

THE STUDENT DOCTOR DIGEST-IVE



THE OFFICIAL SGA NEWSLETTER

THIS MONTH WITH SGA...

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Thinking of Residency Applications

On 10/17, Heme-Onc Fellow, **Dr. Mark Faber**, from Roswell Park in Buffalo, NY spoke to us about the Dos and Don'ts of preparing for Residency applications.

Key takeaway points:

1. Ask for letters of recommendation early if you formed a good relationship with your attendings.
2. Ask for feedback on the notes you take during rotations.
3. Try your best and keep your head up.
4. Be kind and be personable to fellow students and your attendings on rotations.

MS3 Panel

Thank you to those of you attended our MS3 Panel! We were honored to hear from our panelists, Ronnie Lott, Sam Wlasowicz, and Jaylene Everett on their experience with board preparation and their clinical rotation site. This was a great event for students to gain some insight from peers that very recently went through the process. If you missed the event, be sure to check out for their powerpoint in your email.



RONALD LOTT



JAYLENE EVERETT



SAM WLASOWICZ

Wellness Bag Event

This month, SGA gave out wellness bags in the Vora Lounge on October 14th. We gave out skincare facemasks, scrub caps, pocket medicine books, reusable glass water bottles, retractable ID badge holders, medical organ pins, stethoscope pins, snacks, and sports drinks. We hope most of you were able to grab some goodies!

<https://com.erie.lecomsga.org>



@lecomsga

Oncology Club: Research Symposium

In honor of Research Week, on October 27th, we welcomed our presenters Kyabeth Torres-Rodriguez, a PhD candidate at the University of Pennsylvania. She currently works in the labs of both John Maris MD, a pediatric oncologist focused on Neuroblastoma at the Children's Hospital of Philadelphia, and Michael Betts PhD, a Professor of Immunology at the University of Pennsylvania Perelman School of Medicine. Her research and presentation focused on The role of the MYCN oncogene in inducing immune evasion in neuroblastoma. It was an honor to learn about her work!

Abstract: "Neuroblastoma (NB) is a predominant and complex pediatric cancer. Patients diagnosed with NB characterized with amplification of the MYCN oncogene are immediately classified with high-risk disease. While there is currently no cure for high-risk NB, efforts to develop MYCN-targeted therapies have increased due to evidence that suggests a pivotal role of MYCN in regulating many survival and immune evasion mechanisms that promote the persistence of NB. This study aims to expand the knowledge on the immunosuppressive role of MYCN as well as highlight the urgent need of novel therapeutic approaches for MYCN-amplified high-risk patients focused on targeting the function of the MYCN oncogene."

IMS CLUB

Hello everyone! The International Medical Society Club is excited to share with you that IMS club members had a fulfilling time volunteering at the Second Harvest Food Bank on Saturday, October 8, from 9:00 am to 11:30 am. In this Backpack volunteer event, members participated in packing non-perishable foods such as cereal, fruit cup, canned soup/pasta, instant ramen, and carton milk for school-age children throughout Northwestern Pennsylvania. It was a wonderful experience for the members, and we are planning to participate in several volunteering events with Second Harvest Food Bank in the future.

On Friday, November 11, from 7:00 pm to 8:00 pm, the IMS club will be hosting Dr. Robert Bowers for the Guest Speaker Event. Dr. Bowers is a retired surgeon who will present to us his medical experiences in Africa and Bangladesh. This will be a great opportunity for us to gain insight of healthcare outside of the U.S as well as becoming more well-rounded with respect to patient care. More information will be sent out via email as the date approaches. We hope you can join us and please stay tuned for more updates! Thank you!

APAMSA wishes you a



HAPPY
DIWALI



The APAMSA (Asian Pacific American Medical Student Association) is celebrating Diwali this year! Diwali is also called Deepavali, and is one of the most important holidays in India. During this holiday, many people light clay lamps called "deepa" to represent the victory of light that protects them from the darkness. Diwali is celebrated over five days along with food, fireworks, colored sand and lamps. It is a time where families and friends clean and decorate their homes, then gather to share in the festivities, along with exchanging gifts and wishes. This holiday is associated with the goddess of prosperity Lakshmi and the god of wisdom Ganesha. This year, Diwali took place on Monday, October 24, 2022. We hope you got a chance to join our local APAMSA chapter in celebrating this special time with your loved ones! The national South Asian Diversity Committee is also celebrating this event as well!

Best regards,
Veronica Li



ELECTIONS



Interested in being a
Class Representative
or an SGA Board
Member?

Student Government Association (SGA) Board

- Act as a voice for the entire student body (OMS1-OMS4) on a local and national level
- Organize and manage all other clubs and groups on campus, holding monthly club president meetings to share updates and ideas
- Meet monthly with provost, Dr. Silvia Ferretti, to discuss all updates, concerns, and ideas regarding the class as a whole, and upcoming events or changes we would like
- Opportunities to travel, attend conferences and voice opinions and ideas to AOA, POMA, ACOFP, etc.
- CANNOT hold any other student club leadership officer positions
- Positions:
 - President
 - VP1
 - VP2
 - Treasurer
 - Secretary
 - Mental Health Task Force Chair
 - Webmaster
- Election will take place in mid-December

Class Representatives

- Act as a voice for your whole class (class of 2026) on a local level
- Listen to and act on comments and concerns of students in the class
- Work with both SGA and SOMA
- Local leadership position without need for travel
- CAN hold other student club leadership officer positions
- Positions:
 - President
 - VP1
 - VP2
 - Treasurer
 - Secretary
 - Pathway Reps
- Election will take place in mid-December

Student Club Leadership Roles

- Similar position structure of positions as SGA:
 - President
 - VP
 - Treasurer
 - Secretary
 - National Liaison
- Elections will take place December-February

**Please see powerpoint sent out from SGA earlier this month, or
contact the current position holders for further questions!**

MENTAL HEALTH

GRATITUDE PRACTICE

AS A MENTAL HEALTH INTERVENTION



When you're stressed or struggling with your mental health, it's often difficult to stop and take stock in things you have to be grateful for. This process of cultivating gratitude might look like a journal wherein you write what you're thankful for, meditation or prayer, or even sending someone an appreciative text.

Gratitude writing as a form of positive psychological intervention has been demonstrated to reduce stress and depressive symptoms ([Wong et al., 2016](#)), including in healthcare workers ([Cheung et al., 2015](#)). It might feel silly or artificial at first, but try it for a few weeks! Even just doing it once or twice a week has been shown to be beneficial. By the time it's actually Thanksgiving, you'll have a collection!



Read more about it here:

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

Wong et al., 2016: <https://pubmed.ncbi.nlm.nih.gov/27139595/>
Chung et al., 2015: <https://psycnet.apa.org/buy/2014-38568-001>





MENTAL HEALTH

Seasonal Affective Disorder

Whether or not we are ready, the seasons are changing. This means colder temperatures, overcast skies, and A LOT less light. This can have a significant impact on our physical and emotional well-being. This can be to the point of developing Seasonal Affective Disorder. This is depression caused by seasonal changes. This typically starts in the fall and continues throughout the winter months. Vitamin D can also be affected and become deficient as seasons fluctuate and daylight decreases. It can result in low mood and decreased energy. You may find yourself sleeping too much or oversleeping, having difficulty concentrating, craving carbohydrates, overeating and gaining weight. This may become especially inconvenient for you, with all the demands on your plate and all you are trying to accomplish. In our area, we are heavily impacted by this. (Just look at the dark grey clouds over the lake.) Don't worry. There is a lot we can do to head this off or mitigate it. If it negatively affects functioning, it is important to see a clinician.

1. Proactively check in with your PCP. Get your Vitamin D levels checked. Address any deficiency if there is one.
2. Use light therapy.
3. If it becomes a clinical issue, psychotherapy and medication can be helpful.

Remember, self-care is ALWAYS a priority- as a student, as a future physician, as a human being. With seasonal change and burnout continuing to grow. Please reach out and utilize resources available to take care of your well-being. Additional resources are below. Have a great week!

Take care, Dr. Dunbar



Resources:

<https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

https://www.prevention.com/life/g20492338/prevent-winter-blues/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_pre_md_pmx_us_urlx&gclid=EAlaIQobChMIsozVnsSK-wIVDBTUAR103QeXEAMYAyAAEgLiefD_BwE

<https://www.psychiatry.org/patients-families/seasonal-affective-disorder>

BEHAVIORAL HEALTH RESOURCES

ERIE BEHAVIORAL HEALTH RESOURCES

Crisis Services

2560 West 12th Street
(814) 456-2014

Crime Victim Center of Erie County (Rape Crisis)

125 West 18th Street
(814) 455-9414

SafeNET (domestic abuse)

1702 French Street
(814) 454-8161

Drug and Alcohol Services

Millcreek Community Hospital
5515 Peach Street
(814) 864-4031

Stairways Behavioral Health, Gage House

2919 State Street
(814) 464-8438

Catholic Charities Mental Health Services

329 West 10th Street
(814) 456-2091

Millcreek Community Hospital

5515 Peach Street
(814) 864-4031

LECOM Outpatient Behavioral Health

4740 Peach St, Erie, PA 16509
(814) 454-3174

Safe Harbor Behavioral Health

1330 West 26th Street
(814) 459-9300

Stairways Behavioral Health

2910 State Street
(814) 453-5806

MetLife Lifeworks

Convenient and confidential help when you want it, how you want it!

- Your program includes up to 5 in person, phone or video consultations with licensed counselors for you and your eligible household members, per issue, per calendar year.
- You can call **1-888-319-7819** to speak with a counselor or schedule an appointment, 24/7/365.
- When you call, just select “Employee Assistance Program” when prompted. You’ll immediately be connected to a counselor.

Log onto:

metliffeap.lifeworks.com or **Lifeworks Mobile App:**

user name: metliffeap

password: eap

FOR PRIVATE PROVIDERS:

You can contact **Dr. Dunbar** to assist in the referral process. She can help direct to exactly what you are looking for and make that processes easier and quicker.

You can also call the 800 number on the back of your health insurance card. They can provide a list of clinicians paneled with them in your area.

Student Researcher of the Year – Call for Nominations

We are now accepting applications for ACOM's **Student Researcher of the Year (SROY)**.

The Student Researcher of the Year Award (SROY) is an award presented annually by the **Council of Osteopathic Student Government Presidents (COSGP)**, a council of the American Association of Colleges of Osteopathic Medicine (AACOM), to student researchers who demonstrate excellence in their commitment to research during their medical school years. Each School or College of Osteopathic Medicine (SOM/COM) will select a school SROY, and these school winners will go on to compete for the National SROY Award. The National SROY will be announced at the 2023 AACOM Annual Meeting and will be the recipient of a **monetary award** (amount which will be formally determined at a later date).

The SROY Award Recipient must be a full-time student at a SOM/COM and cannot be a previous school or national Student Researcher of the Year (SROY) recipient. You do not have to be nominated for this award.

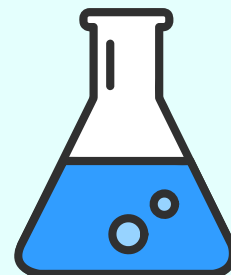
Process for SROY Applicants:

Please email a PDF of your application to Ananya Koka, akoka22799@med.lecom.edu with the subject line "Student Researcher of the Year Application."

Deadline: We will be accepting applications from November 1st through November 30th, 2022.

If you have any questions regarding this award or applications, please reach out to me via email at akoka22799@med.lecom.edu.

Thank you!



Wanna stay in the loop on events?

Add our SGA event calendar to your devices!

[LECOM Calendar](#)

On the website, you'll see an iCal subscription method for IOS devices. Our VP1 updates the calendar as events are approved.

Log your Volunteer Hours here

[Log Volunteer Hours](#)

Your SGA Team

President: Khin Oo (LDP)

Vice President 1: Abhay Dhillon (LDP)

Vice President 2: Tyler Dobratz (DSP)

Secretary: Ananya Koka (LDP)

Treasurer: Anthony Di Cecca (LDP)

Webmaster: William Kim (DSP)

MHTF: Serene Bahi (DSP)

