



## 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](http://aggiepremed.com)

## TONIGHT'S MEETING

- Welcome to Texas A&M Pre-Medical Society! Dr. Connally is our guest speaker tonight. He is an orthopedic surgeon at Baylor Scott & White here in College Station.



## 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. For Phoebe's Home, you must attend an orientation before volunteering. For St. Joseph's Manor, you will need to attend orientation, complete a TB Test, and a current flu shot. For Mosaic, the orientation will be on the 1st day of volunteering.
- Intramurals have started, but it is not too late to join! Our next game will be **Monday, October 28th at 7:45 pm**. Practices will be before games starting around 7 pm. To join our intramural team, you must buy the unlimited play pass from the REC and request to join our team.
- The Walk to End Alzheimer's is this Saturday, October 19th. The walk will begin at 9am. Please arrive no later than 8:30am to register. Members will receive 5 points for attending the walk. If you would like to volunteer to help with set up, please be there at 6:30am. You can receive an additional 5 points for volunteering.
- Our Fall "Pumpkins & Picnics" Social will be Friday, October 25th from 5-8pm. Check out the flyer on the back of the Cad for more info!

### 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 Alec Randolph!

We really appreciate how involved you  
are with volunteering!

Keep up the great work!



## Joke of the Week

When I'm fascinated about medical stuff and my friends aren't



## Practice MCAT Question

In the dissociation of phosphoric acid, the trend  $K_{a1} > K_{a2} > K_{a3}$  is predominantly due to:

- an equilibrium shift towards the reactants side in Reactions 2 and 3 due to the release of  $H^+$  in Reaction 1.
- a smaller radius in the  $H^+$  liberated in Reaction 1 compared to that in Reactions 2 and 3.
- a slower rate of reaction after subsequent ionizations.
- an increasing influence of the anion after subsequent ionizations.

## DUES AND T-SHIRTS

\$45 for one semester\*

\$65 for the full year\*

\*includes T-shirt

New shirts are \$15

Old shirts are \$5

## UPCOMING OPSA WORKSHOPS

### Medical/Dental Portal Workshops

- October 23rd, 3:00pm—4:00pm
- November 5th, 12:00pm—1:00pm
- November 22nd, 3:00pm—4:00pm

### 2nd Year Informational

- October 17th, 5:30pm—6:30pm

### 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
29	30 Indoor Soccer 7:45pm BUILD Volunteering 3-5pm	1 Pre-Med Meeting 7:00-8:00 PC Apps Open!	2	3	4	5
6	7 BUILD Volunteering 3-5pm	8 ECHO Meeting 7:00-8:00	9 Phoebe's Home 5-7pm	10 Mosaic Orientation @ 1pm	11 St. Joseph's Manor 2-4 pm Philanthropy Committee Applications Due @ 12pm	12
13	14 Indoor Soccer 7:45pm BUILD Volunteering 3-5pm	15 Pre-Med Meeting 7:00—8:00	16 Phoebe's Home 5-7pm	17 Mosaic Volunteering 1—3 pm	18 St. Joseph's Manor 2-4 pm	19 Alzheimer's Walk 9 am
20	21 BUILD Volunteering 3-5pm	22 ECHO Meeting 5:15-6:15	23 Phoebe's Home 5-7pm	24 Mosaic Volunteering 1—3 pm	25 St. Joseph's Manor 2-4 pm Fall Social 5-8pm	26
27	28 Indoor Soccer 7:45pm BUILD Volunteering 3-5pm	29 Pre-Med Meeting 7:00—8:00	30 Phoebe's Home 5-7pm	31 Mosaic Volunteering 1—3 pm Happy Halloween!	1 St. Joseph's Manor 2-4 pm	2

### 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)

## The Pre-Med Ambition: Is it worth it?

Presentations, research work, GPA, MCAT, extra curriculars, and volunteering. You could call it the “pre-med six-pack,” which, like a well-defined *rectus abdominis*, represent the “core” of an aspiring young physician. However, unlike one’s abdominal muscles, which experience fatigue after being put through a strenuous workout, these six core components are scheduled for a daily workout in the calendars of pre-medical students across the nation. There is no day off.

There are also no immediate rewards - no gold stars or pats on the back. Instead, we rely on the hope that if we work hard today, our dreams will someday come to fruition. But, there’s a lingering fear in the back of every aspiring med student’s mind: what if, our dream to become physicians isn’t as glorified as we convince ourselves that it is? What if, we are the 50% of physicians or residents who burn out and struggle to cope with the stress? Indeed, we expect the magnitude of responsibility and challenge we face today will only be trivial in the years to come. How will we be ready to face unforeseen hardships that may force us to completely question our desire to enter this profession?

The role of a physician is heavily glorified in most cultures and in today’s western society you can find the job of a physician near the top of the list of dream jobs. In North America, being a physician gives an individual special status and immediate respect as well as a great deal of material wealth. However, the reality is that physicians are not always held on a pedestal. We have heard stories of family physicians in Canada receiving abuse from their patients. In a national survey, two in five surveyed Canadian GPs stated they were subjected to some degree of abuse during their practice, with patients – the very people we desire to help – being the greatest perpetrators. We are certainly cognizant of the discourse between provincial governments and practicing physicians. It’s not hard for our bubble to be burst by the reality of what Canadian physicians face. We ask ourselves a serious question - is our struggle to go down this path actually worth it?

We think so. It is far too easy for us to enjoy the privilege of receiving a great education, among other luxuries, while many others do not benefit from the same opportunities. We lament about the stress that we face but we sometimes forget that the hardships we face along this path are incomparable to the struggle our future patients may endure. We want to be physicians who devote ourselves to empower and advocate for the communities that have helped build us into who we are today. We have already taken the initial impetus towards immersing ourselves in the clinical environment. From our experience with volunteering in emergency departments, operating rooms, and conducting clinical research, we have had a small taste of the genuinely heart-warming feeling of improving the lives of patients with whom we have interacted. The feeling of instilling confidence in a sick child to fight their illness, and even bringing a smile to their face, is absolutely surreal. Even from personal experience of being patients ourselves, we remember the times when a physician went out of their way to help us, and want to be in the position to do the same.

If we take a step back, our journey towards becoming physicians has helped us grow into talented, diligent, and genuine individuals. We can communicate, inquire, and think critically all while embracing a passion for lifelong learning. There is no doubt that we will experience frustration, fatigue, and failure. To us, this is all part of the pursuit towards a meaningful career in medicine. Should we ever receive the privilege, bearing a white coat becomes not only a symbol of care but represents the conviction to embark on a tireless journey to ultimately better the greater community.

Article Source: NCBI

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5661731/>



# let's get spooky!

Join the Pre-Medical Society for our Fall Social

There will be pumpkins to decorate  
& treats, lots of fun & yummy eats!

## **Pumpkins & Picnic**

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October 25, 2019, 5 PM - 8 PM

Meet at Aggie Habitat Pumpkin  
Patch

RSVP WITH QR CODE OR VISIT  
[AGGIEPREMED.COM](http://AGGIEPREMED.COM)

