



MUL Newsletter

8th edition



MEDICAL
UNIVERSITY
OF LODZ

Message from the Editors

We are happy to present you with the 8th edition of our MUL Newsletter. In this issue we want you to meet Ms. Marta Zięba-Marciniak, a student coordinator:

Dear Graduates,

Greetings from the Medical University of Lodz! As a proud graduates of the Faculty of Medicine, you are an important part of our vibrant and ever-growing Alumni Community. We would love to hear from you – your achievements, career journeys, and the milestones you've reached since leaving our University. It is an inspiration for us and our current students.

Stay in touch with us! Share your professional stories, and let us celebrate your successes together. Whether you're engaged in scientific research, providing compassionate care, or exploring new horizons in medicine, your experiences matter.

Please remember that the Dean's office is here to support you. Should you need any assistance with documents, qualification confirmations, or any other formalities, we are always ready to help. Contact us directly at deans.office@umed.lodz.pl.

As we entered another year, we wish you all the best in your personal and professional endeavors. May your work continue to make a positive impact on the world!



Marta Zięba - Marciniak

Alumni stories

In this issue we would like to share with you stories of Dr Julia Durka and Dr Khalil El Jawhari.

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.



Dr Khalil El Jawhari

Graduate of
MD Advanced Program 2021

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It all started with a 10-year-old kid who had a traumatic cataract at the age of 10. My mentor, who was my ophthalmologist back then, Professor Mansour at the American University of Beirut, told that 10-year-old kid that he would be a doctor one day. Fast forward 20 years later, and now I am an ophthalmology resident in a private practice in Sachsen-Anhalt in Germany, treating and following up with patients who have cataracts, doing daily consults with up to 30 patients per day. Life really works in mysterious ways. I thank God for the opportunity, my mentors, and my family, especially my mom who is always pushing me. Time to put in work for a better vision!

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After graduating from an International Baccalaureate high school, I was certain about my next step: pursuing my lifelong dream of studying dentistry, particularly in English. Although I knew it would be challenging - since English is not my first language - the opportunity to meet people from diverse backgrounds and build lasting international connections made it all worthwhile.

My journey at the Medical University of Lodz (MUL) began in 2018. Now, as a recent graduate, having completed my studies just a year ago, I am incredibly proud to call myself a MUL alumna.

Choosing a career path after graduation is one of the most daunting decisions for a young dentist. It's not easy to immediately decide on a specialty, but having passionate mentors who inspire and motivate you can make all the difference. I was fortunate to have such mentors during my time at MUL, along with an incredibly supportive group of classmates, which contributed to the wonderful memories I have of my time there. One class that particularly stood out to me was pediatric dentistry, led by Dr. Agnieszka Bruzda-Zwiech. I was fortunate to collaborate with her on a publication, which we are eagerly awaiting to see published. My passion for this field ignited during my fourth year, inspired by the dedication and compassion our supervisors showed in treating their young patients. Observing how a child's cooperation could transform entirely with the right approach was remarkable. For the first time, I truly witnessed the importance of building trust and relationships with young patients and how this directly influenced their gratitude and willingness to overcome their fears. Additionally, during my final year, I participated in several initiatives organized by the extracurricular pediatric dentistry club. These included preventive sessions for children in kindergartens and schools, emphasizing the importance of proper oral care and providing on-site check-ups.

After graduating in 2023 and completing my internship in March 2024, I decided to embark on a new adventure and move abroad for the first time. In April 2024, I relocated to Ireland. This wasn't my first time here, as I had already been balancing my internship in Lodz during the week with weekend work in Ireland. Those months were particularly challenging, as I had to take on two additional jobs in Poland - teaching English to children and working as a waitress - to fund my flights. Despite



Dr Julia Durka

Graduate of
5DMD Program 2023



the difficulty, it was an immensely rewarding experience. Currently, I work in a private clinic in the heart of Dublin, treating both children and adults on weekends. During the week, I hold the position of a Pediatric Dentistry Senior House Officer in Dublin Dental Hospital with rotations through 2 children's hospitals: CHI at Tallaght and at Crumlin.

I have the privilege of working alongside some of Europe's leading pediatric dentists, which has broadened my understanding of innovative treatment methods and approaches to medically compromised patients. At CHI at Tallaght, Professor Anne O'Connell, Consultant pediatric dentist, leads the treatment of medically compromised children using a range of approaches, including intensive prevention and comprehensive treatment under local anesthesia, sedation, and general anesthesia. Children here have a range of issues from endocrine disorders, epilepsy, severe neurodisability, intellectual disability requiring hospitalisation. The service here also caters for children with developmental disorders of the dentition such as AI, DI hypodontia, supernumerary teeth as well as complex trauma cases requiring surgery and restorative treatments. Cases range from restorative dentistry (e.g., strip crowns, stainless steel crowns) to extractions and surgical procedures (orthodontic extrusions, biopsy) as well as more complex procedures. A personalized approach ensures tailored care for each child's unique needs. Additionally, Professor O'Connell oversees the Trauma Clinic at Dublin Dental University Hospital, where a team of dentists specialize in managing challenging trauma cases such as avulsions, intrusions, root fractures, decoronations, and complex options following complex traumatic injuries in younger patients. This clinic has been an invaluable learning environment, offering me exposure to a wide variety of cases.

Since graduating, I have actively pursued opportunities to enhance my knowledge by attending numerous local and international conferences and workshops. In November 2024, I was honored to be nominated by my patients for the Caring Dentist Awards under the Colgate Caring Dentist of the Year category. As the youngest alumna to share my story, I feel both humbled and motivated to keep working hard and improving. I am excited about the opportunities the future holds and look forward to pursuing my aspiration of specializing in pediatric dentistry, a field I am deeply passionate about. This is just the beginning of my postgraduate journey, and I'm hopeful for whatever comes next.

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Meet Prof. Janusz Piekarski - MUL's new Rector

MUL News

On March 18, 2024, The Electoral College of the Medical University of Lodz elected the MUL Rector for the 2024 – 2028 term. Prof. Janusz Piekarski was appointed Rector Elect. On August 30 a symbolic transfer of power was held during the Rector's College. Professor Radziszław Kordek, Rector, handed over the badge of office to the Rector-Elect, Professor Janusz Piekarski. The Rectors also signed the document of The Rector's Power Transfer. Professor Janusz Piekarski took over the office of the Rector of the Medical University of Lodz on September 1, 2024.





Professor Janusz Piekarski was born in Łódź in 1969. He began his medical studies at the Medical Academy in Łódź in 1987. After his first year of studies, he received the Rector's Award for the best student. During his studies, he was the chairman of the student scientific society at the Second Clinic of Surgery of the Medical Academy in Łódź. In 1996, he obtained his first-degree specialization in general surgery, and in 2001, he completed his specialization in oncological surgery. He earned the title of professor in 2011. In his scientific work, he focuses primarily on issues related to breast and skin cancers. He is the author and co-author of 143 articles, 65 chapters, and 3 monographs. For many years, he also worked as a translator of

medical literature, including as an editor of Polish editions of medical journals such as Lancet Oncology. He is a co-author of Polish guidelines for the treatment of patients with malignant and benign breast tumors. He is the chairman of the "no-fault" team at the Ministry of Health. For many years, he served as the chairman of the Polish National Committee for TNM of the International Union Against Cancer (IUCC). He was the translator and editor of two editions of the TNM atlas. For the last two terms, he served as the Vice-Rector for Organization and Student Affairs. In both terms, he was also the first deputy rector.

Professor Piekarski's passion is sports. He runs, trains in martial arts, and practices sport shooting. He participates in so-called extreme runs. He is a music lover and listens to all genres. In his free time, he returns to a hobby from years ago - scale modeling. In his opinion, the precision developed through modeling has proven to be extremely useful in his work as a surgeon, especially when performing eyelid reconstructions or surgeries on patients with parotid gland tumors. He finds the best relaxation in skiing and sailing. He loves cats, and they are always present in his home.

Inauguration of the New Academic Year

On October 1, in accordance with tradition, the ceremonial inauguration of the new academic year took place. This event was particularly important for first-year students as it marked their official entry into the community of the Medical University of Łódź and the beginning of their journey towards obtaining the diploma of a doctor and a dentist. This year, 83 students began their studies in the medical program and 23 students in the dental program. Congratulations and we wish you all the best in your studies!





The inauguration of the 2024/2025 academic year was also a special event for Professor Janusz Piekarski, as he participated in it for the first time in his new role as Rector of the Medical University of Łódź. He officially welcomed first-year students, including English Division students, to the community of MUL.



Cultural Soirée - 2024 edition

The Cultural Soirée was held, an event organized annually by the MUL Student Council in cooperation with the Administrative Centre for Studies in English was held on November 30, 2024. This year, the date of the Cultural Soirée coincided with the date of St. Andrew's Eve. On this occasion, in keeping with Polish tradition, members of PTSS and IFSMA Poland organized fortune-telling activities for students, such as pouring wax, measuring apple peels, and arranging shoes (to determine who will get married first). Additionally, there was a language exchange event titled "Speak and Share," during which English-speaking students could practice their Polish, and Polish-speaking students could improve their English skills.





However, the main attraction of the Cultural Soirée was undoubtedly the opportunity to taste dishes from various parts of the world: baklava, kisir (Turkish bulgur salad), bel-puri (a spicy snack with juicy chutney sauces from India), ghormé sabzi (a herb-infused dish with dried lime) from Iran, chakalaka, jollof rice and suya from Nigeria. There was also bigos (hunter's stew), a traditional Polish dish, available in both vegetarian and non-vegetarian options. We also had the chance to listen to presentations about Lebanon and Nigeria and enjoy dance performances prepared by students from India, Nigeria, Turkey, and Lebanon.



White Coat Ceremony

On December 12, 2024, the annual White Coat Ceremony took place, marking a significant milestone for the students of the medical and dental programs. This event celebrated their transition from preclinical to clinical years, symbolized by wearing the white coat – the emblem of the medical profession.

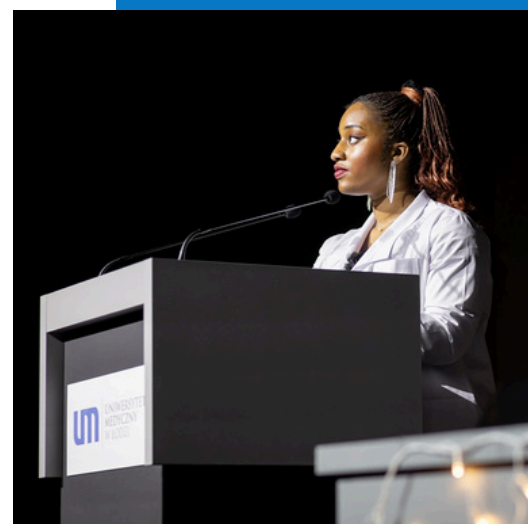
Ceremony was attended by authorities: prof. Adam Durczyński, vice-rector for student affairs, prof. Sebastian Kłosek, vice-dean for studies in English, prof. Marcin Włodarczyk, dr. Aleksandra Palatyńska-Ulatowska, dr. Małgorzata Berezińska and dr. Krzysztof Sokołowski.



Prof. Adam Durczyński delivered an inspiring speech to the students: *“The white coat is a symbol of being a doctor, of purity, professionalism, and clinical knowledge. While wearing this coats, always listen to your future patients with an open mind and open heart. Be good to your patients, be patient, always fight for their health and life until the end. Respect people, healthy or ill, regardless of who they are. Support patients, promote health, always ask courteous questions, let people talk, and listen to them carefully. Give unbiased advice, let people participate actively in all decisions related to their health and healthcare. Assess each situation carefully and help in whatever way the situation requires. Use evidence as a tool and determinant of practice. Humbly accept death as an important part of life. Help people make the best possible arrangements when death is close. Work cooperatively with other members of the healthcare team, be advocates for patients, mentors for other health professionals and be ready to learn from others, regardless of their age, role, or status. And above all, remember words of Sir William Osler, Canadian urologist - ‘Medicine is an art, not trade. A calling, not a business’. I wish you all the best and we are waiting for you in the hospitals.”*



The ceremony was enriched by a vocal performance from students Kimberly C Sebastian and Maxwella Oyintare Fakrogha, who performed a song “A Million Dreams” from “The Greatest Showman” movie. Additionally, Melissa Akalonu recited her poem titled “Here We Stand”.



Student of the year 2024

The Rector, Prof. Piekarski, presented a congratulatory diploma to the best student from English Division, Ms. Julia Resch. She is a student in the 6-year medical program who came to our University from Koblenz in western Germany in 2019.

Over the past few years, she has actively participated in various research projects. The most significant of these was her collaboration with Prof. Gaszyński and the Department of Anesthesiology and Intensive Care at Barlicki Hospital in Łódź. Together with the clinic's team, she conducted a study comparing the benefits of using the Miller and Macintosh laryngoscopes in patients with morbid obesity. This project earned her first place in the Surgery and Transplantation category at the JPM 2024 Conference and resulted in her first published article.

Additionally, Ms. Julia is an active member of the Non-Invasive Cardiology Scientific Circle, led by Prof. Lelonek. In this role, she organizes workshops for other students and participates in a project investigating low doses of naltrexone as a potential treatment for long-term Covid-19. She also holds a research position in the Department of Gynecologic Oncology at the Polish Mother's Memorial Hospital Research Institute in Łódź. Currently, she is focusing on a research project on dysmenorrhea in adolescents.

Besides her scientific and research activities, Ms. Julia has been a member of the student government for years, serving as the chairperson in the 2021/2022 academic year. She is always eager to engage in social activities, organizing social and integration events at our university.



**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**

Christmas Together event

On December 17, 2024, our community gathered for the heartwarming “Christmas Together” event, an initiative by Aleksandra Hibner from the Admission and Promotion Department. The event was honored by the presence of Ms. Liliana Misiak Kuźbik and Ms. Olga łoś from the Archaeological and Ethnographic Museum in Łódź. They delivered an engaging lecture on Polish Christmas traditions and conducted a workshop on creating traditional paper cutouts. Participants crafted beautiful Christmas stars, adding a festive touch to the occasion. The event concluded with a delightful feast of traditional Christmas Eve dishes, including pierogi with cabbage and mushrooms, mushroom soup, herring, poppy seed cake, and dried fruit compote, all to the accompaniment of Polish carols. It was a memorable evening that brought us closer together, celebrating the rich cultural heritage of Poland.



Dear Reader!

Thank you for your time, we hope you enjoyed the Newsletter and we wish you all the best in 2025.

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!](#)

Best regards,
Adrianna Adamus
the Editor