Editor’s Corner

Let’s face it. Transitions aren’t easy. The jumbling around, unsteadiness and fear, not knowing what to expect… hey, I think I just defined medical school! As soon as you think you’ve finally gotten the hang of sitting through lectures and owning exams, you’re brand spanking new in the clinical environment. Once you think you’ve got Tampa down, you’re anywhere else in the nation learning how to be a slave to “The Man” as a resident. Then there’s those pesky fellowships, keeping up with all those advancements as an attending—the list goes on. Will life ever be easy breezy, secure and predictable?!

The truth is: transitions are a part of life. There’s not much we can do with what life swings our way, but we can change our attitude and coping mechanisms in dealing with them. Keeping that in mind, we have dedicated the first issue of this BULLETin year to tackling just that: Transitions. Wherever you are in life, I hope you’ll find all the advice, tips, and encouragement to sustain you, prepare you for the road ahead, and bring a little more sanity into your life. ‘Cause hey, sanity ain’t a bad thing!

And finally, we wouldn’t be the BULLETin that you’ve come to adore and cherish if we didn’t have our interactive quizzes, the coolest reviews in town, and many laughs to spare! So let your hair down (if you’ve washed it, that is), turn on some romantic music, and savor each word.

Cheers to your wellness,

Elizabeth Kim
Editor
The Face of 2012

We’ve asked some brand new first years to give us some insight into the new face of medicine. They were asked a couple of random questions that we hope you’ll find interesting enough to put off studying for a few minutes!

Rainy Betts, MSI

I could spend the entire day . . . “petting sea turtles.”

This summer . . . “I grew human kidney cells and called them my babies.”

Instead of med school, I could’ve been . . . “a singer.”

Andrew Vivas, MSI

My favorite movie is . . . “V for Vendetta.”

Instead of med school, I could’ve been a . . . “literature teacher. I have many leather-bound books and my apartment smells of rich mahogany.”

Omega Johnson, MSI

Instead of med school, I could’ve been an . . . “accountant, because I love math.”

I could spend the entire day . . . “at home snacking, watching movies, and playing on the computer.”

My favorite movie is . . . “All About the Benjamins starring Ice Cube and Mike Epps. The movie is hilarious!”

Nick Governatori, MS1

Instead of med school, I could've been ... an English teacher in Spain.

I could spend an entire day at ... Sweet Tomatoes.

Have you ever felt bombarded by changes in your life?

You and your significant other break up, you experience being alone and dateless for the first time in months (or years), you find yourself facing significant adjustments in studying – particularly for certain courses – and you don’t even have time for a social life and/or recreation.

For some, adjustable rate mortgages come due, property taxes increase, and major pieces of equipment fail. Here in Florida, weather becomes threatening and hurricanes are for much of the year a concern.

Then there are the routine life events of job change or the relocation of friends and we are left to cope. Most of us find ourselves struggling to deal with the many beginnings and endings that affect and impact our lives. We often view these changes as losses rather than as opportunities.

Being in transition is like standing on an ice flow and seeing a crack developing right where we are standing. If we jump to either side, we will experience a sense of relief and perhaps even a feeling of peace. These feelings, however, are only temporary. We may, however, then find that we have jumped to the wrong side of the ice flow. So instead of standing on a larger, more secure section, we may find ourselves on a small, unstable piece of ice!

William Bridges in his book, Transitions: Making Sense of Life's Changes offers TEN Helpful Steps for Effectively Dealing with Transitions:

- Take your time
- Arrange temporary structures
- Don't act for the sake of action
- Recognize that you are uncomfortable
- Take care of yourself in little ways
- Explore the other side of the change
- Get someone to talk to
- Find out what is waiting in the “wings” of your life
- Use this transition as the impetus to a new kind of learning

Remember that the HELP5S (Health Enhancement for Lifelong Professional Students) Program is a benefit available to all students in the University of South Florida College of Medicine, providing confidential, free, professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact HELP5S regarding any concern that you might have – and you don't have to wait until a problem becomes big in order to seek help. Above all, keep in mind that concerns develop over time, but the way you address them can be changed. So, if you are concerned about all the changes affecting your life and are not sure where to turn or what you should do, help is just a phone call away (813-870-1840).

Alex Feliciano, MS1

Instead of med school, I could’ve been a . . . Broadway Musical Star... Of course, I could've had talent too.

I could spend an entire day at the library. Give me a good book, coffee, snacks, and leave me alone for 24hrs...I'll read right through with only taking time for potty breaks. Call me a modern day "Belle". My second option would be to spend an entire day at Disney World.

Favorite Movie Quote: "You leave Lance out of this! He's doing more with one testicle than you and I could do with three!" - You, Me, & Dupree
By Lauren Leffler, MSIII

This past June, I had the privilege of going to California with two of the freshest docs around—Dr. Stephan Esser and Dr. Yash Pathak—both graduates of the USF COM class of 2008. Together, we went to do an internship at a wellness facility called True-North Health. My time out there was both enjoyable and thought-provoking. I learned a lot and I would enjoy sharing some of what I have gleaned from my experience with you.

Even coming into medical school, I have had a passion for wellness, strong interest in nutrition, and a love for being physically fit. These passions were some of the fuels which motivated me to pursue medical school, as who is better to promote health and wellness than a physician? I met Stephan upon starting med-school, and with similar interests, we quickly became good friends. About half-way through my 2nd-year, he told me that he and Yash were going in May to do an internship at a wellness facility called True-North Health and invited me to go along. After a little vacillation, I agreed to go for a week once I completed Step 1 and before 3rd-Year began. I bought a plane ticket and prepared to go where I had never trekked before—California, here I come!

Upon arriving, I really had no idea what to expect. Stephan had told me that it was a wellness facility which specialized in fasting and good nutrition, but beyond that, I was in for a blind adventure. However, it didn’t take too long to figure out what TrueNorth Health is all about.

TrueNorth Health is primarily a residential health education center where people can come to learn about healthy living and the use of fasting to promote health. Now in our land of rich and plenty, the concept of fasting is founded on the principle that the body has an amazing ability to heal itself. For example, say you’re up early in the morning to shave your face or legs (or perhaps both) in order to look professional, but due to sleep-deprived gogginess, your razor slips and you nick yourself. You’re already running late because you hit snooze three or four times. You don’t have time to find your antibiotic ointment, and you surely don’t want to walk around with a huge band-aid across it. So what do you do? You say, “Ouch!” or an expletive of your flavor, splash some water on it, and walk out the door. Now provided you don’t inoculate your wound with dirt, the majority of the time you can forget it even happened because it will heal on its own.

A silly example, I know, but it illustrates the principle of fasting. Every day we are exposed to injurious toxins and stressors whether they are physical, mental, social, or spiritual—our environments are full of them. Then to add insult to injury, most of us consume a diet that tends not towards health but harm—but I’ll save that topic for a different article. Though it is a constant uphill climb, our bodies do an amazing job at ridding themselves of most of them. However, for all of us, there comes the day when our natural defenses falter, and the inevitable happens—we get sick.

Now this word, “sick,” is a very broad term used to encompass everything from food-poisoning to cancer, and medical technology has advanced so as to provide treatments for myriads of sicknesses especially when hunger pains start to chime. To think of using fasting as a medical therapy may sound rather ridiculous, but after my experiences at TNH, I’d like to contend that it is a viable alternative approach in the treatment of some medical ailments.

The concept of fasting is founded on the principle that the body has an amazing ability to heal itself. For example, say you’re up early in the morning to shave your face or legs (or perhaps both) in order to look professional, but due to sleep-deprived gogginess, your razor slips and you nick yourself. You’re already running late because you hit snooze three or four times. You don’t have time to find your antibiotic ointment, and you surely don’t want to walk around with a huge band-aid across it. So what do you do? You say, “Ouch!” or an expletive of your flavor, splash some water on it, and walk out the door. Now provided you don’t inoculate your wound with dirt, the majority of the time you can forget it even happened because it will heal on its own.

A silly example, I know, but it illustrates the principle of fasting. Every day we are exposed to injurious toxins and stressors whether they are physical, mental, social, or spiritual—our environments are full of them. Then to add insult to injury, most of us consume a diet that tends not towards health but harm—but I’ll save that topic for a different article. Though it is a constant uphill climb, our bodies do an amazing job at ridding themselves of most of them. However, for all of us, there comes the day when our natural defenses falter, and the inevitable happens—we get sick.

Now this word, “sick,” is a very broad term used to encompass everything from food-poisoning to cancer, and medical technology has advanced so as to provide treatments for myriads of sicknesses
which in former times had none. My point is not that we should altogether abandon modern “Western” medicine with the advances that have been developed; that would be foolish. However, I do suggest that we reconsider some of our canned approaches to healing, namely “take a pill” or “cut it out.”

The body has an amazing ability to heal itself when given the opportunity; fasting provides such a chance as it is not only abstaining from food but also resting from it. Interning at TNH allowed me to witness this first-hand. We had patients from a host of backgrounds and walks of life who came to TNH with one common goal: to seek health. Whether it was for diabetes, hypertension, or lupus, the majority of patients walked away healthier and happier and on little to no medication.

Sounds too good to be true—do nothing, literally, and be healed? I probably would have difficulty believing it had I not seen it myself. Though I wish I could take each of you there just to see, I know that is not feasible. And so you say, “Show me the evidence!!” I have to confess—there is a relative lack in published, peer-reviewed journals on the efficacy of fasting. However, I can tell you that there are studies currently being designed and implemented; and I have a hunch that soon fasting will no longer be a quaky alternative therapy, but rather, an evidenced-based practice.

My encouragement to you is to think outside the box. I went to California very excited, but a little skeptical. There will forever be instances where following an algorithm is the right and proper thing to do; there will always be patients whose illness requires a prescription or surgery. However we have some of the sharpest minds in America; my challenge is to use our minds to think, consider, and dream when it comes to treating our patients.
Trope Ten Things You Don't Want to Hear In Surgery:

1. Don't worry. I think it's sharp enough.
2. Nurse, did this patient sign the organs donation card?
3. Uh oh! Page 84 of the manual is missing!
4. Everybody stand back! I lost a contact lens!
5. Hand me that...uh...that uh.....thingie.
6. Better save that. We'll need it for the autopsy.
7. "Accept this sacrifice, O Great Lord of Darkness"
8. Whoa, wait a minute, if this is his spleen, then what's that?
10. What do you mean "You want a divorce?"
Meet Dr. Alicia Monroe… YOUR new Vice Dean of Educational Affairs!!

Dr. Alicia Monroe was born and raised in Indianapolis, IN. The second of four children, she remembers her family experiences playing a big role in the shaping of her life. Her father worked as a postal worker and her mother as a multipurpose cook / housekeeper / cosmetologist and the primary parent taking care of her and her siblings. The high standards set by her parents and especially her mother set the framework for her life. Hard work and few excuses were just what was expected.

Dr. Monroe made her first big transition in life when she started college at Brown University. Coming from an average high school moving into the high expectations of an Ivy League school like Brown presented Dr. Monroe with her first real challenges academically. Dr. Monroe recalls that “going to Brown required me to first learn how to learn, and then learn how to be successful.” Success came in the form of acceptance to medical school at the Indiana University School of Medicine and after 4 years of school, Dr. Monroe graduated as one of the first African-American females in the school’s history.

Following medical school, she accepted an Internship in Psychiatry at Georgetown University. While at Georgetown, she gave birth to her first child and began another transition in her life, one of becoming a mother. A year later, with an infant in tote, and another baby on board, she headed back to Indiana to work for two years as a physician before begin a residency in Family Medicine at Methodist Hospital in Indiana.

Following her graduation from residency medical training, Dr. Monroe has worked in a variety of different capacities, but fundamentally as an educator and communicator. She has helped to pioneer programs based in Doctor-Patient communication and most recently engineered a course at Brown’s Alpert Medical School titled “Doctoring”, which synthesizes some of the main course content of traditional 1st year basic science with things such as patient interaction, physical exam, and professional development that are often not experienced until later, if at all, in modern medical school curriculum.

And now a new chapter begins as Dr. Monroe, her husband Lloyd, and their dogs, Buddy and Daisy, come to the sunshine state to join the USF Health team. I had the chance to sit down with Dr. Monroe and ask her some questions about her personal life, her ideas on the future of USF Health, and some tips for dealing with transitions. Enjoy!

USF HB- What advice do you have for people going through transitions in their lives?

DM- Bring your optimism and focus to the challenges as possibilities for great potential. Reach out to others because someone has always been through it before, and build a good support network for help you when you need it.

USF HB- Where do you see the greatest opportunity for change in the educational curriculum?

DM- First of all, I see a need to appreciate how good things really are here at USF and celebrate the positives. I want to turn up the enthusiasm about what is going on at USF and build on the strengths that we have. As for change, I hope to begin with a mindful building of educational teams that create exciting environments for innovation.

USF HB- What makes you excited about USF?

DM- The school is dynamic, bold, and not afraid of change.

USF HB- What can we as students look forward to being excited about having you as our new Vice Dean?

DM- I want to ensure that students graduating from USF COM graduate not only as good physicians and physical therapists, but also leaders and team players that bring opportunity and innovation with them. I hope to do this through creativity, innovation, and collaboration with students.

* Some Dean Monroe Fun Facts *

Where can you be found on a Saturday night off??
- At home with her husband of 35 years, Lloyd, and her dogs, Buddy and Daisy.

What do you like to do when you have no to-do list??
- Spending precious time with her family (including her 3 children), reading, and doing creative projects such as house decorating and cooking new things.

Beach Boys or the Beatles??
- Beach Boys mentality with Beatles song lyrics. (Picture someone sitting on the beach reading psychedelic poetry.)

Mexican or Italian??
- She enjoys both a lot but eats Italian more often. (Anyone ever had a spaghetti-filled burrito?)

What is a secret that you would like to share with us??
- She has an admiration for the younger generation and enjoys learning from the youth as much as she likes teaching. (I couldn’t find her on Facebook, however.)
IN BRUGES
Matt Mullen, MSII
If you loved The Notebook, then you probably won’t enjoy In Bruges. If, however, you enjoyed Fargo or Lock, Stock and Two Smoking Barrels, then In Bruges is your type of movie.

A limited U.S. release (probably why you haven’t heard of it), the film centers around the Irish hit men Ray (Colin Farrell) and Ken (Brendan Gleeson). After Ray accidentally shoots a young boy during his first job, the pair is ordered by their boss (Ralph Fiennes) to lay low in the historic Belgian city Bruges until things blow over back in the U.K.

While Ken takes in the tourist sites, Ray, restless and wracked with guilt, manages to get involved in shenanigans involving a beautiful young drug dealer, a dwarf actor, and overweight American tourists.

A richly dark comedy with several twists, In Bruges is well worth a trip to the video store or a double click on Netflix.

sukhothai: a restaurant review
by Christian Perez, MS2

Despite being tucked away in homogenous New Tampa, Sukhothai offers quality Thai food at prices that will allow you to buy one of those outrageously expensive tickets from the Muvico across the street. While the fare may not serve up the originality that one so often sees in South Tampa Thai restaurants, Sukhothai is as steady and true as Dr. Williams’ lectures, but with twice the funk (good funk, rest assured).

The menu contains many of the Thai mainstays like Pad Thai, Panang Curry, Red Curry, and the omnipresent Fried Rice. Each of these dishes is delicious, especially the Panang Curry with beef, which is in my opinion the best beef curry in Tampa. In addition to this blast of bovine flavor, there are several other options that will work your tongue like Billy Blanks of Tae Bo fame. If you are persnickety about your poultry, the Massaman Chicken – a mountain of chicken with peanut and curry – is your best bet. You do not eat this dish… it eats you (in a good way, faithful reader). Many of the seafood dishes, such as the Salmon Ginger and the Seafood Graprow (shrimp, mussels and scallops stir-fried in hot basil sauce) offer the same explosion of flavor as the Massaman Chicken. There are also plenty of vegetarian options, like the Kaow Soy Puk (mixed vegetables in red curry with noodles and bean sprouts) and the Pad Ped Puk (stir-fried mixed vegetables in red curry and peanut sauce topped with fried eggplant).

While Sukhothai’s ambience is casual, there is a separate section in the restaurant where one can become more intimate with a special someone. This area features traditional Thai seating on cushions with low set tables which contain a pit for your legs to dangle (romantic despite the disconcerting abyss). Despite the casual ambience, the noise level in Sukhothai never reaches the cacophonous din of the cookie cutter chain restaurants, allowing you to listen to your significant other’s secrets (what’s that? You were born with a tail?).

Overall, Sukhothai works well for those seeking quality cuisine on a budget. For that reason alone, you should definitely drop by New Tampa when you get a chance. Sukhothai is located at 18191 Highlands Preserve, Tampa, FL 33647.
The Transition into Third Year
By Jessica Teav, MSIV

There is no doubt that the 3rd year of medical school is a year packed with transitions. As a rising 4th year, I was asked to write tips to help the current 3rd years maneuver through the year successfully. In considering this task, common sense suggestions came to mind:

1. Be courteous and respectful to all the people you work with from patients to hospital staff to residents to fellow students.
2. Eat when you can, sleep when you can, study when you can.
3. Dress professionally.
4. Always be on time.
5. Know your patients inside and out.

As I went through the mental list, I decided that most 3rd years had already been offered this counsel either by big sibs or via the clerkship survival handbook given to them at their Clinician’s Ceremony. While the guidance these sources provided me was certainly practical and helpful, there were some omissions that would have facilitated a smoother transition for me and hopefully to some readers.

As my 3rd year dawned, faculty and upper classmen alike lauded it as a great and amazing year. Some even proclaimed it as the highlight of their medical training. My expectations soared and I was eager to leave endless hours of books and classroom time in exchange for an exciting debut into a predominantly clinical learning environment. Although in retrospect, I cannot contest the high esteem for 3rd year held by my predecessors, the vision painted for me did not fully prepare me for the challenges ahead.

Especially at the beginning of the year, it was a struggle to lose autonomy over my time and schedule. I learned that while 3rd year is the best year of learning, it was also the hardest and the most demanding. Working a full day at the hospital or clinic was usually followed by an evening trying to stay awake (often in vain) over a stack of review books and patient-based articles.

Always rotating through different clerkships and various clinical sites was also a challenge. Just when I became accustomed to the routine and the protocol for one site, it would be time to move to a new one. Likewise, physicians from different specialties approached clinical problems with a different mindset, requiring students to be malleable learners and ready to quickly adjust to each new attending’s preferences.

Perhaps the biggest struggle I faced during third year was that nearly ever-present awareness of feeling clinically incompetent. After 16 or more years in a classroom setting, by the time medical students start 3rd year, we are all pros at sitting in lecture, taking notes, and preparing for a multiple choice test. The real challenge comes in the clinical setting when trying to implement all that has been learned and adjusting to various curve balls that are inevitably thrown in along way.

Based on my own areas of struggle during 3rd year, I devised a new, albeit belated, list of suggestions for navigating 3rd year.

1) Have realistic expectations regarding your time and schedule. Be reasonable and take care of yourself, but know that you will work very hard; however, if you approach each clerkship with an open mind and a good attitude, incredible learning experiences await you.

2) Do not be afraid to ask: at new sites or with new attendings, do not hesitate to ask for help, direction, instruction, and feedback. Even though you may feel like you are fumbling while acclimating to a new environment, most people you work with will be very understanding if your interest and effort in learning are apparent.

3) Do not despair if you do not know the answer—

(Continued on page 10)
the right questions to ask the patient, labs to order, correct diagnosis, next step in management, the associated risk factors, etc: You are NOT expected to be fully competent clinicians yet. When clueless or in doubt about a clinical problem, take the opportunity to practice your independent evidence-based learning skills, and if you need direction, fellow classmates, residents, or attendings are all excellent resources.

Believe it or not, it will be over before you know it….so try to savor each moment and make each experience count. In the wise words of one of my fellow classmates:

“Third year should be treated as a giant adventure. Just immerse yourself in the experience, and it will give you many moments of joy, exhaustion, frustration, pain, exhilaration, wonder, and occasional terror, but it will reward you in the end.”

::: JOHN’S CHEAP EATS :::

by: john emerson, MSII

In the fast paced world revolving around medical school, finding time to fill up your fuel tank can be tough. A home-cooked meal made with fresh ingredients is without a doubt the best way to save money and eat right, but in a life dictated by lab schedules, lectures, and studying, that isn’t always feasible. Pressed for time and on a tight budget, knowing a few good places to snag a quick meal for cheap can make life that much easier. Below, I have listed a few of my favorite places to grab a bite, a beer, or both, along with a quick description of what to expect. So next time you find yourself buried in the books and looking for a satisfying meal that won’t cost you an arm, leg, or any other part of your anatomy, give some of these a try.

La Teresita - 3246 W. Columbus Drive, Tampa FL 33607

This Cuban specialty restaurant is one of my personal favorites. Portion sizes that directly coincide with the American obesity epidemic and a price tag that anyone can afford are hallmarks of this unique restaurant. Seriously, if you are looking for the best bang for your buck and some of the best Cuban food in the Tampa Bay area, then this is the place for you. Give the “small” Cuban sandwich a try. For right around 3$, I am guaranteeing the size and flavor of this classic sandwich will surprise you. If it’s the week before a test, try café con leche with your meal- the tastiest way to study into wee hours. Along with great food, the experience is one of a kind as well. The mostly Spanish-speaking staff will serve you with a smile and help you navigate the unique menu choices.

Price- (8/10) Most meals under 7$
Portion size- (9/10) Don’t worry, they know you will want a take home bag!

Distance from Campus - (7/10) 13 miles (about 20-25 minutes)
Healthy - (6/10 – 8/10)
Overall Rank- 8 out of 10

Skipper’s Smokehouse - 910 Skipper Road, Tampa, FL 33613

Tradition and history are the hallmarks of this unique smokehouse restaurant, concert venue, and oyster bar.
Serving as the site for USF's COM Resident Match Day, Skipper's Smokehouse is rooted in USF tradition. Enjoy a relaxed outdoor environment that features an eclectic variety of musical performances along with great seafood. Don’t forget to check their website for concert info. With low ticket and beer prices, comfortable outdoor atmosphere, and sponsorships by Tampa’s own WMNF, Skipper’s concerts can’t be beat!

**Price** - (7/10) A dozen oysters on the half shell for 10 bucks and 16oz Bud bottle for only $2.75 is hard to beat, especially when you’re watching a live show. For quality seafood, Skipper’s is reasonably priced.

**Portion Size** - (7/10) This depends on what you order. Seafood isn’t known for being filling, but order the black beans and yellow rice at $3.99 and you won’t be disappointed.

**Distance from Campus** - (8/10) 4 miles, under 10 minutes.

**Healthy** - (8/10) Order your oysters steamed instead of raw or order from their wide selection of fish and you can’t go wrong.

**Overall Rank** - 6.5 out of 10

---

**Broadway Ristorante and Pizzeria** - 2784 East Fowler Ave. Tampa, FL

This Italian restaurant and pizzeria chain has some great deals and a fun environment. Located right across Bruce B. Downs in the University Plaza, it is a mere stone’s throw away from USF. Serving a wide variety of Italian cuisine and daily specials, this place has something for everyone. Enjoy the outdoor patio setting on Monday nights following tests for 3$ beer pitchers and a large specialty pie. You’ll probably see me and some of my classmates there. For a healthy alternative to pizza, try the small chicken salad for under 5$ and substitute the Iceberg for the healthier Romaine Lettuce for 1$ more.

**Price** - (5/10-7/10) Depending on your choices, it can be a 7$ meal with drink and tip or a 14$ meal. Some of the specialty pies are expensive, but the beer is cheap.

**Portion size** - (7/10)

**Distance from Campus** - (10/10) You could probably walk there faster than you could drive there with traffic.

**Healthy** - (4/10-8/10) Beer and Pizza vs. Salad and H2O

**Overall Rank** - 7.5 out of 10

---

**Mr. Dunderbaks Biergarten and Market Place** - 2222B University Mall Tampa, FL 33612

Located within The University Square Mall, this German food specialty restaurant has some great German cuisine along with a beer menu featuring some of the world’s best. The food is prepared fresh and although it may not be the healthiest, who can turn down meat, potatoes, and cheese alongside a liter of imported European beer at least once a month.

**Price** - (6/10) The sandwiches and meals are reasonable 7-10$, but some of the beers are pricey.

**Portion Size** - (7/10) I have never left hungry!

**Distance from Campus** - (9/10) I’m guessing it’s a little over a mile away.

**Healthy** - (3/10) Unfortunately the FDA’s new food guide pyramid doesn’t have meat, beer, or cheeses anywhere near the top.

**Overall Rank** - 8 out of 10 Good prices, great food, and buku soul!

---

**Louis Pappas Market Cafe** - 14913 Bruce B. Downs Blvd. Tampa, FL 33635

Gyros, Greek Salads, and Baklava tickle your fancy?? Well if so, give Louis Pappas a whirl. The cool ambiance and Mediterranean style cuisine will have you thinking you took a cruise along the coast of Greece during your 20 minute dinner break between cram sessions. Monday nights feature 5$ gyros, served with a side of some of the best potato salad this side of the Atlantic. It’s a deal that’s hard to beat. If flatbread and tzatziki sauce doesn’t do it for you, try the lamb and beef filled “Greek-a-Dilla,” it’s one of my favorites.

**Price** - (6/10) The sandwiches range from 5-7$, but a meal is going to cost closer to 10$. An extra side of potato salad is around 2.50$ (It’s good… but not that good)

**Portion Size** - (6/10) Most meals are satisfying, but not the place to go if you’re starving.

**Distance from Campus** - (9/10) Less than 2 miles

**Healthy** - (7/10)

**Overall Rank** - 7 out of 10
Long, long ago in a far away land, there were two graduating fourth-year medical students at USF COM.

Here is a snapshot in time of how they made their transition beyond medical school. Their advice to us is invaluable: how to prepare for those grueling years ahead, the challenges and yes, thrills even, in being a resident, and how to enjoy our fleeting time as medical students here. I hope you enjoy their responses and get as excited as I did!

Dr. Michael Chuong ("MC" c/o 2008) stayed at USF COM as a medicine intern (PGY-1) and will be going into radiation oncology.

The BULLetin’s own Dr. Stephan Esser ("SE" c/o 2008), is currently a PGY-1 at Carolinas Medical Center in NC and will be specializing in PM&R at Harvard.

EK: Why did you choose USF? Did it end up being what you expected in the long run?

MC: I chose USF since I wanted to be close to home (grew up in Largo) and couldn’t pass up the in-state tuition. It exceeded my expectations looking back.

SE: I chose USF COM because it was close to home, was an affordable cost, and had just the right blend of clinical and research focus. I was accepted to U. Pitt. and Tennessee among others but none of them "felt" like USF COM. Somehow it felt like home, and I am glad I followed that gut instinct.

EK: What tips do you have for other medical school classes?

MC: Make sure you make time for yourself, whether that’s going to the gym or watching TV. Studying constantly will burn you out really quickly. As for residency applications, the most important things are your class rank and Step 1 scores. Step 1 scores are used by most of the more competitive fields to weed people out in the initial phases of the application process.

SE: OPEN YOUR EYES, and open your minds up so wide that your brains almost... but not quite, fall out. Learn everything you can about patient care. Decide early on what kind of a person you want to become and then let your choice of doctor flow second. Medical school is an incomparable experience and the information and clinical experiences you have now will enable you to achieve your optimum potential as a healer, a humanitarian, and a technician. Secondly, embrace your own humanity daily. By this I mean keep your spiritual, emotional and physical health a priority through it all. After all, if you can’t keep your own health, how can you give your patients advice? Finally, engage your peers, faculty, & patients in dialogue.

EK: Why did you choose your specialty and residency program?

MC: I came across the field randomly through my LCE 2nd year. I like how technologically-oriented the field is and how many cancers can be cured with radiation alone, or more commonly in conjunction with chemotherapy/surgery. I am staying here because I think Moffitt is a great place with many resources and because my fiancé is staying here for OB/GYN.
SE: I chose PM&R (Physical Medicine and Rehabilitation) because it will afford me the time and training to be a specialist in non-Surgical Orthopedics/Sports Medicine and in Lifestyle Medicine. With 2/3 of all disease being lifestyle-associated, I chose to try to address the most important and most challenging facets of human health and disease. I chose Carolinas Medical Center in Charlotte, NC for a preliminary year because it is a comprehensive level 1 center with passionate faculty and a resident-friendly schedule. I chose Harvard for my final 3 years because they have a growing Lifestyle Medicine Institute based out of the program and because the program will afford me opportunities for research and involvement around the globe.

EK: What surprised you most about residency that you weren’t expecting beforehand?

MC: I started residency thinking I had to know everything already, and that’s not the case. Everyone expects you to know very little, actually, but the key is to work hard and you will start picking little things up day by day, sometimes without even realizing it.

SE: How much we actually learned at USF COM. We are well prepared, right on par with other residents from around the country. I also was surprised by how much I had forgotten since 3rd year.

EK: What challenges did you encounter that were different from those of medical school?

MC: Your responsibilities are much greater in residency. As a medical student, I would follow patients, but since I figured the residents would be looking after them too I didn’t pay attention to all of the details as I should have.

SE: Staying up for 30 hours straight and actually being the one writing, signing, and caring for the patient on the front line is a whole new experience. The buck stops with you, and it is both an exhilarating and humbling experience.

EK: How many hours do you work in the average week? Do you have time to relax?

MC: Depending on the month, I work close to 70-80 hrs/wk as a medicine intern. I have a few hours to myself each day to go to gym or watch TV. I get one day off per week.

SE: This is extremely varied as I started on Dermatology and now am on wards. That being said I vary from 25 hours to 50 per week. As for time to relax, there is always time for what is important to you. I still make time throughout the week to run, go to the gym, get on the tennis court, visit family, and attend church. So yes -- absolutely!

EK: What bits of advice do you have to medical students to better help them prepare for residency?

MC: There’s nothing that will prepare you for residency except for going through it yourself. However, the best advice I can give is to just study hard and do well in school. All of that material you studied for the boards eventually comes into us at some point. As a 4th year do an AI [acting internship] in whatever field you’re going into and really treat that experience as if you were an intern (do the orders, try to make treatment plans, etc.). It’ll give you a good idea what it’s like to be in residency.

SE: Cultivate compassion and humility so when your patients need to be consoled, or when you made a mistake, you are ready for both. Engage the nurses at TGH and the VA more. Learning how the system works will help you. Finally, get your residents to allow you to write orders and make patient plans so you will be ready to take on the task yourself!

EK: What’s fun about being a resident?

MC: While it can be scary sometimes, it can be fun to have responsibility and be able to make decisions instead of deferring to someone else as a student. On the same note, it’s great to see people improve because of your care.

SE: You are finally a “doctor” doing what you wanted to do. You are finally the first tier of responsibility with your patients and this sense of responsibility is one of joy and opportunity. Your patients look to you for the answers. With great power comes great responsibility. You will be ready for it!
Barbara’s Nutrition Corner

Quick ‘n Easy Meal Ideas:

- Soy burger or chicken (from the frozen food section of the supermarket) topped with 2 oz cheese, spinach (or another dark leafy green), sliced tomatoes, and onions on a whole-wheat bun. Microwave a sweet potato to go with it and top it with cinnamon and a handful of walnuts for a healthy dose of omega 3 fatty acids.

- Mix up a salad of mixed dark leafy greens, garbanzo beans, carrots, tomatoes, a handful of high fiber nuts, and leftover chicken breast cut into strips. Instead of croutons top with your favorite nut - sunflower seeds, walnuts, cashews, almonds, etc. Top with olive oil & vinegar.

- Rotisserie chicken from supermarket, can of sweet potatoes, frozen spinach. The 2 sides could be microwaved in under 10 minutes and the chicken is already done - this meal could be ready to eat in as little as 15 minutes.

- Leftover chicken cut into strips. Heat up a can of black or pinto beans, cook some instant brown rice. Roll up in a whole wheat or corn tortilla. Have some raw carrots, celery, broccoli, cauliflower and bell pepper strips on the side with low fat dip.

- Brown extra lean ground beef (Or use Boca or Morningstar Farms soy crumbles-they come browned and just microwave for 2 minutes to heat up), top with a jar of spaghetti sauce (save some meatless sauce for another meal-see below). While the meat is cooking boil water and add pasta. Microwave frozen corn on the cob for the vegetable on the side. (if you have extra time chop up some onions, bell peppers and fresh tomatoes to add to the sauce)

- For chili, use leftover spaghetti sauce and add canned kidney beans, chili powder and canned chopped tomatoes.

- Homemade pizzas. Use leftover meatless spaghetti sauce and put on half bagel or English Muffin. Top with low fat cheese and deli sliced ham-or go meatless. Broil in the oven. Salad on the side - mixed greens with mandarin oranges, almond slivers, dried cranberries and canned chicken- or go meatless.

(Continued on page 15)
○ Try frozen marinated fish such as Gorton’s lemon pepper fish. While it’s cooking (10 minutes in the oven), heat a can of turnip greens and black eyed peas in the microwave.

○ Tuna melt- tuna salad mixed with celery, onions and walnuts or almonds. Top with cheese and put on toasted whole wheat bread. Broil in the oven. Have baked potato with it and steamed broccoli on the side.

○ Enjoy a fruit salad of favorite fruits, piece of cheese, cottage cheese.

Quick and easy snack ideas:

○ Triscuits or other whole-wheat crackers with snack pack of chunk light tuna mixed with low-fat mayo and onions. Try carrot & bell pepper strips on the side for extra crunch. Add a cheese stick and yogurt for bone building calcium.

○ Homemade trail mix with mixed nuts, dried fruits such as apricots (high in iron), raisins, dried cranberries & blueberries, whole grain cereal such as Wheat Chex, shredded wheat or Cheerios and popcorn. Make it ahead of time for a quick and healthy option that can be carried anywhere without refrigeration.

○ Fresh fruit with yogurt, topped with low-fat granola or high fiber cereal such as Fiber One. Vary your fruits and cereals to prevent boredom.

If you’re going for fast food, here are some guidelines:

- Limit fried and breaded items, avoid double meat, cheese, bacon extras
- Request whole wheat breads, buns- available at Chick Fil-A, Subway, Blimpie
- Add extra vegetables to sandwiches- lettuce, tomato, onion, etc.
- Instead of sodas or tea have low fat milk especially for the children whose bones are still growing and for you too!
- Instead of fries get fruits or vegetables (Ketchup is not a vegetable!):
  - McDonald’s has apples
  - Wendy’s has Mandarin oranges or yogurt
  - Burger King has apple fries or applesauce
  - Chick Fil-A has carrot-raisin salad or fruit cup
  - Subway has apples and raisins
  - Taco Bell has beans on the side
  - Arby’s has fruit cups

TOP TEN SIGNS YOU’RE BROKE:

1. Your idea of a 7-course meal is taking a deep breath outside a restaurant.
2. Long distance companies don't call you to switch anymore.
3. You look at your roommate and see a large fried chicken in tennis shoes.
4. You finally clean your house, hoping to find change.
5. You think of a lottery ticket as an investment.
6. Your bologna has no first name.
7. You give blood everyday... just for the orange juice.
8. Sally Struthers sends you food.
9. McDonald’s supplies you with all your kitchen condiments.
10. At communion you go back for seconds.

Members of ULTRASOUNDS, the USF Health orchestra, practicing for their performance at the Hope Lodge Annual Picnic. Photo by Elizabeth Kim.
Know Your Choices

by Matt DiVeronica, MSII

Coming down to the November elections, it looks like America’s healthcare system is in for some big transitions. Both presidential candidates have laid out their platforms with the hopes of creating major changes for a better future to America’s healthcare.

In a recent questionnaire from the AMA, both presidential candidates were asked ten questions concerning their policies for America’s health care. Here is a brief synopsis:

**McCain**
- Is aiming for reduced costs in healthcare, emphasizing more choices for consumers, pricing transparency, quality based payment systems and a more direct role for the consumer in the medical decision making.
- Will lower government and taxpayer costs by addressing the “rising cost of care through competition, tort reform, a focus on preventative care, and reforms to Medicare payments.”
- Will provide access to coverage for “tens of millions of Americans who are currently uninsured.”
- Will provide transparency in public programs and institute pay for quality outcome programs through the use of greater information technology use to track real-time measurements of higher quality outcomes that will directly lead to higher payments to physicians.
- Will provide a $5000 refundable tax credit ($2500 for individuals) for all Americans that purchase private or company sponsored insurance. This rebate would increase portability (the ability to take an insurance policy with you to a new job or geographic location) of individual or family insurance.
- Would allow health care plans to be bought across state lines to increase competition, decrease costs, and could lead to fewer Americans left uninsured.

**Obama**
- Will institute a plan involving increased insurance company competition and reducing overhead, underwriting costs and profits, and making health coverage universal which will reduce spending on uncompensated care. These steps will allow American families to save up to $2,500.
- Will institute a national plan, costing $55- $60 billion per year, that will provide affordable, high quality, portable health insurance for all American citizens, including children and legal immigrants. This will be paid for by rolling back tax cuts to families making over $250,000 and retaining the estate tax at it’s 2009 level. Physician payment will be performance based and focused on high quality outcomes.
- Any American can buy into the national health care plan. Those who don’t qualify for other federal programs, such as Medicaid, yet still need assistance will receive federal subsidies for premium payments. This plan will be fully portable. Any American wishing to maintain or buy a private plan will still be able to do so.
- Will have employers make meaningful contributions to employee’s health care or otherwise pay a percentage of payroll towards a national plan.
- Will require parents to provide health care for their children and will require all insurance plans to provide coverage for preventative care.
- Will require hospitals to collect and publicly report measures of health care costs and quality, including data on preventable medical errors, nurse staffing ratios, hospital-acquired infections, disparities in care, and costs with the aim of making mandatory “hospital report cards”.

Source: 2008 Presidential Candidates Respond to Ten Questions About Their Health Care Reform Proposals
Activities fun & frantic . . .

Studying for the USMLE Step 1 exam in our new COM student lounge. Photo by Elizabeth Kim.

The COM Class of 2010 and 2011 battle out their rivalry on the soccer field. Photo by Jake Sanstead.

Heather Maroney, MSII, tutoring a high school student at Brooks DeBartolo Collegiate High School as part of the COM 2011 class project. Photo by Jake Sanstead.

Laura Thornsberry and Kat Kinney playing bingo with members of the Hope Lodge. Photo by Jake Sanstead.

Matt Manry, Katie Crum, and Mark Chappell (MS2s) enjoy a game of golf at Lutz Executive Golf Course. Photo by Jake Sanstead.
Group Fitness

Brought to you by Lauren Leffler, MSIII

I hear all the time-- "I'm just not motivated to exercise all by myself." Well it's time for that attitude to fly because USF Campus Rec has gone out of their way to make sure there is No Excuse anymore, and it's called "Group Fitness." Classes run Monday through Friday at various times (morning, noon, and night), to accommodate every shape and fitness level.

And now there is especially no excuse for here is this Fall's Group Fitness Schedule along with the some fun-filled reasons to seek out Group Fitness opportunities. So go with friends, or go by on yourself-- either way, you'll no longer be exercising "all alone!"

**Top 10 Reasons to Join Group Fitness:**

10--Earn your shower for the day  
9--Beats exercising by yourself  
8--De-Stress from Medical Education toxoids  
7--Meet hot guys  
6--Meet even hotter girls  
5--Sleep better  
4--Increase cardiovascular fitness  
3--Burn calories  
2--Look great in your white coat  
1--Because it's awesome, plain and simple!

Playing a game of basketball at a Class of 2011 picnic. Photo by Jake Sanstead.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:30 AM</td>
<td>*Denotes a limited access class. Tickets can be picked up at the front desk 30min prior to class start time</td>
<td>Spin-it</td>
<td>Morning Yoga</td>
<td>Spin-it</td>
<td>10:00-11:00 AM</td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Denotes a limited access class. Tickets can be picked up at the front desk 30min prior to class start time</td>
<td>Kimberly</td>
<td>Barbara</td>
<td>Amy</td>
<td>*Spin-it</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cycling studio</td>
<td>Rm 011</td>
<td>Cycling studio</td>
<td>Marybeth</td>
<td></td>
</tr>
<tr>
<td>9:00-10:00 AM</td>
<td>*Pilates Amy Rm 107</td>
<td>AM aerobics light</td>
<td>*Spin-It Caroline</td>
<td>*Pilates</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Crystal Rm 005</td>
<td>Cycling studio</td>
<td>Amy</td>
<td>Audrey</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Rm 101 (mat rm)</td>
<td>Rm 005</td>
<td></td>
</tr>
<tr>
<td>12:00-1:00 PM</td>
<td>*Spin-it Amy Cycling studio</td>
<td>Cardio Express</td>
<td>Ki Gong</td>
<td>*AM Aerobics Light</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rita Rm 107</td>
<td>Marcel Rm 101</td>
<td>Crystal Rm 005</td>
<td>*Pilates Alyssa Rm 033</td>
<td></td>
</tr>
<tr>
<td>3:00-4:00 PM</td>
<td>Fitness Fusion Shan Rm 033</td>
<td>*Yoga Sha Sha Rm 011</td>
<td>Cardio n Tone</td>
<td>*Pilates</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ends at 12:45 pm</td>
<td>Rita Rm 107</td>
<td>Amy</td>
<td>Audrey</td>
<td></td>
</tr>
<tr>
<td>5:30-6:30 PM</td>
<td>*Kickboxing Terri Rm 107</td>
<td>*Cardio Funk</td>
<td>Totally Toned</td>
<td>*Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nakreshia Rm 107</td>
<td>Nicole Rm 107</td>
<td>Ellen Rm 011</td>
<td>Rm 107</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>*Yoga</td>
<td>10:30-11:30 Am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bull Run</td>
<td>*Totally Toned</td>
<td>*Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Troy &amp; Cristina</td>
<td>Nicole Rm 107</td>
<td>*Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5:45-6:45 pm</td>
<td></td>
<td>*Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>*Totally Toned</td>
<td>*Yoga</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00-7:00 PM</td>
<td>Water Fit Diana *Begins Sept 8th</td>
<td>*Light Power Yoga</td>
<td>*Spin-It Marybeth</td>
<td>*Train</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shan Rm 011</td>
<td>Marybeth</td>
<td>9:45-10:45</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>*Spin-It</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Marybeth</td>
<td></td>
</tr>
<tr>
<td>6:00-7:00 PM</td>
<td>*Ball Pilates Greg Rm 033</td>
<td>*Cardio Splash</td>
<td>Deep Water Splash</td>
<td>*Ring Pilates Greg Rm 033</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-8:00 PM</td>
<td>*Cardio Ball Danielle Rm 033</td>
<td>*Boot Camp Troy</td>
<td>*Ab-attack 30</td>
<td>*Spin-it Al</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rm 005</td>
<td>Nicole Rm 107</td>
<td>Cycling studio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15-9:15 PM</td>
<td>*Ab-attack 30 Danielle Rm 107</td>
<td>*Zumba</td>
<td>Cardio Sculpt</td>
<td>*Zumba</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Heather</td>
<td>Nicole Rm 107</td>
<td>Heather</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Rm 107</td>
<td></td>
</tr>
<tr>
<td>ARGOS FITNESS</td>
<td>Kickboxing Carla 6-7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CENTER</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Occurs every other Sat beginning Aug 30th
Let the Games Begin!

Fall '08 Bulletin Quiz

The first person to e-mail ekim@health.usf.edu with all the correct responses wins a $25 gift card to USF EVOS Feel Great Fast Food on Fowler! The next 10 will receive an honorary free value meal card!

1) Who or what are “Buddy & Daisy”?
2) Where is USF’s COM Resident Match Day usually held?
3) Who can you call for confidential, free, 24/7, professional assistance with a problem?
4) TrueNorth Health Center is located in which state?
5) How do you determine if a food product is considered a “whole grain”?

10% for all USF! Burgers, Fries & Shakes 50-70% less fat. 100% full of flavor.

EVOS USF 2774A E. Fowler Ave. (next to Sweetbay) Tampa, FL 33612 813.969.EVOS evos.com