

December 2015

# SGA Rounds

Executive Board Student Government Association

Nova Southeastern University College of Osteopathic Medicine

## Letter from the Editor in Chief

By Saamia Shaikh, OMS-III and First-Year Law Student



FIRST, I WOULD like to take a moment to congratulate our newest interest group: Random Acts of Kindness (RAK). Already, RAK has created a random compliments wall online where students can anonymously compliment other students for their kind acts or leader-

ship. I believe RAK is truly aligned with our altruistic culture here at NSU-COM, and I look forward to seeing what the members accomplish this year.

On a more serious note, on October 19, 2004, Flight 5966 crashed on its approach to the Kirksville Airport in St. Louis, Missouri, causing a number of fatalities. Among them were six osteopathic physicians and administrators from Kirksville College of Osteopathic Medicine. In response to this tragic event, every year on October 19, our profession comes together to participate in the D.O. Day of Compassion.

On this day, students and physicians are encouraged to partake in or promote any acts or events that have to do with compassion or awareness of osteopathic medicine. This year, in observance of D.O. Day of Compassion, the Public Affairs and Community Outreach Committee organized a faculty appreciation card-making event. Students wrote kind messages and expressed their gratitude to professors, administration, and staff members.

Being in a profession where we are expected to not only continuously and constantly learn, but also to teach others along every step of the way, I think it is impera-

tive to stop and take a moment to show gratitude to those who have made it their life's work to educate those in the future of our profession. Our professors take time out of their busy schedules and leave their practices and patients to come and teach us. They are there for us during the most crucial stage of our development as we create our knowledge base. It is important for us to show gratitude every opportunity that we can. It is my hope that this will become an annual event.

Recently, I had the honor of taking the dean of the College of Osteopathic Medicine, Dr. Elaine Wallace, to my law school torts class. In her constant pursuit of knowledge, Dr. Wallace never fails to impress me. It is a privilege to have such a learned dean that leads by example and goes the extra mile to understand her students.

I also had the opportunity to spend some time with Dr. Maria Behnam-Terneus—the 2015 Distinguished Alumni Award recipient for NSU's Farquhar College of Arts and Sciences—after she gave a talk to the undergraduate students at NSU. She was in the dual admissions B.S./D.O. Program and is an NSU-COM alumna as well. We talked about topics such as the significance of having a balance between work, school, and home life and how to deal with difficult cases such as ones involving child abuse. As Dr. Benham-Terneus returned to NSU to speak to students about her pathway to success, she reminded us of the significance of giving back to your school by mentoring the students that come after you.

Finally, if you are interested in my current position—editor in chief of *SGA Rounds*—you must apply for the administrator of public affairs position on the Executive Board SGA next semester. This is an appointed position, and I will have to train you, so please let me know if you are interested.

I wish you all a safe holiday season and a Happy New Year!

# COSGP Updates

By OMS-III Lauren Boudreau, Executive Board SGA President



*Bhavik Gupta and Lauren Boudreau*

THIS PAST OCTOBER, the Council of Osteopathic Student Government Presidents (COSGP) held its second quarterly meeting of the 2015–16 academic year in Orlando, Florida, in conjunction with the Osteopathic Medical Conference and Exposition. NSU-COM student body representatives were OMS-II Bhavik Gupta (president elect) and me.

As always, the symposium had many great opportunities for collaboration with our colleagues at the other osteopathic medical schools. One question the Class of 2019 SGA asked us to explore was which schools had the opportunity to livestream lectures. We found that three schools—MSU-COM, MU-COM, and Touro-COM New York—all have livestreaming options.

Several other topics discussed included which schools provided organized leadership training and how schools dealt with limited study space. Interestingly, there are only five osteopathic medical schools that

offer an organized leadership training series for their students. This is definitely something up and coming, and we hope to include NSU-COM as the sixth school on board. Leadership training is invaluable to the physician in any setting of practice.

We also discussed the common issue of study-space limitations. One great suggestion from UNECOM was to have specially reserved study space on campus during finals week, while another suggestion from NYIT-COM was to hire a space planner to be sure we are utilizing our study areas to their maximum potential. School discussions are always a great time for collaboration and help us to bring back new and exciting ideas to NSU-COM.

The highlight of this meeting was the launch of the Mental Health Awareness Task Force. As a result of Resolution 646, Osteopathic Medical Student, Resident, and Physician Mental Health, which was passed at the American Osteopathic Association (AOA) House of Delegates in July,

our COSGP team has developed a task force to explore how students can lead the way in improving our mental health and quality of life.

The resolution called for the AOA to promote mental health awareness, work to reduce stigma associated with mental illness, and increase resources to help the osteopathic community identify mental health issues. We are very excited to be part of one of the student groups taking the lead on this initiative and look forward to promoting more wellness opportunities at NSU-COM.

Lastly, another unique opportunity of the trip included taking part in the American Osteopathic Foundation's Helping Hands project at Give Kids the World. It was such a humbling experience to be able to serve families in need and see patients improve in mind, body, and spirit the D.O. way.

The student leadership looks forward to the upcoming COSGP Winter Quarterly Meeting at Touro-COM Nevada, which will take place January 15–17 in Las Vegas, Nevada.

**cosgp**

COUNCIL OF OSTEOPATHIC  
STUDENT GOVERNMENT PRESIDENTS  
A COUNCIL OF THE  
AMERICAN ASSOCIATION OF  
COLLEGES OF OSTEOPATHIC MEDICINE

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## Breast Cancer Awareness Month

By OMS-I Natalie Negrón, Executive Board SGA Secretary



Back row from left: Dan Leary (OMS-II); Bhavik Gupta (OMS-II); Dan Rubin (OMS-I); Jackie Medina (OMS-I); Arti Patel (OMS-I); Beth McCaskey (OMS-I); Natalie Negrón (OMS-I); Vikisha Hazariwala (OMS-I); Kiara Jennings (OMS-I); Hannah Kim (OMS-I); Heather Kligfeld (OMS-II); and Karna Mangrola (OMS-I). Front row from left: Ana Lozano (OMS-II) and Leanne Iorio (OMS-II).

IN THE UNITED STATES, breast cancer is the second most common cancer affecting women, with 230,000 new cases in women annually. It is estimated that 1 in every 8 women born today has a chance of being diagnosed with breast cancer at some point during her lifetime. As a result, several clubs and organizations around campus came together to celebrate and raise funds for Breast Cancer Awareness Month in October.

In honor of Breast Cancer Awareness Month, the NSU-COM Executive SGA hosted a Think Pink Week from October 26–30. Throughout the week, students were invited to participate in a variety of activities. A weeklong workshop was held where students were invited to help decorate the NSU-COM Think Pink Board with the names of loved ones affected by breast cancer.

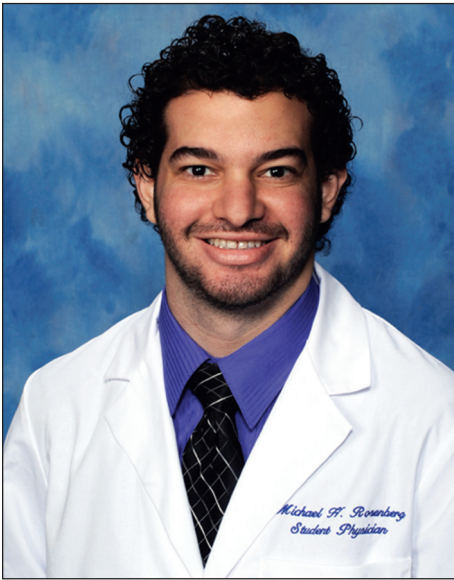
Many students also wrote words of encouragement for their loved ones currently battling breast cancer. Examples of some notes included comments such as “You were always a fighter with the best spirit;” “Thank you for staying strong, I miss you;” and “For my granny, who teaches me every day how to survive.”

On October 28, students were invited to dress in pink and pose for a group photo. Several students, and even some faculty members, were seen sporting pink attire or accessories throughout the day. On the final day of Breast Cancer Awareness Month, SGA members distributed free pink ribbons to the students and faculty members, as well as the administration. More than 400 pink ribbons were distributed around campus.

The students really enjoyed the events of Think Pink Week and were very humbled by taking some time to recognize and remember their loved ones affected by breast cancer.

# In Remembrance of Michael Rosenberg

By OMS-II Priya Sharma, American Medical Student Association Co President



ON APRIL 15, 2015, the class of 2018 lost one of its own when Michael Rosenberg passed away following a four-year fight with brain cancer. As a result, the American Medical Student Association is working with Mike's fiancée, Daniela Abratt, to commemorate his spirit. We plan to unite the NSU Health Professions Division with the community to raise awareness and funds for brain cancer research.

On March 6, 2016, we will participate in the Florida Brain Cancer 5k – Florida's largest 5k race dedicated to brain cancer – at John Prince Park in Lake Worth. Our goal is to raise at least \$10,000 for our team called Smiles for Life: Remembering Mike. All proceeds will go to Accelerate Brain Cancer Cure – a nonprofit that funds high-risk, high-reward research.

Although Mike's passing affected our class tremendously, this will be a great way for NSU-COM and the community to remember and

honor him. He participated in this 5k for four years and consistently led his team to raise the third-highest amount of all the teams at the 5k. This organization was so near to his heart, and our participation would be a great way to continue his legacy. In addition to the 5k, we will host community-wide events to maximize our fund-raising impact. Participation in the 5k offers a great opportunity for clubs, organizations, and administration to continue Mike's passion for medicine, raise awareness, and support a great cause.

According to Mike's fiancée, Daniela, "Mike longed to become a doctor since he was a child, and he was not going to let a brain tumor interfere with his dreams. The day he re-

ceived his medical school acceptance letter was one of the happiest of his life. Mike had the intelligence and devotion necessary to become a great physician. More importantly, he had the biggest heart, innate compassion, and genuine thirst to help others that would have made him a truly wonderful advocate for his patients. In Mike's name, we are participating in this year's 5k to remember the gift of his life, to celebrate everything he stood for, and to fight so that others never have to battle this horrid disease. Thank you for joining in honoring him."

For more information about fundraising efforts in Mike's name, please go to <http://events.abc2.org/goto/smilesforlife>.

## Student Researcher of the Year Award

THE APPLICATION PROCESS for the 2016 Student Researcher of the Year Award is now open. All students with research experience are strongly encouraged to submit an application. The SROY Award recipient will be recognized with the national title and a cash award that will be presented at the American Association of Colleges of Osteopathic Medicine annual conference in Washington, D.C. Last year, the inaugural award was won by one of our very own NSU-COM students – Jacob Triplet.

### Applicant criteria

**MUST** be currently enrolled

**MUST** have completed first year of medical school

**MUST** be in good academic standing

**MUST** have presented or published during medical school

Applicants will need to complete the application, submit a C.V., a high-resolution headshot, and two letters of recommendation. The application can be found at <http://cosgp.org/sroy/>.

The deadline for submission is December 11, 2015. Please submit to [COS-GPResRep@aacom.org](mailto:COS-GPResRep@aacom.org).

# AMSA Health Fairs Enhance Student Experience

By OMS-I George Abreut, American Medical Student Association Mentorship Outreach Chair



THE AMERICAN MEDICAL Student Association (AMSA) coordinated two health fairs to provide first- and second-year medical students the opportunity to practice clinical skills to prepare them to deliver health care to South Florida communities. At Cypress Bay High School, the AMSA collaborated with Health Occupations Students of America to provide glucose and blood pressure screenings.

Students also provided patients with local resources ranging from health care providers to programs for diabetes education. Todd Kazdan, D.O., a family medicine physician, assisted students with screenings and reinforced the importance of professionalism with his charismatic personality and compassion toward patients.

At the Rip the Runway Miami event, the association collaborated with the NSU-COM Christian Medicine and Dental Association (CMDA) chapter along with the University of Science, Art, and Technology CMDA Chapter to perform blood pressure screenings and body-fat analysis, as well as provide information on breast cancer screening. Eileen Ramsaran,

M.D., assisted students with counseling patients on risk factors for preventable diseases like obesity, hypertension, and diabetes.

Health fairs offer a special opportunity for both the students and patients. Students are reminded that the hard work put into studying and taking examinations will eventually lead to a life of public service to their patients and the community as a whole. By taking part in health fairs, students can experience medicine on a community-wide scale and make an impact in preventing disease by teaching patients to take charge of their health care.

If you have time to volunteer, get involved in a health fair.



# Sigma Sigma Phi Rotations Dinner

By OMS-II Francis Lomata, Sigma Sigma Phi President



From left: OMS-II Brittany Waldron, OMS-II Anaam Shaikh, OMS-II Anna Lozano, OMS-II Leanne Iorio, and OMS-II Michelle Hack

ON OCTOBER 30, Sigma Sigma Phi held its annual rotations dinner at Signature Grand in Davie. Third-year medical students from most rotation sites offered by NSU's College of Osteopathic Medicine discussed their experiences with first- and second-year medical students.

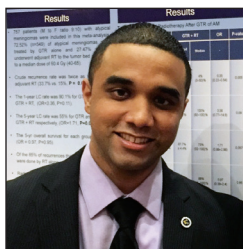
Some speakers came from many of the local rotation sites such as Broward Health Medical Center, Memorial Regional Hospital, and Mount Sinai Medical Center. Other speakers were affiliated with Florida Hospital East in Orlando, Largo Medical Center in Largo, Southampton Hospital in New York, and the Osteopathic Institute of the South in Georgia.

"I thought the rotations dinner was very helpful when I attended as a first- and second-year student," said OMS-III Esther Son, who is currently on the Broward Health Medical Center track. "The different sites had so many things to offer, and this dinner helped me narrow down my selections. Two new rotation sites were added last year, and students

from those two particular sites came to speak this year. I hope that sharing our experiences shined some light on the sites to help second-year students make an informed decision."

The dinner was a great opportunity for the students to learn more about future rotation sites. First- and second-year students also had the opportunity of a question-and-answer session to ask specific questions throughout the event. "It helped to hear about the third-year students' day-to-day experiences at their rotation sites and their tips for doing well," said OMS-II Genevieve Marshall. "Without the rotations dinner, I wouldn't have had a chance to get so many candid and individual perspectives."

## Student Achievements



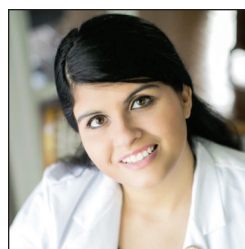
**OMS-IV Trevine Albert** collaborated with 2015 NSU-COM alumnus Michael Young, D.O., on the

research project titled "The role of Adjuvant Radiotherapy Following Gross Total Resection of Atypical Meningiomas" that won first place in the neurosurgery category at the 2015 Clinical Assembly of Osteopathic Surgeons poster competition held in October in Chicago, Illinois.

**OMS-IIIs Debra Cheng and Nhan Do** were awarded National Health Service Corps (NHSC) scholarships to help them pursue primary care in underserved areas. The NHSC received over 5,100 applications in

2015 and made 196 offers to future health care professionals who plan to work in disadvantaged areas for at least two years. The scholarship covers two years of tuition and provides a modest living stipend.

**OMS-IIIs Leanne M. Iorio, M.S., and Jason A. Levy, M.S.,** had their article, "Effects of Stem Cell Treatment in Human Patients with Peyronie Disease," published in the October issue of the *Journal of the American Osteopathic Association*.



**OMS-III Charanpreet Khangura** coauthored a case study titled "Metastatic Colorectal

Cancer Resembling Severe Preeclampsia in Pregnancy" that was published in the November issue of *Case Reports in Obstetrics and Gynecology*.

**OMS-III Ariel S. Lee** coauthored an article, "The Long Tail and Rare Disease Research: The Impact of Next-Generation Sequencing for Rare Mendelian Disorders," that was published in the September issue of *Genetics Research*.

**OMS-III Saamia Shaikh**, who is also a first-year student in the NSU Shepard Broad College of Law, was elected to the Student Bar Association Elections Committee. Shaikh will be representing both law and medical students as she also serves as the administrator of public affairs for the NSU-COM Executive Board SGA.



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