Welcome, Class of 2021!

Faculty, staff, and students of the Undergraduate Program in Medical Sciences and University of Cincinnati College of Medicine came together for College Day, and welcomed in our next class of outstanding MedSci students. We welcomed in 65 matriculates, 55 (85%) from Ohio, and 10 (15%) not from Ohio. 6 (9%) of the new students are enrolled in the BS/MD Connections program, and 35 students (54%) are enrolled in University Honors Program. An astounding rate of 58 students (89%) are recipients of one or more scholarships through the university. We can't wait for you to find your horses!

Class of 2021
Quick Facts:
65 students, 55 Ohio residents, 10 non-Ohio, 89% with one or more scholarships, avg. ACT: 32

Important MedSci Dates (September 2017)
• Sep 13, The First Seminar of the Semester for U1 and U3 (5:30PM-6:30PM)
• Sep 20, First Seminar of the Semester for U2 (5:30PM-6:30PM)
• Sep 30 & Oct 7: Next Home Football Games
What is disability?

Fan
Medical Sciences Major
Class of 2020

Have you ever seen someone park in a handicapped spot then get out of their car without so much as a limp? Doesn’t that irk you, seeing an obviously able-bodied person using disability accommodations? But do you really understand disability?

When you think of disability, an image probably comes to mind of a frail-looking person stuck in a wheelchair or a combat veteran with missing limbs. Neither of these people have jobs, and neither of these people are representative of the entire disabled population. Since we are entering the medical field, we should understand the people that we often serve.

Let’s start with the basics. Disabilities are conditions that impede upon one’s ability to go about their daily activities. They can be chronic pain, heart disease, hearing loss, mental illness, missing limbs—anything that limits someone’s daily activities. Sometimes, but not always, disabilities can hold people back from gainful employment.

Now, back to the person who parked in the handicapped spot. A handicapped placard is hanging above their dashboard, and getting that placard is an arduous process. Perhaps they have a pinched nerve that makes it excruciating, but not impossible, to walk. Perhaps they have exercise intolerance and can't walk far before having to rest. Regardless, their doctor and the government have agreed that their disability warrants accommodation. When you are a doctor, you may get to decide on such things, but for now, let’s respect doctors’ decisions.

Unfortunately, too many doctors today lack comprehensive understanding of disability. This lack of understanding means that patients have to fight tooth and nail for doctors to help them obtain accommodations. It also means that disabled patients get poor care for their conditions.

Patients with chronic pain are often dismissed as frauds even though a study from 2009 found that patients with genuine problems are in the majority. The journal Health Affairs in March 2016 highlighted major issues facing Americans seeking treatment for depression, among them a stark discrepancy between the care management process scores for depression versus other chronic conditions. Physician attitudes bring down quality of treatment for disabled patients as well as LGBTQ, black, noncompliant, and mentally ill patients.

We as the future generation of physicians must work to better understand disability. If we understand it, we can better treat it, as with any condition. The systems currently in place are inadequate, and it is up to us to fix them. In future issues, I will get more in depth on topics relevant to disability in the medical field.
What Does The Fall at UC Mean to You?

Andie Shugar
Medical Sciences Major
Class of 2020

I love school. I love learning, I love the atmosphere, I love UC, and I love what I’m studying. I may complain about the work load occasionally, but I know that what I am doing now will help me cross the finish line of my end goal—to graduate from medical school and specialize in a field that I love.

Returning to school this fall semester means that I have to rededicate myself to my ‘school life.’ I need to figure out how to balance my time between completing school assignments—which will take up the majority of my life, staying highly involved with my clubs (quick plug: UC AmeriCats which supports veterans, and Caducea Pre-Medical Society), getting enough sleep, trying to stay active, and staying in close contact with my family. With two weeks under my belt, I think that I have been doing a fairly decent job of attaining those goals.

It is easy to forget why we’re putting ourselves through this horrendous workload. As pre-health students, we set very high—sometimes unrealistic—expectations of ourselves. Quick shout-out to the second- and third-year MedSci students—we have taken on one of the most time-consuming semesters that we will face as undergrads, with almost 12 hours’ worth of lab during the week, and, unfortunately, multiple 8ams. This is why coming back to school this semester also means that I need to find a balance in my life between work and fun. I don’t think I would be able to maintain a level head if I didn’t try to balance out my scholastic life with some fun with my family, friends, but most importantly, dogs.

Here’s to a great semester—one that I hope to enjoy, even with responsibilities I have signed up to
New Year: Not so New Me

Scottie Emmert
Medical Sciences Major
Class of 2019

Monday, August 21st, 2017 marked the first day of the new school year for Bearcats across each of the University of Cincinnati’s campuses, including those in the College of Medicine’s Undergraduate Program in Medical Sciences. Like many students, I was eager to return to campus in an academic capacity—to reconnect with classmates and faculty, begin new courses, and experience the vibrancy of a bustling, animated student body. Yet, four months of summer (I hesitate to use the word vacation) dulled me to what millennials colloquially refer to as “the daily grind”: late nights of mind-numbing studying, looming assignment deadlines, and extracurricular obligations. Summer had been good to me—a four-month sabbatical to focus wholeheartedly on my passion, biomedical research, and to spend evenings hanging out with family or friends. Studying for exams and writing lab reports had been replaced with late-night workouts and Netflix binges, and experiential learning in the lab provided a refreshing opportunity to apply the basic science foundation emphasized in the first two years of the Medical Sciences curriculum to a tangible research endeavor. While I was amply aware of the annual increase in rigor of the Medical Sciences program, the new school year hit me hard.

The dual difficulty and novelty of the Fall semester is the very hallmark of any rewarding pursuit. The path to becoming a/an (insert physician, scientist, nurse, etc.) is arduous, requiring years of studying and practical experience before the journeyman may even refer to himself or herself as a qualified professional. Yet, such extensive training and its accompanying challenges are what afford healthcare professionals the unique responsibility to care for a patient and their family in the most vulnerable time of their lives. So, pick up your cross, ground yourself in the support of family and friends, and understand that the legion of healthcare professionals who care for today’s society went through and survived exactly what you are undergoing. As Dr. Menon eloquently expressed on the first day of the Fall 2017 offering of MEDS 3021: Fundamentals of Molecular Genetics, “the barrier to success is a little pain.”
1. Do not wear your Bearcat card around your neck. I know it’s convenient, but just don’t.

2. Never open your laptop in Dr. Kinkle’s class unless you want to do the walk of shame...RIP SHIVANI AND MERIDITH

3. Bring Chik-fil-a sauce with you to MarketPointe on Tender Tuesday’s

4. If you have to pull an all-nighter before an exam, know that Dominos will deliver to the library at 1 AM

5. Your life and future career will not be ruined if you miss one class (especially if it’s an 8 am)

6. Bring your goggles/pants/closed toed shoes to lab. In the winter it’s better, but in the spring and summer you will want to pass out. Don’t panic, this is normal.

7. Take a breath. The world is not burning. Eat some candy and you’ll feel better.

8. Always hold your breath when putting your dishes away at CenterCourt

9. Call your parents - sometimes they will send you snacks or money :)