



An Update from: **Larry R. Kaiser, MD, FACS**
Dean, Lewis Katz School of Medicine
President and CEO, Temple University Health System
Senior Executive Vice President for Health Affairs, Temple University

Gerald H. Sterling, PhD
Senior Associate Dean for Education, Lewis Katz School of Medicine

AUGUST 2018

A Message From Your Deans

Welcome to our new medical students, the Class of 2022, who joined the LKSOM family on Monday, August 6th. For those students returning for further studies, welcome back. Our third- and fourth-year classes as well as our newest PA students have been working hard over the last several months. It is an exciting time at LKSOM and we hope that your year is off to a great start.

As many of you already know, *In Brief* is a monthly newsletter designed to keep you informed about developments at LKSOM that are important for you to know. Whether you are here at Temple pursuing an MD, PhD, MS, MA, or MMS-PA degree, you will find in these pages the news and information that affect you most. We hope this newsletter becomes a useful resource for you.

For our returning students, we encourage you to reach out and welcome the Class of 2022. As with all our classes, this Class is an impressive group of students. Two hundred students were accepted into this class from almost 11,000 applicants, from over 100 undergraduate colleges and universities. Fourteen members of the incoming class already hold advanced degrees, 46 percent are from Pennsylvania, and 54 percent are women. Students come from 25 states plus Guam; 27 percent were born outside of the United States with 38 percent speaking 24



different languages in their childhood homes. In addition, the Class of 2022 has held a wide array of jobs prior to entering medical school. A large number were employed as research and lab assistants at prestigious medical schools across the country. Other students held jobs as a lifeguard, a park maintenance worker at SeaWorld, a pharmaceutical sales rep, a high school science teacher, a service dog trainer, a pedicab driver, and an MCAT instructor. Your varied life experiences will serve our school well as you add to the rich and diverse fabric of our community. We wish all of our students much success in the upcoming academic year. Please remember that we are available to meet and help you during your LKSOM journey.

Welcome From Student Government

Welcome to the 2018-2019 year at Lewis Katz School of Medicine (LKSOM)! My name is Brent Halsey. I am a fourth-year medical student and president of the Executive Board of the Student Government Association (SGA). Whether you spent the summer on clinical rotations, volunteering abroad, or relaxing before the start of medical school, the rest of the members of SGA and I would like to welcome all of the students to the start of a new year.

We are happy to see fresh new faces on campus from the Class of 2022, and hope you are already starting to feel at home at Temple. We also hope you enjoyed the College Cup last Friday, especially those of you in Montier/Parkinson College, winners of the 2017-2018 Tournament! This event, which began with my class, LKSOM 2019, has become an important tradition and we are thrilled it has grown into the exciting College Tournament that we have today. We'd like to thank everyone who participated and helped plan this event. There will be many more throughout the year as we continue to foster Temple and college pride.

The Student Government is involved in many aspects of student life on campus. We represent you directly to the administration, advocate for and manage the annual budget for the student clubs, and plan activities throughout the year like the College Tournament, among many other things. For M1s who are not familiar, the Student Government Association (SGA) funds more than 50 groups across many areas of interest. In general, the clubs fall into the following categories: Student Associations, Specialty Interests, Community Service, and Enrichment Groups. We'll feature an update from a selected club each month in this newsletter, in order to provide a feel for the broad range of interests and involvement of Temple's student body. Also, keep an eye out for biweekly e-mails from the executive board that will let you know what events are being hosted by clubs each week (often with free lunch!).

If you are interested in what is happening with SGA, we meet once a month at our General Student Body Meeting to discuss updates with leaders of student clubs. The first meeting will be at **12:00 noon on Wednesday, August 29th** (location to be announced). All are welcome to participate in this meeting.

SGA is also active on social media. Follow us on Facebook at "[Temple Medical Student Government Association](#)," on Twitter at @TempleMedSGA, and on Instagram at @LKSOMSGA. We'll post updates about the happenings in the student government, but also activities and updates from the med school in general. Finally, remember that the SGA website www.templemedsga.com is full of resources from a weekly calendar of events, to information about hosting an event through a student group, to contact information for your college's OWLs (Our Wellness Liaisons). Any time I have a question I still look to this website as my first resource. We update it regularly throughout the year, and new helpful content is always being added as it becomes available.

We are looking forward to seeing you all around campus, and hope that you will reach out if you have any questions or specific events or initiatives you would like to see from SGA in the coming year. Enjoy the end of the summer and start of a new year!

Brent Halsey
brent.halsey@temple.edu
President, Class of 2019
President, LKSOM SGA

Money Matters

Worrying about money can be overwhelming and stressful, but it doesn't have to be. Each student, regardless of financial aid status (and required assignment, when applicable), should create a monthly budget. Setting up and using a budget during medical school will help you establish and develop good financial habits early. This is not only important during medical school, but also in residency (and beyond!). Budgets will help you track what your required expenses are, how much loan to borrow (if applicable), where you are spending your money, and where you might be able to cut back; have enough money for your needs and some wants; and move toward your short- and long-term savings goals.



Find a template that helps you the most and that you will stick with! Excel spreadsheet (the financial aid office has one), apps (many are free), or a notebook are ways to keep track.

The Association of American Medical Colleges (AAMC) has great resources on their website as well—articles, tips, and webinars. They're all free, so be sure to take advantage at www.aamc.org.

If you'd like to review your budget or need some help getting started, please reach out and make an appointment: lisa.duncan@temple.edu.



You said: Last spring, we surveyed students about Wellness programming and 88 percent of respondents said that they'd like a lunchtime talk on medical student burnout.

We did: The Our Wellness Liaisons (OWLs) will be hosting an interactive discussion on the topic on Wednesday, August 29 from 12-1:00 p.m. in MERB 217 with **Dr. Susan Gersh** facilitating.



Lifestyle Medicine for Medical Students

By Nina Prabhu, MD

"Our bodies are our gardens, to which our wills are gardeners"

This line from Shakespeare's *Othello* perfectly conveys the essence of Lifestyle Medicine to me. As a practicing hospitalist, I bear witness to multiple admissions stemming from poorly managed chronic, preventable diseases. I aim to use my skills in both internal medicine and lifestyle medicine to help my patients make better life choices specifically regarding their diet, exercise, sleep, and mindfulness. However, how will patients take lifestyle advice seriously if their physicians are themselves skipping lunch routinely, rarely exercising, and only sleeping four hours a night?

As the airlines suggest, a passenger must place the oxygen mask on him- or herself first before helping others; we, as physicians, must maintain our health to be able to care for others, and these lifestyle habits develop from our first day in medical school. While there is no way to alleviate the sheer volume of medical knowledge that medical students must learn, the way in which we approach this daunting task can change. Just as we so aptly organize our study schedule before exams, we must just as decisively **schedule in at least 150 minutes of moderate-intensity exercise per week**. As much as it may seem that taking that time away from the books will impede our learning, it actually provides the breaks our minds need to learn better when we do return to studying. According to a study done at the University of British Columbia, regular aerobic exercise in older women actually increased hippocampal volume! There is also ample evidence in the literature, including the Duke SMILE study, which demonstrates that exercise treats mild depression. Medical students are particularly susceptible to anxiety and depression given the great expectations to learn vast amounts of information quickly.



Being mindful of the stress these expectations can cause a person is another important facet of lifestyle medicine. Anxiety is an expected symptom of being a medical student and recognizing that symptom helps us deal with it better. While we may not be able to change the expectations of medical school, we can change how we deal with the stress and anxiety. While exercise may provide an outlet to mitigate stress, so can the people around us. Fellow students along with faculty and staff are excellent resources, and of course, the Temple OWLs (Our Wellness Liaisons). Whether you use mindfulness apps or go to a **yoga class like the one provided at school on August 27th**, manage your stress with the same commitment as you manage your study schedule. Perhaps you can get further ideas from **Dr. Gersh's talk on "Medical Student Burnout" on August 29th**.



Sleep is another important component of well-being and lifestyle changes. While each person requires a different amount of sleep, we all require enough quality sleep to learn and function effectively. There is always that fine balance of how many extra hours can I stay awake and cram without crashing during the exam? Can we allow ourselves a **minimum of 6 hours to sleep before an exam** and accept that we are humans, not robots?

Continued on next page

Finally, my last and favorite component of lifestyle medicine is nutrition. As attributed to Hippocrates, "Let food be thy medicine." There is significant evidence that numerous chronic diseases such as diabetes, hypertension, obesity, and coronary artery disease can be treated and reversed with dietary changes, as demonstrated by studies done by Drs. Esselstyn, Ornish, and Caldwell, among others. We all know that we feel better when we eat better. Let's reverse the habit of skipping meals to study, which later evolves into skipping meals for patient care purposes! We spend hours studying and essentially "feeding" our brains information to memorize, yet we spend only mere minutes thinking about what nutrition we can truly feed our brain to help it function better. Maybe you're interested in improving your own nutrition but can't imagine taking away more time away from studying to deal with the herculean task of cooking as well? The students with the Temple Culinary Medical Initiative are here to guide you along with my own assistance in the student elective "Cooking and Caring: Skills for Our Inner Foodie and Our Patients."



So, as this academic year begins let's take a minute to remember why we entered the field of medicine in the first place. We owe it to ourselves and our patients to think about and talk about these components of lifestyle to improve our collective health!

