



TONIGHT'S MEETING

- Welcome to Texas A&M Pre-Medical Society! Tonight our MCAT Prep Sponsors, Next Step and Kaplan, are here to talk about MCAT prep resources. We also have a couple former Pre-Med members who are currently med students at Texas A&M here to answer questions and talk about their journey so far.

ANNOUNCEMENTS

- In order to officially become a member (and earn points), you **MUST** fill out a membership form and pay dues! Dues are \$45 for the semester or \$65 for the full year. Dues can be paid by cash, check, or through online credit card payment.
- **VOLUNTEERING:** You must be a member to volunteer and are required to wear your Pre-Med Society shirt, long pants, and closed toed shoes. If you have not attended a volunteer orientation but would like to start volunteering, please email or speak to our community service chair, Brittany, to set up an orientation.
- Intramural Indoor Soccer playoffs will be starting soon! Stay tuned for more info on our next game.
- Our trip to UTMB Medical School in Galveston is coming up soon (November 16th)! We invite our top 20 members on the trip, so stay involved to keep earning your points!

POINT OPPORTUNITIES	
Pre-Med meeting attendance	3 Points
ECHO meeting attendance	2 Points
Wearing Pre-Med shirt at any meeting	1 Point
Social/intramural attendance	2 Points
One hour of volunteering	1 Point

MEMBERSHIP	
Exemplary	100 Points
Distinguished	75 Points
Honored	50 Points
Member	<50 Points

The points system is used to determine our members' participation within the society. The various echelons of awarded membership allow one to truly benefit from all the society has to offer and to capitalize on this involvement during the medical school application process.

Our Member of the Week is Emma Rowlinson!

Emma is a regular at our St. Joseph's volunteering and is very active in Pre-Med Society!

Keep up the great work!



THE CADUCEUS

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Texas A&M Pre-Medical Society

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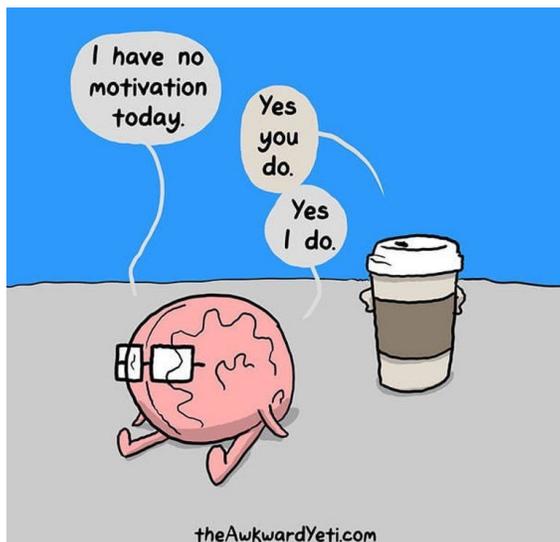
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DUES AND T-SHIRTS

\$45 for one semester*

\$65 for the full year*

*includes T-shirt

New shirts are \$15

Old shirts are \$5

Practice MCAT Question

Which of the following properties of a protein is least likely to be affected by changes in pH?

- A. Tertiary structure
- B. Primary structure
- C. Secondary structure
- D. Net charge

UPCOMING OPSA WORKSHOPS

Medical/Dental Portal Workshops

- November 5th, 12:00pm—1:00pm
- November 22nd, 3:00pm—4:00pm
- January 9th, 2:00pm—3:00pm

Health Professions Interview Workshop

- December 5th, 2:00—3:00pm

Medical Portal Workshops are required if you plan to attend medical school in Fall 2021! You'll need to attend THIS Fall 2019! (typically applies to Juniors)

UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Indoor Soccer 7:45pm BUILD Volun- teering 3-5pm	29 Pre-Med Meeting 7:00-8:00	30 Phoebe's Home 5-7pm	31 Mosaic Volun- teering 1-3 pm Happy	1 St. Joseph's Manor 2-4pm	2
3	4 BUILD Volun- teering 3-5pm	5 ECHO Meeting 7:00-8:00	6 Phoebe's Home 5-7pm	7 Mosaic Volun- teering 1-3 pm	8 St. Joseph's Manor 2-4pm Points Cutoff	9
10	11 BUILD Volun- teering 3-5pm	12 Pre-Med Meeting 7:00—8:00	13 Phoebe's Home 5-7pm	14 Mosaic Volun- teering 1—3 pm	15 UTMB Trip	16 UTMB Trip
17	18 BUILD Volun- teering 3-5pm	19 ECHO Meeting 5:15-6:15	20 Phoebe's Home 5-7pm	21 Mosaic Volun- teering 1—3 pm	22 St. Joseph's Manor 2-4 pm	23
24	25	26	27	28 Happy Thanksgiving!	29	30

Daily Volunteering:

MHMR on Mon—Fri from 10am-2pm. You can volunteer for as long as you'd like (credit up to 2 hours)!

NOTE: Volunteering opportunities are meant for members to attend as they please. We will offer rides to Phoebe's Home, Mosaic and St. Joe's, but not MHMR or BUILD.

ALSO check your volunteering requirements! (orientation/ application/vaccines)

Stronger focus on nutrition within health services could save 3.7 million lives by 2025

Health services must integrate a stronger focus on ensuring optimum nutrition at each stage of a person's life, according to a new report released by the World Health Organization (WHO). It is estimated that the right investment in nutrition could save 3.7 million lives by 2025.

"In order to provide quality health services and achieve Universal Health Coverage, nutrition should be positioned as one of the cornerstones of essential health packages," said Dr Naoko Yamamoto, Assistant Director-General at WHO. "We also need better food environments which allow all people to consume healthy diets."

Essential health packages in all settings need to contain robust nutrition components but countries will need to decide which interventions best support their national health policies, strategies and plans.

Key interventions include: providing iron and folic acid supplements as part of antenatal care; delaying umbilical cord clamping to ensure babies receive important nutrients they need after birth; promoting, protecting and supporting breastfeeding; providing advice on diet such as limiting the intake of free sugars¹ in adults and children and limiting salt intake to reduce the risk of heart disease and stroke.

Investment in nutrition actions will help countries get closer to their goal of achieving universal health coverage and the Sustainable Development Goals. It can also help the economy, with every US\$1 spent by donors on basic nutrition programs returning US\$ 16 to the local economy.

The world has made progress in nutrition but major challenges still exist. There has been a global decline in stunting (low height-for-age ratio): between 1990 and 2018, the prevalence of stunting in children aged under 5 years declined from 39.2% to 21.9%, or from 252.5 million to 149.0 million children, though progress has been much slower in Africa and South-East Asia.

Obesity, however, is on the rise. The prevalence of children considered overweight rose from 4.8% to 5.9% between 1990 and 2018, an increase of over 9 million children. Adult overweight and obesity are also rising in nearly every region and country, with 1.9 billion people overweight in 2016, of which 650 million (13% of the world's population) are obese.

Obesity is a major risk factor for diabetes; cardiovascular diseases (mainly heart disease and stroke); musculoskeletal disorders (especially osteoarthritis – a highly disabling degenerative disease of the joints); and some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney, and colon).

An increased focus on nutrition by the health services is key to addressing both aspects of the "double-burden" of malnutrition. The Essential Nutrition Actions publication is a compilation of nutrition actions to address this "double burden" of underweight and overweight and provide a tool for countries to integrate nutrition interventions into their national health and development policies.

Article Source:

World Health Organization (WHO)

<https://www.who.int/news-room/detail/04-09-2019-stronger-focus-on-nutrition-within-health-services-could-save-3.7-million-lives-by-2025>

MCAT Question Answer: B