



THE CADUCEUS

The Official Newsletter of the
Texas A&M
Pre-Medical Society

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Visit our website for more information: aggiepremed.com

Sign-In QR



TONIGHT'S MEETING

- Welcome to the Texas A&M Pre-Medical Society's fourth general meeting of the semester!! At tonight's meeting, the current officers will be giving updates regarding their positions, and we will be hearing from Dr. David Murdy, an internal medicine physician!

ANNOUNCEMENTS

- In order to officially become a member (and earn points), you **MUST** fill out the **membership form** (at bottom of page) and **pay dues**! Dues can be paid by cash, check, or online payment.
- Members who reach 25 points will receive a free decal sticker, and those who reach 50 points will receive a NEW t-shirt! Get with our Membership Director to redeem yours.
- **VOLUNTEERING:** You **must be a member** to volunteer. Plenty of new opportunities available (thank you Raf!). *Sign up to volunteer on our website!*
- Our Top 20 members will be invited to attend a medical school field trip at the end of the semester so be sure to earn your points! This semester we will be touring UTMB!!
- Peer Mentorship: The committee has put together a fluid google doc comprised of many great resources! If you feel like you have something of value to add or have a question, go ahead and include it.



POINT OPPORTUNITIES

Pre-Med Meeting Attendance	3 points
Social Event Attendance	3 points
ECHO Meeting Attendance	2 points
Intramural Game Attendance	2 points
One Hour Of Volunteering	1 point
Wearing Pre-Med Shirt at Meeting	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.

Membership Form QR



Member Spotlight:



Be an active member to be featured on The Cad & our Instagram!!



¡¡Congratulations
to our

Member of the Week,

Riley Dean

Thank you for being
an active member!!

Interviewer: **What's your name?**

Me: **Accepted**

Interviewer: **You're accepted?**

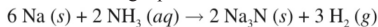
Me: **Thank you very much!**



PRACTICE MCAT QUESTION

Aerobic respiration ends at the electron transport chain, where protein complexes are reduced and oxidized in turn as electrons make their way to join O₂ to form H₂O.

Consider the following equation:



Which species acts as an oxidizing agent?

- A. Na
- B. N in NH₃
- C. H in NH₃
- D. H₂

Answer at the bottom of next page.

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19.	Indoor Soccer 7:45 pm Boys & Girls Club 3-7 pm	Pre-Med Meeting 7-8 pm B&G Club 3-7 pm	Indoor Soccer 7:45 pm B&G Club 3-7 pm Phoebe's Home 5-6:30 pm	B&G Club 3-7 pm	Broomball Social w/ Pre-Dental 6:45 - 7:45 pm B&G Club 3-6 pm	25.
26.	Boys & Girls Club 3-7 pm	ECHO Meeting 7-8 pm B&G Club 3-7 pm	B&G Club 3-7 pm Phoebe's Home 5-6:30 pm	B&G Club 3-7 pm	B&G Club 3-6 pm	4.
5.	Boys & Girls Club 3-7 pm	Pre-Med Meeting 7-8 pm B&G Club 3-7 pm	B&G Club 3-7 pm Phoebe's Home 5-6:30 pm Companion Day 9-11 am	B&G Club 3-7 pm	B&G Club 3-6 pm	11.
12.	S	R R	I E	N A	G K	!!!
19.	Boys & Girls Club 3-7 pm	Pre-Med Meeting 7-8 pm B&G Club 3-7 pm	B&G Club 3-7 pm Phoebe's Home 5-6:30 pm	B&G Club 3-7 pm	B&G Club 3-6 pm	25.
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DUES AND MERCHANDISE

Membership Dues Per Year	\$60
Membership Dues Per Semester	\$45
Fleece	\$55
New T-Shirts	\$15
Old T-Shirts	\$5
Decal Stickers	1 - \$3 2 - \$5
** Dues Include A New T-Shirt **	

UPCOMING OPSA WORKSHOPS

Gap Years 101:

- Wednesday, March 10, 1:00pm - 2:00pm
- Thursday, March 23, 3:00pm - 4:00pm

PSA Money Talks:

- Wednesday, March 24, 2:00pm - 3:00pm

For more information, questions, and/or concerns:
Professional School Advising (PSA)

979.847.8938

or visit <https://careercenter.tamu.edu/Resources/Professional-School-Advising/PSA-Workshops>

****NOTE:** Volunteering opportunities are meant for members to attend as they please. Check your volunteering requirements (i.e. application, orientation, vaccines, dress code, etc.)!

****Visit aggiepremed.com for our Google Calendar!**

‘We Are the Underdogs’: First-Gen Physicians on Their Pursuit of a Medical Career

Jenna Colturi | Nov 16, 2021

First-generation (first-gen) physicians are the first in their families to attend medical school, and in turn, face distinct obstacles from their continuing-generation colleagues. First-gen students often take on meager academic advising, mentoring, and professional networking opportunities, all while facing inadequate emotional and moral support. They tend to come from more diverse backgrounds than continuing-generation physicians, bringing unique strengths to the field like resilience and emotional intelligence. Doximity spoke with two first-gen physicians to hear more about their career experiences, and the mentorship that has helped them get to where they are today.

Dr. Lynn Cintron has been a practicing anesthesiologist for over 20 years, and found inspiration to become a doctor in the joys of science. “I fondly remember a science project involving the anatomy of a goldfish,” she said. Advice from mentors along the way has stuck with her. “[One mentor] did teach me the importance of staying involved in organized medicine and volunteering. That’s opened many doors and networking opportunities,” she said.

Dr. Francis Navarra is an anesthesiology resident at Temple University Hospital. He came into medicine after pursuing a career in professional skateboarding. “When things weren’t really working out for me, I figured, why not go back to school? I knew that when my grandparents came here [from the Philippines], they came to have a better life,” he said. Dr. Navarra initially set course to pursue a career in nursing, but an anatomy and physiology professor pushed him to consider his true goals. Dr. Navarra reflected, “He would ask me, ‘Have you ever thought about medicine?’” Dr. Navarra hadn’t, but the professor’s persistence weighed on his mind. “One day I asked him, ‘What do you see in me?’ And his response was ‘I see greatness.’”

Inspiration is the first step, but first-gens then face the daunting task of learning the complex medical system on their own. “It does take more work [for first-gens than for other physicians],” Dr. Cintron said. “It does take more time to learn a system, there’s no question. Time that one could be using for rest and recreation, family, or personal well-being. Even though parents are very caring, many of them don’t know the system. They can’t help us navigate the system, but it’s still a support system, and every little bit helps.”

As a result, many first-gens spend less time on personal health and wellness, and reportedly have worse sleep problems. Dr. Navarra used a metaphor to talk about the energy he spends on his work: “If I had a cup and all of the water or coffee in that cup was everything I had to pour out into patients, I would empty that cup every single time. And sometimes we don’t have a way of refilling it, and that can be the challenging part. That’s kind of something that I’ve seen with my first-generation colleagues. People who come from that type of background are always willing to empty that cup for their patients.”

Mentors can play a big role in helping first-gens reach their potential and combat impostor syndrome and discouragement from others. Though mentorship programs are few and far between for first-gens, both Dr. Cintron and Dr. Navarra have been able to get involved with programs in their communities.

Dr. Cintron acts as a mentor at the First Generation Mentorship Program at Stanford Medicine, which offers informal opportunities such as chocolate tastings for students to connect with each other and their mentors. “I think they are one of the few [schools] that have this particular type of program, and I wish that I had this during my training,” she said. “So much of any profession -- whether it’s law, politics, engineering -- is tied into how we’re mentored along the way. It is very helpful for people that come from a minority background, disadvantaged background, to try to not only give structural recommendations on certain pathways, but also just encouragement.”

Dr. Navarra has also taken on the role of mentor to others. He helped found the Georgetown Med Generation One program, which is a program aimed at bringing students who come from an underserved disadvantaged background to help diversify the field of medicine. He has benefited not only from hearing his colleagues’ stories, but also from sharing his own. He noted, “I’m not just grades, I’m not just a test score. My background is so unique. And I think if you find the right people to nurture that, then you can really make it into med school.” As a first-gen physician, he explained that what has helped him move forward is to “always give back. It can be really daunting, especially when you have to look up this mountain that you feel like it’s impossible to climb up. And so I think reaching out to people and letting them know that I’m there for them and to provide that support [is helpful].”

Even with mentorship, many first-gens have a hard time communicating about their work life to their family. “It’s always difficult trying to explain what I do on a day-to-day basis,” Dr. Navarra said. “I try to explain what I do in layman’s terms.” This challenge has helped him improve his science communication skills, which has directly improved his patient care. “It’s worthwhile for me as someone going into anesthesiology because the moments we spend with our patients are fairly short lived,” he said.

When asked about one piece of advice to give other first-gens, Dr. Navarra said, “I think having that growth mindset throughout the whole process is paramount because everything is dynamic, everything’s moving. And just fixating on one thing, one test score, is detrimental. In our discomfort is where we find our greatest growth.” He continued, “We are considered the underdogs and I love that because people aren’t banking on us to succeed.”

In a time where burnout and exhaustion are widespread in the profession, many clinicians debate whether or not they would advise others to follow in their footsteps. With all of the challenges first-gen students face, a sense of pride and accomplishment is something that keeps their heads high. Dr. Cintron reflected, “It’s exciting to be the first in anything. The first to go to college, to be in the medical field, to be a physician. It’s something to be proud of and something to celebrate.” She continued, “I’m just grateful to have gotten to this point and to be able to do something that I enjoy doing. It’s very rewarding to feel.”

The first-generation physician population is one that continues to expand as the call to create space in medical school for a more diverse population is growing louder. Dr. Navarra noted, “Starting at a lower threshold and climbing our way out of that, and then also looking back to help others who are in that similar situation, I think that’s what makes us even better.”

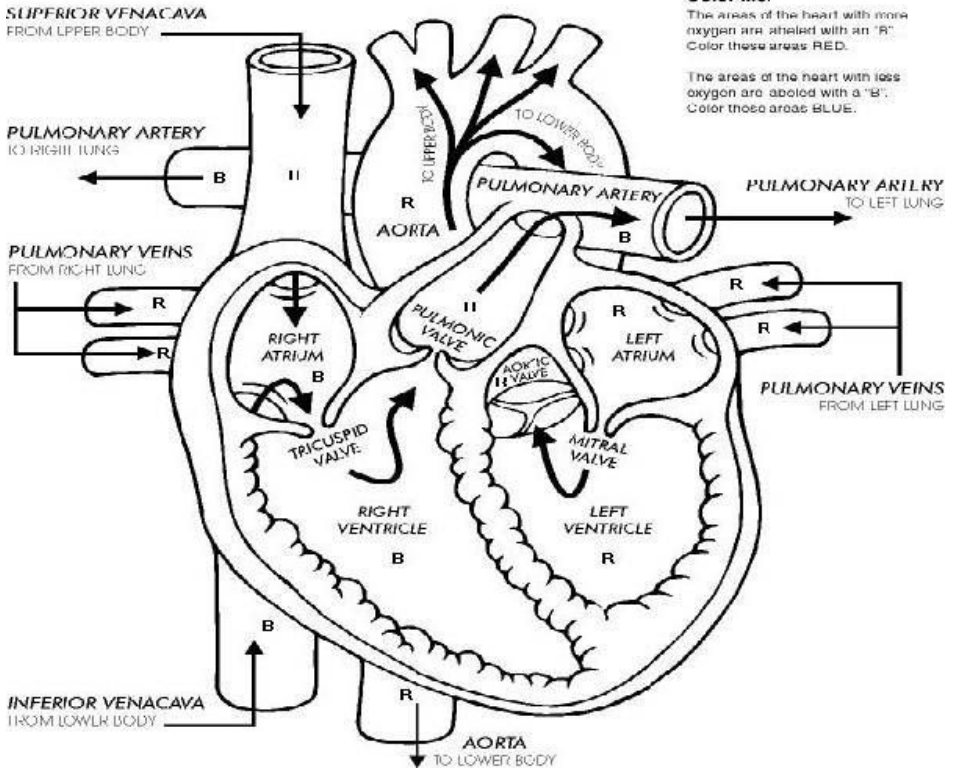
The Heart

This drawing shows how blood flows through the heart.

Color Me:

The areas of the heart with more oxygen are labeled with an "R". Color these areas RED.

The areas of the heart with less oxygen are labeled with a "B". Color these areas BLUE.



MCAT Answer: C is the correct answer.

The oxidizing agent is the species that is reduced in any given equation. In this problem, six hydrogen atoms with +1 oxidation states in NH_3 are reduced to three neutral H_2 molecules.

Volunteering
GroupMe



22-23 IM
Group Me

