



THE XAVIER TIMES

NEWSLETTER

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وزارة التعليم العالي والبحث العلمي

XUSOM Signs Two MoU's In Continuing Education Efforts



Prof. Dr. Waleed Deeb (center), founding president of the Arab American University of Jenin with Dr. Dubey, Dean of Basic Sciences, Dr. Apacible, Dean of Student Affairs, XUSOM President Ravishankar Bhooplapur, & students in the Anatomy Laboratory.

We're proud and excited to announce that we've collaborated with the Arab American University-Jenin to establish a 6 year Pre-med to MD program from Jenin, Palestine to Aruba! Our goal is to provide a solid foundation for Pre-Med studies in Jenin, which will enable students to transition to Aruba for their MD studies upon successful completion of their courses and participate in clinical rotations in the United States and Canada.

Founded in 2000, the American Arabic University was established to provide Palestinians and international students with a quality education by utilizing advanced teaching techniques such as information technology. We believe this collaboration will



President Ravishankar Bhooplapur and Dr. Sr. Christine Fernandes at the signing of the MoU in Hyderabad, India, on April 26th, 2016.

Continued on page 2

From the Editors

Dear readers:

The new semester has been treating us well so far! With the rapid expansion of knowledge being a medical student and a doctor requires constant reading and updating of knowledge. Our knowledge about the human body has grown at an astonishing pace in the last fifteen years.

There have been fascinating developments in Immunology, artificial organs, 3-D printing and robotics. Our knowledge of the human genome and epigenetics has grown at an astonishing clip. We are now beginning to synthesize artificial life forms and have the ability to edit genes. The rapid changes bring with them ethical issues and implications. Is it Ok to alter the genetic code of babies to create super babies with desirable genetic traits? Is Eugenics finally a possibility?

As usual we have wealth of reading material for you in this issue. These range from school events, health care systems, movie activities, the medical humanities module, major health challenges facing us in the twenty-first century among others.

Ms. Komathini Jothikumar is the new student editor. On behalf of the Xavier Times team we would like to thank the former students editor, Ms. Natasha Sebastian for her untiring efforts. Read on...

Dr. P Ravi Shankar, Faculty Editor

Ms. Komathini Jothikumar, Student Editor

MoU Signing *Continued from page 1*

enable more students to pursue their dream of becoming a physician.

Xavier University School of Medicine, Aruba made a tripartite agreement with St. Francis College, Centre for Professional Studies and Global Medical Education and Research Foundation to start a new globally recognized Pre Med to MD Program with guaranteed admission for Indian students to Xavier University School of Medicine after the successful completion of the Pre Med course in India.

On April 26th, President Ravishankar Bhooplapur met with Dr. K.S. Ratnakar, Dr. Sr. Christine Fernandes and other advisors to officiate the agreement. We are proud to announce this partnership as it will provide students with an integrated curriculum and a chance to attain a

U.S. residency upon program completion.



Prof. Dr. Waleed Deeb, founding President of the Arab American University of Jenin, offering a gift to President Bhooplapur.



Dr. K.S. Ratnakar, of the Global Medical Education & Research Foundation, Dr. Sr. Christine Fernandes of St. Francis College, and the President of Xavier University School of Medicine, Mr. Bhooplapur (center) with the signed Memorandum of Understanding.



Prof. Dr. Waleed Deeb, founding President of the Arab American University of Jenin, Mr. Bhooplapur, President of XUSOM, Dr Dubey, Dr Apacible II and Dr Nandy during the interaction with students of Middle Eastern descent



Prof. Dr. Waleed Deeb, founding President of the Arab American University of Jenin, taking a tour of the Aruba campus accompanied by Mr. Bhooplapur, the XUSOM President, Dr Dubey, Dr Barton and Dr Nandy



Dr. K.S. Ratnakar, Director of the Global Medical Education & Research Foundation, and Xavier University President Ravishankar Bhooplapur shaking hands after signing of the MoU in Hyderabad, India.

Upcoming Events in Aruba

July 9-18 30TH ANNUAL ARUBA HI-WINDS

Aruba's trade winds provide the perfect conditions for the largest amateur wind-surfing event in the Caribbean.

August 12-14 ARUBA INTERNATIONAL REGATTA 2016

This sailing event features fun, action, and competitions among international yachts, catamarans, Sunfish, and windsurfers during the day, combined with music, parties, and dinners at night.

August 26-27-28 ONE COOL SUMMER INTERNATIONAL DRAG RACE

This exciting international drag racing competition will take place at the Palo Marga International Raceway Park.

September 11 36TH TURIBANA TO SANTA CRUZ 10K RACE

A unique way to experience an Aruban sunrise is during this open road race that starts at 5:30 a.m. at Panaderia del Campo in Noord and finishes at the Betico Croes Sports Complex in Santa Cruz.

September 15-17 ATECH* CONFERENCE

This multi-day event is a gathering of entrepreneurial minds where startup founders, investors, world-class speakers and key global players in the technology will discuss the future of tech and will showcase the latest and greatest trends in the industry.

September 23-24 10TH ANNUAL CARIBBEAN SEA JAZZ FESTIVAL ARUBA 2016

This annual festival ignites Aruba's music scene with an impressive lineup of international and local jazz, Latin, soul, and funk musicians at Renaissance Marketplace.

September 25 22ND ANNUAL ARUBA REEF CARE PROJECT

If you are in search of a great eco-tourism opportunity, join more than 800 participants from both the local community and those visiting us from abroad for the island's largest volunteer initiative.

Orientation - Breaking the Barriers of Nervousness & Anxiety



It was a day filled with mixed emotions, I was excited and nervous to start my medical journey at Xavier University School of Medicine (XUSOM). As we walked into the auditorium, we all introduced ourselves and took a seat. The first hello introduced us not only to our classmates in MD 1, but also to our new family that will be with us for the next six semesters. Orientation was a great way to get to know more about our classmates as well as the faculty and administration at XUSOM. During this time the administration and faculty inform students and their parents about the curriculum and help the students transition smoothly into the new life here in Aruba. Throughout the two days of orientation, the faculty, administration, as well as student government association (SGA) officers did an excellent job in welcoming us as new students and introducing us to the campus as well as rules and regulations that were to be followed around the campus. The Orientation program plays a very important role to a new student as it provides the student with motivational and insightful information to help them adjust to the integrated system and tackle their anxiety. Our first day of orientation began with introductions from Dr. Dubey, Dean of Basic Sciences and Dr. Barton, the Dean of Premedical Sciences. We got to know more about the new changes that are occurring in the community of XUSOM and the benefits it would lead to us. Most importantly, we learned about the importance of the integrated curriculum of basic sciences and how the students benefit greatly from this curriculum. It also gave us the insight of the school's

vision and mission, to educated students with the knowledge and skilled to develop a skilled physician. The next day, we learned the importance of teamwork by playing the game, Crossing the River. It was a great way to learn how important it is to overcome your hurdles and make it through to the end. It was also an opportunity help build trust amongst the new classmates as we all worked together to successfully cross the river. After all we all have the same goal, which is to pass the USMLE with a high score, secure a spot in residency and become successful doctors. Yes, there will be many hurdles in the path but no one ever said that medical school was easy. The ones who come



out strong are the winners. Orientation helped break the barriers of nervousness and prepared us for the expectations that our faculty have of us. First impressions are usually the best and last impressions. Six semesters from now, I will still be able to remember my first day of orientation.

Ms. Atisha Patel, MD 1 Student

Summer 2016 White Coat Ceremony

The Welcoming of Future Successful Physicians



The White Coat Ceremony is the most anticipated ceremony for every medical student. It's a night of honor, respect, and will be remembered by each and every individual attending. One might think that the stethoscope or the scrubs mark the identity of a doctor, but I believe it's the white coat that gives them the professional appearance and respect.

The night of the White Coat Ceremony and the Welcome Dinner at Xavier University School of Medicine began by welcoming all the new students, retuning students, faculty and families. Our night began with speeches by Dr. Dubey, the Dean of Basic Sciences, Dr. Barton, the Dean of Pre-Medical Sciences, and Dr. Gil, the Dean of Student Affairs. As professionals with more experience, they exhorted us to strive harder to achieve our goal and reach to the top. Awards and recognitions were given to upperclassmen for their achievements. This inspired the new students to work just as diligently and with the utmost dedication. We were given an opportunity to listen to the chief guest, Prof. Dr. Waleed Deeb, the founding President of the Arab American University of Jenin, who briefly discussed about the joint program between Jenin and XUSOM. Guests and students also received an opportunity to view a guest dance performance by Danza Folklorica Corazon Venezolano from Venezuela.

Following these events, there was the most anticipated event of the night; the presentation of white coats to the new entering class and students. Each student felt the importance and honor when walking across the stage to receive their white coat. Each expressed happiness as we all recited the Hippocratic Oath under the guidance of Dr. Gil. Because this ceremony took place early on in the semester, it was very motivating to appreciate the value of the white coat and the beginning of a journey towards becoming a successful physician.

Ms. Reema Patel, MD 1 student



Using Art in the Education of Future Doctors at XUSOM

During the spring semester in 2013, small group activity-based learning was still very new at XUSOM. Under the old subject-based curriculum, didactic lectures were the predominant teaching methods in small group sessions that were conducted in a few subjects. When I started the first MH module, small group learning and the methods introduced through the medical humanities (MH) module were still very new. Using case scenarios, role-plays, paintings, activities and literature excerpts to explore different aspects of the patient experience and the patient-doctor relationship were still new.

Gradually, students were able to participate to a greater extent in these activities and assume greater responsibility for their own learning. Our librarians who have a liberal arts background joined as co-facilitators for some of the sessions. Ms. Sullivan, Ms. Spetko and Ms. Roberts provided a different perspective from outside the field of contemporary medicine. Ms. Carlton, a teacher of English as a second language (ESL), was a co-facilitator for some sessions and introduced students to English poetry from a medical perspective.

Dr. Rose has been a co-facilitator for over six semesters of the module and brings a perspective from the fields of behavioral sciences and psychology. He also provides a Canadian and North American perspective to the proceedings. His background in counseling and psychology is useful in providing support and insight for students during the role-plays and in the debriefing of students, which takes place after the role-plays. Mr. Alvin Howell, a retired educator from Aruba, co-facilitated the sessions with us. He is involved with the Standardized Patient Program at the institution and provides an Aruban and Dutch perspective to the proceedings. For the last three semesters, we have used a selection of movies to explore different issues related to MH. The movies provide an excellent perspective to explore different issues related to MH and the patient-doctor relationship. Students were also introduced to a session called 'Death and Dying', where they explored important issues and the role of medical professionals when it comes to death to how diminish patient suffering.

We have published a number of articles related to the MH module at the institution. My co-facilitators and I would like to thank all students who participated in the module and I am sure the experience has given you a good standpoint as you progress in your medical careers.

Dr. P Ravi Shankar
Faculty Editor -





SAO / XUSOM Beach Clean Up

Med Students Improving Health Outside the Classroom

Xavier's Student Ambassador Organization (SAO) decided to give back to the Aruban community, by participating in the beach cleaning event 'Sponsor-A-Mile' with Bucuti & Tara Beach Resort, Aruba on May 18, 2016. As future physicians, we are taught the importance of saving lives, however, saving time to acknowledge other areas of life that are not concern with medicine, is also important. Water pollution compromises the health of humans and wildlife and disrupts the livelihood of those that depend on a healthy ocean. SAO is proud to have contributed our time to help make the world a better place, one small action at a time. SAO would also like to thank Arnold Solognier, Ewald Biemans and the Bucuti Tara Beach Resort staff for allowing us to work with them on their monthly beach cleaning project. SAO also thanks Eric Boeldak, the photographer.



Poems by Dr. Bhat

Back and Forth

She walks, a shadow of thoughts, by the twilight of the dusk, a figure of ebbing speech, on the shore of setting sun, from a land of dreams and views, to the sea of infinite light, from teams of myriad games, to the Captain of Creation!

She lays her head at rest on the sea-shore's cooling warmth. The sands of infinite Time whisper into her ears- 'Give us your aches and gains, give us your bygone day, they make our eternal comrades beneath the Ocean's veil; The Sun sets and rises, the waves ebb and swell, Liberation is not their dream, bondage not their life! Create your emptiness, to fill our youthful vigor, for when the dawn cracks, you need to rise up too!'

She walks, a shadow of silence, by the twilight of the dawn, A figure of enriched thoughts, on the shore of rising Sun, Carrying in her the Light, to illuminate the land, Before she rests again on the sandy grains of Time!

The Making of the Wise

In doom, You pressed on the wound of my heart, like You would, a call bell. Withdraw in fear or let You in? I opened the door of my heart. You entered - dusted, swept my heart, washed my soul in its depths; doom you blew into my soul to produce music joyous! You gifted me with solitude for I had shy tears; taught me how to swim in my heart lest despair form an ocean.

A cleaner soul, I've reached a shore, there's still a lot to swim? My brightened heart, my glowing mind look back to view my past - on my toiling hands, for a path of joy, You transported bricks of sorrow, for sorrow is Your classroom for the making of the wise!

Surekha Anandraya Bhat
Professor of Biochemistry

Study Shows COPD Linked to Increased Bacterial Invasion

Chronic obstructive pulmonary disease more commonly known as COPD is the third leading cause of death in the United States. For a while scientist believed that inhaling the toxic fumes and particles from the tobacco smoke lead to inflammation of the airways in the lungs eventually leading to advancement of COPD. This theory however does not explain how or why the airway inflammation and disease continue to progress after cessation of smoking by the patient.

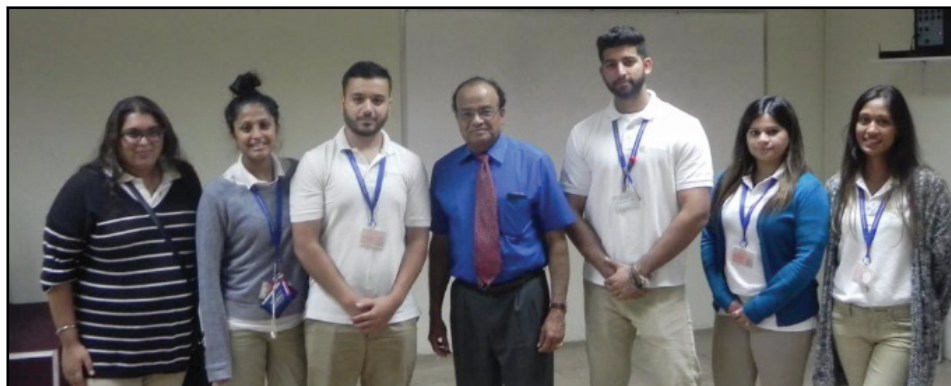
A new study conducted by investigators at the Vanderbilt University Medical Centre in the United States found that consistent inflammation of COPD could arise from a defect in the immune system that allows the bacteria to penetrate deeper into the lung. The study is conducted by Bradley Richmond, M.D., Timothy Blackwell, M.D. and Vasily Polosukhin, M.D., Ph.D.

Throughout their research, the investigators were interested in determining the function of different mucosal membranes like the ones found in the nose and the lining of the lungs. It has been noted that mucosal surfaces typically have an elaborate barrier that will prevent further penetration of the bacteria into deeper tissues. Using previous knowledge that COPD patients tend to lack the key component of this barrier secretory immunoglobulin A, they decided to study mice lacking secretory IgA. The mice appeared healthy at birth but as they developed they began to show signs of increased bacterial invasion and chronic inflammation leading to lung damage similar to that of patients with COPD. This phenomenon was noted on mice regardless of exposure to cigarette smoke or other toxin exposures. This provided a more logical explanation as to why inflammation continues in apatient with COPD even after cessation of smoking.

Research is continuing for possible therapy for COPD, but treatment with the anti-inflammatory drug Roflumilast is has been shown to be effective in stopping the damage in secretory IgA deficient mice.

***Ms. Komathini Jothikumar, MD 2
Student
Student Editor***

XUSOM Welcomes Visiting Faculty Dr. TKS Rao

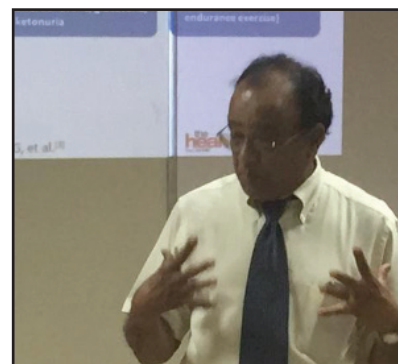


Dr. TKS Rao

Dr. TKS Rao, a Tenured Professor of Medicine from the State University of NY, Downstate Medical Center, Brooklyn, was a visiting faculty at XUSOM from May 16-18, 2016.

His biggest scientific achievements have been to describe two new renal diseases - namely Nephropathy and its association with Intra Venous Heroin Addiction in the early 70's and Nephropathy association with HIV infection in the early 80's.

Dr. Rao conducted lectures on Acid-base, fluid & electrolyte disturbances; Glomerulonephritis, acute & chronic kidney diseases, dialysis & renal transplantation for the MD5 students of XUSOM. The sessions involved interactive discussions between the speaker and the students.



XUSOM Welcomes Dr. Ravindra Kota to its Board of Advisors

Xavier University School of Medicine Aruba is pleased to announce the appointment of Dr. Ravindra Kota to its Board of Advisors.

Dr. Kota is a trained Surgeon who received his M.B.B.S. from Osmania Medical College in Hyderabad, India. Dr. Kota's past experience as a General and Laparoscopic surgeon includes working at Brookhaven Memorial Hospital, John T. Mather Memorial Hospital, St. Charles Hospital, St. Catherine Hospital of



Siena, and Caremax Surgical P.C. Dr. Kota is currently the Chairman and Executive Director at Premier Surgical PLLC.

Dr. Ravindra's Kota devotes his time to helping those of need by providing surgical treatment for kids with congenital heart diseases through the "Gift of Life" program. Dr. Kota

has also been recognized for his medical research and presentations including, "An Audit of Surgery for Seventy One Primary Parotid Tumors" (Dec, 1991).

The Pandemic That Is Killing Us

There was a time when tobacco usage was normalized within the North American culture. Glamorous movie stars puffed away while falling in love, solving mysteries or fighting in wars. Savvy advertisers typically portrayed attractive, well dressed, youthful and successful people as smokers. One ingenious advertising agency, who represented Virginia Slims, even promoted smoking as indicative of the Women's Liberation Movement. Their catchy slogan showed an attractive young women inhaling a cigarette with the caption "You've come a long way baby!"

In 2014, nearly 17 of every 100 U.S. adults aged 18 years or older (16.8%) currently smoked cigarettes. This means an estimated 40 million adults in the United States currently smoke cigarettes.¹ More than 16 million Americans live with a smoking-related disease. However, current smoking has declined from nearly 21 of every 100 adults (20.9%) in 2005 to nearly 17 of every 100 adults (16.8%) in 2014.

What accounts for this significant drop in tobacco consumption? For years, the Tobacco industry lobbied hard in Washington to assure no research ever surfaced clearly linking the use of cigarettes with cancer; in particular the causal relationship between smoking and lung cancer. It was only in the 1990's when Class Action lawsuits began to be filed against the tobacco industry that the "elephant in the room" which everyone wanted to deny reared its' ugly head. Spearheading these lawsuits were state hospital boards who found themselves becoming increasingly fiscally drained by expenditures related to patients suffering from smoking-related diseases.

While the numbers of people addicted to cigarettes has steadily declined over the last 40 years a new addiction has surfaced to fill the void.

The latest Gallup-Healthways Well-Being Index, which shows that 63.1% of adults in the U.S. were either overweight or obese in 2009.

People who are obese are far more likely to report being diagnosed with high blood pressure, high cholesterol, diabetes, or to have had a heart attack. Of people with high blood pressure, 46.2% were obese, people with high cholesterol, 36.8% were obese, and people with diabetes, 21.1% were obese.

It is easy to see that consumption of food is the new obsession! Is it also the latest "elephant in the room" that no one wants to address?

According to the Lancet estimates are that by 2030 165 million Americans will be obese, and by 2050 100 million Americans will suffer from Type 11 Diabetes. This presents a huge predicament given that current estimates are that by 2024 the United States HealthCare system will be bankrupt!

So what is going on? It is a fact that North Americans consume more calories than previously? Perhaps, but there is a growing emphasis on the need for people who are overweight to assume a personal responsibility by eating less and exercising more. The problem with this scenario is that for the majority of people who attempt this within 3 months they have gained back all the weight, if not more.

So what is the problem? In the 1980's both the AMA and the USDA issued edicts requiring fat intake needed to decrease from 40 to 30 %. This in fact has happened and still Americans grow fatter every year... how can this be?

Three things have to be considered that have contributed to this current growing (pardon the pun) predicament. Our culture has become technologically obsessed to the point where people spend far more time on their latest devices of choice, than they do pursuing any form of physical activity.

Secondly, our culture is now bombarded by stress at unheralded levels never before faced. It stems in part from the ever increasing demands placed on all of us in the form of two income households, competitive job market, escalating costs of living and the mass media which insures we are all able to witness horrific trauma daily. The problem with this cumulative stress is that cortisol which is produced during brief "fight or flight" encounters is now "on" all the time. This means that rather than cortisol signaling leptin to tell the brain we don't need to eat, it is now telling insulin we need to store fat.

Thirdly, and most predominantly, is the phenomenon which has occurred in our supermarkets over the last 30 plus years. In order for more products to become available and with longer shelf-life required the addition of fructose to most products available to the consumer. In fact each year from the late 1970's onward the number of products available has increased 2500 fold.

If one looks at graphs charting the increased consumption of fructose over this 30 plus year span it forms an ever increasing positive correlation with both obesity and type 11 diabetes.

For all of Xavier's future graduates this is the challenge all of you will face.

Unless we can somehow, de-normalize the use and consumption of sugar the way that Tobacco Products have successfully become de-normalized.

Obviously, the multinational food companies are extremely rich and powerful and this represents a major paradigm shift.

Unfortunately failure to do so is already being predicted!

What can the average person do? Education is one option, but if that were all that was required we would not be in this predicament.

Some other solutions need to be generated and this may be a challenge for the future physicians of XUSOM.

Dr Christopher Rose
Faculty member, XT team



Something the Lord Made: What Our Medical Students Have Learned

As part of the schools mission of producing doctors aware of the social context of medicine and who demonstrate good communication skills and professionalism the movie *Something the Lord made* was used as a backdrop to explore complex issues about race, gender and human relationships. The movie depicts the complex relationship between the African-American cardiac surgery pioneer, Vivien Thomas and the white surgeon, Alfred Blalock, who pioneered revolutionary heart surgery for blue babies. The film traces the 34-year-old relationship between the two which began in Depression era Nashville. After their move to Johns Hopkins, the duo are faced with the challenge of coming up with a surgical solution for Tetralogy of Fallot (aka blue baby syndrome due to the inadequate oxygenation of blood due to mixing of the pulmonary and systemic circulations). Blalock praises the amazing surgical skill of Thomas as something the Lord made but their relationship was shaped and constrained by the prevailing race relations at the time. Eventually Thomas gains a certain degree of recognition and is awarded a honorary doctorate by Johns Hopkins.



The session started with the presentation of letters of module completion to the students who had successfully complete the medical humanities module during the Spring 2016 semester. Mr. Alvin Howell, an Aruban citizen and retired educator associated with the module distributed the letters of completion. Dr Rose and Dr Ravi, the facilitators of the MH module were also present. Then the various groups dispersed to various locations for their group work where they critically examined various topics addressed during the movie. Each group had a student leader from the senior semesters and every two groups had a faculty facilitator. Dr Nandy, Dr Rose, Dr Laura, Dr Bhat and Dr Shwaita were the faculty facilitators. The relationship between the two main protagonists was critically examined. The relationships between Caucasians and African-Americans both during the time period of the 1950s depicted in the movie and during the present day was critically examined. The movie has a number of scenes depicting racial segregation and white supremacy which were critically examined. The role of women both in the profession of medicine and in personal relationship during the time period of the 1950s and 60s depicted in the movie was also explored.

Dr P Ravi Shankar
Faculty Editor



Restaurant Review



Slice Pizzeria

If you are looking for a late night authentic Italian style pizza, then look no further than our very own Slice pizza located behind Juanchis beside the Sand bar. The prices are very reasonable, you could get a large pizza for only 11 dollars which is very friendly to student budgets. If you decide to give this place a shot, make sure to try the vegetarian pizza as well, it will definitely be worth it. In addition, you could perhaps go to sandbar with a few of your friends and have a good time and also have a great pizza at the end of the night. ■

Rating: 4 out of 5

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