

ΚΥΡΦΟΣΙΣ

ΚΥΦΟΣ - THE OFFICIAL MANDUS PUBLICATION.



2014 Vol. 1

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SCHOLARSHIPS

RURAL MEDICINE IS REWARDING AND SO ARE THE SCHOLARSHIPS

The NSW Rural Doctors Network provides support for a continuing and high quality rural medical workforce in New South Wales. This includes scholarships for medical students who are interested in rural medicine.

- ▼ Bush Bursaries & Country Women's Association Scholarships
- ▼ Cotton Industry Scholarship
- ▼ NSW Rural Resident Medical Officer Cadetships
- ▼ NSW Rural Resident Medical Officer Cadetships for Indigenous Students



www.nswrdn.com.au

For more information and an application form, visit the NSW RDN website at www.nswrdn.com.au or email students@nswrdn.com.au



NSW RURAL DOCTORS NETWORK



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FROM THE EDITORS

Welcome to the first issue of Kyphosis 2014.

Kyphosis is the student magazine of the Medical Association Notre Dame Univeristy Sydney (MANDUS) and School of Medicine, Univeristy of Notre Dame Sydney

Our names are Faye D'Souza and Jade-El Mohamed and we are your publication representatives responsible for the compilation and publishing of kyphosis. This year we are launching a brand new look and feel of kyphosis the magazine for YOU, our wonderful readers. Kyphosis is here as a supplement to the MANDUS website (www.mandus.org.au), the university website and the blackboard portal which will still provide students with the latest information about opportunities and upcoming events at Notre Dame.

Over the year we hope to publish quarterly issues housing the stories that interest and are most relevant to not only our pre-clinical students but those who are based all over Sydney and Melbourne in their respective clinical schools and the medical student alumni of the University of Notre Dame, Sydney.

Our very first issue has a range of feature articles including a message from the Dean, a message from MANDUS and the first years' blessing of the hands ceremony. It also includes what we hope to be, regular items from the students themselves with topics ranging from social justice and placement experiences to research opportunities that are available for our students.

We want to be very clear that kyphosis is for YOU and would love your feedback on what has been published. We also would LOVE if anyone has any stories, ideas or reflections that they would like to share with the rest of the university to please contact us at publications@mandus.org.au

We hope you enjoy reading our first publication of kyphosis and the rest of the year to come.

Faye and Jade

--> UPCOMING EVENTS

AMSA CONVENTION REGISTRATION PARTY

1st April

6pm onwards

PBL rooms, Darlinghurst

CELEBRATING 25YEARS - ALUMNI EVENT

4th April

5.30-7.30pm

Museum of Contemporary Art Australia

Places still available - contact alumni@nd.edu.au

CLOSE THE GAP WEEKEND ROUNDS event with ANU

5th - 6th April

Canberra, ACT

Registrations now closed

PAEDIATRICS -ACADEMIC NIGHT

10th April

6.00pm

Level 2 Lecture Theatre, UNDS
Registration available through MANDUS website

ND GIFT

11th April

5.00pm

Camperdown Oval, USYD
Register your interest through Fiona Tudehope
fiona@mandus.org.au

RURAL CONFERENCE

16th April

9am - 4.00pm

Level 2 Lecture Theatre, UNDS.
Darlinghurst

Compulsory for MED1000

RESEARCH SYMPOSIUM

17th April

9am - 4.00pm

Level 2 Lecture Theatre, UNDS.
Darlinghurst

Compulsory for MED2000

NEWS

In Brief ...

Wagga Wagga Rural Clinical School Nears Completion



The new rural clinical school at Wagga Wagga

An exciting opportunity has been made available to the upcoming third year medical students of Notre Dame University with the nearing completion of the new-state-of-the-art rural clinical school campus in Wagga Wagga.

The Wagga Wagga Rural Clinical School has been developed in conjunction with Calvary Health Care Riverina (CHCR) a service of the Little Company of Mary Health Care. Calvary Health Care Riverina services include Calvary Hospital, a well-established 100 bed private hospital proving acute surgical, medical and obstetric services in a fully renovated modern facility.

Initially catering to final year students this number will increase next year to include not only fourth year medical students but for upcoming third year students to undertake their clinical year rurally as well.

The facility, partly funded by the federal government, will feature a new 120 seat lecture theatre and cutting edge telecommunications infrastructure, allowing students in Wagga to conference with those at the university's other clinical schools.

Current second year students are encouraged to apply for Wagga Wagga Rural Clinical School for their clinical schools by making an expression of interest to Associate Professor Joe McGirr via email at joseph.mcgirr@nd.edu.au

A MESSAGE FROM THE DEAN

WELCOME TO THE SCHOOL OF

MEDICINE, SYDNEY

Welcome to an exciting new year at the Notre Dame School of Medicine, Sydney. I am delighted to introduce this new edition of *Kyphosis*, the voice of Notre Dame's medical student body, assembled by a dedicated and hard-working MANDUS team.

MANDUS plays a crucial role in bringing together the SoMS community, and encouraging the academic, social and physical wellbeing of students. Take advantage of the upcoming MANDUS events and programs to meet colleagues and get to know each other, as well as to help you with your studies, and hopefully, to help you to relax and have fun occasionally.

It has been a great pleasure meeting many of you during orientation and the first weeks of the semester. We have such a diverse and interesting community of students at SoMS. Our students come from all over Australia and New Zealand, and about a quarter of you were born in another country. It is exciting to have students of rich and varied backgrounds. Some have had training and experience in health or science, while others have had previous careers such as teaching, journalism, law, architecture, defence, music and sport.

At SoMS, we want to get to know our students as people rather than a student number, which is shown by our commitment to pastoral care. If you are feeling

any academic pressure this year, or are being weighed down by personal issues which may be impacting your study or wellbeing, it is important that you talk to your tutor, year coordinators or head of your clinical school, so that we can offer assistance. Head of Student Matters Professor Duncanson and I are also always available to students with concerns.

Our year is off to a great start. The Blessing of the Hands event last month was a wonderful celebration for our new MED1000 students and their families. It was made particularly special by the powerful and moving performance by our new student choir that I've dubbed the "SoMS Singers". Thank you particularly to Samantha Warhurst who sings like an angel! I have been given the challenge of finding a piano for further rehearsals here at the School – so if anyone's family is looking to sell a piano, please let me know!

Congratulations to Toby Kane, a fourth year SoMS student at the Melbourne Clinical School, who recently competed in multiple events at the Winter Paralympics. Along with a bronze medal in the men's standing super-combined, Toby became the first Australian to win the top individual award handed out during the Games – the Whang Youn Dai achievement award. The award is for outstanding performances and overcoming adversity, and Toby was nominated for his leadership across his career, especially during a difficult period for the Australian team with the death of a fellow teammate during competi-



tion in Spain a month before the Winter Paralympics. Pulling the team together, Toby displayed qualities and a strength of character that not only make him a great sportsperson, but will make him a great medical professional in the next stage of his career. SoMS is very proud of Toby.

In other exciting news, we can boast two more Interns of the Year: Dr Avalon Mooney at St Vincent's Hospital Sydney, and Dr Lily Schneider at Prince of Wales Hospital. This is the second year in succession that two Notre Dame alumni have received this honour. Tim Hewitt, who graduated in 2013 as dux of the year, was awarded a Notre Dame University Medal for his performance across the medical course. He received his award at the recent Vice Chancellor's awards night, which highlighted the achievements of many of our University's talented students and academics.

To all of you, I wish you a safe and peaceful Easter, and I hope you are having an enjoyable and productive semester.

Professor Christine Bennett
Dean, School of Medicine, Sydney

FROM THE MANDUS PRESIDENT

WELCOME TO 2014!

MANDUS are very pleased to be resurrecting the famous KYPHOSIS magazine in 2014! And what a busy and fun-filled start to the year it has been! I would like to welcome the new Med1000 cohort, our returning students in Med2000, 3000 and 4000, our graduated classmates, all our dedicated academic and support staff from the School of Medicine Sydney (SoMS) and of course the friends and supporters of the students, the medical school and MANDUS. I would like to take this opportunity to also thank the great work of my predecessors in MANDUS that have contributed and built this group into what it is today.

The start of 2014 has seen a plethora of activity from the MANDUS team, ranging from Orientation Day activities, Medcamp 2014, mentoring, a start to the various lecture nights for our medical students and also the election of our Med1000 MANDUS representatives! Early work is also being

commenced in preparing for our annual flagship event, Medball which promises to build on last year's success! 2014 holds a lot of promise with a wide variety of activities and initiatives being planned from the social, academic and research perspectives. Of course our prime aim is to ensure that each of the students we represent is supported through the year and make the most of the academic and social opportunities that are available.

It has been a satisfying, and humbling, experience to get to know the new cohort of Med1000 students. Having spent much time with them over Medcamp, mentoring and through general interaction, I can confidently say that the SoMS has done another fine job of selecting well rounded and personable individuals as future Medical Practitioners, to add to their list of Med2000, 3000 and 4000 classmates. As the President of MANDUS I am aiming to continue the family feeling unique to Notre Dame goes from strength to strength within, and between, all year groups and the SoMS.

As we now move into the second phase of the academic year, MANDUS will continue with its core business of providing various opportunities to students to maximise their learning whilst in medical school. We are also continuously working to enhance our relationship with the SoMS and looking beyond to build our alumni support for our now 300+ graduates.



Feel free to get in contact with myself or anyone in the MANDUS team. if you would like to know more.

Make sure to like our [Facebook Page](#) and visit the MANDUS [website](#), there is something here for everyone.

I hope you enjoy reading our first edition of Kyphosis!

Eugene D'Souza
President of the Medical Association of
Notre Dame University
Sydney (MANDUS)





Med Camp Rewind 80's & 90s theme party

MED CAMP 2014

BY DIVYA PILLUTLA, 1ST YEAR MED

“Medcamp was a great way to meet everyone and get to know them”
– Natalie Perera, 1st year medical student, UNDS

More MEDCAMP photos are available online at our [website](#)

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Friday 23rd February

After a long day of lectures and overwhelmed with the first few weeks of medical school, I think I can safely say we were all looking forward to a weekend away for MedCamp. 100 first year medical students filled two buses for the drive up to Camp Somersby, Central Coast, NSW. Entertained by ‘speed dating’ while driving over the Sydney Harbour Bridge (as a non-sydneysider I have to admit I was a little excited) and a quick pitstop for supplies, we eventually reached our destination.

After settling into our cabins and tepees, we were ready for the first night’s activity – Trivia.



“Really loved the suture and injection stations in the emergency challenge! Medcamp was great!” – Sarah Flynn, 1st year medical student, UNDS

“Med Camp was a great experience to build relationships with fellow classmates!” – Tesni Pattiaratchi, 1st year medical student, UNDS



Images from top left corner clockwise: Suturing Station, AMSA talk, Emergency Challenge Station, Med Camp 2014 volunteers

I was lucky enough to get to know a whole new group of people who I had not met in the first few weeks of Uni and we bonded over our lack of trivia knowledge and love of Tim-Tams. The MANDUS team did an amazing job of coordinating the whole night which included music, dancing and boat races. All of which were froth-loads of fun.

Saturday 24th February

We were warned to expect sub-optimal hours of sleep on med-camp and rightly so. However, even after a late night we were all re-energised by speakers which included MED3000 students and the famous ‘Gordo’ who all passed on their valuable pearls of wisdom.

This event was quickly followed by the emergency response challenge lead by ROUNDS, GPSN and the Surgical Society which included first aid scenarios complete with fake blood and impressive acting. I’m sure we all felt more like a medical student after learning how to suture and give sub-cutaneous injections (even if it was to an orange).

Given a reprieve we headed back to our cabins and around the campsite to relax, get to know one another and prepare for our 80’s and 90’s theme party. Many people had perused through op-shops, costume shops, their wardrobe and even on e-bay, in search of a fabulous outfit. The night was filled with an impressive mix of fluoro, dancing, lycra, music, denim on

denim, 90’s cartoon characters and the infamous Backstreet Boys.

Sunday 25th February

Packed and ready for the trip home, I think I can speak for everyone in saying that one of the major highlights of the weekend away were the numerous friendships that were formed over ping pong, trivia, challenges and touch footy.

Overall, Medcamp 2014 was the ultimate induction experience. Thank you to MANDUS, ROUNDS, GPSN and the Surgical Society for being so welcoming and making all of us in MED1000 feel like we are part of the family here at UNDS medical school.



Blessing of the Hands Ceremony led by Bishop Comensoli

BLESSING OF THE HANDS

BY SAMANTHA WARHURST

MANDUS VICE-PRESIDENT (PRE-CLINICAL)

On Friday 7th March, 91 students, 122 of their family and friends, the Chancellor Mr Terry Tobin, Deputy Vice-Chancellor Mr Hayden Ramsay, the Registrar Ms Helen Tsykalis as well as 6 MED1000 tutors and other staff, gathered in St. Benedict's Church for the annual Blessing of the Hands service. Their purpose was to celebrate the future medical careers of the MED1000 students and reflect on significance of their work as doctors. The message of this service was simple: as future doctors, our hands are a vital clinical and emotional tool. Hands are central to our ability to examine, heal and comfort our patients and their families.

The service was led by Bishop Comensoli who also spoke fittingly of our future role as good Samaritans. Music throughout the service was performed by Samantha Warhurst, Alexandra Malpass and the newly formed MED2000 choir. Following the service, a delicious supper and drinks were served, catered for by Victoria Maudson, Susan Jones and their team.

Thank you to all that contributed to the Blessing of the Hands service, an event that exemplifies the University of Notre Dame's commitment to pastoral care and their community of students.



MED1000 students attending Blessing of the Hands



MED2000 choir performing at Blessing of the Hands

ROUNDS

THE AMAZING RACE

ROUNDS (Rural Health Organisation of the University of Notre Dame, Sydney) kicked off the academic year with its annual Amazing Race event. More than 30 keen participants were involved in the event, which is growing in popularity each year. After a marathon effort, the orange team emerged victorious and celebrated by enjoying the great harbour views from the Glenmore hotel. After covering up to 16km during the race it was both health promoting and will destroying but fun none the less. The ROUNDS crew are looking forward to the year ahead with many opportunities to promote the best of rural and Indigenous health issues.



Participants of the Amazing Race, 2014

IN THE TV AUDIENCE



ROUNDS executive committee at Q and A, 2013

The new ROUNDS executive committee showed their interest in the current political debate, especially when it comes to indigenous health matters, with their first outing as a group. Attending the ABCs Q and A program as part of the TV audience was particularly relevant for the committee, with many indigenous health and education issues discussed with, among others, Warren Mundine (chair of the indigenous advisory council) and Geoff McMullen (AM, director of AIME, Trustee of the Jimmy Little foundation). The pointed discussion continued long after the show including a meeting with Q and A host Tony Jones, where he expressed his interest in the topic matter to the committee.

RURAL OPPORTUNITIES

Applications for the John Flynn Scholarship 2014 have now closed but 1st year medical students are reminded that the NSW Rural Doctors Network (RDN) have several opportunities including the Bush Bursaries and Country Women's Association Scholarships and the Cotton Industry

Medical Scholarship with a closing date of 5pm Friday 30th May, 2014. Please visit <http://www.nswrdn.com.au/site/rdn-scholarships>



TO INFINITY AND BEYOND...

Research. Some say pulling all-nighters, whereas others say free food or freebies from conferences. But there is more to research than this. The world of research involves exploring the unknown and filling in the missing pieces of the puzzle. You are able to develop hypotheses and design experiments that test these; 'infinite' hypotheses. You use one technique or more to do this, some with protocols so simple to follow while others so complex that makes your head want to spin!

This is what I got to experience over the break after completing my first year of Medical School. I was offered a Summer Research Scholarship, which allowed me to undertake a project at my old lab in the Discipline of Pathology at the University of Sydney. Briefly, my project looked at alternative therapies for stroke and myocardial ischaemia. Hours or days later, the results achieved from the experiments made all the hard work worth it. The feeling of making a discovery that no one else has, is hard to put words together to describe.

ADRINA VARDA

EXPLAINS THE

WORLD OF

RESEARCH

The findings from my project will be presented at the 2014 Sydney Medical School Research Symposium in April, alongside other researches from various fields of Medicine.



Members of the Redox Biology Lab 2013

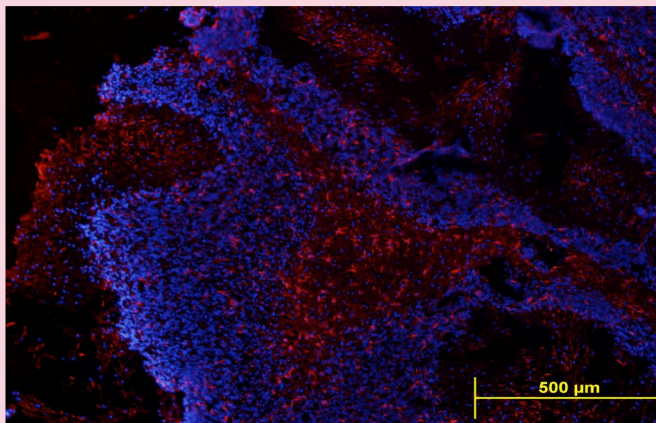


Images: Left to right - Using an electronic multi-dispenser pipette for an experiment & Dinner at the Society of Free Radical Research Australasia Annual Conference, Brisbane, QLD

Performing such experiments using methods like polymer chain reaction, western blotting, immunofluorescence, assays, flow cytometry or transfection, all describe scientific research. This is one type of research, where the other is clinical research. It is the latter that involves looking at case studies on a particular disease,

performing meta-analyses or randomised controlled trials on potential drug therapies.

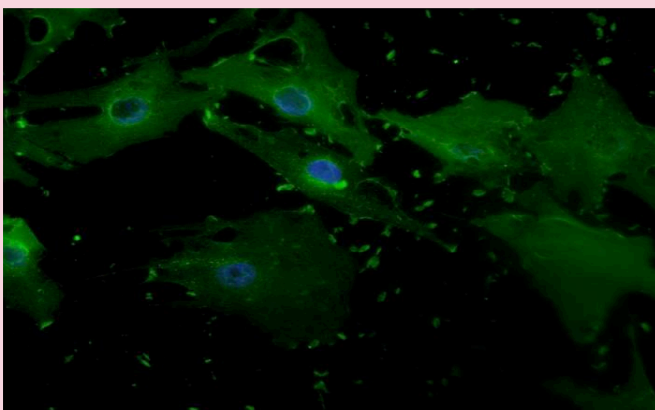
Beyond the practical work is the critical appraisal, where you get to review, analyse and critique journal articles. In particular, you learn to note down if the study achieved its aims, answered its hypotheses, interpreted the data correctly, and had any limitations or any missing gaps. Critiquing publications usually takes place in the form of journal club. Interacting with other researchers on a larger scale is possible by attending and/or presenting at conferences.



Immunofluorescence showing the various neuronal layers in the murine cerebellar brain tissue.

Sounds very exciting? Then the next question is how do YOU get involved?

At present, the University of Notre Dame offers an Honours program to fourth year medical students, as well as Summer Research Scholarships to all year groups. In 2014, MANDUS is thrilled to introduce its very first Research Interest Group, which will increase exposure to research to students of all backgrounds. This group aims to provide opportunities for students to develop research skills by means of seminars, journal clubs and workshops. In addition, it hopes to build relationships and affiliate with various research institutes, where students can then participate in.



Immunofluorescence showing the uptake of Transferrin by H29c murine heart cells following incubation with a microbial protein

Keep an eye out and spread the word.

For more information about my research project, how to get involved or any questions about research, you can contact me on adrina@mandus.org.au.

Adrina Varda
 2nd year UNDS medical student
 B. Med Sci (Hon) USyd
 MANDUS Research Representative
 MANDUS Sponsorship Representative



WHERE ARE THEY NOW?

GORDON LAU WRITES ABOUT LIFE

BEYOND NOTRE DAME

It feels like it was only yesterday when I was splashing in puddles, barefoot, in the Notre Dame courtyard between classes. It is scary how fast time has flown by. The last 18 months have been one awesome rollercoaster ride – From studying, to stressing over our final exams at Uni, then breathing a huge sigh of relief when my academic status changed from ‘Pending’ to ‘Pass,’ and lastly followed by graduation. But that was only the beginning...

I was allocated to Gosford and Wyong Hospital as a Junior Medical Officer (JMO) for my internship and resident year. This was my first preference because I wanted a medium sized hospital with a friendly and supportive work environment, with less senior staff so that I would ultimately get more hands on experience. I also chose it to get a sound foundation at managing the bread and butter medical conditions before further developing my skills to manage the more complex, weird and wonderful conditions in the future. Finally, it was close enough for me to travel, yet far enough so I didn't bump into all my patients at the local shopping centre. These were all decisions that I have not regretted.

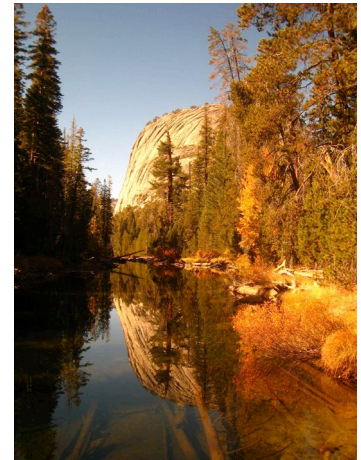
Purely from the luck of the draw, I had a very “General” year with rotations in General Medicine, Emergency, Geriatrics, Relief and General & Vascular Surgery (combined rotation). Each rotation helped me develop in a different way as I drew on my strengths and worked on my weaknesses. I realised very quickly that Uni was a great help, and I was also very thankful to all the supervisors I had on my clinical rotations in allowing me to get involved as much as I was able to, to better prepare me for the workplace.

Gordon Lau graduated with a MBBS from the University of Notre Dame, Sydney in 2012

Although there are plenty of great stories of my impossible challenges that I have conquered, amongst other mini-failures which I have reflected on and learnt from, the greatest lesson I have learnt is the role of the JMO in the team. A lot of people rubbish the role of the JMO by labelling them with derogatory terms like “The glorified Personal Assistant to the team.” The reality is a good JMO is the glue that holds the team together and ensures the patients’ journey through their hospital stay is a speedy and pleasant one. JMO’s are often the first to respond should a patient become unwell. They are also the scribe that documents the patient’s daily progress as well as the team’s plans, and then follows-up on outstanding jobs to optimise the patient’s safe discharge. To do this well, one must have good communication and teamwork skills to work with the entire multi-disciplinary team, and even greater organisation skills to function efficiently and effectively. This sounds quite overwhelming, and it most definitely can be!! However, if you continue to find ways to have fun at work and look after yourself (i.e. your health and wellbeing), then work becomes much more enjoyable.

I have learnt a balance must be sorted between work and play. Despite a busy work schedule, I continued to stay involved with my extra-curricular activities. I have dropped into Uni on several occasions to help out with Uni and MANDUS events like Med Camp and other educational evenings. I have also continued to pursue my passion for youth by being involved with Rotary projects like the Rotary Youth Programme of Enrichment (RYPEN) and brought the inaugural RYPEN to Timor Leste last year. I still found time to catch up with Uni friends and gave myself a month-long holiday to the USA, partly to celebrate finishing medicine, but also to reward myself for my hard work as a JMO.

Dreams and aspirations?!? I’m still yet to find where my true work passion lies. So in the meantime, I’m keen to explore more areas of Medicine and learn as much as I can because you will never know when that knowledge and experience will come in handy.



Holidaying in Yosemite National Park, United States of America, 2013



...Uni was a great help, and I was also very thankful to all the supervisors I had on my clinical rotations in allowing me to get involved as much as I was able to, to better prepare me for the workplace.”



Inaugural RYPEN trip to Timor Leste, 2013



Team Notre Dame Philippines 2013

CALAUAN PHILIPPINES

TEAM NOTRE DAME

PHILIPPINES - SOCIAL

JUSTICE PROJECT

IN CALAUAN

PHILIPPINES

A University of Notre Dame, Sydney Social Justice Project

Team Philippines Notre Dame - Charlie Arcus, Samantha Cornall, Lauren Cox, Emily Hedditch, Eugene Khoo, Syl Lim, Tho Pham, Gemille Scott and Rossouw van der Walt - travelled to the Philippines with Dr Charlotte Hesse and a multidisciplinary team from St Barnabas Church in July 2013 to serve a displaced village in Calauan, Laguna. We ran a health clinic for the residents of the Calauan Housing Project, whilst the engineering and veterinary team from St Barnabas helped install a pharmacy, build an outdoor kitchen pergola and

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reviewed the fish farming and mushroom facilities. With support from Care Channels, a Singaporean organisation, we were also able to work in tandem with a dental team. To say we enjoyed ourselves is an understatement. The climate was very warm and humid, and the chaotic traffic must be experienced to be believed, but nonetheless, it was a wonderful opportunity for (mostly first year) medical students to apply our clinical skills and observe some interesting pathologies. Conditions we identified included heart murmurs, perforated ear drums, large and wonderful abscesses, and a patient glowing

with jaundice from Hepatitis A.

As the inaugural mission for a long term intervention, we also collected demographic and health data which will be used to monitor the progress of future community programs. We are currently using the data to identify the children who are most underweight so that a feeding and education program can be commenced immediately. The local children loved having us around and posed for thousands of photos, climbed mountains, sang songs and danced for us. We were also invited to be guests at the local Church service



Images from top left clockwise: Village in Calauan, Philippines; Rice Paddy in Masaya, Philippines; Outside Village in Calauan, Philippines

which brought home the resilience and fortitude of this gracious community. It became apparent that this was not merely a Social Justice Project, but an unforgettable experience reminding us of duty and responsibility to always do what we can to advocate for and contribute to the well being of those less fortunate. It was our pleasure and privilege to serve the Calauan community. Team Philippines would like to thank the University of Notre Dame for their support, and to everyone who has contributed to our fundraising projects. The Calauan com-

munity have directly benefited from your generosity, and I think all of us here on the Team can attest to their overwhelming gratitude.

Expressions of interest for the Team Notre Dame Phillipines 2014 travelling in July later this year have now closed. However, there will be continuing opportunities on a yearly basis.



A wonderful opportunity for (mostly first years) medical students to apply our clinical skills and observe some interesting pathologies"

GLOBAL HANDS



Global Health at Notre Dame Sydney

BY NATALIE GRACIA

GLOBAL HANDS CHAIR



Social Justice Night 2014



Red Party 2013



Stella Fella 2013

Global Hands got off to a flying start this year co-hosting the 'Social Justice' evening with GPSN. The night was a huge success, with the audience hearing MED2000 accounts of their social justice projects including how to plan, what to expect and tales of water buffalo encounters. Dr Fitzmaurice, who has worked abroad as a GP for many years presented some valuable tips for students embarking on social justice projects overseas. Thank you to everybody who attended and presented on the night and we look forward to our next information evening on 'International Aid & Electives' on a date to be announced soon.

The Global Hands team for 2014 has now been elected and we are excited to introduce you to:

Rossouw van der Walt: AMSA Global Health Representative
Natalie Gracia: Global Hands Chair
Michael Millett: MED1000 Rep
Lori Chait Rubinek & Nimish Seth: Crossing Borders for Health & Code Green co-coordinators
Lara Sharplin & Lara Eldering: Red Party co-coordinators

If you see us in the hall or in the toilet queue, stop and chat to us about how you can become involved in any of these projects.

Crossing Borders for Health is an international student project which aims to remove barriers to health care for refugees, asylum seekers and undocumented migrants. CB4H has launched its first campaign of the year-AFRAM (AMSA for Refugee and Asylum Seeker Mental Health) national advocacy

group in response to the current policies on asylum seekers and refugees. To find out how you can be involved in helping change the current government policies, register your interest <http://www.strikingly.com/afam>

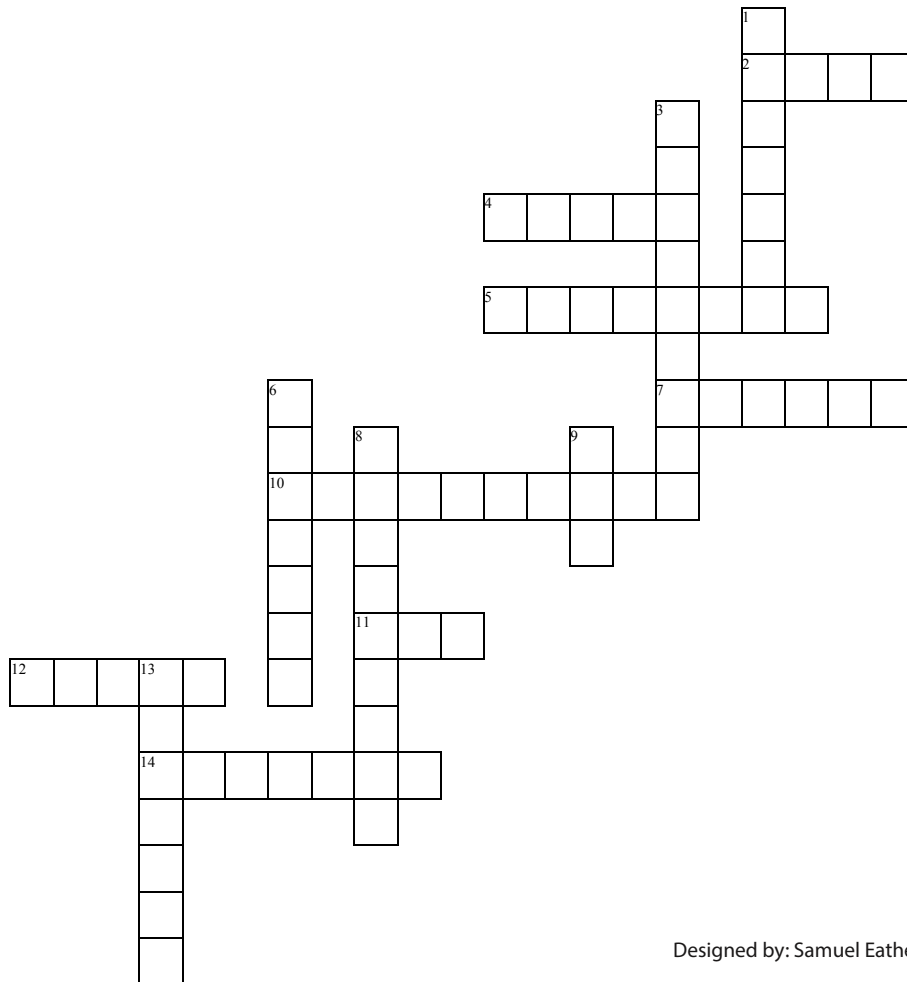
Nimish and Lori will be organizing Global Hands' first refugee and asylum seeker health evening this year as well as continuing the visits to Villawood Immigration Detention Centre. There will also be an opportunity to be a part of a team organizing literacy/mentoring tutoring program for detainees who have been granted a refugee status. Stay tuned for more information over the coming months!

Code Green is a national initiative aimed to engage medical students to act now to prevent the worst consequences of climate change. Given that protecting public health is the duty of all health professionals, Code Green aims to encourage medical professionals to take meaningful action on climate change. Code Green's focus this year is to remove student run groups from any financial association to fossil fuels, which is a major contributor to climate change, the 'greatest global health threat of the 21st century'. Watch for updates on the Global Hands Facebook page on how to become involved and participate in the Code Green Week coming up.

Red Party is a HIV/AIDS charity event run at Notre Dame Sydney for the past few years and is set to return this year bigger than ever with Team Lara at the helm! Keep an eye out for more information on how you can raise funds for HIV/AIDS projects while partying at the same time. Win-win.

COFFEE BREAK

Cryptic 'Medical' Crossword



Designed by: Samuel Eather, 2nd year UNDS medical student

Across

2. These weapons hold a lot (4)
4. Brain or spleen played by the mouth (5)
5. Nap races mess up an organ (8)
7. A lump in the stars (6)
10. Maths function, bird, year coordinator to save your life (10)
11. The head of every cricket ground measures electrical activity of the heart (3)
12. A light controlling student (5)
14. Unyielding uncertainty protects the thorax (7)

Down

1. Two girls, one on each knee (7)
3. Relic vent mixed pumps blood (9)
6. When Elle is in space she cuts skin (7)
8. A shape under thumb (9)
9. A trendy joint (3)
13. After Indiana and me and you backwards flip nothing to regulate blood sugar (7)

Surgical Society - Find a Word



- ADENOIDECTOMY
- CHOLECYSTECTOMY
- CRANIOTOMY
- CRICOTHYROTOMY
- FASCIOTOMY
- GASTRECTOMY
- HEMORRHOIDECTOMY
- LAMINECTOMY
- MASTECTOMY
- MASTOIDECTOMY
- NEPHROTOMY
- OSTEOTOMY
- THYROIDECTOMY
- TONSILLECTOMY
- TRACHEOSTOMY

Y L U E J S F D Y R K O Y E Z U M Z V Q
 T M V S F Y V A F M S H M G S J S O D G
 T A O Y H E D E S T O Z O Y J Z P P Q Y
 O Y L T X M E E E C Q T T V A A X U Q H
 N M M E C K A O H O I E C D E B M X P D
 S O E B Q E T S R X Y O E E D X O O T Q
 I T Y C I O D Q T M C N T G R X M T L Y
 L C O L M I Q I O O O J S O Z T A C M I
 L E L Y M H S T O I I T Y S M W S O R C
 E N E D A R O T D H R D C Z J Y T A E F
 C I A J A I F E T I R U E E J O E K G H
 T M R X N T C J I J G R L C R S C G J L
 O A X A K T P T D R J X O Y T L T U H Q
 M L R W O R H T N D Y C H M Y O O N W H
 Y C V M Y Q D V M T W T C R E X M U E S
 T H Y R O I D E C T O M Y I D H Y Y Q K
 M Y M O T S O E H C A R T M N F V C R W
 K X W R J E X D I N E P H R O T O M Y G
 C U W F X H T R T E I I G G L J K B I X
 I D B F D V C B I V W P P K F Q P C W P

Designed by: Stephen Ali, 2nd year UNDS medical student

A word of advice ...

“Studying for Personal and Professional Development”

“Look at everything you get taught from the perspective of the patient, their family and the future doctor - You. That way you don't need to remember the list, you'll just know it. And don't be late – that's unprofessional.”

-Daniel Waugh, 2nd year medical student, UNDS
Top of PPD, MED1000 2013



Meet the MANDUS team for 2014!

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Vice President (Clinical)	Miranda Norquay
Vice President (Pre-Clinical)	Samantha Warhurst
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Sports Representatives	Michael Williams

I'M TAKING THE

30 FOR 2030 CHALLENGE TO

CLOSE THE GAP

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