



XAVIER UNIVERSITY SCHOOL OF MEDICINE AT ARUBA

THE XAVIER TIMES

Are Artificial Sweeteners Healthier Then Regular Sugar?

Article By: Eesha Khan

Nowadays people are constantly using artificial sweeteners like Equal and Splenda to substitute real sugar. These sweeteners are being used in coffee, dessert, and much more. Are artificial sweeteners really healthier for you? How can something “artificial” be good for your health and body? Many do not know that there are both pros and cons in taking regular sugar and even artificial sweeteners. Although a high amount of sugar cannot be healthy for anyone, it is important to remember that our body recognizes real sugar and breaks it down accordingly. However, sugar can send your blood sugar level rocketing and this will further damage your arteries...if you take in too much sugar, you’re asking for insulin problems. And who says nowadays sugar is easy to “properly consume”? Sugar is all about over-consuming! It has 50 calories per tablespoon. At a time like this, anyone would rather have artificial sugar in their body than hundreds and hundreds of

calories! So we come down to the real question here...regular sugar or artificial sugar? Yeah, if you’re losing weight, you’ll obviously say artificial sweeteners because at the end of the day...many have difficulty controlling their sugar intake. The only way to 100% avoid that, is of course, artificial sweeteners. However, ask yourself, how can something made from a bunch of random chemicals be healthy for one’s body? On top of that, how do we know of the long-term effects of these chemicals? So once again we come down to the real question, which is best? The answer is none. Turning your sweet tooth off is a great idea, but constantly substituting that with chemically made sugars is even worse! So turn off that sweet tooth and learn to balance your proportions. If sugar is a problem for you, substitute it with artificial sweeteners, but learn how to control your intake of it!



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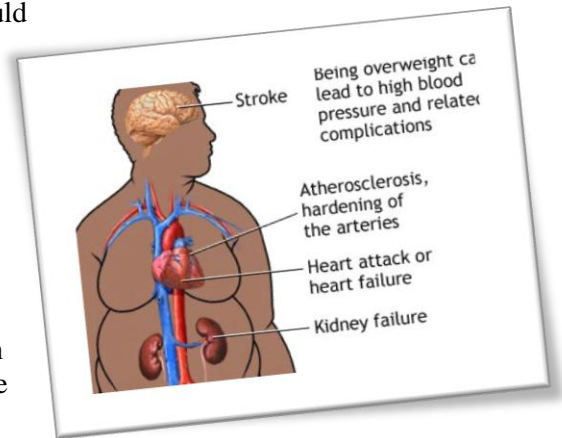
“Thus replacing sugar with artificial sweeteners does not dramatically affect weight control compared with a reduction in fat intake.”

Obesity: The Next Epidemic?

Article By: Khevin Brahmhatt

Obesity is rapidly spreading all over the world and has become one of the major factors for the rise of chronic diseases like diabetes and hypertension. According to an extensive international study, 40% of men and 30% of women worldwide are overweight, while 25% percent men and 27% of women are obese. This particular study was conducted on 168,159 people, aged 18 to 80 years of age, in 60 different countries. The study was carried out by INSERM or France Health Institute Researchers. This is the largest study conducted for the obesity cause and the results too were alarming enough. The results were published in the *Circulation*, an American Heart Association journal. The researchers took waist circumference as a tool to measure obesity as it is a more accurate marker of diabetes and heart disease than BMI. Results showed that more than 30% of men and 50% of women have more than recommended waistlines and are at high risk for diabetes and heart disease.

Canada and South Africa are the top countries in obesity, where the average BMI is 29. In Eastern Asia, about 7% of people are obese. For men, 5.5 inches increase in weight circumference will increase heart disease risk by 35%. More people are becoming obese due to change in lifestyle and improper eating habits. The “obesity epidemic” will show severe effects in the future due to rise in childhood obesity rates. The government should take a stand against “junk-food” companies and advertisements. Parents and schools should encourage exercise activity in young adults and children. Obesity is only going to get worse if proactive measures aren’t taken quickly. You need to make the right choice.



P D D G G E P T K V G C O T T
 Y Y R E A U T F G A H B T S T
 S F A T R S M S X I S S I S T
 C T N R Q M T I I T I G I W S
 H Y F R Q D A R E G O G I M I
 I R H E U M A T O L O G I S T
 A E A I W Y R L O L C L E J N
 T N M C R I O N O L O W O X E
 R M S D C I I R X G O G H R D
 I G L I D R U D J E P G I L U
 S H A R C E A P C R W B I S T
 T N A O N P O D I A T R I S T
 Z C D N E P H R O L O G I S T
 N N A I C I R T A I D E P O E
 E T S I R T E M O T P O C L L

Word Fun

- CARDIOLOGIST
- DENTIST
- DERMATOLOGIST
- ENDOCRINOLOGIST
- GASTROLOGIST
- NEPHROLOGIST
- NEUROLOGIST
- OBSTETRICIAN
- OPTOMETRIST
- PEDIATRICIAN
- PODIATRIST
- PYSCHIATRIST
- RHEUMATOLOGIST
- UROLOGIST

Sports News

Articles By: Kamran Khan, Chet Singh,
& Darsh Dhaliwal

MLB

Giants Bring First World Series Title to San Francisco

The San Francisco Giants are now World Series champions. The Giants won 3-1 against the Texas Rangers in Game 5 of the World Series. This is the first time the San Francisco Giants have ever won the World Series, so this is a huge deal. The MVP elected for the series was Edgar Renteria who hit .412 with two home runs and six RBI's. 5 games were played, and the series came to an end when the Giants took the series 4-1.



"While the MLB season comes to an end with the 2010 World Series, a door to an exciting new season for NBA opens."

holder, told the New York Post on Saturday night that he believes Anthony will become a member of the Knicks. But he did so in the most cleverly self-promotional way possible.

This Season's Leading Questions:

- Are the Lakers in the run for a 3-Peat?
- Do the Celtics have another shot or is this the end?
- LeBron, Wade, and Bosh on one team?

Mets Have a New General Manager?



The New York Mets have put the future of the team in the hands of the new General Manager, Sandy Alderson. He has a four year contract and will take on the mission to get the Mets to postseason baseball. This GM has a very good reputation, so this is a good move of hope for the New York Mets. He is now looking for a new manager for the Mets, along with staff.

NBA

Mello New York Bound?

About a week ago, we noted a New York Post story that Denver Nuggets star forward, Carmelo Anthony, who is in the final year of his contract and set to become a free agent this summer, told filmmaker Spike Lee that his top choice was to play for the New York Knicks, a team that has been actively courting Anthony. Lee, a longtime Knick fans and season ticket



BOXING

Pacquiao Vs. Margarito: Who Will Win?



Controversy has been surrounding the fight taking place in Texas on November 13, 2010 between Pacquiao and Margarito. Many critics are having a tough time deciding on who will win. Pacquiao is more experienced with a record of 51-3-2 and 38 knockouts, Margarito with a record of 38-6-0 and 27 knockouts. However, Margarito has the advantage of being the bigger man at a height of 5 feet 11 inches and a reach of 73 inches, while Pacquiao is only 5 feet 6.5 inches with a reach of 67.5 inches. Many boxing fans wonder if this will be a clean fight since Margarito was caught with a hard substance in his gloves during a previous fight. However, many fans have confidence that it will be a clean fight and 81% even say Pacquiao will take the win.

Interviews

Interviewed By: Hajira Khan & Yolanda Baldwin



Interview With
Dr. Barton

Q: How long have you been working at Xavier University School of Medicine?

A: I have been working here since June 2008.

Q: Why did you decide to teach at Xavier?

A: Well, it was promising and I wanted to be a part of the growing Xavier Enterprise education of top medical studies.

Q: Apart from Biology, what other subjects have you taught?

A: As a teacher, I taught medical genetics and histology as well.

Q: Why do you have a love for Biology?

A: Well, I love it because I received my PhD in Biology in genetics of flight insect muscle.

Q: Is there anything interesting you would like to share with the school?

A: I have always wanted to travel to Egypt to see the pyramids.



Interview With
Prof. Shiraz

Q: How long have you been working with Xavier?

A: I have been working with Xavier for one month.

Q: Why did you decide to teach at Xavier?

A: My husband is presently working in Aruba. We both decided that if I got a job in Aruba, I would move the family to the island.

Q: Which courses are you presently teaching?

A: I am currently teaching Physics and Calculus.

Q: Why are you teaching those courses?

A: I have never taught Physics before,

however it is an application of math. I have developed a passion for it and I look forward to class.

Q: Is there any interesting details you would like to share with the school?

A: I have done research with a research team where we use math and the probability to find tumors in the first stage.

Q: What advice do you have for pre-medical students?

A: First of all, you must focus. Calculus is used as a biochemical base to apply formulas to get an answer. Make sure you take math from a better perspective and understanding graphs will help you understand how to read a patients monitor.



Interview With
Dr. Chaudhry

Q: How long have you been working at Xavier?

A: I have been working at Xavier for one month.

Q: Which courses are you presently teaching?

A: I am teaching Biochem and Organic Chemistry.

Q: Is there any interesting details you would like to share with the school?

A: Well, I received my degree from St. Matthews in the Cayman Islands.

Q: What advice do you have for the Pre-Medical 1 students?

A: Focus and gear everything towards studying the board review.

Interviews Continued...



Interview With
Maulik Patel

MD: 3
S.G.A. President

Q: How long have you been studying at Xavier University School of Medicine?

A: I have been studying here for one year.

Q: Is this your first time on the SGA?

A: No, I was vice president for the summer semester of 2010. I really wanted to become president. However, in order to become president, you must be on SGA for a semester and also be in the Medical program.

Q: How would you describe your role as president at Xavier University?

A: It's honestly been great. I get to meet new people, work with others, and it makes student life a lot better.

Q: Does it interfere with your studies?

A: Yes it does take up a lot of time,

but you have to manage both. It's honestly all about time management.

Q: Are there any special upcoming events that you would like to notify the school about?

A: Well, October 23 was Garba, which was a cultural event. We have the volunteer work beach cleanup on November 13th. Then, on the 20th, there's going to be a Health Fair in Santa Cruz. Finally, we have a Karaoke Night planned on December 4th.

Q: Is the SGA working towards having events outside the school?

A: Yes, it is in progress and we will be holding events outside the school, such as a volleyball tournament and a mini-soccer world cup.

Aruba Weather 12-Day Forecast

Sat Nov 13	Sun Nov 14	Mon Nov 15	Tue Nov 16	Wed Nov 17	Thu Nov 18	Fri Nov 19	Sat Nov 20	Sun Nov 21	Mon Nov 22	Tue Nov 23	Wed Nov 24
Thunderstorms. Mostly cloudy. Warm.	Strong thunderstorms. Mostly cloudy. Warm.	Strong thunderstorms. Mostly cloudy. Warm.	A few tstorms. Mostly cloudy. Warm.	Tstorms late. More sun than clouds. Warm.	Broken clouds. Warm.	Tstorms late. More sun than clouds. Warm.	Tstorms late. More sun than clouds. Warm.	Tstorms early. More sun than clouds. Warm.	Tstorms late. More sun than clouds. Warm.	Showers late. Partly cloudy. Warm.	Showers late. Partly cloudy. Warm.
86 °F 81 °F	85 °F 81 °F	86 °F 81 °F	87 °F 81 °F	85 °F 82 °F	85 °F 81 °F	86 °F 80 °F	86 °F 81 °F	86 °F 81 °F	86 °F 81 °F	85 °F 81 °F	85 °F 80 °F

Aruba's residents and visitors are blessed with clear skies, bright sunshine, and cooling trade winds practically every day of the year. Except for a few scattered weather events annually and perhaps some limited showers

on some days (very welcomed by our tropical plants!), the sun does indeed always shine here! In the vast majority of cases, Aruba only experiences extreme weather of nearby heavy tropical storms, if at all.

Midterm Reflections...

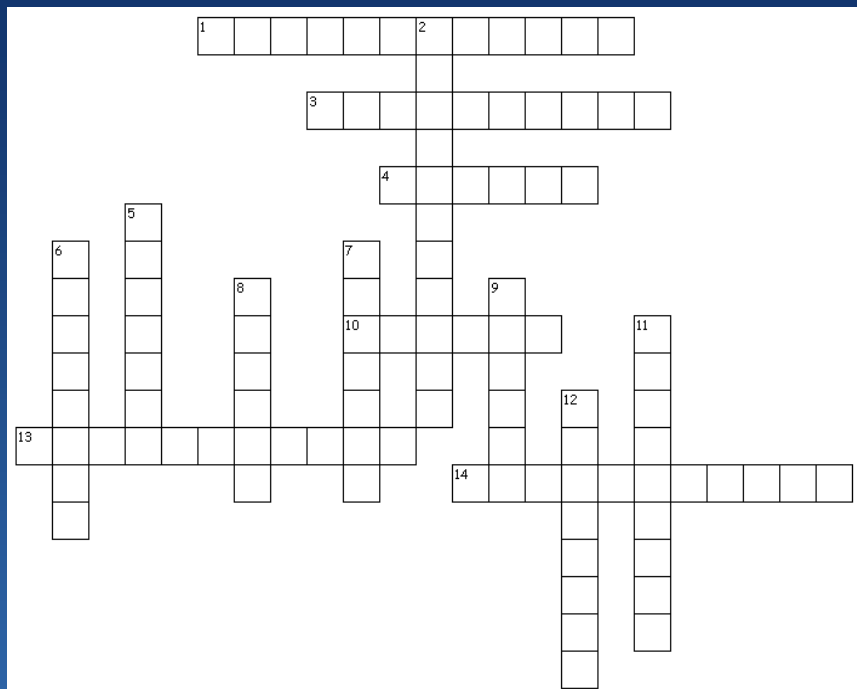
Photographs By: Tabby Shaikh & Hanan Haroon



Inspirational Quote

“In nothing do men more nearly approach the gods than in giving health to men.” ~Cicero

Word Fun



ACROSS

- 1. The habit of biting the nails
- 3. One who specializes in the study of diseases/disorders of the skin
- 4. Thin flakes of hardened epithelium that are shed from the epidermis
- 10. Any visible damage to the tissues of the skin
- 13. An agent used to break down or loosen the horny layer of skin
- 14. Cells responsible for producing melanin

DOWN

- 2. Infestation with lice
- 5. Pain in the heart
- 6. A cell found within the connective tissue
- 7. A black or dark pigment produced by melanocytes within the epidermis
- 8. A small, solid, circumscribed elevation of the skin
- 9. A small circumscribed swelling protruding above the skin
- 11. Collection of fluid located in the area of the scrotal sac in the male
- 12. Inflammation of the heart

Classifieds

Contact: Sheru Walia
For More Information



1996 Nissan Skyline. 5 spd.
116,000 km. grey color. Model:
GTS25T. air conditioning.
AM/FM radio. Price: 16,500 Afl
*Contact: Charissa
561-6168.



Stretched 2009 Yamaha
Banshee. King of the atv
world. Perfect condition.
Blue. Call for price.
*Contact: Siro
562-2228



Stretched Suzuki gsxr-
1000. Comes with
custom paint. Price-
15,000 Afl.
*Contact: Jean Claud
565-5542

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- Darsh Dhaliwal
- Yvica Alcidor
- Yolanda Baldwin
- Eesha Khan
- Tabby Shaikh
- Khevin Brahmhatt
- Sheru Walia



- Chet Singh
- Nabil Ahmed
- Safina Saeed
- Hanan Haroon
- Hajira Khan
- Osama Salim
- Kamran Khan