



THE CADUCEUS

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

March 5th, 2019
Volume 30, Issue 4

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Visit our website for more information: aggiepremed.com



TONIGHT'S MEETING

- Tonight our speaker is Dr. Danielle Jones! Dr. Jones is an Obstetrician/Gynecologist here in College Station at Baylor Scott & White. She attended medical school at the Texas Tech University Health Sciences Center School of Medicine in Lubbock. Plus, she has a very popular Instagram page!

ANNOUNCEMENTS

- Come out to our Cane's Profit Share tomorrow from 5-9pm! Be sure to mention you're with the Pre-Med Society and you'll get points if you send your receipt to Jessica!
- Sign up for our Softball intramurals! You can do so through IM Leagues. Our games are on Sundays at 4:45pm!
- 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.
- **VOLUNTEERING: You must be a member to volunteer and are required to wear your Pre-Medical Society shirt, long pants, and closed toed shoes. For Phoebe's Home, you must attend an orientation before volunteering. For St. Joseph's Manor, you will need a TB Test and a current flu shot.**

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 LEVELS

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 Max Kutch! Max attended our CARS workshop last week and has been a consistently active member this year! Congratulations and keep it up!

Joke of the Week



Practice MCAT Question

The secondary structure of proteins is mostly due to:

- A. van der Waals forces.
- B. covalent bonding between "R" group
- C. hydrogen bonding.
- D. the number of amino acids.

UPCOMING EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5 Pre-Med Meeting 7:00-8:00	6 Cane's Profit Share! Phoebe's Home 5:00-7:00	7 TCM Resale Shop 9:00-6:00	8 St. Joseph's 2:30-4:30	9
10	11 Spring Break	12 Spring Break	13 Spring Break	14 Spring Break	15 Spring Break	16
17	18	19 Pre-Med Meeting 7:00-8:00	20 Phoebe's Home 5:00-7:00	21 TCM Resale Shop 9:00-6:00	22 St. Joseph's 2:30-4:30	23
24	25	26 ECHO Meeting 7:00-8:00	27 Phoebe's Home 5:00-7:00	28 TCM Resale Shop 9:00-6:00	29 St. Joseph's 2:30-4:30	30 Big Event!

DUES AND T-SHIRTS

\$45 for one semester*

\$65 for the full year*

*includes T-shirt

New shirts are \$15

Old shirts are \$5

Athletic shirts are \$12

UPCOMING OPSA WORKSHOPS/ EVENTS

Medical/Dental Application Workshops

- April 22, 11:00am—12:00pm
- April 23, 3:00pm—4:00pm

JAMP Application Workshops

- March 28, 5:30pm—6:30pm
- April 11, 2:00pm—3:00 pm

Medical Portal Workshops are required if you plan to attend medical school in Fall 2020! You'll need to attend THIS Spring 2019! (typically applies to Juniors)

Daily Volunteering:

MHMR on Wed, Thurs, Fri from 10-2pm. 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 and St. Joe's, but not MHMR or the TCM Resale Shop.

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

Countries are spending more on health, but people are still paying too much out of their own pockets

Spending on health is growing faster than the rest of the global economy, accounting for 10% of global gross domestic product (GDP). A new report on global health expenditure from the World Health Organization (WHO) reveals a swift upward trajectory of global health spending, which is particularly noticeable in low- and middle-income countries where health spending is growing on average 6% annually compared with 4% in high-income countries.

Health spending is made up of government expenditure, out-of-pocket payments (people paying for their own care), and sources such as voluntary health insurance, employer-provided health programmes, and activities by non-governmental organizations.

Governments provide an average of 51% of a country's health spending, while more than 35% of health spending per country comes from out-of-pocket expenses. One consequence of this is 100 million people pushed into extreme poverty each year.

The report highlights a trend of increasing domestic public funding for health in low- and middle-income countries and declining external funding in middle-income countries. Reliance on out-of-pocket expenses is declining around the world, albeit slowly.

"Increased domestic spending is essential for achieving universal health coverage and the health-related Sustainable Development Goals," said Dr Tedros Adhanom Ghebreyesus, WHO Director-General. "But health spending is not a cost, it's an investment in poverty reduction, jobs, productivity, inclusive economic growth, and healthier, safer, fairer societies."

In middle-income countries, government health expenditure per capita has doubled since the year 2000. On average, governments spend US\$60 per person on health in lower-middle income countries and close to US\$270 per person in upper-middle income countries.

When government spending on health increases, people are less likely to fall into poverty seeking health services. But government spending only reduces inequities in access when allocations are carefully planned to ensure that the entire population can obtain primary health care.

In low- and middle-income countries, new data suggest that more than half of health spending is devoted to primary health care. Yet less than 40% of all spending on primary health care comes from governments.

"All WHO's 194 Member States recognized the importance of primary health care in their adoption of the Declaration of Astana last October," said Dr Agnes Soucat, WHO Director for Health Systems, Governance and Financing. "Now they need to act on that declaration and prioritize spending on quality healthcare in the community."

The report also examines the role of external funding. As domestic spending increases, the proportion of funding provided by external aid has dropped to less than 1% of global health expenditure. Almost half of these external funds are devoted to three diseases – HIV/AIDS, Tuberculosis (TB) and malaria.

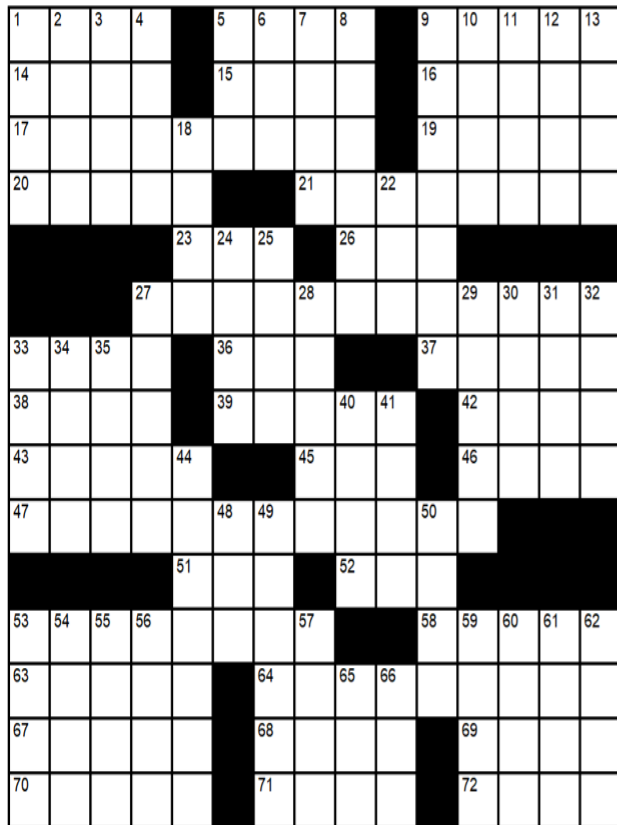
While the report clearly illustrates the transition of middle-income countries to domestic funding of health systems, external aid remains essential to many countries, particularly low-income countries.

The new WHO report points to ways that policy makers, health professionals and citizens alike can continue to strengthen health systems.

"Health is a human right and all countries need to prioritize efficient, cost-effective primary health care as the path to achieving universal health coverage and the Sustainable Development Goals," concluded Soucat.

Article from www.who.int

Answer to MCAT Question: C



Created by Adam Baker

Across

37. Words preceding "Rainbow", in a Rolling Stones song
38. His and ____
39. Eucalyptus muncher
42. Neighbor of Pakistan
43. Sign of spring
45. "Far out!"
46. Learning by memorizing
47. Nocturnal pep rally at Texas A&M
51. ____TV, channel for "Impractical Jokers"
52. Last word of "America, the Beautiful"
53. Party for many a Texas A&M upperclassman
58. Runway walker
63. Round, convex moulding
64. Like Lyme disease and anaplasmosis
67. Under
68. Video game content rater, abbr.
69. Indian dish with hooves
70. Muscle
71. Letters inviting a reply
72. Trade

Down

25. ____ facto
27. Industrial city in western Germany
28. 1970's band with the hit "Barracuda"
29. Kind of pool
30. Prefix with space
31. Law school test, briefly
32. "Citizen ____"
33. Hoax
34. "Frasier" actress Gilpin
35. Bone-dry
40. Popular chip brand
41. "Zip-____-Doo-Dah"
44. Take a seat
48. Main character in "Despicable Me"
49. Predator
50. Gyro meat
53. Eldest Stark son in "Game of Thrones"
54. Bon ____, indie folk band
55. Mardi Gras city, informally
56. Netflix series about women's wrestling
57. Smooch
59. "My bad!"
60. Tie
61. Grammy-winning Irish singer
62. Jump
65. Honda SUV
66. Unit for a geneticist, abbr.

Across

1. "Planet of the ____"
5. Crescent point
9. Spinning pool shot
14. Start over
15. "A Simple Favor" star Kendrick
16. Followed a curved path
17. What 27-Across, 47-Across, or 53-Across is, to an Aggie
19. Unit for a "Monsters, Inc." employee
20. Poison ivy relative
21. 1980s comic book written by Alan Moore
23. "Green Book" star Mahershala
26. Dairy farm sound
27. Senior reminiscence at Texas A&M
33. Pampering places
36. Enzyme ending

Down

1. They may be liberal
2. Lima is its capital
3. Cheese with a red wax rind
4. Fizzy drink
5. Garfield or Sylvester
6. Prefix with cellular
7. What Frosty is made of
8. Canal country
9. Reveille and Bevo, for two Texas colleges
10. St. Louis shape
11. Pyramid scheme, e.g.
12. Bone-dry
13. Genesis garden
18. Suffix for 45-Across that doesn't change its meaning
22. 2,000 pounds
24. Plumbing problem