

The PreHealth Post

VOL 2.0 | FALL 2020



WELCOME!

I hope you all had a great first week of the fall semester! In this newsletter, we will be covering a variety of different topics highlighting different aspects of the PreHealth community.

Last week, we released our first edition of the PreHealth Post. If you are interested in learning more about the different organizations on Baylor's campus then check out our first newsletter located on the PreHealth website linked on the last page.

Tune in next week for a special edition of The PreHealth Post highlighting Global Health during Baylor's first Global Health Week!

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HEALTHCARE

RACIAL DISPARITIES WITH COVID-19

Rate Ratios
compared to
White
Americans

African
Americans

Hispanic,
Latino

Cases **2.6x** **2.8x**

Death **2.1x** **1.1x**

Source: Centers for Disease Control and Prevention | Data is through Aug 18

Patterns of Inequality

1. Communities of minorities have a high chance of contracting the virus by living in urban areas and working in higher-risk environments (unable to work from home)
2. Higher rates of chronic medical conditions (obesity, diabetes, etc.) show the existing disparities. There is a more likely chance to have undiagnosed chronic disease.

Short-Term Priorities

1. Public health resources, specifically for COVID-19, should be focused on minority and underserved communities. These include:
 - a. free and easily accessible testing
 - b. trusted contact tracing
 - c. isolation and quarantine in free facilities for overcrowded families
 - d. reduced financial effect of isolation and quarantine
2. There is still a need for demographic data of test results, which will help guide existing measures and precautions.
3. People who need medical attention must be able to get it.

Long-Term Priorities

1. When vaccines and treatments roll out, there needs to be an equitable distribution. requiring affordable and accessible vaccines or treatments.
2. Moving towards supported safety-net health systems for primary care attention.
3. Address social determinants of health; focus on greatest needs. 70% of variation in health outcomes are connected to social determinants. These would include:
 - a. affordable housing
 - b. food security
 - c. priority for education

RESEARCH

THE GREATHOUSE LAB

This week, we are highlighting Dr. Leigh Greathouse, an assistant professor in the Robbins College of Health and Human Sciences at Baylor, who teaches in the nutrition department and runs her own lab which focuses on diet, inflammation, the gut microbiome, and colon cancer. Her lab has three main goals: to identify dietary factors that affect the microbiome and their contribution to colon cancer and obesity, to discover the key mechanisms controlling microbiota-host communication, and to establish microbial classifiers to better categorize patients with colon cancer. As a cancer survivor herself, she focuses her research on clinical applications as her greatest aim is to develop tools which prevent the development, morbidity, and mortality of colon cancer.

To highlight a current project, Dr. Greathouse recently received the NSF Career Award Grant for Gut Microbiome Research, awarded to "top early-career faculty whose research improves quality of life by decreasing the burden of cancer on the American public." Her main focuses for this grant are to understand how one's diet prior to chemotherapy for colon cancer affects the bacteria in their gut and how those bacteria predict their response to chemotherapy. About 50% of patients with colon cancer acquire chemotherapy induced diarrhea (CID), which can impact one's dosing regimen and be life threatening. The mission of this project is to identify bacteria in the gut and dietary factors that are predictive biomarkers of CID and to develop integrated dietary and microbial tools to prevent this disease.

When I asked Harry Ojeas, a junior undergraduate student in her lab, why he has chosen to continue in his lab for the past two years, he told me that working in this lab has taught him to love science even more than before and has provided him with genuine friendships with his colleagues. He emphasized that he is "so grateful for the opportunities that this lab has presented [him]," which allowed him to "grow not just as a researcher but as a person."

For more information on Dr. Greathouse's Lab click [here](#)
To get involved with research at Baylor visit: [this link](#)
Or email Mariawith any questions at: Maria_Pratt1@baylor.edu

ALLIED HEALTH

EMERGENCY MEDICINE

Description

Many students are drawn to Emergency Medicine because of its versatility and the thrill of being in the emergency room. However, is being an emergency physician right for you? In this newsletter, we will dive into the lifestyle, training, education, specialization, and skill set needed to be an emergency physician. It comes to no surprise that life in the emergency room is full of urgent and chaotic tasks, with little or no time to complete them. Emergency medicine physicians are known for thinking quickly on their feet, managing crisis, and making hard judgment calls with limited resources. These physicians seek the thrill of the emergency room and the variety presented to them on a daily basis. Emergency physicians see a wide variety of patients with an even wider spread of chief complaints.

Education/Training/ Specialization

In order to become an emergency medicine physician, one must complete an undergraduate degree, a medical degree, and a 3-year emergency medicine residency. These are the minimum requirements, however, there are specializations within emergency medicine such as emergency pediatrics, critical care, and disaster medicine which all require a separate fellowship after completing the residency. Although it is a long and demanding education regime, emergency physicians are among the top 10 highest-paid specialties, earning anywhere from \$240,000 - \$400,000.

A Day in the Life

A day in the life of an emergency medicine physician cannot be simply summarized; every day looks different from the last! Emergency physicians begin and end their days in the emergency room, managing any common walk-in patients alongside many trauma cases of differing severity. Typically, emergency physicians work 12 twelve-hour shifts per month or 16-hour shifts per month, which provides a somewhat flexible schedule. Emergency physicians are the fourth-most often requested physician specialty because unlike medical clinics, emergency departments are open 24/7; so emergency physicians must be ready and able to report to the emergency room at any time of the day.

WELLNESS

SOCIAL AND SPIRITUAL

SOCIAL

Maintaining your social health during COVID-19

What is social health and how does it affect our lives?

-It's the ability to form meaningful relationships with others, and it can impact our physical and mental health as well.

-Good social health will help you excel in several other areas of your life!

Take time to go outside, get fresh air, and walk around.

-You can gather more safely with people outside, and it will be easier to social distance.

-Staying inside all the time can have negative effects on your mental and physical health.

Making friends during COVID-19

-It is more challenging but you can still do it! Don't be afraid to reach out to your peers.

-Use zoom to connect with others in your classes, meetings, etc.

Zoom social skill tips

-Use a fun background picture, this can often be a conversation starter.

-Set up recurring calls to talk with friends weekly - outside of studying!

-Use emotes (thumbs up/clapping), it lets people know you are listening.

-There is a lot of emphasis on staying healthy right now, and that also means not ignoring your social health.

Be Not Afraid

-Verse: This edition's verse is John 16:33: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

-Explanation: As we start a new school year, it's apparent that things are looking so different than what we expected them to look like. Sometimes, it can get overwhelming and induce fear within us. The anxiety about school, the fear of the virus, the isolation from our friends...this is a good time to remember the mantra "Be Not Afraid." Everything will come to pass, and fear should not prevent us from being strong in ourselves, in our faith, and in our relationships. In this verse, Jesus is giving us a sweet reminder that the worries and anxieties of this world are inevitable, but that they have already been overcome.

-Remember the mantra: Repeat the words "Be Not Afraid" today and feel the peace that comes with not holding onto the anxieties of this world.

SPIRITUAL

MEDICAL ETHICS

Upfront Medical Error vs. Hidden Malpractice

On the surface, the ethical dilemma of reporting malpractice to patients may seem pretty cut and dry, but when considering the future ramifications of the decisions it may make you have second thoughts. On the one hand, any form of malpractice should be reported whether it was harmful to the patient or not and the physician's main priority should be to care for the patient. After all, the physician should be working to provide treatment that increases the health of the patient, not harm them in any way. But on the flip side, at what point is something big enough to be considered a medical error? The physician may not report the error to keep their job, because if that act of malpractice was reported the physician could lose their license, have a lawsuit on their hands, and have a massive increase in insurance costs. It is a thin line to walk, but it is one as health professionals we have been called to. To make mistakes is in our human nature, although to embrace them is not; in the future will you let your patients know that you made a mistake when treating them or will you let that error slide?

Click [here](#) for the Article on the Protection of Patients

Click [here](#) for the Article on the Protection of Physicians



EVENTS ON CAMPUS

WHAT IS GOING ON THIS NEXT WEEK

EVENTS

Pre-Health Showcase

Monday, August 31, 7:30 pm-9:00 pm.

Do you have any lingering questions that you were not able to ask a specific organization at Late Night? Come to the PreHealth Showcase! This event is another opportunity for students to interact with the variety of PreHealth organizations on campus. Contact sher_isada1@baylor.edu with any questions.

Zoom Link: [Here](#)

Student Health Advisory Council

Application Deadline: Monday, August 31

For those interested in joining the Student Health Advisory Council, there is still enough time to apply! The council is run under the Baylor Health and Wellness department, and it is a great way to get involved on campus and encourage healthy living! Applications close TODAY, August 31st.

Click [here](#) for more information or contact eliza_schneider1@baylor.edu.

INTEREST MEETINGS

Baylor Medical Student Association (BMSA)

Tuesday, September 1 & Wednesday, September 2, 7:30 pm.

If you're interested in joining BMSA this semester, join their Zoom on either September 1st or September 2nd to hear more about them and what they have to offer for their prospective members.

Follow them on social media @bmsa_bu for any updates and contact delaney_shiu1@baylor.edu with any questions.

Zoom Link: [Here](#)

American Student Dental Association (ASDA)

Tuesday, September 1, 6:00 pm

ASDA offers members great opportunities for meaningful and personal community service experiences, interaction and fellowship with like minded fellow pre-dental students, as well as dental shadowing opportunities. Attend their interest meeting with the link below if you are interested, and contact skylar_strickland1@baylor.edu with any questions!

Zoom Link: [Here](#)

Global Surgery Student Alliance (GSSA)

Tuesday, September 1, 4:00 pm.

Join GSSA at their first interest meeting if you want to learn more about how to get involved in global health, surgery, advocacy, and service through GSSA :) Follow them on Instagram @baylogssa or email Cassidy_Parshall1@Baylor.edu for more information!

Zoom Link: [Here](#)

EVENTS ON CAMPUS

WHAT IS GOING ON THIS NEXT WEEK

Medical Service Organization (MSO)

Tuesday, September 1, 7:30 pm & Wednesday, September 2, 7:30 pm

Happy first week of classes! Medical Service Organization's mission is two fold: to support student's pre-health goals and to engage the Waco community through service. MSO hopes you'll join us on Zoom for our interest meetings next week on 9/1 and 9/2. Stop by to get to know about our service-based organization and how you can get involved! If you have any questions, please don't hesitate to contact rithvik_baratam1@baylor.edu.

Tuesday Zoom Link: [Here](#)

Wednesday Zoom Link: [Here](#)

Baylor American Medical Women's Association (AMWA) Interest Meeting

Wednesday, September 2, 6:30 pm & Thursday, September 3, 6:30pm.

The American Medical Women's Association is an organization that is comprised of physicians, medical students, pre-health students, and supporters who focus on empowering women in the world of healthcare. They hope to share their mission and community with anyone interested on Sept. 2nd and 3rd at 6:30pm through the Zoom link provided below.

For additional information, contact katie_graham1@baylor.edu.

Zoom Link: [Here](#)

Medical Ethics Discussion Society (MEDS)

Thursday, September 3, 7:30 pm.

Interested in learning more about the Medical Ethics Discussion Society?

Join them on September 3 at 7:30 PM to find out more, and email Mallory_Hatchel1@baylor.edu with any questions.

Zoom Link: [Here](#)

Baylor Undergraduate Research in Science and Technology (BURST)

Thursday, September 3, 6:30-8:00 pm and Tuesday, September 8, 6:30-8:00 pm.

BURST is the organization for students interested in scientific research! They hope to increase awareness of undergraduate research on Baylor's campus, providing opportunities for students to optimize their research experiences and building a tight-knit community of scholars. Learn more about their organization during their interest meetings on 9/3 and 9/8! For more information, follow them on Instagram @baylorburst, go to baylor.edu/BURST, or contact baylorBURST@gmail.com.

Zoom Link: [Here](#)

Physician Assistant Society (PAS) Interest Meeting

Wednesday, September 9, 7:00 pm.

Want to learn more about the PA Society? Join them for their interest meeting to hear all about their membership requirements, service opportunities, and community! You'll get the chance to meet their officers and ask them any questions you have. The PA Society is a great resource for all Baylor Pre-PA students, so they'd love for you to join this supportive community!

For updates on their meetings and events, follow us on Instagram @baylor_pa_society or contact ragan_king1@baylor.edu.

Zoom Link: [Here](#)

BAYLOR ALUMNI SPOTLIGHT

SAM HAN (2011 GRAD)



Major: Biology ; Pre-Med

What he is up to now: Sam recently finished a research and intestinal failure fellowship at Boston Children's Hospital, through the Harvard School of Medicine. He is now finishing his general surgery residency at Tufts University.

How Baylor has influenced his work: Sam stated, "Baylor prepared me well. Not just academically, but mentally and spiritually. Baylor taught me the value of relationships and humbly considering others above myself. These lessons have helped tremendously when caring for patients and when working with teams in residency."

His Advice to Pre-Med students: Persistently immerse yourself in health-care experiences like physician mentorships and shadowing. Have dedicated involvement in pre-health organizations that are full of like minded students and mentors that will help direct your future in medicine.

What he would have done differently at Baylor: Sam said he would have studied abroad and returned back to Kenya's Nyakach Plateau with Dr. Lisa Baker and the Straw to Bread team as often as possible.

Sic' Em Bears!



WEBSITE

**HAVE A QUESTION OR
SUGGESTION?**

Click [HERE](#) to help us make the
Newsletter better geared to all students!

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