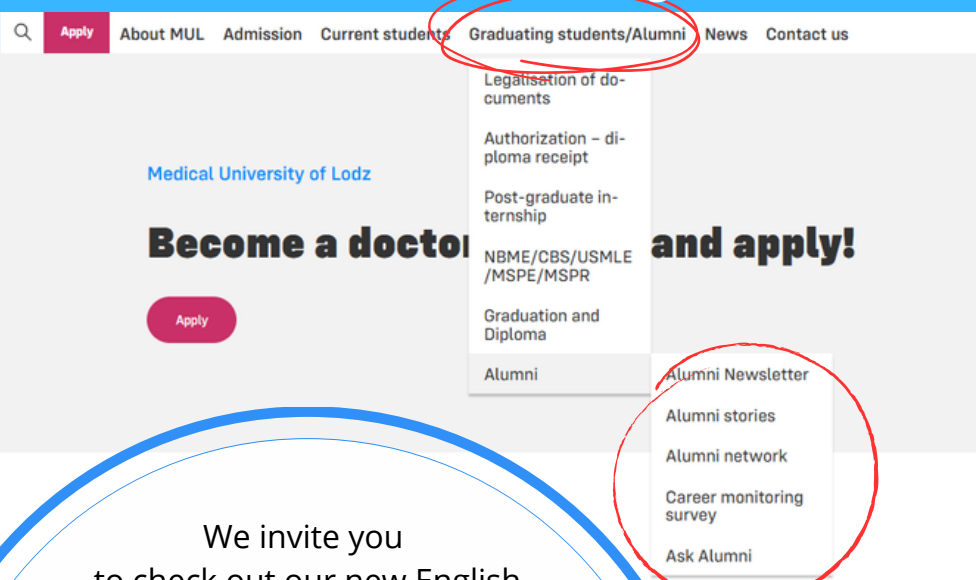
Last Christmas was a very special at MUL. Ms Aleksandra Hibner from Admission Office came up with an idea to connect MUL students who spend this special time in Lodz with professors and administrative officers of the University and their families. It was a great opportunity to learn more about each other's cultures, familiarize students with Polish traditions and taste some traditional Christmas dishes.



It was the very first edition of such initiative but for sure not the last one! We hope this event will become a new MUL Christmas tradition!



New English Division website!



We invite you to check out our new English Division website! We have prepared special subpage dedicated to alumni. In this section you will find our initiatives dedicated to alumni: Newsletter, Stories, Network, Career monitoring survey, Ask Alumni: <https://studymed.umed.pl/graduating-students-alumni/alumni/>



Meet Medical University of Lodz

- recently renovated library
- modern campus for students
- consolidated clinical base: 3 powerful clinical centres

MUL Alumni Successes

Dr Mohamad Mahdi Mortada, graduate of MD Advanced program and currently a PhD student of the International Doctoral School of the Medical University of Lodz published his article: "Challenges in Local Allergic Rhinitis Diagnosis, Management, and Research: Current Concepts and Future Perspectives" in Medicine MDPI journal. The article is available under the link: <https://www.mdpi.com/1648-9144/59/5/929>

Article by Dr Mohamad Mahdi Mortada published in Medicina MDPI journal



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

**Article by Dr Andres Reig
published in Fertility & Sterility
journal**



Dr Adres Reig is one of the authors of a study "Bologna Vs Poseidon Criteria as Predictors Of The Likelihood Of Obtaining At Least One Euploid Embryo In Poor Ovarian Response: An Analysis of 6,889 Cycles" which was recently published in Fertility & Sterility journal: [https://www.fertstert.org/article/S0015-0282\(23\)00378-3/fulltext](https://www.fertstert.org/article/S0015-0282(23)00378-3/fulltext)

MUL Research

**International success of
the Department of
Ophthalmology and Vision
Rehabilitation of the
Medical University of Lodz**

Dr Diana Wyrosłak-Bednarek from the Department of Ophthalmology and Vision Rehabilitation of the Medical University of Lodz was awarded during the X edition of a contest "Trophy" for the best publication dedicated to eye surface disease. The contest organised by french company Thea is aimed to young ophthalmologists and encourages to share clinical cases of eye diseases. In the final stage 3 publications were chosen, including publication of Dr Diana Wyrosłak-Bednarek: "Bowman's layer transplantation – a new hope for regaining of correct ocular surface": <https://thea-trophy.com/>. The winners are invited by Laboratoires Thea to present their clinical case during Théa symposium at the ARVO (The Association for Research in Vision & Ophthalmology) meeting in the USA in May with expenses paid for by Théa.



**MUL's success at the
Innovation Incubator 4.0**



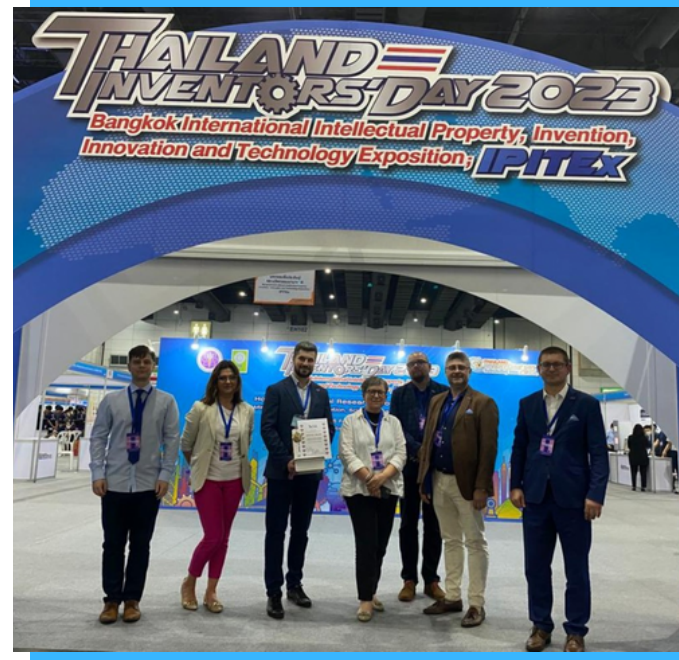
The innovative solutions designed by MUL researchers were exhibited in Polish pavilion at International Intellectual Property, Invention, Innovation and Technology Exposition (IPITEx 2023) held on 2-6 February, 2023 in Bangkok, and gained international recognition.

ECO CPR: The resuscitation phantom from Medical University of Łódź gained 2. IPITEX's award.

The ecological training phantom was designed by Filip Jaśkiewicz MD PhD, Marcin Cierniak PhD, Rafał Dobruchowski PhD, Przemysław Sękalski PhD.

The ecological phantom is to a large extent made from recyclable materials: paper, cardboard or coconut fibre. The product was internationally acclaimed for, among others, its innovative approach to design and production of this type of device without diminishing its quality, functionality and effectiveness.

Overall Polish exhibitors received 8 gold, 10 silver and 6 bronze medals for their innovative projects.



CENTRAL UNIVERSITY HOSPITAL HONOURED WITH FORBES DIAMOND 2023



The winners of the prestigious Forbes Diamonds 2023 award have been announced. Central University Hospital of Medical University of Lodz is one of the recipients of the award ranked 7 on the national list of companies in medical and healthcare industry. The position of Central University Hospital has already been confirmed by numerous awards and certificates the hospital has collected so far: Accreditation Certificate granted by Centre for Quality Monitoring in Health Care, ISO certificates, "Hospital Without Pain" Certificate. Last year, the hospital initiated the construction of Lodz Toxicology Centre, and also received over PLN 100 million from Medical Funds for the improvements in the health care services for the youngest patients. The obtained resources will fund the reconstruction and equipment upgrade for Pediatric Center Maria Konopnicka at Sporna St. as well as the establishment of Supra-regional Centre for Pediatric Oncology at Clinical and Didactic Centre in Lodz.

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. Remember to follow our social media, especially LinkedIn - [MUL Alumni](#)! As the holiday period is approaching we would like to wish you well deserved rest and great adventures. To those who will spend this time at work - thank you for taking great care of your patients during this period.

Wishing you all the best,
Adrianna Adamus, the editor

