As I was brainstorming on what to talk about in this section, carefully filtering ideas, the same word kept coming to mind: change!

My name is Wesly S. Menard, an MSII (c/o 2014). I feel honored to have been appointed as the new editor-chief for the BULLetin Wellness Newsletter, a newsletter with so much legacy. For those who are new to campus, the BULLetin is about our wellness, as the name suggests. It is an avenue where students showcase their talent, write about whatever interests them; it is where we learn about campus resources relevant to us, and get insight from others. Simply, the BULLetin is about YOU!

Going back to my ever-present word, I know most of us are a little resistant to the idea of change, whether big and stressful, or small and minute: a normal reaction since a daily or weekly recurrent routine is somewhat appeasing to the mind. Besides the fact that there is a new Editor on staff, the BULLetin has gone through some major, unmistakably noticeable adjustments. Rest assured that it is all for the best. To only draw attention to the most obvious parts of our overhaul, we have decided to steer away from themed issues. Consequently, there will be an array of different kinds of articles each issue from now on.

Inside this edition you will find articles about physical, mental, nutritional, and emotional wellness. You’re also in for some expert reviews of the most talked about movies of the year/summer. Want to learn medical Spanish in the next 30 minutes? Yes, right? So, flip the pages and keep on reading!

Lastly, this edition is made possible by our dedicated team, working to bring you the news from all angles!

Vignesh Doraiswamy: Academic liaison
Travis Klein: Entertainment Editor
Danielle Kurant: Health Promotion Editor
Jessica Deslauriers: Health Promotion Editor
Anet Pargas: Spanish Advisor/Editor
Marketing Director: OPEN! (Contact usfcom2014@gmail.com)
Aleksandra Yakhkind: Mental Wellness Editor
Sandi Manetta Soto: Layout Artist

In Wellness,

Wesly S. Menard

Editor-in-Chief
USF COM Wellness Council

by Chad Whistle, Graduate Assistant, USF COM Student Affairs

Wellness at a medical college includes the ways in which the institution can provide health and physical training and facilities, financial preparedness, academic initiative, spiritual accommodations, and finally, mental support and counseling services. By working with medical students it will become clearer what the wellness needs are as well as what may be lacking at USF COM.

The Wellness Council at USF COM has: surveyed medical students to assess their needs and feelings toward financial, academic, spiritual, physical, and mental wellness; facilitated conversations with focus groups to gain more in-depth insight; and created a critical action plan to implement positive change in the wellness practices provided by the College of Medicine. Ultimately, the Wellness Council will be maintained by the students at the College of Medicine. They will take ownership of their well-being, and by initiating student involvement during their medical education, they will be empowered to continue wellness practices long after their formal education ends.

The College of Medicine and the School of Physical Therapy and Rehabilitation Sciences has made a promise to foster an environment for its students to realize their own creativity which can empower them to make a difference in the lives of their patients and their community. Graduates should have the skills to be leaders in the health care industry from the knowledge and experiences they have had at the University of South Florida. By taking the findings from the wellness assessments, a commitment has been made to form a Wellness Council, which will research the ways in which selected benchmark institutions have incorporated wellness regimens into their medical curriculum. The Wellness Council will create an atmosphere and environment for the students at USF Health that encourages a well-balanced and multi-faceted understanding and appreciation of the many dimensions of wellness as a health care professional.

The Hard Rock

by Travis Klein. MSII

This is no place for the faint of heart. It’s all one can think of walking through those towering, foreboding castle doors. The sounds of fortunes forfeit and found echo off vaulted walls; screams and shouts are heard amidst the mellifluous rustling of clay chips. One man’s abrupt ascension from the green felted table, furious and broken; my name called to replace him and refuel the feudal fires. I’ve seen Kings overthrown. Queens folded. Aces cracked. It’s only 2 am and my night has just begun. People say gambling is a fool’s sport. “It’s all in the cards”. Some pre-determined fate decided by eyes in the sky leering through a lofty lens. I can’t complain much: that’s what I want them to think. The art of war is one of subtle coercion; strategy and cunning. In skilled hands poker is not a gamble insofar as curing an illness is not left to chance. We all play the odds, but we also play ourselves and the situations we find ourselves in. We play to our strengths. We play to our assessments. We play to everything we’ve learned to control, everything we’ve strived to attain- and then we wait. We wait to see if the odds play out in our favor. We wait for the affirmation of success…or perhaps, instead, a bad beat because we’ve simply been dealt a rough hand. There are risks in every decision. Every check, call,
SWITCH FOR THE WORST

by Wesly S. Menard, MSII

If you follow tech trends, you know when a new technology comes out, it's already outdated. Remember when the iPhone4 came out? A few months later, details about the iPhone5 leaked out. It goes without saying that if you own it, it's outdated.

For companies who thrive themselves on security, strict policies, and confidentiality, it is always striking to me to see hospitals, schools, and renowned universities lacking on the technological front. Countless computers in the USF health system (hospitals and schools) are still running on Windows XP. Those same computers are using Internet Explorer (IE) 6. I recently received an email (June ‘11) asking the USF community to brace for an IE6 to IE7 upgrade. I can't help but giggle at these emails. I'm not a big fan of IE, I haven't used it since the last stable version (IE6) was on the market. Since then, it's been garbage after garbage. However, kudos to the Microsoft developers for finally introducing IE9, a sleek, stable (so far), moderately lightweight browser that seems to be trying to catch up with Google Chrome and Firefox.

Now, the question you should be asking yourself is: why are we switching from an ancient, yet stable IE version to a newer ancient (pardon the oxymoron), but very crash-prone IE7? I've been trying to make sense of the move for the past week or so to no avail. Why not just jump to IE9 and upgrade the entire system once and for all? At least, that's what common sense dictates, right? I'm dumbfounded. I can only anticipate the headache that will come with this transition. I also anticipate in the near future a switch from Windows XP (one of the best Windows version) to Windows Vista (the worst Windows version to date). Why not jump to Windows 7 which has been proven to be light-years ahead of Windows Vista in terms of stability? Oh and Windows 8 will be out in the coming months!

Keep in mind, the older a system, or browser is, the more susceptible it is to cyber or local threat and the harder it is for that system to handle heavy-duty processes and strains that modern files and programs are putting it.

We thrive on pointing out how advanced our diagnostic tools are, how ahead of the pack our teaching tools are, yet we're using a system so archaic and vulnerable that even the manufacturer barely provides any support for it any longer. Old batteries, new toys. Something will give.

raise or fold could signify either a new beginning or a bitter end. But is this truly a gamble? Poker is analogous to the practice of medicine. It is more art-form than objective certainty, yet do we not analyze empiric evidence in order to hone our craft? A promising new clinical trial. A belligerent patient. The unsteady shake of a hand. The gentle pulse of a carotid… It’s 4 am and the bustle is unrelenting. The stack in front of me has grown, as have the vengeful eyes about the round table. Cards fly as I secure my next deal: King 10 off-suit; my favorite. I’m first to act but I peer over the visage: a gulp and a sigh, a verbal resignation, the bowing of a head, the tilting of a baseball cap, a glance over to the cashier’s desk, and a double take at the cards. The flop hasn’t even been dealt, yet the battle’s nearly won. I already know where I’m at in the hand and how it will most likely proceed. I know all the odds and I’m fairly confident I know the right move to make. Open the pot for a raise. Is there uncertainty as to what happens next? Some, but not much. I’ve been in this situation many times before and I’ve already made my professional assessment. We play the odds. We play to our strengths. We play from experience. Will I win the hand? Anything can happen. The real question is will I learn from whatever may come and end the night on top? You better believe it. It’s not in the cards; rather it’s in each and every one of us. We have all the tools for success at our fingertips; it’s simply up to us to use them. Cheers and jolts envelop the emerald chamber. Fists pump and spirits soar. Kings conquer and Queens rally. I ascend from the green felted table, victorious and revitalized. It’s only 6 am and my day has just begun. Pharmacokinetics? Bring it on.
A Taste of Yoga

by Aleksandra Yakhkind, MSI

Beginning at my USF interview and throughout orientation, I was reminded to take some time out of each day for myself. The key is the reminder, because for someone like me and in an environment like medical school, there is a temptation to keep going - to attend every lunch-time interest group, to start volunteering, to go out, to work out, and to stay on top of my notes.

I feel lucky to be at a school that recognizes that its success is affected by the health of its students, and that moreover makes an effort to encourage our well-being.

I have been teaching yoga in Boston for the past seven years. I don’t think that yoga is a cure-all. I don’t know how it works, and although there is some interesting research out there about its effects on the brain and physiology, I still don’t think it’s for everyone.

I believe in the power of any practice that promotes relaxation and focus. If you don’t have a practice like this or are interested in something new, here’s a 10-minute yoga sequence to try at your convenience. You don’t need a mat, just a clean and quiet surface. Enjoy and please feel free to contact me if you have any questions!

ayakhkin@health.usf.edu

10-minute Yoga

1. Find a place to stand. Close your eyes and feel the connection of your feet to the floor.
2. From the soles of your feet, begin to imagine some space being created between the joints and muscles of your legs, your back, and your neck.
3. When you find yourself reciting the names of the muscles in your legs, your back, and your neck, relax your shoulders. Relax your facial muscles and allow your eyes to rest in your eye sockets.
4. Take a couple of exaggerated and slow shoulder rolls, allowing your breath deeper and longer with each one.
5. Open your palms on an exhale, extend through each fingertip, through your wrists, and through the length of your arms.
6. On the next inhale, keep extending through the fingertips as you move your arms out and above your head. Hold at the top of your breath. Exhale to float the arms down.
7. Repeat this for 3-5 breaths. At the top of every inhale, feel the soles of your feet press into the floor and the length of your body extending from those points through to your fingertips. At the bottom of every exhale, relax the shoulders and reach the crown of the head up to release tension in the neck.
8. At the end of the third or fifth breath, release your arms down with the palms facing forward.
9. Inhale to move the right shoulder forward and left shoulder back, twisting the upper body with the hips still facing forward. Keep the head in line with the spine. Take three breaths opening your chest, feeling the muscles between your ribs stretch with each inhale. On your next exhale, come back to center. Repeat on the other side.
10. Inhale the arms up above your head with the palms facing one another, and fold forward on the exhale.
11. Bring your fingertips to the floor and step your right foot back to come into a lunge. Let your head relax and stay here for 3 breaths, feeling the stretch in your quadriceps, in your chest, maybe in your arms.
12. Step back to standing, bend your knees, lift the arms straight above the head, and take 5 deep breaths in chair pose. Pressing the feet down, reach the fingertips high.
13. Straighten the legs, inhale to reach the arms up, and exhale your palms to your heart. Take 2 breaths while feeling the sensation of your heart beat.
14. Inhale to reach up, exhale to fold forward, step your left leg into a lunge. Hold here for 3 deep breaths.
15. Step back to standing, inhale to lift the arms, exhale your hands to your heart.
16. Repeat this lunge sequence 1-5 more times. Feel free to add some creative movement to the lunges. The main goal here is to keep your movement in line with your breath.
17. Come back to standing and step your feet out 3-4 feet apart. Have your heels facing in and your knees bent over your toes at about 90 degrees. Bend down to get your upper legs parallel to the ground. Bend your arms like goal posts, press down through your feet and breath here for 5 deep breaths. Repeat 1-2 more times if desired.
18. Straighten the legs and fold forward. Your hands can be at your elbows, on the floor, or clasped behind your back. Breath 5 breaths, exhaling through your mouth.
19. Slowly bring the legs back to center and roll up to standing.
20. Come down onto your back. Hug your knees into your chest for a few breaths.
21. Bring your feet down to the mat in line with your hips and with your heels close to ankles. Lift your hips. If you experience any sharp pain, come down to the floor or place a pillow or some books under your hips and rest here. (This is a also good option even if you are simply

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What the Bikram?

By: Elizabeth Kim, MD (USF COM c/o 2011)

Bikram yoga is an absolutely INTENSE 90 minute, heart-pumping, sudoriferous gland-juicing yoga workout that is not for the weak of mind (and not just for girls, either!). Created by Bikram Choudhury of India, this yoga style incorporates 26 postures and 2 breathing exercises designed to challenge the mind and body, build core strength, and increase flexibility.

Oh, and did I forget to mention the room is heated to 105°F with a humidity of 40%?! The heated room was designed to help protect the muscles, as the heat allows you to get deeper into each pose without injury. Bikram is serious stuff and you’re not really allowed to leave the room once you enter. Some yoga studios and instructors are stricter, only allowing 1-2 water breaks during the 90 minutes. Trust me, at the end of the workout, you will look like you just got out of the shower and your towel will be 100% DRENCHED in your own sweat. It is estimated that a 90 minute session burns 1000-1500 calories. Even though the poses themselves are by no means complicated or particularly strenuous, the heat and humidity raise the bar to a new level and your heart will be racing to catch up.

You’ll enter the class barefooted and next to naked (trust me, don’t wear sweats or you’ll die of heat stroke) with your water bottle, yoga mat, and towel -- bring a big one and a smaller one to wipe your face or the puddles on the ground. Come a few minutes early to get your body accustomed to the heat. If you’re a newbie, take a spot in the back or middle of the room so you can see the poses others are doing first. The class begins with a breathing exercise called Pranayama breathing. It really expands your lungs and prepares you for the grueling trial ahead. Then there are the standing series which are an ultimate cardio and core strengthening workout. After that are the floor series which help maintain and increase flexibility. You’ll finish with another breathing exercise… that is, IF you finish.

At any time, if you feel like your body can’t handle it, you can hold an easier, modified pose or a savasana (literally translated “corpse pose”) until you’re ready to head back in. Bikram yoga is great for people with back, hip, or knee problems/injuries and even obese students, as you can challenge yourself as you see fit. Some first-

(Continued from page 4)

looking for a restorative practice.) For those of you coming up into bridge, lift your back and then your chest towards your chin. Press down through your feet and keep your chin lifted off of your chest. Take 5 breaths in bridge, and then another 3 to lower down to your back.

22. Press your lower back to the mat. Take 2 deep breaths.

23. Windshield-wipe your knees from side to side.

Extend your legs and take a full body stretch. Release the weight of your body to the floor. Come back to that sensation of creating space between the joints and muscles, but this time let it be passive.

Whenever you’re ready, bring the knuckles of your thumbs to the space between your eyes and take a moment to set an intention and/or a dedication for your day. Namaste

(Continued on page 6)
timers and even seasoned yoginis will experience nausea or light-headedness with the intensity of the heat and workout. **The main thing to remember:** come to class on an empty stomach and drink water like there ain’t no tomorrow. I’ll be honest, there were times my first class I thought I was going to pass out (plus or minus **die**). But with time, you will be AMAZED at how your body makes leaps and bounds with each class. Some days will be worse than others and you will have to take it easy… listen to your body those days. Other days, you will be a rock star in the class.

For men, this is the heralded as the perfect male yoga workout because (1) you’re surrounded by lots of ladies wearing next to nothing, and (2) because this yoga is unlike any other – there is no to minimal froufrou stuff (like meditation about the universe, relaxing music) and instead, LOTS of rigorous muscle training. I’ve seen lots of dudes in Bikram class, and many of them look like the guy in this photo – body-builder and very athletic types. So don’t worry, nobody will question why you are there or which girl you came with.

What I LOVE about Bikram is the feeling you get post-session. I cannot even describe in words the yoga “high” you get – your mood is improved, your back and other joints feel loose and open, your muscles feel relaxed, your skin is glowing, and your stress is kicked to the curb! You will feel like you just got a full-body massage, sauna, and facial… and then burned tons of calories to boot!

With time (and try to take at least 2-3 classes a week), your circulation will improve, your strength and flexibility will rise to new heights, your heart will be conditioned, your skin will clear up, you will feel a sense of balance, and you will lose weight. It takes a lot of mental commitment not only to show up to class, but also to make it through each class. It is worth every minute. Many studios will offer 1 month trial periods for $30-$60 for unlimited studio use. Take advantage of it and see what Bikram has to offer. But beware, you may find yourself addicted!

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MOVIE REVIEWS

Travis Klein is an avid movie-goer and a seasoned movie reviewer. He graduated from UCF with a B.S. in Microbiology and Molecular Biology. When most of us were worried about whether or not our middle school crushes liked us, Travis started critiquing movies and making a name for himself (mostly because he already knew his crush didn't like him). Since his ultimate goal of becoming a Hollywood movie star was too difficult, he decided that criticizing the people that did make it was an acceptable alternative. In addition to a medical career, Travis hopes to one day write professional film reviews for a local newspaper or obtain a critical sponsorship on a movie review site.

DRIVE. Release date. September 16, 2011

“Drive” baffles me. It has all of the elements of a taut retro classic yet it feels genuinely unnatural. Sure, art-house type films aren’t known for their hardcore action sequences, gun fights and car chases, but somehow this movie felt like it really needed some. Ironically, in what can only be described as the ultimate example of style-over-substance, “Drive” manages to craft a sort of 24 karat gold-plated vessel- flawless and beautiful on its exterior but shockingly vacuous on the inside. For all of its visionary grandiosities, director Nicolas Refn forgets to back any of it up with an even comparably equal storyline. Before the opening credits even roll we’re hooked into what appears to be a tense heist thriller and as soon as the neo-electronic, 80’s throwback soundtrack and hot pink text font hit the stage I was already debating just how incredible this movie was going to be…until things started to become a bit strange, and then even stranger still. “Drive” takes so many unexpected sharp left turns that it becomes difficult to maintain sight of the forest through the trees (granted, even such spectacularly stylish trees). When it takes a tired, diluted mafia subplot to hold all the pieces of the script together you know you shouldn’t really expect much in terms of meaning or significance. Plot aside, the acting is, for the most part, simply fantastic. Ryan Gosling’s performance is brilliant as usual and he plays his unique role to near perfection (think James Dean meets “Grand Theft Auto”). Also of note are the performances of Carey Mulligan and Albert Brooks, both of whom provide a consummately subdued yet powerful execution which helps make the rather ridiculous story feel at least a bit more real. But for all of its stars and glamour, I can’t help but wonder how I feel like I was ripped off. There’s no reason why such a thoroughly crafted work should have been so drawn out and hollow. The admixtures of ultra-violence and romantic drama centered on a protagonist with a dangerous past were perhaps too reminiscent of “A History of Violence”, a film with a similar art-house approach which nevertheless maintained sight of its overall message. “Drive” was by no means bad, it just should have been a lot better. 7/10 stars

CONTAGION. Release Date: September 9, 2011

It is such a pleasure to walk out of a science-based film that is not only medically accurate and intellectually stimulating, but entertaining and beautifully produced as well. While audience members with an educational background in molecular biology, virology or infectious disease will ultimately find this a much more intriguing and possibly memorable movie-going experience, “Contagion” still manages to appeal to a much wider audience base. It accomplishes this difficult feat primarily through its thrilling neo-apocalyptic plot, meticulous attention to detail in its displays of how we touch and interact with our environments and the ingenious utilization of a pulse-pounding techno score reminiscent of “The Social Network” in order to maintain the progressive doomsday tension through some of the more nerdy and slow- but ultimately necessary- scientific evidence-gathering sequences. For me, Steven Soderbergh, an artist capable of impressive directorial variance (for example, the capability to create multi-million dollar projects like “Ocean’s Eleven” and “Traffic” and yet still turn around and make independent, low-budget ones such as “The Girlfriend Experience” and “Bubble”), has nevertheless been a hit or miss guy. With the superb all-star cast, including such screen veterans as Matt Damon, Kate Winslet, Marion Cotillard, Laurence Fishburne and Jude Law, as well as a genuine indie editorial feel, Soderbergh competently transforms “Contagion” into a sort of ‘Greatest Hits’ catalog of his two antithetical film-making styles. Although the virulent plague at the heart of the plot mutates and devastates at breakneck speeds, this Armageddon movie’s pacing is considerably more like “Outbreak” than “Children of Men” and as such it may prove a bit too involved or deliberate for some expecting the nonstop action thriller the marketing campaign falsely advertised. But for those who can appreciate more psychological or intellectual thrillers and are open to the pool of microbiological science the film tosses its viewers into, “Contagion” is most certainly anything but boring and is one of the best efforts of the year thus far. If I were to nit-pick one fault in particular, however, it would have to be the sheer number of subplots portrayed in such a limited run-time. This is not to say that any of these side stories are unnecessary or comparatively weak, it is just that some of them could have been fleshed out a bit more appropriately and advantageously. All-in-all though, prepare yourself to cringe at every cough, sneeze or fomite you encounter during or immediately following the movie and go see this shockingly realistic portrayal of how our world would most likely react if that one tiny little virus just so happened to come into existence. If anything, at least now you’ll know the ‘do’s and don’ts’ in such a crisis so you won’t be the moron standing in front of the sweaty, coughing, feverish woman on the bus, though I must admit if you couldn’t already figure that out…well…I suppose it’s called natural selection for a reason. 8.5/10 stars
The Tree of Life. Release Date: May 27, 2011

Terrence Malick has duped me once again. With some of the most pretentious ideas ever put to film reel already firmly under his directorial belt, I suppose he felt the need to top the magniloquence of even his most snobbish of cinematic entries. In that sense, “The Tree of Life” is a gaudy success. For everyone else not residing on Planet Malick, “The Tree of Life” is your typical artsy fartsy rubbish which confuses its inanity for brilliance. In his attempt to somehow tie together such grandiose, abstract and unrelated concepts as the actualization of the Universe through string theory, the evolution of consciousness and the childhood loss of innocence, we ultimately end up with a gigantic pustule of incomplete ideas and pseudo-intellectual jargon. If ever there were a film which embodied, in the purest sense, self-importance, this would be it. Malick tries so hard to pass on his work as bold and cerebral that we arrive at a destination abound with absurdity rather than a true treatise on any one of the many metaphysical abstractions he tries to cram into a two and a half hour running time. But it is not just the scope of this movie that fails to materialize into anything tangible or worthwhile; it is the film itself as well.

“The Tree of Life” is essentially comprised of four distinctive elements: a series of beautiful cos- mological Windows desktop backgrounds, Sean Penn walking around aimlessly with an open mouth and dumbfounded stare whilst neglecting to even attempt a line of dialogue, a stereotypically boring family from the 1950’s complete with heavy-handed Christian ideals and patriarchal disciplining, and an infinitely annoying whispering narration comprised of repetitious prattle which overlays nearly every other scene in this nauseating expose on nonsense. How one man can continually manage to make some of the most boring and abstruse movies is beyond me. Indeed, the comparisons to “2001: A Space Odyssey” which already makes him more practical - and stylish- than that loser Dracula who lives on some deserted mountain in freezing cold Eastern Europe. While in Vegas he manages to seduce the most attractive strippers and tourists from the local night clubs and bars and brings them back to his Dragon’s lair where he then proceeds to have his way with them and keep them as locked up blood orgy sex slaves/ permanent red water fountains. This is obviously much more convenient than wait- ing months for some foreign traveler to decide to be adventurous and hike up your creepy black alp. Next, he knows all the old school tricks like the whole “crosses burn your flesh” thing and “invitation only” methodology of breaking and entering, but instead of complaining about it or swooning over some damsel through a window like a pedophilic creeper (Count Orlock should take note here) he decides to become proactive in his hunt for flesh and loopholes his way through every intellectually hollow rule out there. I mean, why did it take so many years for a vampire to finally figure out that you don’t actually need an invitation? Instead just set the damn house on fire! Then, he is unabashedly visible in his reign of terror and doesn’t even bother to cover his tracks- and, really, who can blame him? I mean realistically speaking, who’s going to actually stop to say some- thing to him if they see him rip someone’s throat out and turn into a demonoid beast in broad day- light? They’re going to run like hell to the nearest vehicle and he knows it. And so what if they tell the authorities- what police officer is going to be gullible enough to believe THAT one? Finally- and probably most importantly given the current state of cinematic vampiric lore- he does not spar- kle in the sunlight like some tween fairy; his skin rots off into septic ash. Colin Farrell gets everything right in this adequately campy remake of the 80’s classic and comes across as both an iconoclastic anti-hero and a blood-thirsty, unrelenting monster. David Tennant also shines as a much improved version of the "King of Darkness" Peter Vincent. I wish the movie were more focused on the dynamic between these two then some of the cheesier supporting characters, but unfortunately it is not and we are forced to sift through gallons of unconvincing and underwhelming performances from the likes of Toni Collette and Anton Yelchin. In particular, that Fogell kid from “Superbad” has the sole purpose of being the comic relief yet he winds up being more awkward and unnecessary than entertaining. Nevertheless, this is a fun little film from start to finish and I’m glad to see the vampire sub-genre finally sharpening its fangs once again. Just don’t expect anything spectacular and you should have a good time- especially if you’re a “Real Housewives of New Jersey” fan. Don't even ask. **6/5/10 stars**
RISE OF THE PLANET OF THE APES. Release Date: August 5, 2011

“Rise of the Planet of the Apes” is not the ordinary action blockbuster you would have assumed it to have been based on the erratic trailer. It’s a surprisingly deep and masterfully woven tale about the price of freedom and the ethics of medical research. If this sounds overtly political it’s because it was meant to be. This movie doesn’t hide or shy away from its manifest social agenda yet it manages to tread this sort of thin line between ideological contentions and summer entertainment exceptionally well. Predominantly following Caesar- the CGI chimp revolutionary who’s more Mahatma Gandhi than Che Guevara- through his induction into human life to his self-actualization as a sentient being rather than a test dummy or a pet, “Rise of the Planet of the Apes” surmounts a visual spectacle unlike any I’ve seen in quite some time. Every non-human primate in the movie is originated via CGI thereby simultaneously falling in line with the film’s pro-animal right’s message as well as providing one of the best motion-capture performances in modern movie history thanks in part to Andy Serkis, the same man who brought to life Gollum from the “Lord of the Rings” series.

The pitfalls of this movie are mainly due to an under-developed and cliche human aspect which leaves us feeling rather neutral whenever scenes shy away from the mesmerizing Caesar to focus on the other characters. James Franco and John Lithgow do the best they can but they’re simply not given anything fantastic or original to work with. They seem to serve more as necessary plot elements rather than individual protagonists, though- admittedly- this isn’t a huge fault since they are not the true focus of the film. A part of me actually wishes that this were a much longer, more involved epic rather than the concise hour and a half product we were given which sometimes feels more like a set-up for a grander production. Nevertheless, with a surprisingly emotional overtone and one of the most exciting climactic scenes all year, “Rise of the Planet of the Apes” is a must see regardless of your feelings about the original, cheesy few films. This one is in a league of its own. 8/10 stars

CRAZY, STUPID, LOVE. Release Date: July 29, 2011

A romantic comedy that’s funny, resonant, original and heart-felt? It’s such a rarity to find a film that fits this description in Hollywood these days that it flabbergasts me when it actually happens. “Crazy, Stupid, Love.” meets that criteria and caught me completely off guard. This is that rare ‘dramedy’ which succeeds on all levels and manages to garner warmth and sincerity almost as easily as it does laughter. This movie also manages to accomplish a near impossible feat: the casting is perfect. Every character is full-fleshed and genuine and every actor nails their role. Even the physical casting fits perfectly! Steve Carell and Julianne Moore are endearing and come across as people we could have easily known our entire lives, while Ryan Gosling turns out one of the most intriguing and likeable performances of the year. As usual, Emma Stone is hilarious and the always lovely Marissa Tomei and Kevin Bacon shine in their pseudo-cameo roles. Pretty much the point I’m trying to make is that in the end the cast came together incredibly well, as did the film as a whole. In general, most movies trip up during the third act when everything is tied together and they end up seeming clumsy or poorly scripted. This is actually another area where “Crazy, Stupid, Love.” shines. It manages to create one of the most memorable, hilarious twist climaxes I’ve ever seen in a romantic comedy and I would guarantee that it is impossible to forget once you have seen it. Interestingly enough, one of Ryan Gosling’s other most recent films (last year’s Academy Award nominated “Blue Valentine”) tackled nearly the same issues story-wise. While I would submit that both movies are polar opposites of one another on the movie genre spectrum, they do almost equally as good a job at conveying their ideas in a manner conducive to understanding and contemplation and both deal with the intricacies of love, marriage, reality and uncertainty in fresh and exciting ways. This is definitely a film worth checking out and it is one of the funniest of the year. Imagine that- a fantastic comedy that isn’t morally bankrupt or entirely reliant on crass humor. Astonishing! 8.5/10 stars
I got my bike in March. If my old mountain bike that I rode back and forth to classes was like the ’97 Taurus I drove in high school, then switching to this bike was like upgrading to a brand-new BMW. As I opened its intricate packaging I was seized with a certain apprehension: I knew absolutely nothing about this machine and had two brief months to figure it out.

In May 2011, I set out on a journey with a non-profit organization called Bike and Build. Along with thirty-two other cyclists, I pedaled across the United States to raise money for affordable housing, while testing my physical and mental limits. My group woke up each day before sunrise and rode 50-100 miles to our next destination. I made it about 3,300 miles, from Nags Head, North Carolina to Prescott, Arizona, before I had to head back for classes in July. Along the way I conquered the Appalachian, Ozark, and Rocky Mountain ranges.

This trip forced me to step out of my comfort zone and throw myself into an entirely unfamiliar situation. Each time I fell off of my bike, shifted incorrectly or made myself look silly in a bike shop because I didn’t know the cycling lingo, was absolutely worth it in order to experience this life-changing journey. I met some amazing friends, got into excellent shape, and established a new routine of cycling to stay fit during the semester. Cycling across the country certainly isn’t for everyone, but pushing yourself to try something new can boost both your physical health and self-confidence, as this trip did for me.

**UPCOMING RACES**

Register at Active.com

Caliente Bare Dare 5K  
Land O’ Lakes, FL  
Oct 09, 2011 Sunday

Tampa Breeze LFL 5k  
Tampa, FL  
Oct 15, 2011 Saturday

Spooky Streak 5K Run / 2.5K Walk  
Lutz, FL  
Oct 22, 2011 Saturday

Ameriprise’s HungeRun to benefit Feeding America Tampa Bay  
Tampa, FL  
Oct 29, 2011 Saturday

Honduras 100 Walk/Run/Cycle  
Thonotasassa, FL  
Oct 29, 2011 Saturday
WHY WAS THIS OFFICE DEVELOPED?
In 2010, the Vice Dean and her Taskforce on Professionalism developed this Office to provide students and residents with additional on-campus access to an impartial support resource, intentionally designed to function outside of formal reporting structures. This initiative reflects changes in medical education that seek to: 1) cultivate and promote student well-being, 2) prepare students and residents for effective engagement in team-based healthcare learning and clinical environments. These changes reflect the institution’s commitment to developing student and resident character strengths, and interprofessional healthcare learning environments that enable and promote standards of professionalism and quality patient care.

HOW IS THIS OFFICE DIFFERENT FROM EXISTING RESOURCES?
This Office is designed on principles of health and well-being, not illness. It is a strengths-based approach which assumes that you are tuned-in to habits, values and virtues of self-care and self-regulation. Further, it presumes that you are intrinsically motivated to a practice of early detection and preventive management of adversity and distress.

It begins with your understanding of how your perceptions and behaviors influence what you say or do and how you say it. Habits and patterns of behavior frequently function on auto-pilot, including those behaviors potentially adverse or motivators that may actually work against you and hinder your professional aspirations. These same energies can be rechanneled to serve as strengths. The goal of this Office is to assist you to tap this potential in a timely manner, and to help you explore options for which the intended gains out-rank the unintended consequences.

HOW DO I ACCESS SERVICES?
The Office is discretely located and is available to all COM students and residents. The Office represents the least restrictive entry-point for a variety of concerns, including those which may best be served through appropriate referral to other professional services.

Typically, you may be recommended to me by a faculty member, administrator or a fellow student in response to an event which occurred within one of your learning environments or in response to a private discussion about concerns for your well-being. The ideal referral is when you initiate contact independent of any external prompts. This is a pro-active response to pre-empt or minimize miscommunications, misunderstandings and mismanagement of competing obligations and responsibilities.

WHAT IS THE REPORTING STRUCTURE OF THIS OFFICE?
The Office of Student and Resident Professional Development jointly reports to the Vice Dean of Medicine and/or the Designated Institutional Officer (DIO). Its functions are external to executive management, faculty-line and staff structures. It does not engage in formal processes of regulation, evaluation or grievance at levels of decision-making, though it does serve an ad-hoc function on various committees and processes that impact student and resident well-being.

WHAT ABOUT CONFIDENTIALITY?
Self-initiated services are anonymous and confidential. Exceptions are any proactive efforts to mitigate circumstances posing risk of harm to self, to others, to the environment or to the educational mission as defined by legal, professional and institutional standards. Consultation requests require different limits to confidentiality. As a rule, personal disclosures are maintained in confidence and themes relevant to the consultation objective are the shared-focus.

Any electronic communications (e-mails, texts, phone messages) for purposes other than scheduling are strongly unadvised. No written or electronic communications will be maintained by this Office. Incident reporting formats developed for this office are designed only to provide anonymous aggregate data on population trends and/or system gaps.

HOW IS THIS OFFICE STAFFED?
This Office is part of the USF COM commitment to enhance your professional educational environment by providing a preventive portal and a space that are accessible,

(Continued on page 13)
Graduate Students and Emotional Health

By Lani Steffens M.A., Mental Health Promotion Specialist

It’s not exactly a surprise to find out graduate students are stressed, but what may come as a surprise is the high prevalence of more serious signs of emotional distress. The graduate experience is different from the college years – graduate students are typically older and may have children or other dependents, there can be a high pressure to publish journal articles, intense program competition, or financial strain, and all of these stressors can be made worse since graduate school also tends to be an isolating experience. How many hours per day do you spend in front of a computer screen or at the microscope alone?

Research paints a vivid picture of the frequency of emotional distress among university students. The following figures are from the spring 2010 report by the American College Health Association:

- 85% of students reported feeling overwhelmed by all that they had to do
- 45% stated they felt like things were hopeless
- 56% said they were lonely
- 48% indicated overwhelming anxiety

These figures do not lessen when research focuses on graduate students in particular. According to Hyun and colleagues (2006), nearly half of graduate students stated that their academic performance or well-being had been significantly affected by an emotional or stress-related problem within the past year, and over half of those polled indicated they knew of another graduate student who had experienced such a problem.

Studies looking at medical students in particular have found rates of likely moderate to severe depression from 12% (Goebert et al., 2009) to 14% (Schwenk, Davis, Wimsatt, 2010). Nearly 6% reported suicidal ideation (Goebert et al., 2009). Suicide is a serious concern, being the second leading cause of death among college students. Risk of suicide has been found to be higher among graduate students than undergraduate students (Silverman, Meyer, Sloane, Raffel, & Pratt, 1997).

The full spectrum of emotional health problems, from moderate stress through suicidal ideation, are issues of concern for graduate students. Attending to your emotional health is one of the basics of self-care, along with eating right, getting enough sleep at night, and exercising regularly. Unfortunately, these basics of self-care are one of the first areas that get neglected when the demands on your time and energy begin outweighing your coping resources. It is important to remember, though, that you are not alone.

(Continued on page 13)
The USF Counseling Center (usf.edu/counsel) provides free counseling and psychiatric services to all USF students. The Counseling Center is housed in the Student Services Building, suite 2124, and is open Monday through Friday, 8:00 a.m. to 5:00 p.m. Extended hours are available on some days by appointment only. For students in immediate distress outside of normal business hours who would like a brief consult, or to speak with a counselor after hours, call (813) 974-2831.

For any questions regarding this article, you may contact the author directly at: lsteffen@usf.edu

Here are some other resources:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Graduate Student Crisis Line: Immediate help for graduate students in crisis 1-877-GRAD-HLP (877-472-3457)
- The Trevor Project also offers a 24-hour toll-free confidential crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth. Call 1-866-4-U-TREVOR (1-866-488-7386).

http://www.ulifeline.org
http://www.halfofus.com
http://www.metanoia.org/suicide/- There are additional links to resources listed at the bottom
http://www.sprc.org/

References:


Sincerely,
Olga Skalkos, PhD
Licensed Psychologist
Office of Student and Resident Development
USF Health College of Medicine

Note: Thank you Aleksandra for your warm invitation to introduce the OFFICE OF STUDENT AND RESIDENT PROFESSIONAL DEVELOPMENT.
Donde le duele?
Taking a pain related HPI in a Spanish speaking patient

**Pain**

Location
Are you in pain now?
Where is the pain?
Touch where it hurts
Where does it hurt the most?
Does the pain radiate?
Does it hurt anywhere else?

Onset / Duration
When did the pain start?
Did the pain wake you up?
Has the pain been constant since it began?
Is the pain constant throughout the day?
Does the pain come and go?
How long does the pain last?
Is the pain there when you wake up?
Does it get better / worse during the day?

Character
Describe the pain
Is the pain dull? Sharp? Burning? Crushing?
On a scale of 1 to 10, with 10 being the worst, how bad is the pain?
Does the pain wake you from your sleep?

Aggravating / Relieving Factors
Is there anything that makes the pain worse?
Is the pain worse when you move? Bend? Lie down?
Is the pain worse when you exercise?
Is the pain worse in the morning? At night?
Is there anything that makes the pain better?
Are you taking any medication?
Does the medication help? How much?

Associated Symptoms
Is the pain accompanied by redness?
Is the pain accompanied by swelling?
Is the pain accompanied by stiffness?

Effect on Daily Life
Does the pain affect your daily activities?

**Dolor**

¿Tiene usted dolor ahora?
¿Dónde le duele?
¿Tóquese dónde le duele
¿Dónde le duele más?
¿Se le irradiía el dolor?
¿Tiene dolor en alguna otra parte?

¿Cuando le comenzó el dolor?
¿Le despertó el dolor?
¿Ha sido constante el dolor desde que comenzó?
¿Es constante el dolor a través de todo el día?
¿Es un dolor que va y viene?
¿Cuánto tiempo dura el dolor?
¿Esta presente el dolor cuando se despierta?
¿Se pone mejor o peor el dolor durante el día?

Describame el dolor
¿Es un dolor leve? Agudo? Ardiente? Opresivo?
¿En una escala de uno a diez, con el diez siendo lo peor, cuanto le duele?
¿Le despierta el dolor?

¿Hay algo que usted haga que hace que el dolor empeore?
¿Le duele a usted más cuando se mueve? Agacha? Acuesta?
¿Le duele a usted mas cuando hace ejercicio?
¿Le duele a usted mas en la mañana o en la noche?
¿Hay algo que usted haga que hace que el dolor mejore?
¿Esta tomado algún medicamento?
¿Le ayuda el medicamento? Cuanto?

¿Cuando hay dolor, se pone enrojecida la parte que le duele?
¿El dolor viene acompañado de hinchazón?
¿El dolor viene acompañado de rigidez?

¿El dolor le afecta sus actividades diarias?

**Common Operations**

Aborto
Amputación
Apendicectomía
Cirugía en la espalda
Biopsia
Cirugía de cerebro
Cesárea
Cirugía de los ojos
Extracción de la vesícula
Cirugía de corazón
Histerectomía
Ileostomía
Puente intestinal
Extracción del riñón
Glossary of Body Parts

Ankle
Anus
Arm
Bladder
Brain
Buttocks
Cervix
Chest
Diaphragm
Ears
Elbow
Esophagus
Eyes
Fallopian tubes
Finger
Foot
Forearm
Gallbladder
Hand
Heart
Hip
Kidney
Knee
Large intestine
Larynx
Leg
Liver
Lung
Mouth
Nose
Ovary
Pancreas
Penis
Prostate
Rectum
Ribs
Scrotum
Shoulder
Sinuses
Skull
Small intestine
Spine
Spleen
Stomach
Teeth
Testicle
Thigh
Throat
Thumb
Thyroid gland
Tongue
Tonsils
Trachea
Uterus
Vagina
Vulva
Wrist

Tobillo
Ano
Brazo
Vejiga
Cerebro
Glúteo
Cuello de la matriz
Fecho
Diaphragma
Oídos
Codo
Esófago
Ojos
Trompas de Falopio
Dedo
Pie
Antebrazo
Vesícula (biliar)
Mano
Corazón
Cadera
Rínón
Rodilla
Intestino grueso
Laringe
Fiema
Hígado
Pulmón
Boca
Nariz
Ovario
Páncreas
Pene
Próstata
Recto
Costillas
Escroto
Hombro
Senos faciales
Cráneo
Intestino delgado
Columna (vertebral)
Bazo
Estomago
Dientes
Testículo
Muslo
Garganta
Pulgar
Glándula tiroideas
Lengua
Amígdalas
Traquea
Utero (Matriz)
Vagina
Vulva
Muñeca
Discover Your Perfect Tea
by Danielle Kurant, MS II  Interview: Wesly S. Menard, MSII

Danielle is an avid tea drinker or tea expert, some would say. To better understand her love and fascination for tea, I asked her a few questions. What follows is our short interview and further below, find her “tea tree” for the best tea that will match your individuali-tea.

When did you start drinking tea? As an undergraduate I didn't have internet at home. A friend took me to a local tea shop that has free wireless internet. I did my med school applications there, with tea in hand. Subsequently I moved to London for a year and a half, which solidified tea's prominent role in my daily life.

Why tea? My heart can't handle the amount of caffeine found in coffee, and there's something really soothing about having a nice cup of tea. Plus, bonus: no bad breath afterwards.

What's the difference between tea and coffee in terms of caffeine? The caffeine content of a cup of tea varies, depending heavily on the type of tea used and the method of preparing that tea. Tea has less caffeine than coffee. Generally speaking, here is the caffeine content breakdown: coffee > black tea or mate’ tea > oolong tea > green tea > white tea. Herbal teas (peppermint, chamomile, etc.) and rooibos tea do not contain any caffeine.

Why is tea so great? Tea brings people together. After a long, challenging week of medical school, you can go sit and have a cup of tea with your colleagues. It will calm your heart and soothe your soul. Also, tea can solve any problem. If you are feeling overwhelmed, stressed, or you just don't know what to do next, stop and have a nice cup of tea. It's amazing how things fall into place after that.

Last word? Give tea a chance.

Medical school is a place of self-discovery. Professors are sowers of intellectual seed, and students are the fertile soil in which these ideas take root, eventually blossoming into great gardens of medical knowledge. One of the many facets of discovery students make on this academic journey is the ideal source of caffeine. While many medical students opt for coffee as a morning pick-me-up, there are excellent alternatives. Take tea, for example. It contains less caffeine than the average cup of joe, and is full of antioxidants to keep your body happy.

Some individuals feel overwhelmed by the copious varieties of tea available, and do not know which to choose. If that is you, have no fear! We here at the BULLETin have created a quiz to help you select the perfect cuppa. Whether you want to stay awake for a late night study session or need to soothe your soul before bed, there is a tea for you.