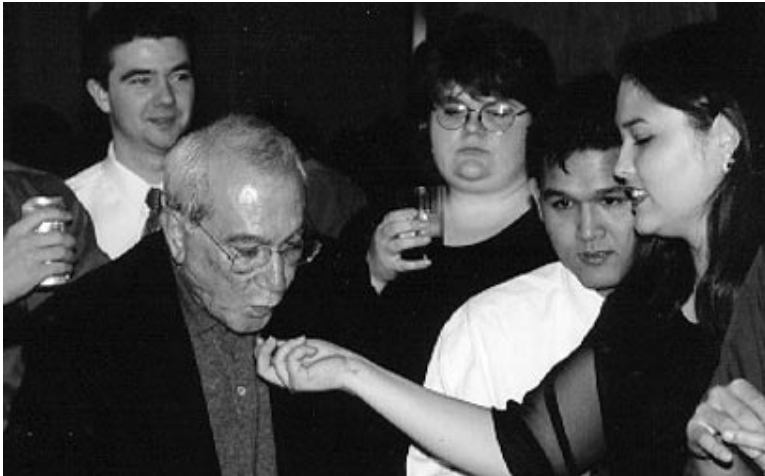




THE LINK

Volume 1, Issue 2

December 2000



UNTHSC Provost, Dr. Benjamin Cohen, blows on the dice for good luck for Carena Chai, MS-II. PA students Brian Pendleton, Christi Reid, and Happy Castro, MS-II gamble on. (Hand with can is Stan Kotera, PA 2001)

Casino Night Hits the Jackpot!

By: Lisa Allen, MS-II

- ♣ Deans “High Roller” Cohen and “Double or Nothing” Blackwell made dates with Lady Luck at the craps table.
- ♣ Barbershop will never be the same since Dr. Blanck, Dr. Forman, and Dean Yorio took over the karaoke machine.
- ♣ New student and faculty bonds were forged on the dance floor...
- ♣ Hameed found, or should I say won, his true love...a CD burner.
- ♣ Cuties and lovebirds alike were captured on film around the Christmas tree.
- ♣ The second years closed the place down...and then still wouldn't leave.
- ♣ Shelly Van Scoyk's chocolate needs will be met for many years to come, thanks to a four pound Hershey bar.
- ♣ Quesadillas, and turkey, and pasta....oh my!

Turn to page 8 for more pictures from Holiday Casino Night!

WHAT'S HAPPENING WITH THE OTHER OSTEOPATHIC SCHOOLS?

By: Shelly Van Scoyk, MSGA President, MS-III

CCOM-They are celebrating their school's centennial. “Clothes Line Project” displayed at the school (t-shirts design by victims of domestic violence).

WVSOM-They are still remodeling their Alumni Center, which should be completed next fall.

(President's Report--Continued on page 2)

THE LINK STAFF:

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*Happy Holidays from
your MSGA and the
Link Staff!*



D.O.'s—We've Come A Long Way

By: Brandon Lewis, MSIII
MSGA 1st Vice-President

On November 7, Dr. Jim Froelich, the current TOMA Vice-President, came to TCOM and gave an excellent presentation on the history of TOMA and Osteopathic medicine in general. D.O.'s—be proud and see how far we've come!

- 1892 Dr. A.T. Still founded a profession and a college, the American School of Osteopathy, the ASO.
- 1897 Graduates of the ASO came to Texas
- 1900 M.D.'s called osteopathy a cult and wrote legislation called the Wilson Bill to ban the practice. TOMA was formed, called TAAO, and defeated the Wilson Bill.
- 1918 World War I. D.O.'s could only serve as orderlies so we stayed home and took care of Texans as doctors.
- 1930 TMA banned us from sitting for board exams. TAAO defeated that action.
- 1941 We were banned from service again in World War II. We stayed home and took care of Texans, and "kept" the patients this time.
- 1949 M.D.'s tried to remove us from the Board of Medical Examiners—we won.
- 1950's D.O.'s were denied access to M.D.
- 60's hospitals—we built our own.
- 1961 "The Osteopathic Question" was turned over to the states.
- 1970 The dream called TCOM became a reality.
- 1971 We changed our name to TOMA.
- 1981 We were almost removed from the Board of Medical Examiners—again. We defeated that—again.
- 1981 The first non-discrimination bill (against D.O.'s) was passed into state law.
- 1991 Terry Boucher took over as State Executive Director of TOMA.
- 1993 TOMA moved from Fort Worth to Austin.
- 2000 We survived our first century and we are prepared for the next century.

Dec 2000

The future lies in the hands of the students of osteopathy—bear that burden well.

(President's Report—Continued from page 1)

WUCOM-First year students are required to have laptops. They are opening a new library. Dr. Lenz was appointed the new Dean of the medical school.

NSUCOM-Working on a group purchase of Handspring palm pilots. Their new building has a 350-seat auditorium and is almost complete.

AZCOM-"Bright Light Shining Stars" is a community event sponsored by Midwestern University to celebrate their relationship with the school.

UNECOM-On November 7th, Maine will vote whether or not to become the second state that permits physician suicide. In order to educate the student body a debate is scheduled at the school.

PCSOM-They opened a new medical library. Students are working very hard to get an OMM fellowship started.

OSUCOM-First year students are using "Hector the Dissector." The school holds stress management workshops, and if a student attends 7 out of 8 they receive extra-credit.

PCOM-They are setting up a website that the students can evaluate their rotations, and they are hoping to expand the website to include all of the schools to establish one large database. Dr. Schure is their new president.

TUCOM-The first class to graduate is this year, and with this momentous occasion comes accreditation of the school.

DMU/COMS-Hosted "At Death's Door" a forum on letting patients die with dignity, improving care for the dying, and sustained life.

KCOM-They are looking for a new Dean of the medical school. They hosted a chili cook-off/roast between the students and faculty, in October. It was a great success.

MSUCOM-Stewed Campus System has developed two new curriculum modules for osteopathic treatment of OB/GYN and post operative surgery patients.

OU-COM-Students had an informal meeting with three legislators, which was sponsored by AOA to discuss medicine and politics. Also, they had a fashion show to help encourage students to be economical. Participants were not allowed to wear any outfit that cost over \$20.00.

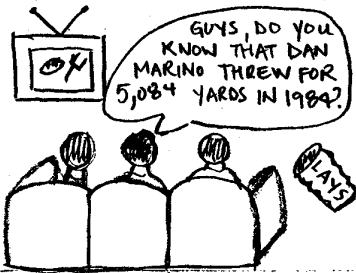
LECOM-They held a voting campaign in order to allow students and faculty to become registered and vote for the upcoming election.

NYCOM-Dr. Diamond was named the Dean of Academic Affairs. They held their annual OSTEOLAST party to celebrate the completion of the first round of tests.

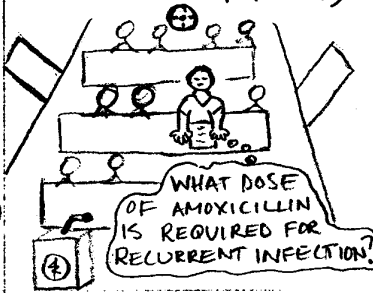
art by verma

HAMEED THE HORRIBLE

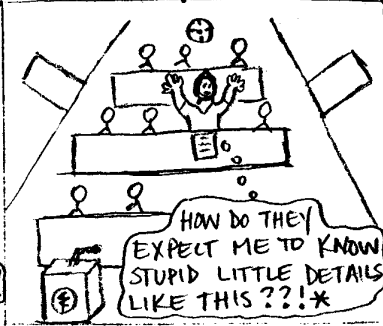
(SCENE IN LIVING ROOM - WHILE WATCHING FOOTBALL)



(WHILE TAKING A TEST)



by B.G. CHUP



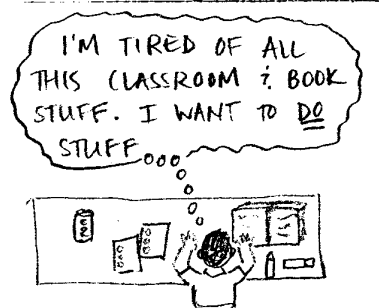
T.J.'s CORNER



by artsy



ANATOMICALLY SPEAKING



BY FELIX



MARRIED MIKE

1ST WEEK OF SCHOOL



2ND WEEK OF SCHOOL



by aaron

3RD WEEK OF SCHOOL



NOT-SO-SINGLE SARAH



by aaron



SENIOR SPEAK: WORDS OF WISDOM FROM THE “OUTSIDE”

By: Shelly Van Scoyk, MSGA
President, MS-III

Most of us in our third and fourth years of medical school have come to realize that the first two years are a test, a very long, arduous test. They are a test of your endurance, your sanity, and your determination, not so much your intellect. Sure, you will take many difficult exams over the first two years of your medical education, but these may not provide your greatest trials. Some days it seems the greatest trial is just not quitting, not picking up the phone to dial 1-800-BARTEND and leaving school to be a mixologist in Cozumel. That said, there are also some really great things about the first two years, stuff to which we wish we'd paid more attention. So, we as your fellow students would like to offer you some advice. Take them with a grain of salt—and maybe a margarita.

You have a tendency to forget about the first two years after you've entered clinicals. So, the one thing I can think of is...whatever book (“First Aid”, “Prescription”, “Underground Clinical Vignettes”) you plan to use to study for the boards, be it Step I or II, purchase it prior to

throughout the year of what the professors stress during class or what you might think is important. Basically, utilize it throughout the year to familiarize yourself with the material and possible areas that you might be weak. Also, do lots of practice questions for board preparation.

--Woody Moss, MS IV

1. Try to get all the information you can about everything as soon as you can. It is best to talk one-on-one with different people. A general e-mail is OK, but find people who are doing what you think you might want to do in the future-i.e. talk to someone who is applying for or in internal medicine if that is what you want to do.

2. Don't hate the “O”. It is not as bad a hospital as everyone makes it out to be. Take advantage of 4th year to travel and see different hospitals, though. Experience is how we learn medicine, and the more experiences you have the better off you will be.

3. Keep up on changes in the match—decide soon if you want to go AMA or AOA and be sure you understand the way residencies are being tracked now. It is a hard decision, so keep your options open by sending in applications to a lot of places.

4. Keep your private life private—gossip is bad in hospitals.

5. Mostly, just remember that you picked a really tough way to live your life, so go easy on yourself.

Good luck and don't worry!!!

--Anonymous, MS-IV

Enjoy life NOW, don't wait. If you learn to be happy now, then it will only get better. If, instead, you dwell on the bad, then it becomes contagious, and you will fail to enjoy the good. If this does not make sense, spend some time observing how unhappy other people are, then enjoy a sunset by yourself while drinking an excellent cup of coffee, and realize how lucky you are not to be one of the miserable people out there. Don't seize the day, rather seize life. What makes it exciting is the variety of bad, good average, and spectacular.

Remember you are now learning to become a Physician, better yet, an Osteopathic Physician. If you allow yourself to get bogged down in the tests and other hoops of school, you may lose sight of that. Now that you are here, you can quit; but, I would have to wonder why. Many people desire to become a Physician; however, not all have the opportunity. Therefore I try not to lose heart, or change my focus. Keep in mind, when we are at the end of our lives we will be able to look back and realize that we were given the privilege to serve others and be called by the title “Doctor.”

It may not seem like it now, but I promise, for me it is all worth it. Have Fun. Live Life. Stand for something, and be decisive, even at the risk of being wrong.

--Just Another Student,

Bobby W. Smith, MS IV





Dear Abby

By: Abigail Sindh

*Dear Abby,
Along with all the stress of medical school, I have additional problems at home that I need some advice coping with. Since beginning medical school, I decided to move home with my parents because I thought it would save money. Moreover, I figured I'd have tons of studying so I wouldn't have much time for a personal life either. My parents are really strict and put many restrictions on me, especially when it comes to going out and having fun. Now I'm starting to think this moving home thing was a huge mistake. They interfere with everything in my life and I feel like I have nowhere to turn. Do you think there's any possibility of regaining my life back and if so, how?*

*Sincerely,
Lost and Lonely*

Dear Lost and Lonely,

Medical school is a lot to handle without having to worry about quarreling with your folks every time you want to do something. I think you need to talk to your parents and try to make them understand your view of things. Stress to them how important it is for your mental health to relax and go out once in

a while since free time as a medical student is such a rare commodity. If they still have a hard time seeing things your way, I suggest you find an apartment near school. This way you can have the privacy and freedom that you need. If money is an issue, you may want to consider getting a roommate so you can split the rent and still have someone to talk to if need be. Besides, you can always visit your parents on the weekends and holidays.

*Dear Abby,
I am a married medical student, although I may not be for long. Medical school has put a huge strain on my marriage and I'm scared that most of it is my fault. Between all the studying and unwinding with friends, I have no time to spend with my significant other. I know I should spend any free time I have with my spouse, but I am torn between the right thing to do and my selfish desire to have fun with all my single friends in medical school. I am jealous that they can really hang out and party when exams are over and I have to go home. Is*

there any hope in salvaging my two-year marriage?

*Sincerely,
Self Seeker*

Dear Self Seeker,

Marriage should not mean imprisonment. You have the right to spend time with your friends also, and it is your job to make your spouse realize that. Let your spouse know that without his support, medical school becomes even more unbearable. It is definitely important to spend time with your family, but it is just as important for your own sanity to spend time with your friends. If need be, you may have to divide the free time you have. Perhaps, he/she can join the committee at school for spouses of medical students. This way he can spend more time with you and feel like a part of your new world. I hope your friends can become his/her new friends, and you can have the best of both worlds. In either case, it is very important to try to salvage your marriage before making any harsh decisions.

What's Happening?

By Mandy Cofer, MS I

Over the last few months, the campus has been busy not only with academic pursuits, but also with a multitude of activities organized by its many groups and clubs. Here's a few you may have missed:

- ◆ **CMA** continued to have its monthly Bible study focusing on the life of Daniel. It is entitled Living in the Lab Without Smelling like a Cadaver. They are also busy planning their spring break mission trip to Mexico.
- ◆ **Business and Medicine Club** hosted Wayne Sneed, Melissa Sneed's husband, a detective who targets insurance fraud, and also had a semester-opening meeting with Dr. Blackwell.
- ◆ **CAM** held meetings that highlighted the specific techniques of acupuncture and other alternative treatments.
- ◆ The **Emergency Medicine Club** held an intubation clinic for students, giving them an opportunity to familiarize themselves with the equipment and procedure. They also had visits from Scott & White's ER residency director and medical director for emergency services.
- ◆ **IMC** helped the 1st years view and order their diagnostic equipment, and hosted local Internists to give students an idea of what Internal Medicine is all about.
- ◆ **MMSA** visits local schools and hosts tours of UNTHSC to encourage kids to enter the health professions.
- ◆ **SOMA** and **TOMA** helped celebrate the 100th anniversary of TOMA, an exciting point in the history of osteopathic medicine.
- ◆ **TALAMS** is busy conducting early morning Spanish classes for those of us who wish to further our language skills. Also they have volunteered at a local free clinic.
- ◆ **SOSA** has been holding scrub clinics for its members, introducing them to the OR and sterile technique. Also, they've had lectures from many local surgeons, including orthopedic surgeon Christopher Hull, D.O.
- ◆ **TMA** hosted various speakers, one being a lobbyist for Texas doctors who discussed political issues pertinent to the medical field and possible repercussions of the presidential election.
- ◆ **TOGAS** hosted several local OB/GYN residents and a local doctor who discussed the pros and cons of OB/GYN and why it was their specialty of choice.
- ◆ **The Sports Medicine Club** has sent several members to the sidelines with Dr. Stockard, who is the team doc for the local Boswell High School, and also held an interesting meeting to help students decide which type of tennis shoe is best for their personal running style.
- ◆ The **Manip Club** sponsored lunch meetings, focusing on the different OMM techniques and offering students the chance to improve their skills.
- ◆ **PEDS** participated at birthday parties for underprivileged children.
- ◆ **MSGA** hosted its Christmas Party at BK Catering, sent delegates to AOA Convention, organized class elections, and many others.

OMCT Makes Up For Lost Residencies

By: Aaron Metcalf, MS-I

Dallas-Fort Worth Medical Center, Grand Prairie's only hospital, closed November 7th after four years of financial difficulty. The closure put 450 employees out of work and forced the transfer of the medical center's 50 patients to other local hospitals. In addition, TCOM lost an important teaching site.

The hospital was hit hard financially by the removal of its disproportionate funds and a cut in Medicare spending by the Balanced Budget Act of 1997. In addition, the hospital was unsuccessful in forming an alliance with other local hospitals, which would have helped insure its future.

There were 41 clerkships completed at DFWMC by the TCOM Class of 1999, so the loss of this hospital will be a loss for the students. However, the school has been trying to expand its base of clerkships to new facilities and that expansion should help minimize the loss of DFWMC's clerkships. Also, John Peter Smith hospital in Fort Worth is considering operating a clinic in a space at the medical center, which could possibly allow for more room under JPS's clerkships and extend health care in the community.

When it closed, DFWMC had 16 residents: 9 family practice, 3 surgical, 3 orthopedic, and 1 transitional. Through a cooperative effort by DFWMC and the Osteopathic Medical Center of Texas, all 16 residents were transferred to OMCT. Dr. Schaller (Director of Medical Education), Dr. Buchanan (Chair of Surgery), and Dr. Coleridge (Chair of Family Practice), as well as others, were instrumental in the transfer of these residents and should be commended for showing what it means to be a part of the osteopathic family. It should also be noted that by accepting these residents, OMCT also accepted their salaries (approximately \$3,000 per month for each resident) with no guarantee of being able to increase teaching revenue for a minimum of two months.

"Due to the assumption of these residents by OMCT, rotating 3rd and 4th year students will undoubtedly see additional residents", said Dr. Deborah Blackwell, Acting Dean of TCOM. Dean Blackwell also wished to offer some advice to TCOM students. She said, "While inquiring about and interviewing at prospective residencies, it is important to ask if the institution is financially viable."

Class Reports

2001 Class Report

By: John Paul Benavides, MS-IV Vice President

There's definitely a light up ahead, but is it the end of the tunnel or the train?

For most of us I'm sure, it's the former. The end of our pre-graduate experience at TCOM is quickly approaching. The class of 2001 is on its final leg of clinical rotations. We are spread across the state, the country, as well as the globe!

When all is said and done, we will have collectively done rotations across the country, including Alaska, Arizona, Arkansas, California, Colorado, Florida, Georgia, Illinois, Kansas, Kentucky, Maine, Maryland, Michigan, Mississippi, Missouri, Nebraska, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, Utah, Virginia, Washington, as well as in Mexico, The Czech Republic, and Hong Kong!

Step II of the boards is behind us, and for those of us who have no clue where we will be doing our internships, we will be biting our collective nails until match time. The military match happens early. The AMA match is on March 22, but participating in and matching in the AOA match on February 12th will "locked out" those of us who also ranked AMA programs. Either way, its only a matter of time before we know where we'll be next year. Wish us luck!

2003 Class Report

By: Terry Hashey, MS-II President

The Class of 2003 is thrilled to say that there are only 4 months left of classes. We have been active in fund raising for our Boot Party while trailblazing the new curriculum. Some of our fundraising ideas include raffling reserved parking spaces and an upcoming garage sale. Other activities included social events such as a Halloween Costume Party, a Christmas Party, and a windshield ice scraping party at Will Roger's parking lot after the ice storm.

Next semester promises to be full of angst, excitement, anticipation, and studying as we prepare for boards and clinical rotations.

2002 Class Report

By: Erin Westerholm, MS-III President

The Class of 2002 is really enjoying rotations and the life of an extern. We are busy going from site to site amazed at how fast a month can go by. The excitement is beginning to build as we start asking for letters of recommendation trying to decide what rotations we want to do our fourth year, and what field of medicine we ultimately will end up practicing.

There are also a couple of "bundles of joy" that should be coming and they will be announced in the next *Link*. We are busy going from site to site amazed at how fast a month can go by!

All of us in the Class of 2002 wish everyone a happy and safe holiday.

2004 Class Report

By: Dave Brabham, MS-I President

In the two weeks before Thanksgiving, the class of 2004 held a successful food drive that raised 800 pounds of food. After Thanksgiving, a week of clinical introduction raised our awareness of the relevance of basic science that is so germane to quality medical care.

We are providing long sleeved shirts with the logo of the University for a fundraising drive before the holidays. The Neuroscience system ends with an exam December 20, just in time for a much needed holiday break. The next system we get to enjoy is the cardiopulmonary system starting next year.

Holiday Casino Night 2000



Drs. Yorio, Blanck, and Forman as Carreras, Domingo and Pavarotti.



MS-II's Hayley Voige, Shelley Lenamond, Kari Frano, Sonya Larson, and Carena Chai do their impression of the 80's all-girl-band "The Bangles."



"42 Shotgun, Wide Right, HUT-HUT-HUT!"



Gigi Peralta, since you're only 19, I hope that's water!



"So tell me Ron, are you like someone important or something?"