



THE MEDICAL MESSENGER

ISSUE 1 | VOLUME 1 | 2017

Welcome incoming students! The 287 incoming M1s across all three campuses come from 91 undergraduate institutions, speak 27 languages and have a wide array of interesting experiences— Researchers, globetrotters, army medics, counselors, kickboxing instructors, basketball coaches, and much more. On behalf of the student body, we are excited to meet you!

UPCOMING

- AUGUST 7-11, 2017**
M1 Orientation
- AUGUST 11, 2017**
White Coat Ceremony
- August 27, 2017**
UMSC Leadership Retreat
- August 28, 2017**
CMSC General Body Meeting
- September 6, 2017**
M4 Applicants start applying to ACGME-accredited residency programs only.
- September 15, 2017**
ACGME-accredited residency programs start receiving applications.

UICOM Launches its New Student-Centered Curriculum

Students at UICOM are excited about the start of the new curriculum this fall semester. After several years of planning, the new curriculum promises to carry UICOM into the modern era of medical education. The new curriculum will be a systems-based, integrated curriculum that utilizes active learning and innovative instructional activities to prepare our students for careers in medicine.

Some of the key stakeholders in this curricular transformation have been members of the Student Curricular Board (SCB), an organization that was recently re-designed by student leaders and led last year by Joseph Geraghty (G2, MSTP). SCB has gone on to present at academic medicine conferences and win awards for its unique approach to student involvement in curricular decision-making. This year, SCB will be led by Cutler Lewandowski (G1, MSTP). Ally Young (G3, MSTP), one of the student leaders who has been involved with the design of the new curriculum, said: “Every step of the way, the build up to this new curriculum has been a pleasant surprise to me, especially the way that faculty, administrators, and students all came together in a really positive and cohesive manner. Everyone cares so much about making this work.”

Ally will continue her involvement this year as SCB’s Curricular Progress Co-Chair, along with Flavius Beca (M2). As an M2 who will most closely interact with first-year students, Flavius hopes to “help shape a new and enduring role” for student involvement in curriculum as SCB “continues to have a role in responding to student feedback on broad curricular themes, introducing students to the field of medical education, and ultimately continuing to help generate innovation within our institution’s curriculum.”



Above: Student representatives from all campuses at the UICOM Curriculum Phase 2/3 Retreat held October 2016 at the Jump Simulation Center in Peoria, IL. Chicago representatives included Kenji Kobayashi (M4), Ally Young (G3), Tara Bylsma (M4), Joe Geraghty (G2), Mark Looman (M4), and David Lee (Class of 2017).

What's Happening Around UIC

HPSC • Health Professions Student Council

Looking for Project or Travel Grants? Visit the HPSC website (<http://hpsc.org.uic.edu/>) for more info!

UMSC • University Medical Student Council

The 2017 UMSC Leadership Retreat will be held on **August 27th** at Grizzly Jack's Grand Bear Resort, near Starved Rock, IL. Annually, the retreat brings 200 UICOM students from all campuses together as one College of Medicine and inspires cross-campus collaboration and teamwork as colleagues develop leadership skills through the lens of organized medicine, advocacy, and policy. The retreat is free and includes food.

The retreat itself will last from **10am-2pm** and is followed by hiking at Starved Rock State Park. Bus transportation will be provided.

Look out for the link to register in a CMSC email in the coming weeks! The registration deadline is **Monday, August 21st at 7 am**. Something to consider - the retreat satisfies Leadership Certificate requirements.

One of the highlights of the entire experience has been the degree of collaboration between students and faculty, which is fairly unique to UICOM. "For years, partnering with student leaders has driven the progress we've been able to achieve. This collaborative approach to curriculum development has benefited both parties, with students getting real-life experience in academic medicine and administration gaining the perspective of the people we are serving," said Abbas Hyderi, MD, MPH, Associate Dean for Curriculum and one of the chief architects of the new curriculum.

Everyone involved has been incredibly receptive to student feedback, and in fact most if not all student recommendations have been adopted into the new curriculum. Some of these recommendations included exposure to non-traditionally taught topics such as healthcare systems and health disparities, increased feedback and self-assessment, more opportunities for career exploration, boards-relevant exam questions, and even a week of spring break! As Ally put it, "Faculty and staff have dedicated and continue to dedicate so much of their time and effort to this. You can see how genuinely passionate they are about making this successful, innovative, and realistic for us." Students will continue to play an important role in providing feedback on the new curriculum, and CMSC and SCB encourage all students to get involved this upcoming year!

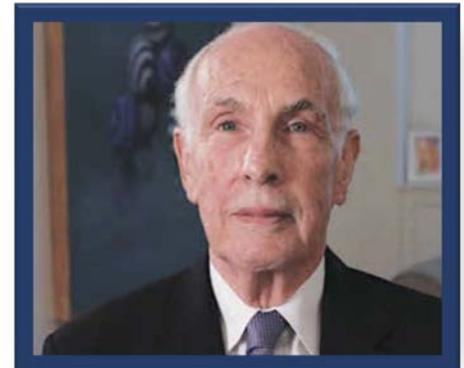
Alumni Showcase

CMSC is very excited to feature prominent alumni from the University of Illinois College of Medicine and highlight their outstanding work and achievements. In this first edition of the Medical Messenger, we are happy to introduce our distinguished alumnus, Dr. Lester Salans.

Dr. Lester Salans received his medical degree from the University of Illinois College of Medicine in 1961. Dr. Salans was formerly the NIH director of the National Institute of Arthritis, Diabetes, Digestive and Kidney diseases, as well as the former Dean and Vice President of Mt. Sinai Medical Center. Dr. Salans was the recipient of the 2016 University of Illinois College of Medicine Distinguished Alumnus Award. This award recognizes outstanding professional achievement and service to the medical profession, community, the College and/or the University.

Dr. Salans is a distinguished innovator in the field of diabetes and obesity. Throughout his career, Dr. Salans has established the national program of the Diabetes Centers of Excellence. He also led various clinical trials, including the first trial to study glucose control and care of complications of diabetes.

Dr. Salans's career in medicine and in scientific research has substantially impacted the lives of 29 million Americans living with diabetes today. Dr. Salans's work is inspiring to all and we are honored to have such a renowned leader in the field of endocrinology who hails from the University of Illinois College of Medicine.



Check him out here: <https://vimeo.com/183248250>

Student Showcase

Yu-hui Huang

Yu-hui (M4) is a gifted artist, an excellent anaplastologist, and an outstanding medical student. She has a diverse educational background in art, science and medicine as well as broad experience in research. She is a James Scholar and is pursuing a radiology sponsored MD/MS in Clinical and Translational Science research fellowship before joining the Class of 2019 for graduation from UICOM.

As a James Scholar, her work in 3D-printed surgical guides for complex maxillofacial patients and her work in 3D-printed hyperelastic bone for craniofacial regeneration have resulted in presentations at meetings in addition to publications. These projects are entirely due to Yu-hui's efforts - from these projects' initial conception to establishing collaborations with outside institutions, and finally creating a truly multidisciplinary and translational team. Moreover, Yu-hui composed the research proposal that was funded by Shriners Hospital for Children providing over \$100,000 in direct costs.

Even with all of these research achievements, Yu-hui's most favorite memory in medical school has been her service. "One of my most memorable moments in medical school was bringing our talented medical students from the COM Artists Group to assist with the Pediatric Halloween and Thanksgiving Oncology Fests, where we made arts and crafts, face-painted, played music, sang and danced with the patients and their families. Being able to provide the children an escape from their illnesses and see them smile and laugh was incredibly rewarding and serves as a reminder of why I entered the medical field," Yu-Hui told us. She also says her most significant accomplishment in medical school has been "the opportunity to revive the College of Medicine Artists Group and the UICOM literary arts magazine *Body Electric* with the mission to provide medical students the opportunity to have a creative outlet, to share their art with peers, and to bring their art into the clinic for the benefit of patients." On top of all that, she still has time for doodling and enjoying the company of her pet tortoise, Master Oogway, and her English bulldog, Chubbs.

What others say about Yu-Hui: Yu-Hui was in my M1 TBL and was an amazing team player. She was smart, patient and most importantly cared for each member of the team and our collective success. She would go out of her way to create handouts and presentations of anatomy and histology labs, and was instrumental in promoting cohesion within our group. She is one of the most kind and caring people I know at UICOM! – Joe Geraghty

Congratulations on all of your accomplishments, Yu-hui, we are lucky to have you at UIC COM and can't wait to see what you do in the future! Be sure to say hello to Yu-hui if you see her!

If you or anyone you know who would be a great Student Feature for our next newsletter, please follow this link!

<https://goo.gl/forms/XDMwWwUqgHRY2QBy1>



Above: Yu-Hui in action at the UIC Craniofacial Center



Announcements

CMSC is excited to announce the formation of three important committees to better advocate for student issues starting this academic year:

Student Wellness & Resilience Committee (SWRC)

Will work with administration on programming wellness events and advocating for issues on campus such as mental health, academic support, and more.

Student Diversity & Inclusion Committee (SDIC)

Will work with administration on advocating for minority students and improving UICOM education regarding issues such as social justice, health equity, and more.

USMLE Preparedness Committee (UPC)

Joint committee between administration and students that will work on addressing preparation, readiness, and resources dedicated towards both USMLE Step 1 and 2 CK/CS.

If interested in learning more, contact Joe Geraghty (jgerag2@uic.edu), CMSC President.

UPCOMING MEETINGS

Next CMSC General
Body Meeting:
August 28th at 5:30 PM
Food served at 5 PM

Come see what CMSC is all about! General Body Meetings are held on the last Monday of every month. Meetings typically consist of updates on new or continuing projects, class and committee reports, student organization updates and funding, and administrative updates.

Meetings are open to all students, and all students are encouraged to attend. Information from the meetings is disseminated through the Class Boards, however, attending in person provides students an opportunity to ask questions and provide commentary.

Student Organization attendance at meetings is MANDATORY to maintain funding eligibility! Please reach out to Kelsey with any attendance questions (kholbe2@uic.edu).

Student Org Highlight: Orthopaedic Surgery Interest Group (OSIG)

Residency preparation and becoming an integral part of the Orthopaedics Department has been a key goal of the new Orthopaedic Surgery Interest Group (OSIG), started in 2016 by Melissa M. Gross (M4) and Benjamin Mayo (Class of 2017). This past year, OSIG hosted its first annual "Residency Bootcamp" for all M3 students interested in the field after hearing about similar programs at other medical schools.



The bootcamp ran for 12 weeks and consisted of a series of lectures and workshops hosted by attendings and residents. Topics included application preparedness, skills in splinting and casting, presenting X-rays, mock interviews, CV and personal statement reviews, and much more. "I'm a huge believer in clinical experience and interaction with others in a hands-on education. Giving students a chance to interact with faculty and to start thinking like an orthopaedic surgeon early on is going to be incredibly helpful for future rotations and residency," said Melissa M. Gross. The program has been well received by the 11 students who participated this past year.

Keith Whitlock (M4, OSIG Research Chair) has already found that the Bootcamp helped him excel in his away rotations this summer: "Having to start my first away rotation on the road was intimidating at first, but I quickly found that already knowing the basics really put me at an advantage and allowed me to impress. Overall, it's a unique opportunity for our department to gain recognition nationally; when we develop our own talent, and help each other succeed, then no-matter where we match, it elevates the reputation of UIC Orthopaedics across the country."



Programs like this are a shining example of how interest groups can prepare our students for success in the match and during residency. For more information on OSIG or to learn how to adopt a similar program for your interest group, contact OSIG at osig@uic.edu or check out their website (www.uicosig.wixsite.com/ortho) or Instagram ([uic.osig](https://www.instagram.com/uic.osig)) pages!



CALLING ALL m1s!

Are you looking for a way to get involved at UIC? Are you interested in a leadership position? You can join our CMSC Executive Board! These positions will be filled by an interview process this Fall. Look out for more details by email in the coming weeks!

Open Positions:

- Health Fair Coordinator
- Webmaster
- Leadership Series Coordinator

Wellness Tips

1. When feeling stressed, free mindfulness phone apps like Headspace can provide immediate relaxation.
2. Don't forget that UICOM students receive 20 free sessions at the Counseling Center (<http://counseling.uic.edu/>)! Beyond that, students can also be seen by the Psychiatry Department, although this requires a referral from your PCP.
3. If you have any questions or concerns, our OSA Wellness Coordinator Melissa Hernandez has an open door policy.

STUDENT HIGHLIGHTS

Alexandria Young (G3, MSTP) • Recipient of the **American Medical Association Foundation's Excellence in Medicine Leadership Award** for students which is presented to 10 medical students nationally in recognition of strong, nonclinical leadership skills in advocacy, community service, public health, and/or education.

Rahul Bhansali (M4) • Selected for the **Howard Hughes Medical Institute's (HHMI) Medical Research Fellows Program** to conduct in-depth, mentored research for a year. Rahul will be working in the Crispino Lab at Northwestern University to elucidate the role of chromosome 21 gene DYRK1A in hematopoiesis and to evaluate its viability as a target in leukemia.

Ashley Patel (M4) • Awarded a **Presidential Grant by the Arnold P. Gold Foundation** to support her project "Healers for Humanity," a video journalism initiative that aims to nurture and preserve the qualities of humanism, empathy, and compassion among health professions trainees and practicing clinicians. Healers for Humanity fosters a movement of teaching and valuing compassionate care at all levels of training, providing insight into care that goes beyond the science to delve into the art of medicine and healing.

Kevin Shi (M3) • Recognition for completion of *in-Training* magazine's **Writers-in-Training 2016-2017 Internship program**, an online peer-edited publication for medical students. Check out some of Kevin's publications here: <http://in-training.org/author/kshi4>

Molly MacInnes (M2) • Awarded an **Albert Schweitzer Fellowship**, during which she will work on developing a "Community Outreach Intervention Project" to increase access to mental and physical health services available to injection drug users and sex workers in Chicago. She will also work through mobile outreach to increase harm reduction services offered to this vulnerable and underserved community.

Andrew Ta (M2) and Jonathan Lee (M2) • Awarded a an **Albert Schweitzer Fellowship** for a project involving work at the Erie Neighborhood House to improve literacy in the West Town community along with many other volunteers from UICOM. They will continue and further develop **Andrew Florin's (M2) 2016 Albert Schweitzer Fellowship** project "READS+," a targeted literacy initiative designed for elementary school-aged students who are behind grade-level in language acquisition.

Congratulations to all of our amazing students and your continued successes! If you would like to be featured in our next edition, please let CMSC know here: <https://goo.gl/forms/XDMwWwUqgHRY2QBy1>



SOLVE THIS MEDICAL MYSTERY

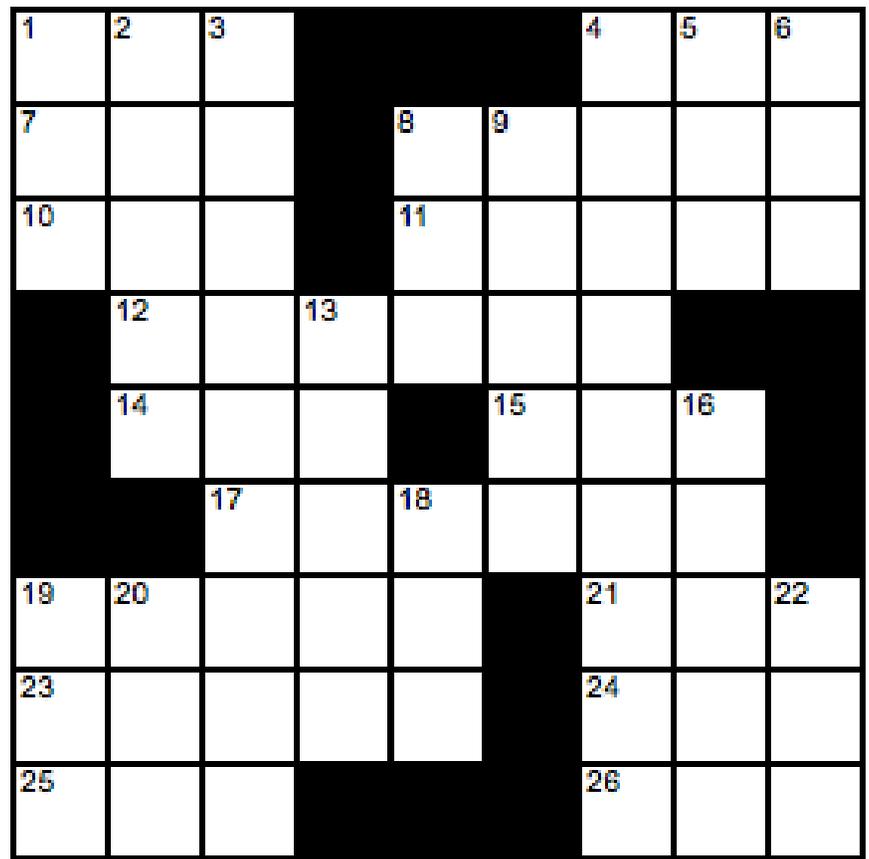
Across:

1. Mucosal antibody
4. Colon cancer locus
7. Wound ooze
8. Prenatal diagnostic, briefly
10. Energy molecule doubly spent
11. Tenofovir + emtricitabine + raltegravir, for example
12. Krebs' final electron donor
14. Exist
15. Stat for Arrieta and Lester
17. Achilles' downfall
19. Harry's Hogwarts nemesis
21. Lobster meal garment
23. Hippocratic, among others
24. Long time
25. NFL retiree diagnosis
26. GWAS focus

Down:

1. Acronym for artery to genitalia
2. Lump on a long-time syphilitic
3. Most acidic amino acid
4. Targets of metronidazole
5. With "2", the circumference
6. Rollaway bed
8. "I've got it!"
9. Copulated
13. Medieval therapeutic
16. H⁻ or I⁻, but not J⁻
18. Discouraging answers
19. ENT or OB
20. CTA station denizen
22. Endogenous dilator and diuretic

This newsletter was graciously funded and supported by the Offices of Admissions and Student Affairs. Thank you for your support!

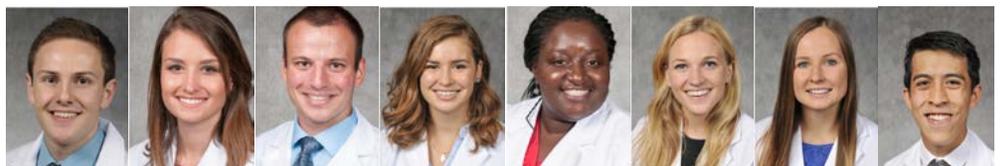


About the Messenger

The Medical Messenger is the quarterly CMSC newsletter written by and for medical students at UICOM. It is meant to serve as a way to update the students, faculty, and administration on all of the achievements of our student body and celebrate students' accomplishments. If you have any questions or would like to contribute, contact our editor and CMSC VP of Communications, Olivia Lanser, at lanser2@uic.edu.

About US

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We are looking forward to being your new CMSC Executive Board for the coming year! Thank you to the outgoing board for all of your hard work and students, please reach out to us if you have any suggestions or questions for us or if you would like to get involved!