

THE STUDENT DOCTOR DIGEST-IVE

THE OFFICIAL SGA NEWSLETTER

Join us for our upcoming Physician Panel!

THIS MONTH

SGA will be hosting a Physician Panel on Zoom on Wednesday, September 28th from 6:00 pm - 7:00 pm. We are honored to be hosting Dr. Carmine D'Amico, Dr. William Wismer, and Dr. Joseph Rowane.

Please submit any questions that you may have for our speakers on this google form. We will be sharing your questions with the physicians so they can answer them during the panel. Here is the link:
<https://forms.gle/h9gB2R3U5oPDheAm8>



DR. WILLIAM WISMER
Gastroenterologist



DR. CARMINE D'AMICO
Cardiologist



DR. JOSEPH ROWANE
Pulmonologist

YOUR SGA TEAM

- President:** Khin Oo (LDP)
- Vice President 1:** Abhay Dhillon (LDP)
- Vice President 2:** Tyler Dobratz (DSP)
- Secretary:** Ananya Koka (LDP)
- Treasurer:** Anthony Di Cecca (LDP)
- Webmaster:** William Kim (DSP)
- MHTF:** Serene Bahi (DSP)

Zoom Link: <https://uso6web.zoom.us/j/89143354226?pwd=M3lUZUpFV2NmNERlazzdNVmFMNUlEUT09>

FRIDAY | SEPTEMBER 28 | 6 - 7 PM

<https://com.erie.lecomsga.org>

 @lecomsga

CMDA

CHARITY MILES

Hello LECOM!

Christian Medical and Dental Associations (CMDA) is doing an event for the entire month of September to raise money for suicide prevention month. We decided to raise money for Wounded Warrior Project, which is an organization dedicated to helping veterans recover from physical and mental wounds that they suffer from as a result of service to our country. Charity Miles is an app that you download on your phone, which raises money as you walk, run, or bike.

The more miles you do, the more money is raised for Wounded Warrior Project. This is a great way to get out, be active, and have a nice study break while helping other people! If you are interested, please put your name and email address in the attached Google Doc and we will reach out with an instructional document on how to join our team as well as more information about the event. So far, the event is going well, and we have done 974.2 miles as a team! We did this in the spring semester and we're very happy with the results, as we raised about \$600 for charities supporting Ukraine. We would love to raise more money this semester. Thanks to all who have joined and participated so far!

Mentoring Club

Hi all!

This is Mentoring Club with your monthly newsletter update! We are excited to announce that the tie dye event was a huge hit with all of the kiddos! Thank you so much to everyone who participated, it was a great way to kick off this year!

Additionally, we have another fundraiser coming up September 14 from 5 -9pm at chipotle! Just go grab a bite in the evening after a long day of classes and let them know that you are there for LECOM's Mentoring Club and we will get some proceeds which are much needed for this year's activities to ensue. The excel sheet is still available for any last minute speaker requests so don't forget to throw your topic ideas out there so we can start looking for speakers for you all!

Have a great fall everyone!

-Mentoring Club

Interesting Facts about Women's Health in Medicine

from WHMS

- The first woman in the United States to earn a medical degree, Dr. Elizabeth Blackwell paved the path for innumerable women to follow. Dr. Blackwell faced years of discrimination before graduating first in her class from Geneva Medical College in New York in 1849.
- In 2017, for the very first time, the Association of American Medical Colleges (AAMC) reported more women than men are enrolled in U.S. medical schools.
- Women have unique risk factors. It's not that women are so radically different than men, but we do know that there are some major differences between the two when it comes to health risks. Women, compared to men, are more likely to be susceptible to hypertension, diabetes, arthritis, fibromyalgia, eye diseases, pain sensitivity, irritable bowel syndrome and certain types of mood disorders—and that's not even touching the reproductive differences. We know of these differences, but there's also so much we don't know that it's incredibly relevant to continue studying them.
- Every 90 seconds, a woman dies during pregnancy or childbirth. Most of these deaths are preventable, but due to gender-based discrimination many women are not given the proper education or care they need.

Interested in being a
Class
Representative or
an SGA Board
Member?



ELECTIONS

Student Government

Association (SGA) Board

- Act as a voice for the entire student body (OMS1-OMS4) on a local and national level
- Organize and manage all other clubs and groups on campus, holding monthly club president meetings to share updates and ideas
- Meet monthly with provost, Dr. Silvia Ferretti, to discuss all updates, concerns, and ideas regarding the class as a whole, and upcoming events or changes we would like
- Opportunities to travel and attend conferences and voice opinions and ideas to AOA, POMA, ACOFP, etc.
- CANNOT hold any other student club leadership officer positions
- Positions:
 - President
 - VP1
 - VP2
 - Treasurer
 - Secretary
 - Mental Health Task Force Chair
 - Webmaster
- Election will take place in mid-December

Student Club Leadership

Roles

- Similar position structure of positions as SGA
- President
- VP
- Treasurer
- Secretary
- National Liaison
- Elections will take place December-February

Pathway Representatives

- Act as a voice for each pathway
- Communicate with pathway directors/faculty/administration about issues or questions concerning your pathway
- Things like: schedule changes, issues with the canvas page, explanations on difficult concepts or questions
- Share updates from admin with your classmates
- Work closely with Class Representatives
- Build a very close relationship with your pathway director and potentially other faculty
- CAN hold other student club leadership officer positions
- Now accepting applications: Please send letter of intent and petition form to TDobratz92800@med.lecom.edu by October 14, Election will take place on October 22

Class Representatives

- Act as a voice for your whole class (class of 2026) on a local level
- Listen to and act on comments and concerns of students in the class
- Work with both SGA and SOMA
- Local leadership position without need for travel
- CAN hold other student club leadership officer positions
- Positions:
 - President
 - VP1
 - VP2
 - Treasurer
 - Secretary
 - Pathway Reps
- Election will take place in mid-December

BEHAVIORAL HEALTH RESOURCES

These can also be found on our website.

ERIE BEHAVIORAL HEALTH RESOURCES

Crisis Services

2560 West 12th Street
(814) 456-2014

Crime Victim Center of Erie County (Rape Crisis)

125 West 18th Street
(814) 455-9414

SafeNET (domestic abuse)

1702 French Street
(814) 454-8161

Drug and Alcohol Services

Millcreek Community Hospital
5515 Peach Street
(814) 864-4031

Stairways Behavioral Health, Gage House

2919 State Street
(814) 464-8438

Catholic Charities Mental Health Services

329 West 10th Street
(814) 456-2091

Millcreek Community Hospital

5515 Peach Street
(814) 864-4031

LECOM Outpatient Behavioral Health

4740 Peach St, Erie, PA 16509
(814) 454-3174

Safe Harbor Behavioral Health

1330 West 26th Street
(814) 459-9300

Stairways Behavioral Health

2910 State Street
(814) 453-5806

MetLife Lifeworks

Convenient and confidential help when you want it,
how you want it!

- Your program includes up to 5 in person, phone or video consultations with licensed counselors for you and your eligible household members, per issue, per calendar year.
- You can call **1-888-319-7819** to speak with a counselor or schedule an appointment, 24/7/365.
- When you call, just select “Employee Assistance Program” when prompted. You’ll immediately be connected to a counselor.

Log onto:

metliffeap.lifeworks.com or **Lifeworks Mobile App:**

user name: metliffeap

password: eap

FOR PRIVATE PROVIDERS:

You can contact **Dr. Dunbar** to assist in the referral process. She can help direct to exactly what you are looking for and make that processes easier and quicker.

You can also call the 800 number on the back of your health insurance card. They can provide a list of clinicians paneled with them in your area.

MENTAL HEALTH RESOURCES

Sleep & Self Care



The weeks keep speeding by. I am sure you feel like it has been a whirlwind so far. I hope that you have taken the chance to take care of yourself and “de-stress” during the past week and that you feel able to face the challenges and opportunities that this week will bring.

One big component of what is needed is to have *good sleep*. I know this is a challenge with the time demands on you, but it is important to remember that this is critical to your success- especially in academics. Our brain and our body need sleep to recharge and recuperate. Adequate sleep and good sleep hygiene are critical to optimal cognitive functioning ie. processing and retaining the info you are studying! It also keeps our physical and emotional health in check.

So often sleep is perceived as a luxury or at the very least bottom of the priority list (and I know your list is REALLY LONG!) In reality, it is as essential as food and water. When we compromise it, very bad things happen physically, emotionally, mentally. Sleep deprivation, if prolonged enough, can even cause psychosis and death. You need everything in your corner to build your resources on this stressful and rewarding journey you are on. Good sleep is a HUGE component of that.

It is common in the course of professional education for sleep hygiene to deteriorate. It is crucial, for your education now and your future in practice, to establish good sleep habits. Below are some resources to help you with that. Please take the time to take care of yourself... your well-being is important! I wish you a productive and positive week ahead. (And a well-rested one!)

Take care, Dr. Dunbar



Sleep well!

Can't sleep?

<https://thesleepdoctor.com/insomnia/what-to-do-when-you-cant-sleep/>

Tips to Improve your sleep

<http://healthysleep.med.harvard.edu/healthy/getting/overcoming/tips>

Healthy Sleep Habits

<http://www.sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

Student Doctor of the Year – Call for Nominations

The Student DO of the Year Award (SDOY) is an award presented annually by the Council of Osteopathic Student Government Presidents (COSGP), a council of the American Association of Colleges of Osteopathic Medicine (AACOM), to students who go above and beyond the average osteopathic medical student. Each School or College of Osteopathic Medicine (SOM/COM) will select a school SDOY, and these school winners will go on to compete for the National SDOY Award. The National SDOY will be announced at the 2021 AACOM Annual Meeting and will be the recipient of a monetary award (an amount that will be formally determined at a later date). The SDOY Award Recipient must be a full-time student at a SOM/COM and cannot be a previous school or national Student DO of the Year (SDOY) recipient.

This individual should represent the following ideals and values:

- Leadership
- Commitment to Community Service
- Dedication to the Profession
- Professionalism
- Embodiment of the Osteopathic Philosophy

For more information regarding this award, please see the attached PDF titled “2023 SDOY Info for Students”

Deadline: We will be accepting nominations until **October 15th, 2022**. Any nomination submitted after October 15th will not be eligible for this award.

If you have any questions regarding this award or nominations, please reach out to me via email at [Koo75384@med.lecom.edu].





Purpose

Federally-funded graduate medical education (GME) programs frequently exclude or impose burdensome requirements on Doctors of Osteopathic Medicine (DOs). These practices exacerbate the workforce shortage by limiting access to licensed DO physicians. Congressional action is needed to ensure DOs have equal access to Medicare-funded residency programs and the nation is leveraging all available physicians to support access to healthcare.

Background

Osteopathic medical students attend Colleges of Osteopathic Medicine and take the Comprehensive Osteopathic Medical Licensing Examination of the United States (COMLEX-USA) for state licensure and acceptance to residency programs. COMLEX-USA is equivalent to the United States Medical Licensing Examination (USMLE) taken by allopathic students (MDs). **The American Medical Association promotes equality in GME for DOs and MDs, including equal acceptance of the COMLEX and USMLE at all U.S. residency programs.**

In 2020, residency training for physicians was consolidated under a single accreditor, the Accreditation Council for Graduate Medical Education. Graduating DO and MD seniors now enter a “single match” and compete for acceptance into these residency programs where they will train for the next three to seven years, depending on medical specialty.

DO and MD requirements are parallel, both leading to unrestricted physician licenses. Residency training is required for licensure and supported through government-funded GME. Medicare accounts for 71% of all GME funding. **However, 9% of residency program directors never interview DOs and 27% seldom do. Moreover, a third of GME programs impose costly and burdensome requirements on DO students applying to residency, like mandating the USMLE.** Taxpayer funded GME programs should ensure fair consideration of residency applications from DOs and MDs.

Impact

Congressional action is needed to end restrictive practices against DOs for federally-funded GME because:

- DOs play a critical role in addressing the physician workforce shortage with **more than 73% of DOs practicing in the state where they do residency training**
- **36% of residency programs seldom or never interview DOs**
- **32% of residencies, more than 1,700 programs, only accept the USMLE**
- DO students spend over **\$6 million** a year on the USMLE
- DO students incur significant financial and emotional hardship to prepare for an examination that is not designed for the osteopathic profession or necessary for licensure

AACOM Recommends

Enact legislation ensuring that federally-funded GME residency programs consider osteopathic medical graduates. Cosponsor and pass the FAIR Act!

About AACOM

The American Association of Colleges of Osteopathic Medicine (AACOM) leads and advocates for the full continuum of osteopathic medical education to improve the health of the public. Founded in 1898 to support the nation's osteopathic medical schools, AACOM represents all 38 colleges of osteopathic medicine (COMs) at 61 teaching locations in 35 U.S. states, as well as osteopathic graduate medical education professionals and trainees at U.S. medical centers, hospitals, clinics and health systems. COMs educate approximately 36,500 medical students, 25 percent of all U.S. future physicians. **For more information, please contact David Bergman, Vice President of Government Relations, dbergman@aacom.org (301) 968-4174.**

Wanna stay in the loop on events?

Add our SGA event calendar to your devices!

[LECOM Calendar](#)

On the website, you'll see an iCal subscription method for IOS devices. Our VP1 updates the calendar as events are approved.

Nominate a Student of the Month!

[Nominate a Student](#)

Log your Volunteer Hours here

[Log Volunteer Hours](#)