2014 New Year Appreciation

2014 kicked in with much anticipation and with great excitement at the Med Ed Program of South Texas. Our team is busy coordinating events and opportunities for our students to partake in and from which they year, but also can learn about those who have science and the done so since our various health doors first opened professions. in 1996. Thank you students, parents, Regional Academic Health Center, Region I school districts, hospitals, clinical offices and so many others who have gone above and beyond to help us realize our goals. YOU ARE AWESOME!

The following article contribution by Med Ed Student Giselle Castillo, Senior, Veterans Memorial High School, Mission, TX & Vanessa Osorio, Student, Veteran's Memorial High School, Mission, TX

Medical Terminology

Abdomen—el abdomen
Ankle—el tobillo
Arm—el brazo
Back—la espalda
Calf—la pantorrilla
Chin—el mentón
Ear (outer)—la oreja
Eye—el ojo
Face—la cara
Forearm—el antebrazo
High blood pressure—la presión alta
Irregular heartbeat—los latidos cardiacos irregulares
Referred pain—el dolor referido
Scale—la báscula
Slow Pulse—el pulso lento
Tightness—la tensión

ATTENTION!

- The Med Ed Program of South Texas office is gradually increasing its events announcements via email.
- Med Ed students who do not currently have an active email address will need to create one in order to stay up to date with Med Ed calendar.
- Med Ed students are welcomed to use parents' email addresses.

Types of Abuse

Emotional/Verbal: Non-physical behaviors such as threats, insults, constant monitoring or “checking in,” excessive texting, humiliation, intimidation, or isolation

Stalking: Being repeatedly watched, followed or harassed

More at: www.loveisrespect.org/is-this-abuse/types-of-abuse

Violent behavior begins between 12 and 18 years of age.
Approximately 72% of eighth and ninth graders are “dating”
1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.
1 in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

The following websites offer information about teen dating violence and what you can do to help:
www.teendvmonth.org
www.breakthecycle.org
www.loveisrespect.org
www.thesafespace.org

...a message for EVERYONE

President Barack Obama has declared February as Teen Dating Violence Awareness month. It is important that we take this issue seriously. Many consider abuse in relationships an issue with adults. However, studies indicate that one in three adolescents in the US will be a victim of physical, emotional or sexual abuse from a dating partner.
Nearly 80% of girls who have been physically abused in their intimate relationships continue to date their abuser; two-thirds of teens who are in an abusive relationship never tell anyone about the abuse. It’s time to shine a light on this issue.

At Veterans Memorial High School, through our HOSA chapter, we will be launching an awareness and prevention campaign against dating violence. T-shirts, presentations and information will be part of our commitment to shed some light on this issue.

Join us and start talking to your school clubs about ending dating violence and together we can help teens Valley wide know that “Control IS NOT love.”
Hello Med Ed students! Noe E. Garza here, your Med Ed colleague. I am a podiatry student (Class of 2017) at Kent State University College of Podiatric Medicine (KSUCPM) in Cleveland, Ohio as of August [2013].

The Hidden Gem
What do you know about podiatry? I personally knew very little about it once I began looking to apply to schools. Podiatry is often referred to as the hidden gem of medicine, and there are a few reasons why that is so. Many applicants that aspire to a professional medical career will flock to the obvious routes of applying to allopathic (MD) schools, osteopathic schools (DO), and dental schools (DDS/DMD), but they have many other options to take into account before making a decision. Optometry, physical therapy, occupational therapy, pharmacy, and podiatry are other some other areas where people contribute to healthcare.

Podiatry is often overlooked maybe because it’s not as televised, or maybe because people think that it’s not so glamorous. It might have to do as well with the fact that there are currently only nine podiatry schools in the country. It is definitely a gem though. Podiatry affords its practitioners a comfortable lifestyle in terms of income and time commitment, and the ability to diagnose, prescribe, and operate in order to positively affect a person’s lifestyle and improve their health is still present with podiatry. Like dentistry, podiatry often uses surgical methods for treatment. Podiatrists are even trained to take and interpret radiographs. Some conditions that a podiatrist might treat are bunions, diabetic foot ulcers, heel spurs, nail deformities, and plantar fasciitis. I’m looking forward to one day serving the Valley as a podiatrist.

Undergraduate Career
I completed my undergraduate degree at the University of Arizona (UA) and my major was physiology. Tucson is roughly an eighteen hour drive from the Valley and going to the UA was the first time I was really away from home. It was worth it though, and I think it’s a good choice for many college students to move if they can. I recommend considering it in depth though because it can definitely be hard financially (out-of-state tuition, 18 hr drives, etc.). So, scholarships can really help with the financial burden. It can be hard emotionally as well since it might be a bit sad being away from family and friends (I didn’t know a single person when I arrived in Tucson). Yet it made me grow as a person and learn to adapt. Living in the residence halls and joining clubs helped me meet people and make friends.

Learn About Yourself
My best friends today are people that I met in the residence halls my freshman year. I noticed something while in college though. School suddenly wasn’t easy for me anymore. It did take me a while to get accustomed to college academics, but I finished strongly after learning to study, using office hours, studying with others effectively, and learning to prioritize (i.e., learning to say “no” to things when that assignment is due soon). Med schools prefer to see it reflected on your transcript that you’ve gotten better at school towards the end, rather than worse.

On that note, many of you are starting to think about what med schools “want to see.” Basically, you want to know what things you can do in college that will fit their formula. But, I think more than anything, med schools want to see you develop as a person in college. Some people will achieve this through club leadership/involvement and having a job. Others will achieve this through study abroad experiences and research. I’d say your main task in college is to find those experiences that will help you develop as a person. Secondly, they want to see how you’ve developed your interest in a health career. This is a vital part of the application, and many of the same experiences mentioned could serve this purpose as well. Again, club leadership/involvement could cultivate your interest, as well as study abroad experiences if they are healthcare related. Shadowing is very important too. Personally, I developed my interest in podiatry after shadowing a Valley podiatrist for a few weeks and getting to see this purpose as well. Again, club leadership/involvement could cultivate your interest, as well as study abroad experiences if they are healthcare related. Shadowing is very important too. Personally, I developed my interest in podiatry after shadowing a Valley podiatrist for a few weeks and getting to see the hidden gem of medicine.

Before making a decision, I recommend considering it in depth though because it can definitely be hard financially (out-of-state tuition, 18 hr drives, etc.). So, scholarships can really help with the financial burden. It can be hard emotionally as well since it might be a bit sad being away from family and friends (I didn’t know a single person when I arrived in Tucson). Yet it made me grow as a person and learn to adapt. Living in the residence halls and joining clubs helped me meet people and make friends.

So my two cents is that you keep the things about what you will show to med schools in mind as you enjoy college. It is four years (less or more for some people) that are important. Also, keep in mind that there are many healthcare careers out there, and I hope you find a healthcare career in which you are truly interested.

Thank you for your time [Med Ed students], and thank you Med Ed for everything.
After weeks upon weeks of waiting, you finally get that big envelope that causes you to give a huge sigh of relief. However, just when you think the agonizing wait is over you then realize you have to make even more important decisions: “is this college the right choice for you? How do you know the college you are choosing is the right school for you?”

Two years ago these questions were bearing down upon me as the deadline for accepting an offer to the university of my choice approached. Looking back, there were several actions I took that facilitated my decision making process and enabled me to pick the right school for myself. Ultimately when deciding whether to accept a college’s offer you must remember to not let fears hold you back, ensure you are comfortable in the environment that will become your new home, and keep your academic and career goals in mind.

As many of you can relate to, I had lived in the same city (Laredo, TX) my entire life, where I not only was raised in a tight-knit family but built life-long friendships with individuals I had known since I was a toddler. Therefore, considering the idea of moving to a different city, especially one located in a new state, was terrifying. However, as a current college sophomore, I realize the importance of informing others that you should never hold yourself back from the college of your dreams simply because of personal fears or misconceptions about what college will be like. Every single student entering a new campus shares the same initial worries about fitting in, building new friendships, and/or being away from home. It is important to keep in mind that you and your future college peers all share commonalities that brought you to the campus of your choice. Furthermore, joining organizations and participating in orientation events serve as perfect opportunities to not only meet fellow peers but discover new interests that you might have been unable to pursue during your high school years. Academically, my fears centered on the idea that I would be unable to keep up with classes or comprehend the material that was being taught. However, regardless of what college you plan on attending, my suggestion is to research and take advantage of the numerous opportunities that college offers including review sessions for exams, office hours with professors, and tutoring sessions. Though overwhelming at first, excelling academically is completely possible.

Several of you might not only just be contemplating about your future college experience but might also be struggling to pick between two colleges or more. Though I do not know much about real estate, typically when searching for a house to purchase, buyers visit the houses they are considering purchasing and conduct research on the communities in which the houses are situated in. Similarly, it is a great opportunity to visit the campus or campuses you are considering living in for possible. Your future college is not only the place in which you will be learning in, but also the one in which you will be living in for the following four years. Therefore, familiarize yourself not only with the layout of the campus but also its culture and the individuals that constitute the student body. I personally decided on Stanford University after I had the opportunity to meet students, sit in a few class lectures, and visit the dormitories of various colleges. This recommendation may not seem economically feasible if several of the schools you are considering are located outside of the state. Luckily, several colleges are willing to offer fund for you to visit their campus for a couple days and are more than willing to work with you if you contact them ahead of time. Perspective house owners often also reach out to the previous house owners or records to learn more about the houses in consideration. Therefore, if physically visiting potential college choices is not possible then it would be a great idea to contact either a students from the college you are considering or conducting detailed research by extensively visiting websites and other resources institutes make available to incoming students. Ultimately, you have to take the bold initiative of independently picking the college in which you feel most comfortable in based on your own unique personality and learning needs.

Lastly, when deciding which school to commit to, it is essential to choose a college that encompasses your academic interests and offers the best opportunities for your career goals. Several of you have known what you career plans are since a young age. I personally on the other hand did not make up my mind up about my major until a couple months ago. Therefore, if you are set on a specific major then I would recommend that you choose the university or college that offers an environment that not only caters to your academic interests through courses offered but also through organizations and internships that will allow you to further enhance exposure to your desired career path. If, like me, you are unsure of what your career plans will be, I suggest you choose a college that offers a broad range of majors to choose from. Attending a university or college that has a myriad of majors will grant you more academic flexibility because you will have more options to choose from when you decide what you want to major in; or if you change your mind about a major then it will be easier to pursue a different major without having to transfer out. Furthermore, selecting a college high in academic diversity and with numerous academic departments will allow you explore new fields and mesh perspectives from different disciplines.

The key message I would like any current high school senior to take away from this article is to keep in mind that as dedicated students each of you have personally placed all your efforts and knowledge in preparation for the moment you receive your college admission’s response. Therefore, you owe it to yourself to embrace the opportunity that is being handed to you while remembering that your community, family, and friends will always support your decisions. The college or colleges that reached out to you chose you for a reason, and it is up to you to pursue your goals and ensure that the college you ultimately choose will lay the foundation for the career path or academic interests that have motivated you thus far. •

ARLENE AMEIVA,
Med Ed Student: JB Alexander High School ’12

JOIN STUDENT CAMPUS CLUBS & MEET PEOPLE
Parents Speak: Mr. & Mrs. Javier Amieva (Arlene’s Parents)

A “Click” Away From the Future

Here were only ten minutes left to choose a college when our daughter Arlene decided to “click” on the “accept” button for Stanford University. Then, suddenly a great sense of relief overcame us … The stress we had been experiencing as a family for the past months was finally gone. We knew that from that moment on new times were coming; the decision was made and the future had just opened a new but unknown door for Arlene.

In the months prior to Arlene selecting a college, we as a family had participated in one way or another analyzing the pros and cons of the different colleges she was considering attending. The process of applying to each college had been exhausting to say the least. Our daughter had written literally dozens of essays that talked about her accomplishments, interest in a particular college, and life goals. The new friendships she would build and the future of her professional career rested on her college decision. However, behind all this lay the fear of making the wrong decision, or worse, the fear of her not being able to keep up with the other students and manage the academic pressure of college. Arlene was filled with bittersweet feelings. On the one hand, she was sad to have to go so far from home and leave behind the city where she had spent all her life in, but on the other hand, she was excited about the opportunities college held for her, as she had now become the architect of her own future.

After waiting for months, the colleges’ admissions letters were received one right after the other. Arlene immediately opened, well more like tore, the envelopes to read their content to know the admission’s decision. We also closely read the college admission offices’ decisions and were probably as nervous as Arlene. The rush of admission letters was followed by a rush of trips to various colleges so that she could experience their campus environment and classes to ultimately be able to make the most informed decision about the college she would be choosing.

Our “little girl”, did not seem to be ready to go off to college yet. We as parents whispered to each other realizing that if she decided to attend a college outside Texas the decision would be even bigger for us and the rest of her family. Many of her high school friends had already decided to attend the University of Texas in Austin or San Antonio, and the excitement of attending those colleges quickly also infected Arlene. How could she possibly let go of her friends, and commence a completely new life in somewhere like Stanford University or Boston University when she could instead receive an education closer to home? To her it seemed easier to remain close to home so she could be able to travel back and forth on every possible occasion, and enjoy the comfort that her friends and family had constantly provided throughout her life. Therefore, we were all very shocked with her final decision.

So there she was, sitting in front of her laptop and only ten minutes away from the deadline! By clicking on Stanford University, she began to live the first minute of what her future life would be like! Up until those last ten minutes, all of us were still making suggestions to help her make the “right” choice, but the decision, we all knew it, would have to be hers and no one else’s.

In the end, it was knowing how competitive the world is today that led her to choose Stanford University, which although located almost two thousand miles away from Laredo, Texas, had all of the opportunities she would need to achieve her academic and career goals. She had to recognize that while several areas of study are highly recognized in UT—like the medical disciplines that she was introduced to by Med Ed, the numerous academic fields she personally was considering when applying for college offered more opportunities at Stanford University.

Initially we were apprehensive of sending her off to a place so far and foreign to us, but we knew that that this step was necessary for her to achieve her career goals. Soon, we all were running around, working with the imminent departure and arrangements. The day before her departure, her suitcase was not only just filled with the belongings she had collected over the years but also with all the dreams and wisdom that she had gathered throughout her personal growth in Laredo.

Still nowadays, we continue to wish that she was closer to us; that we could be able to comfort her when she feels stressed out, keep her company when she feels alone, or simply to be able to give her a hot cup of tea when she catches a cold. However, we then remember that this is all part of the prices we pay for success in a country full of opportunities. More importantly, we remember that as parents we raised our child with the hope that she would one day attain happiness and reach the goals that greatly define who she is. We know that by allowing her to pursue her education she will one day accomplish this.

We do not yet know how Arlene’s college chapter will end, but we are sure about one thing: Arlene is armed with her family value, with her professors’ teachings, with the courage to succeed, and with the passion for education that, as with the rest of the youth of her generation, will help propel her to new heights.

“Each generation goes further than the generation precediing it because it stands on the shoulders of that generation. You will have opportunities beyond anything we’ve ever known.”

—President Ronald Regan
(President of the United States: 1981-1989)
Welcome Aboard, Med Ed Students!

UT PAN AMERICAN
Cavazos, Christopher J.
Diaz, Guadalupe
Martinez, Leanne C.
Serrato, Edgar

B.L. GRAY JUNIOR HIGH
2018: Abraham, Betsy Susan

BETA
2016: Castillo, Andres
2016: Salaya, Yair

CANO FRESHMAN ACADEMY
2017: Beasley Ande Michelle
2017: Gloria, Julissa A.
2017: Herrera, Samantha
2017: Uresti, Mayra Al.

DE LEON MIDDLE SCHOOL
2017: Rodriguez, Analisa

EDINBURG NORTH HIGH SCHOOL
2016: Rios, Christopher L.
2017: Rios, Emily J.

HARLINGEN HIGH SCHOOL
2016: Lucio, Juan M.
2016: Martinez, Kayla

HARLINGEN HIGH SCHOOL SOUTH
2015: Gutierrez, Abram N.
2016: Bothwell, Natalie B.
2016: Perez, Rebecca

IB LAMAR
2015: Rendon, Alexa

IDEA COLLEGE PREPARATORY- DONNA
2014: Guerra, Samantha M.
2014: Gonzalez, Frida X.

JOHNNY ECONOMEDES HIGH SCHOOL
2016: Arevalo, Vanessa Y.
2016: Cortina, Amy L.
2016: Lopez, Alejandra A.
2017: Cabrera, Lizabeth M.
2017: Castillo, Monica
2017: Colunga, Dulce Y.

JUAN DIEGO ACADEMY-MISSION
2015: Sanchez, Itzell

LA FERIA HIGH SCHOOL
2016: Martinez, Rodrigo
2016: Ramirez-Guillen, Ysabella S.

LOS FRESNOS HIGH SCHOOL
2016: Torres, Krystal N.

LOS FRESNOS UNITED
2017: Stambaugh, Jacob

LYFORD HIGH SCHOOL
2014: Patel, Namrata

MCALLEN HIGH SCHOOL
2014: Ortega, Andrea R.
2014: Valdez, Guadalupe L.
2014: Vega, Daniel
2015: Jimenez, Clarissa M.

SOUTH TEXAS HIGH SCHOOL FOR HEALTH PROFESSIONS
2014: Dietrich, Roxana M.
2016: Ordonez, Raoul
2017: Ooi, XinYee

MISSION COLLEGIATE HIGH SCHOOL
2016: Garcia, Jose Alonso
2016: Moreno, Jacqueline
2016: Silieron, Jaileen
2017: Cordova, Julio C.
2017: Lloyd, Viridiana C.
2017: Miranda, Lucy A.
2017: Perez, Ally A.
2017: Santana, Maria A.
2017: Zarate, Dominique I.

MISSION HIGH SCHOOL
2015: Acosta, Priscila A.
2015: Morales, Mireya
2016: Bustillos, Diego E.
2016: Rodriguez, Maxine
2016: Villanueva, Antoinette
2017: Garza Jr., Edgar A.

PALMVIEW HIGH SCHOOL
2016: Flores, Elizabeth M.

PSJA HIGH SCHOOL
2014: Bernal, Samantha E.
2014: Flores, Gabriela J.
2014: Sepulveda, Lorette
2015: Flores, Troy A.
2015: Garza, Abigail J.
2015: Mejia, Isabel G.
2015: Saucedo, Analysse M.
2016: Elizondo, Alyssa A.
2016: Saldana, Jeronimo
2017: Aguirre, Nayelle Y.
2017: Garza, Samantha Jo

PSJA MEMORIAL HIGH SCHOOL
2016: Muniz-Elizondo, Veronica
2016: Torales, Jazmin N.
2017: Garcia, Joe D.
2017: Ilanos, Isai

RIO HONDO HIGH SCHOOL
2016: Aguilar, Victoria M.

ROBERT VELA HIGH SCHOOL
2014: Lara, Ruben A.
2016: Dominguez, Alondra Y.
2017: Vega, Almedelia

SOUTH TEXAS PREPARATORY ACADEMY
2014: Meda, Amanda M.
2014: Ribelin, Joshua I.
2014: Rivera, Ariana C.
2014: Rodriguez, Katalina I.
2015: Gonzalez, Amanda J.
2015: Momie, Nora A.
2015: Pena, Jennifer A.
2016: Cecini, Ana P.
2016: Gonzalez, Rebeca J.
2016: Vazquez, Ariana
2016: Vazquez, Alesa
2016: Villareal, Jesus A.

ST. JOSEPH ACADEMY
2015: Salhadar, Karim
2015: Teo Ong, Ian R.
2016: Salas, Ana C.

UTB MATH & SCIENCE ACADEMY
2017: Lenz, Paul A.

UTB MATH & SCIENCE ACADEMY
2015: Salinas, Francisco E.
2017: Castro, Jacob J.
2017: Nieto, Andrew

VETERANS MEMORIAL HIGH SCHOOL
2014: Agarwal, Sakshi
2014: Chapa, Marlena
2014: Gonzalez, Priscilla A.
2015: Cabrera, Kevin A.
2015: Marentes, Marisol
2015: Olmedo, Estefania
2015: Pancardo, Denise
2015: Perez, Rene H.
2016: Munguia Jr., Daniel
2016: Raju, Devika
2017: Mata, Karla I.
2017: Conde, Alondra R.
Mission Statement:
To encourage and recruit 8th grade, high school and college students into the health sciences by providing information and opportunities that will motivate, educate, and prepare students for higher education and continuing studies in graduate or professional programs.

Deciding to pursue a career in the health sciences is much the same as choosing to live a life of service to others. Irrespective of the financial gains that can be earned as a result of becoming a nurse, physician, scientist, dentist, physical therapist, dental assistant or other health professional, the provider must first and foremost serve another human being in need (man, woman, child, the elderly, the rich, the middle class, the poor, all ethnicities and religious beliefs).

As with all other major life altering decisions, deciding which health sciences career to pursue should not be made lightly or absent of careful thought. After all, committing one’s life to the service of others is a great responsibility as much as it is a tremendous honor.

When does such service responsibility begin for future health care professionals? It begins at the time the decision is made to pursue such a career regardless if the decision is made while in high school, college or even later in life.

What does this responsibility entail? Preparation—lots of it. Learning as much as possible about how to actively listen, how to actively read, complete all assignments on time, engaging in volunteering (clinical and non-clinical), learning how to communicate, helping others who need help, reading, being the best friend you can be to your friends, and being a contributing member to your family—all of these combine to become your responsibility and will undoubtedly shape your character and YOU into the best health care professional you can be.

Indeed, a life of service in the health sciences is one to pursue with respect for others and oneself, great courage of conviction and with a significant desire to love others to the point of serving them without question. Then and only then will such a career choice become a life of service.

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