

# THE AMSA NEWSLETTER

SEPTEMBER 28TH, 2011

YOUR INTRODUCTION TO THE AMERICAN MEDICAL STUDENT ASSOCIATION AT UCLA

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## COMMUNITY & PUBLIC HEALTH ACTION COMMITTEE

### Kimberly Thill

Community & Public Health Chair



The Community and Public Health Committee organizes events that serve the community and promote public health. One of our ongoing volunteer projects is visiting the Los Angeles Ronald McDonald House, which provides housing for families with children undergoing treatments for serious illnesses at nearby hospitals. On these visits, we've cooked tasty dinners and held some fun activities. In the past we've made pasta dinners, allowing the children to make their own hand rolled pasta noodles, baked pizzas, put on magic shows and

held book readings for the children. Helping these families who cope with both the financial and emotional hardships that stem from having a child who struggles with illness is a truly rewarding experience. This quarter we will be hosting a BBQ dinner for the families, so look out for more information on when and how you can come along. Additionally, this is the first year AMSA will be assisting with the annual Holiday Carnival, where toys are donated to underprivileged families around the LA community. Toys donated do not have to be expensive, maybe at least \$5 or more. Toys will be gathered from mid-November to early-December, so start shopping for toys and look out for more information to come! Every spring quarter we also volunteer at the

annual Junior Blind Olympics. We partner up with blind or partially visual impaired kids and act as their coaches, helping and cheering them on throughout a day of Olympic style events. If you're interested in organizing and participating in community service projects and fundraisers, then this committee is a perfect fit for you. We are also constantly looking for new projects! If you currently participate in an event/project or even just have an idea for one, our committee would love to become involved. Meetings are held from 4-5pm on Mondays at the Kerckhoff patio. If you're interested in joining or have any questions, feel free to email me, [cph@amsabruins.org](mailto:cph@amsabruins.org). You can also call/text me at (619) 201-6720.

## STUDENT LIFE PROJECT

### Yara Badrakhan

Student Life Director



The student life committee hosts a variety of events throughout the year that provide a path towards medical school. This committee gives you the opportunity to engage and be mentored by medi-

cal students at the David Geffen School of Medicine. Members will participate in quarterly mixers, as well as, attend dining hall socials with medical students and residents at UCLA. The student life committee also hosts the MCAT Extravaganza events each quarter, which allows students to make an educated decision on which MCAT test prep company is best for them. Fi-

nally, AMSA's most devoted members may also shadow our Physician Advisor Dr. Isaac Yang, M.D. UCLA Neurosurgeon. All of AMSA's committees and committee projects provide premed students with many unique ways to get involved with their community and to succeed in their undergraduate careers.

## GLOBAL HEALTH ACTION COMMITTEE

### Andrew Shenoi

#### Global Health Chair

The Global Health Committee is working towards educating the community about health issues that are prominent all over the world. There are many things we can do locally and internationally to help spread awareness, education, and encourage action to help solve these



issues. We are focused towards trying to make the UCLA campus more concerned about global health through an interactive and engaging focus.

Our committee is looking for proactive and involved people who would like to organize and plan events at UCLA and in the community. One of our biggest events for the upcoming year is the Global Health Fair that AMSA plans to host during Winter Quarter. There are other various events

that we are starting to plan for the Fall, Winter, and Spring Quarters.

If anyone is interested in attending our committee meetings, please contact me for the time and place. As of right now they are TBD but we will put the weekly meeting information on the website as soon as possible. If you are interested in joining, or have any questions for me, please contact me at [global-health@am-sabruins.org](mailto:global-health@am-sabruins.org) or (949)705-7795.

## LEGISLATIVE AFFAIRS ACTION COMMITTEE

### Peter Nauka

#### Legislative Affairs Chair

Hello everyone! My name is Peter Nauka and I am the chair for the legislative affairs committee. Legislative affairs is one of the many, exciting committees at UCLA AMSA. Our main objectives is to learn, shape and educate others about new health related policies. To reflect this goal, one of legislative affair's major events is Lobby Day. This incredible and wild day includes boarding a bus and taking a trip to Sacramento to actually meet and lobby with the California state senators and representatives about passing a single-payer health care system. During Lobby Day, you not only learn about the problems with our current health care plan, but you also get to listen to health care professionals, as well as meet and talk to medical students. I, my-



self, sat down next to four Stanford medical students, and it was quite an awing experience. In addition, this event also allows you to meet all the other AMSA members.

Legislative affairs also puts on other events about the field of health policy. For instance, last year, we brought in a speaker to discuss with us the current state of Obama's health care reform, a topic that is bound to come up during medical school interviews. We are hoping to repeat what we did last year, as well as expand our portfolio of events. However, energetic and creative minds are needed to help with this process. Commit-

tee meetings this year will be place of discussion and planning for future events. Meetings will happen on Thursdays from 6-7PM in Ackerman, next to Carl's Jr. I am looking forward to meeting everyone this upcoming year and cannot wait to



AMSA members at Lobby Day in Sacramento, January 2011

see what events legislative affairs can produce this year with everyone's help. If you have any questions, shoot me an email at [legislativeaffairs@amsabruins.org](mailto:legislativeaffairs@amsabruins.org).

## DOMESTIC VIOLENCE PROJECT

**Taysa Bowers &  
Michelle Dilley**

Domestic Violence Co-Chairs



**T**he Domestic Violence

Project is a group dedicated to raising awareness about sexual & domestic violence. Sexual and domestic violence is related not only to us as people but also to us as being future doctors. Three in four women who experience abuse go unidentified as abuse victims in the ER. Emergency departments are a safety net for women with health issues of all kinds, but this study shows that doctors are not doing a good enough job of assessing their

patients' entire situation. In a recent nationwide study of 5,000 women, only 7% said a health professional had ever asked them about domestic violence. When surveyed, doctors often respond that they don't ask such questions because of a lack of time, training and easy access to services that help these patients. People regularly go to the doctor but not to these services, so it's the doctor's role to help intervene in stopping the violence by providing support and further information about such victim services.

This year we plan on having self-defense workshops and movie screenings. In addition,

we will be collaborating with the Clothesline Project @ UCLA to hold events such as Denim Day and the Clothesline Display.

This issue is not a small one, but people don't often think about it because they can't see it since the crime is such a private one. This is where we, as future physicians, can help. It is our job to inform ourselves on these issues because we are often the only people other than the batterers and perpetrators that are allowed into this private sphere. If you are interested in helping us bring together this issue and the medical world, all members are welcome. Meetings TBA. Contact us at [DOMESTICVIOLENCE@AMSAABRUINS.ORG](mailto:DOMESTICVIOLENCE@AMSAABRUINS.ORG).

## NUTRITION & FITNESS PROJECT

**Janice Ma**

Nutrition & Fitness Director



**T**he Health Education

Committee aims to pre-screen individuals and encourage them to take part of SNAP (Supplemental Nutrition Assistance Program), if they have not already. The purpose of this program is to make healthy foods, such as fresh produce, readily accessible to the community. Coupled with health education classes focusing on nutrition (healthy eating, providing them with culturally appropriate recipes), as well as metabolic syndrome and other health topics of concern, we hope to improve the quality of lives of target populations.

During the past summer, we presented at the Los Angeles Community Development Commission's quarterly Council Meeting and attended a health fair targeting Asian populations at Herald Christian Center in San Gabriel.

This upcoming year will go to the West Hollywood and Santa Monica housing sites of the Los Angeles county's CDC DC (Community Development Commission) for low-income populations to increase awareness about the SNAP program (as well as other programs that assist low-income households in paying for groceries) and provide nutrition & health education alongside Medical Students from the David Geffen School of

Medicine. We will also be reaching out to other minority populations in the San Gabriel Valley.

Because each of our sites is composed of individuals from all ethnic backgrounds, we encourage AMSA members from all different backgrounds to apply, as many of the individuals we target speak limited English. We are seeking motivated individuals that are enthusiastic in assisting and educating the underserved populations.

Please email [nutritionandfitness@amsabruins.org](mailto:nutritionandfitness@amsabruins.org) if you have any questions, or are interested in getting involved. Committee meetings fall quarter will take place directly after the AMSA General Meeting on Wednesdays at 7pm.

## INTERNATIONAL OUTREACH PROJECT

**Regina Lee**  
IOP Director

The International Outreach Project is primarily involved with doing volunteer work outside of the country. Since its inception, members of the IOP committee have taken a 10-14 day trip to Costa Rica to work in the underprivileged neighborhoods. We work in one of the countries' poorest cities, La Carpio, doing a variety of different jobs. The majority of our work is public health related, which involves teaching the locals about basic hygiene, dental health, and sex education. We also frequent the local clinic and pharmacy where we are given



the opportunity to sit in on consults. In the past we have also had side projects, such as building bunk beds and delivering them to families, running a food bank, helping pave new cement roads, and other types of more physical volunteer work. During the school year, we fund-raise for money, clothes, medical supplies, medication, and awareness.

This year we are trying to branch out to other countries and hopefully bring in new ideas for fundraisers.



AMSA IOP member in a Costa Rican clinic

Any members interested in traveling abroad or just helping out with fundraisers would be greatly appreciated. I can be reached at [IOP@amsabruins.org](mailto:IOP@amsabruins.org). Hope to see you soon!

## NEWSLETTER PROJECT

**Pasha Dabiri**  
Newsletter Director

Our goal with the AMSA Newsletter is to allow pre-med students the opportunity to brush up on their composition and research skills, as well as to keep students up-to-date on various topics related to science and medicine, as well as the politics behind the scenes.



An unfortunate side-effect of undergraduates studying so hard to get into medical school is that they simply neglect to practice their writing and analysis skills (which do show up on the MCAT, and are useful for putting together med school applications). In addition, it is important to remain informed about the world around you because not only will it come in handy during the interview process, but also because these are the issues that will affect you as a medical stu-

dent, as well as a future physician. In the past, students have written articles about the proposed single-payer healthcare bill, how to best prepare for the MCAT, the shortages of primary care physicians, the development of drug resistant tumors, etc.

If you are at all interested, please contact me at [newsletter@amsabruins.org](mailto:newsletter@amsabruins.org), writing with us is a great way to get started in AMSA and interact with the leadership team.

AMSA AT UCLA  
STAFF '11-'12

## Executive Board

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**Avani Vachhani** | Vice President  
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## Action Committee Chairs

**Kimberly Thill** | Community & Public Health  
**Andrew Shenol** | Global Health  
**Peter Nauka** | Legislative Affairs  
**Yara Badrakhan** | Student Life

## Project Directors

**Taysa Bowers & Michelle Dilley** | Domestic Violence  
**Regina Lee** | International Outreach  
**Pasha Dabiri** | Newsletter  
**Janice Ma** | Nutrition & Fitness

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