Hello UMMC Family,

It will not be long before everyone is back on campus to begin a new school year, which means you will have to spend more time hitting the books and less time capturing Pokémon. But, have no fear! Your Associated Student Body is working hard to make sure we plan fun social events that will give you some relief from the grind of studying.

The annual ASB Back to School Party will take place on Friday, August 19 at Hal and Mal’s in downtown Jackson from 9pm-12am. This year’s party will feature DJ Epic. As always, the party has great food and drinks (while supplies last). Needless to say, the Back to School Party is going to be epic. All ASB students are invited and can bring a guest.

In addition, ASB Interprofessional Chair Logan Ramsey has been working with the Interprofessional Education Collaborative (IPEC) to plan the Interprofessional Back to School Campus Lunch. The event will take place on Friday, August 19 from 11am to 1pm in the Student Union Gymnasium. Different groups from around campus, including the ASB, will have table displays promoting interprofessional competencies such as professionalism, teamwork, and communication. All students are invited to attend the event, which will feature a free lunch. Our ASB School Cup Co-Chairs Brooks Turner and Laura Blackmon will be awarding school cup points for the event, so please turnout and represent your school!

If you have not done so already, please follow ASB on Instagram and Twitter. Our handle is UMMC_ASB for both sites. We also invite you to “like” our facebook page UMMC Associated Student Body. We plan to use social media even more this year to advertise events and keep you informed about what is happening on campus.

#Thanks #YouAreAwesome #WeLikeYouToo

I am looking forward to seeing everyone back on campus soon! Enjoy the rest of summer.

Best,

Brock Banks
ASB President
School of Medicine, M4

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**ASB Upcoming Events**

**BACK TO SCHOOL PARTY**
Date: Friday, August 19
Location: @ Hal and Mals
Music by: DJ Epic

“Everybody gets crunk about coming back to school. I expect a huge crowd as always”
- Anonymous 1

**HALLOWEEN PARTY**
Date: Friday, October 14
Location: @ Hal and Mals
Music by: 2 Hipnotic

“Yeah, it’s 2 weeks before halloween, but that just means we get to be the kickoff for a 2 week halloween celebration… Plus ‘2 Hipnotic’ is gnarly.” - Anonymous 2

**CLAUS BALL**
Date: Friday, December 9
Location: @ The Railroad District
Music by: The Style Band

“This is the most elegant ball east of the Mississippi. Beautiful women and handsome gentlemen dressed in their finest garbs… sipping chianti and snacking on hors doeuvres.” - Anonymous 3

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Price Sessums
Vice-President, Associated Student Body
School of Medicine, M4
The National PDC brought together all disciplines within the GSA community (admissions, financial aid, records, student affairs, and student diversity), Careers in Medicine liaisons, and Organization of Student Representatives (OSR). This was the perfect opportunity for medical students, Avni Patel (Class of 2019 OSR Rep) and Erin Walker (Class of 2018 OSR Rep), to network and participate in the various activities offered during the PDC. This conference presented unique opportunities for career development, interactive learning with round table discussions, and regional meetings. The conference took place on June 23-26, 2016 in St. Louis, MO.

Dr. Jerry Clark, Erin Walker (M3) and Avni Patel (M2) at the AAMC National PDC.
FOR IMMEDIATE RELEASE

Students Campaign to Register Every Medical Student in the Country to Vote

Providence, RI (6/27/16) – Citizen Physicians, a non-partisan organization dedicated to training future healthcare providers in effective civic engagement, has launched the National Medical Student Voter Registration Campaign (NMSVRC), an initiative to get every medical student in the country registered to vote in time for the November 8th election.

Aaron Shapiro, Executive Director and Founder of Citizen Physicians, said, “We're working to become the 'Rock the Vote' of the healthcare community and get a voter registration initiative in every medical school across the country. We already have students from thirty medical schools signed up and more students are joining us every week.”

Medical students participating in the campaign commit to hosting a voter registration and information table during the first few weeks of the coming academic year, specifically targeting incoming first year students. Shapiro, a medical student at the Alpert Medical School of Brown University, continued, “Our goal is to send a strong message to medical professionals -- starting on day one of medical school orientation -- that doctors, just like every other American citizen, have a civic responsibility to vote. Politicians make critical decisions that dramatically affect our patients and how we practice medicine. It’s our responsibility to be informed citizens when we step into that ballot box.”

Andreas Mitchell, founding President of the Citizen Physicians chapter at Harvard added: “Our patients' health, as well as our own, is affected by policy decisions that are happening before our eyes. As the second Citizen Physicians chapter, we look forward to helping grow the movement to engage medical professionals in their communities.” Kaylie Miller, co-president of Citizen Physicians' newest chapter at University of Maryland, Baltimore said that despite the rigor of medical school, she and her classmates were enthusiastic about “engaging in the political process that will affect our future patients.”

Medical students who organize a voter registration and information table at their school receive a Citizen Physicians lapel pin for their white coat to signify their appreciation for the responsibility physicians have to be informed voters and civically engaged. Students can sign up to participate at www.citizenphysicians.org/nmsvrc.html

About Citizen Physicians
Citizen Physicians is a start-up organization with a non-partisan, non-issue-based mission to train future healthcare providers in effective civic engagement. Our goal is that every graduating healthcare practitioner feels competent in their ability to access governmental systems both as individual citizens and as healthcare providers who care for diverse patient populations. We currently have four chapters of Citizen Physicians: Alpert Medical School of Brown University (founding chapter), Harvard Medical School, Pritzker School of Medicine at University of Chicago, and University of Maryland in Baltimore.

Medical schools currently participating in the National Medical Student Voter Registration Campaign include:

- Alpert Medical School of Brown University
- Baylor College of Medicine
- Case Western Reserve School of Medicine
- Central Michigan University College of Medicine
- Creighton University School of Medicine
- Drexel University College of Medicine
- Harvard Medical School
- Howard University School of Medicine
- Keck School of Medicine
- Loma Linda University School of Medicine
- Loyola Stritch School of Medicine
- Mercer University School of Medicine
- New York Medical College
- Oakland University William Beaumont School of Medicine
- Philadelphia College of Osteopathic Medicine
- Pritzker School of Medicine, University of Chicago
- Rush Medical College
- Stony Brook University School of Medicine
- Touro College of Osteopathic Medicine
- University of Arizona College of Medicine
- University of California Irvine School of Medicine
- University of California Riverside School of Medicine
- University of Cincinnati College of Medicine
- University of Illinois at Chicago
- University of Maryland, Baltimore
- University of Minnesota-Twin Cities Medical School
- University of Mississippi School of Medicine
- University of Texas Health Science Center School of Medicine
- Western Michigan University Homer Stryker School of Medicine
- Wright State University Boonshoft School of Medicine

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Website: www.citizenphysicians.org
Facebook: www.facebook.com/citizenphysicians

SNMA Upcoming Event:
Region III Medical Education Conference (RMEC). This will be October 7-9, 2016 at UMMC and includes the following states: Arkansas, Louisiana, Texas, Colorado, Mississippi, Oklahoma, and New Mexico. The theme is “The Roots of Healthcare,” and we would like to encourage as much UMMC involvement as possible. We will have an Exhibitor Fair October 8, starting at 12 in the Student Union.
SNMA performed blood glucose, blood pressure, and BMI screenings at the Choctaw Indian Fair with the Choctaw Health Department.

Mississippi summers average a sweltering 90+ degrees, with heat indexes well over 100. While summertime usually promises beach trips, cook-outs and long pool days, it also promises an array of dangers to our safety and health. You are 60% water. Dehydration can take over if you lose as little as 1.5% of your normal bodily fluid levels. Heat stroke and heat exhaustion can occur when your internal body temperature reaches over 100 degrees, and can include symptoms of confusion, agitation, nausea and dizziness. While it may be tempting to sip on a cocktail or your favorite beer by the pool, this can exacerbate the effects of heat on your body by causing you to lose more body fluids (also true with sugary drinks and caffeinated drinks). The best thing you can do for yourself is to drink plain water throughout the day (preferably a few glasses an hour). There are many things that put people at a greater risk for dehydration: sickle-cell disease, diabetes, pregnancy, irritable bowel syndrome and prescription drugs. If you start to suspect that someone is suffering from heat stroke, get them indoors or in the shade and put ice packs on them. If they are able, have them drink some water. If the person is unconscious, use seizure precautions and dial 911.

Summertime also calls for outdoor activities for all ages. Our emergency departments are filled with accidents during the summer months, from drownings to ATV accidents. It is important to always wear a life jacket when on a boat or jet ski. If there happens to be an accident, your life jacket can protect you similar to how a seat belt protects you during a car accident. If riding ATVs or any other off-road vehicle it is extremely important to wear a helmet. Our brains operate on a delicate balance of essential chemicals. Traumatic brain injuries (TBI) can cause axons to stretch or snap, making it difficult or impossible for neurotransmitters to effectively communicate with one another. TBIs contribute to one-third of accident related deaths in the U.S., and the likelihood of experiencing a TBI is greatly increased during the summer months.

Lastly, one thing we cannot ignore in a Mississippi summer: mosquitoes. West Nile virus is on the rise, with more than 400 cases since 2010. Symptoms of West Nile can occur up to 10 days after the insect bite, causing muscle aches, headaches, fever, nausea and vomiting. The most effective mosquito repellent should contain DEET (N,N-diethyl-m-toluamide), and come in many different percentages depending on the repellent. 20% DEET will protect you for five hours, so it is important to reapply if you plan on being outdoors for long periods of time. Children should not use repellent with DEET >10%, which only protects for two hours. Mosquitoes are of greatest threat at dawn and dusk, but you should protect yourself throughout the day, regardless of the time.

As healthcare professionals, it is our job to be advocates for community health. Use your knowledge from school and from practice to help inform people on the dangers of summertime and how to prevent illness and accidents.

Abi Collins, School of Nursing
Grace and Truth

My first cousin Laura Anderson Walbert is a survivor of leukemia. She was diagnosed with the disease at the age of three, and she received chemotherapy treatments that, along with the power of prayer, ultimately cured her cancer. The doctors told her family that she would probably never have children, given her exposure to the drugs. But today she is married to her husband B. J. Walbert, and they have four children—the first of which is named Alethia Grace Walbert, a name suggested by B. J. who currently serves as the pastor of Chantilly Bible Church in Chantilly, Virginia. Alethia is the English-transliterated version of the ancient Greek word ἀληθεία (pronounced ah-lay-thay-ah) which means “truth.” B. J. was inspired by the words from the first chapter and seventeenth verse of the Gospel of St. John originally written in ancient Greek: “For the Law was given through Moses; grace and truth were realized through Jesus Christ.”

While the name of my second cousin is very aptly considered for this article given that the fact that she is the very personification of the grace of God, I must add that the connotations of the words truth and grace themselves speak strongly to the truth (forgive the pun) of our lives. As a former Methodist by practice and a perpetual Methodist at my roots, I have a strong appreciation for the significance of grace which John Wesley, the founder of Methodism, so avidly proclaimed. Nevertheless, grace is a very important blessing in any Christian denomination, as it pertains to the Love and mercy of the perfect God given freely to us, despite our own unworthiness and imperfections, without our having done any noble deeds to earn it. All we have to do is accept it and embrace it, though the ways in which we each experience this grace may differ.

Now, as a confirmed and practicing Roman Catholic, I feel truly blessed and honored to experience God’s grace, His Love and mercy, in a physical way through the sacraments. I love John Wesley’s description of the sacraments as “outward signs of an inward grace,” as visible expressions of God’s Love and mercy given freely to us. I also love the Catholic Church’s description of the sacraments as “efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us” (Catechism of the Catholic Church, 1131). But this divine life is offered continuously as often as we partake of “the visible rites by which the sacraments are celebrated, [rites that] signify and make present the graces proper to each sacrament,” (Catechism of the Catholic Church, 1131) and as often as we believe in their affirming power.

Believe. Now, that is an interesting word in as much as our beliefs apply to our own personal faith, which is directly connected to our own personal truth, which ultimately exists in God and which, if you are Christian, is realized through Jesus Christ. And the aforementioned sacraments allow us to experience Christ, the fullness of truth, in a very physical and intimate way. I will pause for a moment to allow that statement to sink in. Perhaps, for many, it is the resolve to show kindness to others, even in the face of loss and hardships. Perhaps, for many, it is the determination to extend mercy and compassion to those in need, even when they find themselves wanting. Perhaps, for many, it is the incessant inner call to love unconditionally as they too are loved unconditionally by One greater and much more than them. For me, it is the latter of the three that ultimately involves the other two as well. Love, to me, is the greatest, most eternal truth, and it is my own personal truth, and I believe that I could boldly say that for all people, even the non-religious, it is also, at least in some way, their own personal truth. For, do we all not love someone? Do we all not have families and friends whom we love?

I claim Love as the permanent foundation of my personal truth, but the way in which I experience it will be different from the way many experience it. I just so happen to experience the “fullness of truth” through my own faith, the Roman Catholic faith, while others may experience the “fullness of truth” through theirs. So, when another individual proclaims his or her religious views as truth or as the fullness of truth, I would encourage all other people not to take offense. Besides, is not our own faith what impassions us to proclaim our religious principles as though they were facts? Is not the power of our own personal truth what fuels us to make the irrefutable decision that what we believe is indeed the fullness of truth? I would expect a member of any other faith tradition to accept the tenets of his or her faith as the fullness of truth as much as I would embrace the tenets of mine as such. Therefore, in having a conversation with others hailing from a faith tradition different from my own, I would not be offended by their own personal truth, even if they proclaimed it as the fullness of truth to them. In a country where we have religious freedom, there is great beauty in sharing in the richness and diversity of the many religious cultures. So, when we hear a personal truth that is different from our own, instead of becoming defensive, we can become more pensive, allowing the personal truths and convictions of others to challenge us continuously to affirm our own faith and to confirm our own personal truth.

I have had the privilege to serve as a participant and then as an assistant facilitator of the Discovering Christ journey as part of the Christ Life movement. This experience has been a great opportunity to set aside Catholic theology, or any theology for that matter, and instead focus on the most important aspects of truth: building a personal relationship with Jesus Christ and inviting others to do the same, not through doctrines or dogmas but through friendship and love that can be expressed in very tangible, physical ways.

Of course, just as we can experience the tangible nature of our relationships with others, we too can experience the tangible nature of our Lord. Just as we can appreciate the tangible nature of a miracle such as the cure of a disease or the fertility of a woman thought never to be able to bear children, we can appreciate the tangible nature of the miracle of the Word made flesh, of the mercy and Love of Christ poured out to us in the sacraments. When I read and hear the words of Scripture and of the rites of the sacraments, I feel their truth as my own personal truth, as the fullness of truth, and my experience of this feeling, of this assurance, is a grace from God. But, please, do not be offended by my truth.
Dental Hygiene Updates

Caitlyn Page, a senior Dental Hygiene student, was selected to be the American Dental Hygienists’ Association District VI student delegate to represent Mississippi, Louisiana, Tennessee, Arkansas, and Alabama at the ADHA House of Delegates.

She traveled to Pittsburgh, Pennsylvania for a week long convention with many great speakers, fun events, and government meetings. The end of the session consisted of House of Delegates meetings where bylaws and resolutions for the ADHA were proposed, edited, and then passed or rejected. She had an awesome opportunity to network and meet dental hygienists and dental hygiene students from all over the country.

“Going Gold”

The Arnold P. Gold Humanism in Medicine Foundation recognizes senior medical students each year for excellence in compassionate patient care. This July, 24 new medical students along with 6 residents will be inducted into the Gold Humanism Honor Society and will be responsible for furthering compassionate communication in care for patients. One inductee, Jeremy Archer, described his experience with the concept of humanism in medicine like this:

“Sometimes you know exactly what to say; other times you have to just be there and listen. Our patients can bring out the best or the worst in us, and our responses to challenging situations early in our medical career will go a long way to form who we are as doctors.”

Humanism is an important view in medicine best learned when implemented early on in medical training, which can have far-reaching effects. The most exceptional aspect of humanism in medicine is that it’s about much more than a polite doctor, nurse, or medical student putting a patient at ease. Several studies have actually shown that physician empathy positively correlates with better patient outcomes. One study in 2011 by Rakel et. al evaluated 719 patients with the common cold. Patients who rated a physician empathy score as “perfect” were found to have had statistically significant reductions in cold severity, duration (by more than an entire day!), and even lower amounts of neutrophil-recruiting cytokine IL-8 in nasal secretions. Humanism in medicine is not simply rapport-building between physician and patient. That relationship at its best is medicine at its best, and is scientifically proven to have the power to heal.

You can read about this study and more like it at www.gold-foundation.org/how-does-physician-empathy-affect-patient-outcomes.

- My name is John Caleb Grenn. My fellow inductees have been gracious enough to allow me to serve as chapter President for the 2016-2017 year. If you have any comments, questions, or ideas about the Gold Society or humanism in medicine, feel free to contact me at jgrenn@umc.edu.
Mississippi Pharmacists Association
Annual Convention

Mississippi Pharmacists Association (MPhA) was founded in 1871 and has continued to gain membership through the years sending our membership number to over 1200. The organization’s goal is to serve the needs of all pharmacy professionals in the state. The four pillars of our membership include legislative advocacy, continuing education, networking, and partnerships. Several students actively participate in one of four committees within MPhA to help advance our profession.

Each year, MPhA hosts an annual convention. The convention was held on June 18th-22nd, at The Hilton Sandestin in Miramar Beach, Florida. During this event, continuing education events are offered for pharmacists, student pharmacists, and pharmacy technicians. Topics included telehealth and change management. I enjoyed attending these events and learning about new medications, topics, or guidelines impacting our profession. Networking events took place at nights, including an exhibit hall containing pharmacy vendors. These events allowed pharmacy students to interact with pharmacists in various practice settings all over our state. This year, three pharmacists in various specialties hosted a session allowing students to ask questions regarding various career paths, residency opportunities, and professional development. This session was applicable to the majority of students because it focused on various pharmacy specialties including institutional, retail, and academia pharmacy. Throughout the convention, students volunteered to help with various events including helping with a golf tournament, continuing education activities, and a pool party for the children at the convention.

I have had the opportunity to attend two MPhA annual conventions. Both times, I have gained several pharmacy mentors and have a renewed passion for the pharmacy profession after leaving the event. Pharmacists all across the state are actively working to advance patient care helping their patients achieve their highest quality of life. MPhA convention is an anticipated event every year allowing pharmacists to come together to network, learn, and discuss new ideas on how to improve healthcare for the greater good.

By: Kelsey Stephens, PY4 student
GiveGab is a non-profit service platform, and UMMC is using it to document the service of students, student organizations, and employees to the community in advancement of our mission of a healthier Mississippi. We can provide each school and organization using the platform with information about how many members are serving, how many hours, how many opportunities, and the dollar value of that service. It makes for great statistics to report to national organizations and to use in applying for grants. We are already using it for Community Health Advocates and the JFC is considering it to use for scheduling its volunteers as well.

All students are now enrolled in GiveGab and all you will have to do is log in using your UMMC email address at www.givegab.com and create a password. Students will also be able to download the documentation of their service to use as part of a resume or application for externship or residency, etc.

If interested in more information, contact:
Tammy Dempsey
Director of Community Engagement and Service Learning
Office of the Associate Vice Chancellor for Academic Affairs
University of Mississippi Medical Center
tdempsey@umc.edu
After having a stroke, Karlos Taylor wasn’t sure if he would ever be able to teach again. He was having difficulty speaking, and his right hand was weak, both tools he needed as a graphic design instructor at Mississippi College.

Between inpatient and outpatient therapy at Methodist Rehabilitation Center, Taylor regained his gift of gab and his artistic touch.

“I feel like my therapists would have done anything to help me reach my goals,” Taylor said.

He’s now back at MC leading the college’s graduate-level graphic design program.

“God chose to keep me here,” Taylor said. “I think He still has things He wants me to accomplish.”