Patients like Leroy Henderson are why we support UMMC.

Coach Leroy Henderson struggled with type 2 diabetes for years. Now, through UMMC and the Diabetes Telehealth Network, he checks in with his nurse daily from a computer in his home. Working with his primary care doctor, they manage his diabetes.

This is one of the many ways UMMC is building a healthier state. Your donation to the Manning Family Fund helps bring this kind of care to more Mississippians.

Give today
manningsforhealth.org

The Manning Family Fund for a Healthier Mississippi

© 2015 UMMC
From Our President

The month of Thanks is officially upon us. Although I have many things to be thankful for, the opportunities and experiences provided to me through the University of Mississippi Medical Center have been some of my greatest blessings. I feel confident that many of you have been influenced positively in one way or another by your personal experiences at UMMC. I challenge you to reflect on your experience at UMMC and the people that have helped shape your UMMC story. Who has influenced you the most? What programs have empowered you to achieve your goals? Why do you love UMMC? When was the last time you told someone how he or she has positively impacted your life? You don’t have to wait until Thanksgiving Day to give thanks. Tell people now. You never know who needs to hear those words of gratitude. Give thanks today and everyday.

“Give thanks for a little and you will find a lot.” – Nigerian Proverb-

Best,
Sarah Ali
ASB President
Lover of all things Fall

Vice President’s Notes

Jeff Peeples
ASB Vice President

Staying Social in Jackson

This is the third article in a series about how to build and structure your priorities during professional school. Last month, I talked about activities throughout the Jackson area, and this month, I will cover the myriad of social outlets in Jackson. Jackson has taken a lot of heat in the past for not having enough things for young people to do. Fifteen years ago, I would say that was true, but Jackson has emerged as a great place to go out and have fun.

I covered some activities like bowling, putt putt, and salsa dancing in my last article. The great thing about these activities is that they can take place any day of the week, and they are great ways to celebrate being done with tests. Another fun social activity is Pub Trivia. This has become very popular in Jackson and occurs several nights during the week. Jackson has trivia Monday night at Pig and Pint, Tuesday night at the Fairview Library or Hal and Mals, and Wednesday night Fenian’s Irish Pub.

Another classic aspect of the Jackson social scene involves going to bars. Jackson is starting to build a decent bar scene, but I do admit there are not a ton of options. However, our options do have a lot to offer. If you are looking for a laid back cocktail atmosphere, I highly suggest the Apothecary at Brent’s Drugs or the Library at the Fairview Inn. Both have awesome drink menus and are cool places to relax and hang out with some friends. For the more “going out” options, I narrow down to George Street and Fondren Public. Fondren Public, as all of you probably know, is just a good easy option. No cover, safe atmosphere, good beer, and a great back porch. The things Fondren Public lacks: unique events at night, dancing, and music. George Street is another great option because they have a Karaoke night, Ladies night, and live bands with a huge dance floor. Problems with George Street: more dingy, you will smell like smoke for a couple days, and typically there is a cover. Lastly, there is F Jones, which is an awesome club on Farris Street, but it is not for the faint of heart. People typically leave FP or George St. and then go to F Jones at about 1:30 and dance until 4. I highly recommend going to F Jones at least once before you leave Jackson. Other options are Underground 119 (a super cool Jazz club) and Shuckers by the Reservoir (a true cultural experience). Luckytown Brewery is a more unique option in that it isn’t a bar, but on Fridays and Saturdays, they open the brewery to the public, and you can come have a tour and six half pint craft beers for only $10.

With the help of Chane, Fondren’s First Thursday has also become a huge part of the Jackson social scene. Jackson has a huge street party every first Thursday of the month in the Fondren District, and it is always a great time. There is live music, beer carts, and food trucks, and all the stores stay open after hours. If you have not been yet, I highly recommend it. You can also look to my e-mails, as I will be sending out info regarding different social events throughout the year.

I hope this has enlightened everyone to some of the different things Jackson has to offer. Go out, get away from the books, and have fun.

Cheers,
Jeff Peeples
Thoughts of a Meandering M2

Taming the Tongue

As a child growing up in Troy, MS, I realized very early that I liked to talk. I was very particular with whom I talked, but really enjoyed talking! I had three older sisters, and there was much estrogen in our household, so one can see why I enjoyed talking so much. As I have gotten older, I have realized how my love of talking has created many stumbling blocks that could have been avoided if only I would learn when/how to speak.

The tongue is a very small organ, but it is so complex. It is innervated by multiple cranial nerves, has various muscles that control it (that were not easy to identify in Gross Anatomy), and it has different types of taste buds with various shapes. Now, I did not give you all the previous information just to show off that I've learned a few facts during my first few years in medical school, but I want you to realize that the tongue is something that must not be overlooked.

James 3 is an extensive section in the New Testament that instructs/guides believers about the importance about taming the tongue. James begins with how bits are placed into the mouths of horses, as well as how riders are used to guide a ship's direction. He then contrasts the fact that there is no way to control the human tongue. In verses 5 and 6 he alludes to the small size of the tongue and states, “And the tongue is a fire, a world of unrighteousness, is placed among the parts of our bodies. It pollutes the whole body...” When I read this, I was completely floored. How can something that only weighs 60-70 grams pollute our entire bodies? All throughout the Old and New Testament there are references to our speech remaining pure, keeping our tongues from evil, and letting no deceit come from our mouths. As I sat here, I wonder why this is so important? Why should we be mindful of what we allow to come out of our mouths?

In Matthew 15 the Pharisees approach Jesus, and they question Him about the disciples not washing their hands before they eat. Here, they accuse the disciples of being “unclean” and defiled because they ate without washing their hands. I know you are probably reading this and wondering what does this have to do with taming our tongues, but stay with me please! Jesus explained to the Pharisees that it is not what you put into your mouth that defiles your body and makes you unclean, but what comes out of your mouth. In verse 18, Jesus says, “But what comes out of the mouth comes from the heart, and this defiles a man.” Another one of my favorite verses comes from Luke 6:45 and it says, “...for out of the abundance of the heart, the mouth speaks.” One of our issues with taming our tongues has a much deeper root. It is a matter of our hearts. So, where do we go from here? Where is our hope in this? Psalm 141:3 David says, “...for out of the abundance of the heart, the mouth speaks.” One of our issues with taming our tongues has a much deeper root. It is a matter of our hearts. So, where do we go from here? Where is our hope in this?  Psalm 141:3 David says, “...for out of the abundance of the heart, the mouth speaks.” One of our issues with taming our tongues has a much deeper root. It is a matter of our hearts. So, where do we go from here? Where is our hope in this?

In Proverbs 18:21 David says, “Life and death are in the power of the tongue, and those who love it will eat its fruit.” My sister immediately rebuked me and told me to proclaim my words and controlling my tongue to speak positivity and power got me through those difficult months and through first years during M1 year. I called my oldest sister and told her what some of the upperclassmen called October (Blacktober) and November (No-Hope November), and I realized the importance of Proverbs 18:21. It says, “Life and death are in the power of the tongue, and those who love it will eat its fruit.” My sister immediately rebuked me and told me to proclaim my words and controlling my tongue to speak positivity and power got me through those difficult months and through first years in medical school.

Lastly, I encourage you to come alongside me and be mindful of the words that you are releasing and examine what may be in your heart today.

Scriptures:
- James 3: 3-12, Psalm 34: 13,
- Proverbs 4: 24, Psalm 141: 3,
- Matthew 15: 17-18, and
- Proverbs 18:21

ABOUT ME:
I'm a medical student by day and a coach's wife at night. I also love Disney Princesses, sappy love stories, puppies, and I'd love to hear from you!

Blessings, Britney

By: Britney Williams, M2
bwilliams2@unc.edu
CROSS AND SCAPELD

...At the intersection of faith and medicine

An Early Encounter with the Enemy

“Wanted u to know Mark is dying. We are at bedside.”

It was early on Wednesday evening. I had been in the gym and was just seeing the text half an hour after it was sent. “I’ll be there in 5,” I replied.

After stopping briefly in the ICU hallway to put on gown, gloves, and mask, I stood under the green hospital gown were visible the outlines of the bags and instruments inserted through the abdominal wall. We carried the liver samples to pathology immediately.

Recent developments in skin cancer treatment made the melanoma diagnosis more hopeful than it would have been years ago. But Mark probably tried to deny any groundbreaking treatments. No one in the hospital could figure out exactly why he took a turn for the worse, after what would have been a routine surgery for most of us. The best guess anyone had was paraneoplastic syndrome – vague medical jargon for “end-stage cancer can wreak havoc anywhere it wants.” But no one could say exactly why his mental status kept declining.

He moved from service to service – hepatobiliary surgery, surgical ICU, oncology, and medical ICU. No one could reverse the downward spiral. His lungs filled with fluid, there was blood in his urine, his limbs and abdomen swelled, he developed a terrible infection, and his blood vessels lost their tone and needed to be maintained with medicines.

Even when Mark was no longer on my surgery service, I kept in touch with Jen, his partner, and Jen, Jim’s sister, who lived not far from me. They somehow managed to talk with their friend through half-closed lids as if fixated on something unseen. His eyes were glazed over and pointed vacantly at the ceiling – Jim holding his right hand, Jen on his left, an aunt, Jen’s son, and myself at his feet – and we were silent, each of us glancing occasionally up at the bedside monitor as his blood pressure decreased a few points at a time. Minutes passed. Soon there was a gurgling sound every time he exhaled.

A seminary professor of mine used to say of the evil in the world, “If you can’t make it good, at least make it beautiful.” But Mark was struggling through half-closed lids as if struggling to deny his own beauty.

Mark’s blood pressure continued to fall – 20/14, 17/12, 13/9, 12/7...and then nothing. The ventilator pumped on, filling his lungs with air even after the heart no longer beat. There were tears and hugs. A young Christian resident came in to pronounce a time of death and finally turn off the ventilator. We gathered for a prayer. Mark lay lifeless behind us. There was no emotional soundtrack, no poetic symbolism, no applause or glory or hopeful epilogue. Just death, and there is little dignity to death.

The family left for a moment, so that the nurse could clean Mark’s body. I stayed behind to help. She went about her work carefully and respectfully, washing his body and delicately changing his hospital gown. We pulled out all the tubes and instruments that had found their way into his body over four weeks – a venous catheter, an arterial line, two chest tubes, oximeter, rectal thermometer, nasogastric tube, ventilator tube, urinary catheter, and three bags that drained his abdominal fluid. No one should die with that many tubes in them. Finally, just before inviting his family back in for a final visit, we closed his eyes and tried without success to close his mouth, which continued to hang open.

There was another death many years ago – a man just a year younger than Mark – that people said had little dignity to it. After being convicted of disturbing the peace, provoking riots, and blaspheming time-honored beliefs, a religious teacher in ancient Israel was executed on a hill outside the city of Jerusalem.

Death is unnatural. It’s not what we’re meant for. As the apostle Paul says, it is the last enemy that will be destroyed. You can’t make it good; you can only attempt to salvage some beauty. Or worse, you can wash your hands and move as quickly as you can to your next patient. Death leaves loved ones, displaces them. Without X, their own lives becomes foreign. It’s as if suddenly they’re living someone else’s life. Nothing will ever be the same for them.

You can try to bathe it with all the trite sayings or well-intentioned comfort you want. But even Christ lay in the grave for three days. And although we Christians believe firmly that Easter Sunday is coming, bringing with it resurrection and hope, perhaps the best thing you can do for your patient’s family is to sit with them for a moment as they weep on Friday and Saturday.

The Lord be with you.

Ben Carroll is a third year medical student and a former associate pastor at St. Luke’s United Methodist Church in Fondren. He enjoys the outdoors, tea, and fall colors. He doesn’t always tackle subjects as heavy as this month’s, but he always looks forward to hearing your thoughts – bwcarroll@umc.edu.
School of Pharmacy (SOP) Updates

By: Stephanie Sollis, PY3
Pharmacy Student Body President

At Left: PY3 and PY4 students in the PediaRebs organization participated in the BAPS Charity Children's Health and Safety Day being held at BAPS Shri Swaminarayan Mandir, Jackson.

At Right: Members of the student chapter of the American Society of Health-System Pharmacists enjoyed a de-stressing event at Pump It Up a few weeks ago. We had a great time!

At Left: Members of APhA-ASP participated in the Rite Aid Flu Blitz last week. We were so glad to be able to vaccinate members of the Jackson community!

At Right: UMSOP has a great presence at the Jackson Free Clinic. Our students volunteer weekly, and spots fill up. We are proud of our students’ hearts for service, and we are glad to work with and meet other students at the JFC each week!

At Left: Dr. Stephen Cutler (Chair) and Dr. Chris McCurdy of the Department of Biomolecular Sciences visited with National Institutes of Health Director, Dr. Francis Collins, this past week.

At Left: Thanks to everyone who attended the Residency Showcase, sponsored by the Mississippi Society of Health-System Pharmacists! P4 students, Alex Raymond and Mary Claire Jarrell, had a great time!

Be sure to follow us on social media!
University of Mississippi School of Pharmacy: @olemisspharmacy
UMSOP Student Body (Twitter): @UMSOP_SB
Blog: The Dose (from: pharmacy.olemiss.edu)
Facebook:
University of Mississippi School of Pharmacy and UM Department of Pharmacy Practice
The hairiest month of the year is here

The M2 and M1 classes have teamed up to create a positive change. We’re raising awareness throughout the month of November by turning our upper lips into walking, talking billboards for men’s health.

Want to join our cause, contribute, and help us GROW support? Visit our team page by searching UMMedstache on Facebook or by scanning the code below!

Come grab a cup of coffee & show off your 'stache progress on Wednesday, November 18. We’ll be outside the M1 classroom from 8:30 til 10:30 AM.
The Medical Student Family Alliance’s fourth annual SpookyU was a great success, thanks to all of our booth participants! This year, all proceeds benefitted the Mustard Seed, a Christian community for adults with developmental disabilities. The Mustard Seed offers both residential homes and a day program for 37 Seedsters, who were able to join us for SpookyU and experience the fun! The booth participants competed for two awards: “Best Booth Theme” and “Best Booth Costumes.” For the past three years, the School of Pharmacy has claimed the title of “Best Booth Theme,” but this year, the School of Health Related Professions Physical Therapy Class of 2017 snatched the award. However, the School of Pharmacy was not to be outdone, earning the status of “Best Booth Costumes” this year.
The Dental Hygiene Students were enjoyed participating in this year’s Spooky-U event. We hope everyone has a great Halloween!

Cooking Corner

Million Dollar Pound Cake

Thanksgiving is right around the corner, and with that being said, this is a perfect recipe for the holidays. My family uses this pound cake recipe for everything: birthdays, holidays, and even those days when we are just craving something sweet. You can switch it up with different glaze recipes (chocolate, orange, and lemon to name a few). It’s very easy to make, and it’s a treat everyone will enjoy!

Ingredients:
- 3 cups sugar
- 2 sticks butter
- 6 eggs
- 3 cups cake flour (sifted twice)
- 1/2 pint whipping cream
- 1 Tablespoon vanilla extract

Optional glaze:
- 1 1/4 cups powdered sugar
- 3 Tablespoons milk

Instructions:
1. Grease and flour a bundt pan (I use Crisco and cake flour) and set aside.
2. Cream together sugar and butter until mixed.
3. Add eggs, one at a time. Add cake flour, a little at a time, until fully mixed.
4. Pour in whipping cream and vanilla and mix until well blended.
5. Pour mixture into prepared pan, and put the cake into a COLD oven.
6. Turn the oven to 300 degrees, and bake for about an hour (until a toothpick comes out clean.)
7. Let cool for 10-15 minutes and transfer to a plate.
8. Add glaze if desired.

Enjoy!
Maggie Wester, M3
Corn Chowder with Bacon and Chicken

As the temperature cools down after a long hot summer, I think it is time for a good soup for dinner. This classic is easy and so good. The chicken can be replaced with any meat you have left over in the fridge (shrimp, turkey, ham). This recipe is based off of a www.cooking.com recipe.

Total time: 25 minutes, Active time: 10 minutes
Serves: 4

Ingredients:
4 slices bacon, chopped
1 cup chopped onion
4 cups canned onion kernels, drained (can use frozen - thaw first)
3 cups low-sodium chicken broth
1/2 teaspoon salt
2 cups cooked chicken, diced (can substitute another meat)
1/2 cup half-and-half
Lemon juice to taste (fresh or from your refrigerator)

Instructions:
1. Cook bacon in a large saucepan over medium-high heat until crisp. Transfer bacon to paper towels to drain.
2. Add the chopped onion to the pan and stir for 3 minutes. Add corn, broth, and salt. Cook covered over medium heat for 8-10 minutes (or until corn is tender).
3. Reserve 1 cup corn kernels. For the rest of the kernels, in batches, transfer remaining soup to a blender (or food processor). Blend/process at high speed until smooth and creamy, about 1 minute.
4. Return soup and reserved corn to saucepan. Bring to simmer over medium heat.
5. Stir in half-and-half, chicken and lemon juice to taste. Cook until heated through.
6. Serve with chopped bacon and minced parsley.

Enjoy!
Eden Yelverton, M4

Sweet Potato Casserole

Fall is one of my absolute favorite times of year. I love the weather, I love the food, and I love being with my family for the holidays. It’s just an all-around great time of year! This month, I wanted to share with you guys an all-time classic fall recipe: Sweet Potato Casserole. This casserole is incredible. It’s quick, it’s easy, it’s healthy, and it will be a hit at any dinner table this year! I can almost guarantee it, as long as you like sweet potatoes, that is.

Source: http://allrecipes.com/recipe/yummy-sweet-potato-casserole/
Serves: ~6

Ingredients:
4 large sweet potatoes    1/2 cup packed brown sugar
1/4 cup white sugar     1/3 cup all-purpose flour
2 eggs, beaten     2 tablespoons butter, softened
5 teaspoon salt     3/4 cup chopped pecans
2-3 tablespoons butter     1/2 teaspoon cinnamon
1/2 cup milk
1/2 teaspoon vanilla extract

Instructions:
1. Roast the sweet potatoes in the oven for 25-30 minutes. You’ll know they’re ready when they become fragrant and start to brown slightly on the outside. They’ll also be tender to the touch.
2. Preheat oven to 325 degrees.
3. Remove the skin from the sweet potatoes, and place them in a large bowl. In the same bowl, mix/mash together the sweet potatoes, white sugar, eggs, salt, butter, milk, and vanilla extract. Mix until smooth (or chunky if that’s what you prefer). Transfer to a 9x13 inch baking dish.
4. In a medium bowl, mix the brown sugar, cinnamon, and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the sugary goodness over the sweet potato mixture.
5. Bake in the preheated oven for 30 minutes, or until the topping is slightly brown.

That should do it. If you have sweet potatoes lying around this year, please make this dish. I think you’ll love it! :) As always, please feel free to e-mail me with any questions or comments. Happy November everyone! ~Mina
Now I can... further my education

A paralyzing car crash at the age of 17 may have ended Drew Thomas’ high school career, but he wasn’t about to let it put a stop to his education. The now 22 year old resides at Methodist Specialty Care Center in Flowood, Methodist Rehabilitation Center’s long-term care facility for the severely disabled.

MSCC is devoted to helping its residents achieve to the best of their abilities. So when Thomas decided to pursue his GED, one of the center’s dedicated volunteers stepped up to help. Patricia Powers accompanied Thomas, who only has limited use of his hands, to his GED classes three times a week, taking notes and helping him study.

“It was an experience I will never forget. I felt like a million bucks,” Thomas said after earning his GED in 2014. He’s now enrolled at Hinds Community College and pursuing a business degree.