

**MED ED PROGRAM
OF SOUTH TEXAS**
**UT HEALTH
SCIENCE CENTER**
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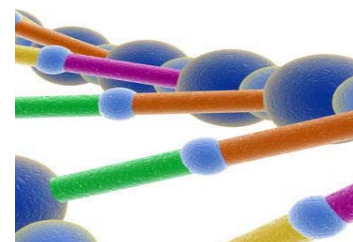
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**MARCH/APRIL
2014**



WELCOME

to the Med Ed Program,
Lizette Landeros, Junior
at Edinburg High School!
We look forward to
getting to know you and
learn more about your
health professions goals!

**CONGRATULATIONS,
Giselle Castillo**
from Veterans Memorial
High School in Mission,
Texas for being a
recipient of the Coca-
Cola Scholarship and for
your admission to the
UTHSCSA School of
Medicine FAME
Program!
We are thrilled for you!

**CONGRATULATIONS,
Juan Garza,**
'07 McAllen High School,
UTPA '11, TX A&M School
of Rural & Public Health
(MPH) '14, for your
recent acceptance into
the UTPA Physician
Assistant Program!
So Proud Of You!!



Dear Med Ed Students, Families and
Partners

What a sincere joy it has been for our team to work
with you throughout our Summer 2013 IGNITE
SCIENCE! Initiatives and also during this new 2013-2014
school year. Together, we have learned more about the
amazing world of many health science careers and have
made fantastic friendships along the way.

As we near the end of another very blessed year, our Med
Ed Program of South Texas family would like to take the
time thank so many of you who have made all of our
initiatives and collaborations so very successful:

Med Ed students: thank you for representing the Med Ed
Program with such respect and compassion. Your
contributions at our many community service events have
been truly inspiring.

Med Ed parents: thank you so much for driving your kids to
and from our events! We know that this is not always easy
to do—we appreciate you very much!

Region I (Rio Grande Valley) School Districts: thank you
for your continued support and assistance. Thank you for
sharing your time and classroom space to partner with us.

Higher Education partners: University of Texas Pan
American, University of Texas Brownsville, South Texas
College, and Texas State Technical College: thank you for
allowing us to host various academic events on your
respective campuses.

Regional Academic Health Center Deans' Office: Thank
you for your constant support of our program and of our
students!

Mario E. Ramirez Library: thank you all so much for
always being willing to lend a helping hand with our visiting
schools. You help make our on campus events wonderfully
fun learning experiences.

**South Texas Environmental Education & Research
(STEER):** In spite of your busy schedules, you are always
willing to participate in our on-campus events. Thanks so
much!

Our own families: Thank you for your patience and love
as we spend time away from you while we work evenings
and weekends with our students. Thank you also for
greeting us with smiles and hugs when we arrive home at
the end of a long day.

*"Remember the three R's: Respect for self; Respect
for others; and Responsibility for all your actions."*

Author Unknown

Of all the advice that our team has shared
with our Med Ed Program students in the
past and even now, the most common is to
always keep the Golden Rule front and
center—do unto others as you would have
them do unto you. An integral component of
this rule is most certainly following the *three
R's*.

Respect for Self

This rule can mean different things for
different people. In our perspective, it means
to be kind, honorable and compassionate
with oneself. Often times, we fall victim to our
own self doubts and insecurities that can
drive us to make decisions that can hurt
ourselves, our families, our friends, and even
damage our academic endeavors. It is
important to know that we must turn to our
families, our most trusted friends, or a trusted
relative or teacher for help. Having someone
to accompany us during a difficult period in
our lives is an incredible gift that we can each
honor and reciprocate when others who trust
us are in need of our help. Other times,
respecting ourselves means *granting
ourselves permission to set boundaries—
clear boundaries*. For example, if you are
invited to participate in anything that goes
against your morals and the rules that your
parents have set for you, it is important that
you stand firm in these and if necessary, walk
away. Will you be firm or allow someone to
convince you to go against your own
convictions? Respect for self often times
demands tremendous bravery; if we do not
respect ourselves, who will?

Respect for Others

Human life is precious and unique *on
purpose*. Talents and skill levels vary from
person to person as do strengths and
weaknesses. The beauty of having a chance
every morning to wake up and hug life is that
we have a chance to understand how each of
us can affect—for better or worse (hopefully
for the better)—those around us for the
greater good. Oftentimes, people, not just

teens, get vacuumed into a vortex of envy,
arrogance and fear that translate into real life
hurtful actions against a fellow person. As a
result, one person becomes the aggressor
and the other either succumbs to the unkind
behavior or engages in equally aggressive
behavior either in defense of himself/herself
or in retaliation for the perceived offense.
Marion Moca, M.D., Director for Child and
Adolescent Psychiatry Residency Program at
the RAHC in Harlingen (UT Health Science
Center San Antonio School of Medicine) states
that it is critically important to keep control
of our thoughts which will in turn help us
control our emotions that eventually leave
to a behavioral action.

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Responsibility for All Your Actions

Learning and doing what is right regardless
of the temptation to do otherwise is critical in
strengthening the moral compass that our
families have established. Doing the right
thing can at times find us on the opposite
side of the line from our friends, colleagues,
bosses, society and even family (thankfully
this does not tend to be the rule 😊).

As future health care professions charged
with bettering the condition of his/her
patients, there will be mistakes made along
the way...possibly during the academic
pathway; possibly during residency or even
later when it is time to fly solo as a health
professional. Accepting the responsibility for
our actions *always* is—when all is said and
done—what keeps our integrity and moral
compass in tact and it helps us to grow as
humans and as a society.

The Journey

Remember the three R's as you either rise to
meet your path on your life's journey or as
you continue on it. If it is too much to
remember, then remember only the Golden
Rule and *do not only say* that you live by it
but *actually exercise it every day* until it
becomes a part of who you are—your life will
be more fulfilling because of it. • ELG

It is no secret that health
science centers that offer a
variety of residency programs in
various specialties gain a tremendous
resource as a result—well trained and
highly motivated physicians who,
throughout the course of their training,
have been slowing growing roots,
making friendships, and becoming a
part of the local community(ies).
Makes sense. So, what does this have
to do with our Rio Grande Valley? A
lot.

According to the Texas
Department of State Health Services,
our Rio Grande Valley (Starr, Hidalgo,



Rajesh Tampi, MD, Director of Adult
Psychiatry Residency Program

Willacy and
Cameron
Counties)
counted on

approximately 37 psychiatrists for our
total population of 1.3 million. Current
plans aim at having the Adult
Psychiatry Residency Program,
directed by Dr. Tampi, to train five
residents per year. The Child &
Adolescent Psychiatry Residency
Program would itself train two
residents per year. Upon establishing
both of these programs, the prospect
for growing these is positive,
especially as the plans for the new
medical school move forward.

The Med Ed Program of South Texas
would like to welcome Dr. Marian
Moca and Dr. Rajesh Tampi and offer
our support
to help them
in their work
that will
undoubtedly
affect all of
us who live,



Marian Moca, MD, Director of the
Child & Adolescent Psychology
Residency Program

work, and play in the RGV.
BIENVENIDOS,
Dr. Moca & Dr. Tampi!

- * Approximately 60% of adults and almost one-half of the youth ages 8-15 with a mental illness received no mental health services in the previous year.
- * African American and Hispanic Americans used mental health services at about one-half the rate of whites in the past year and Asian Americans at about one-third the rate.
- * One-half of all chronic mental illness begins by the age of 14; three-quarters by age of 24. Despite effective treatment, there are long delays—sometimes decades—between the first appearance of symptoms and when people get help.

Mental Illness: Facts & Numbers, National Alliance on Mental Illness (NAMI)

- Substance Abuse and Mental Health Services Administration. (2012). *Results from the 2010 National Survey on Drug Use and Health: Mental Health Findings* NSDUH Series H-42, HHS Publication No. (SMA) 11-4667. Rockville, Md.: Substance Abuse and Mental Health Services Administration, 2012.
- National Institute of Mental Health. (n.d.). *Use of Mental Health Services and Treatment Among Children*. Retrieved March 5, 2013, from <http://www.nimh.nih.gov/statistics/1NHANES.shtml>
- Kessler, R.C., et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 7, 216). 593-602.
- National Institutes of Health, National Institute of Mental Health. (2005). *Mental Illness Exact's Heavy Toll, Beginning in Youth*. Retrieved March 5, 2013, from <http://www.nih.gov/news/pr/jun2005/nimh-06.htm>.



Veterans Memorial High School, BISD students pose for a photo with Lozano-Pineda



South Texas High School for Health Professions (Med High), STISD students speak with Dr. Lozano-Pineda about the admission requirements for Dental School.

UTHSCSA SCHOOL OF DENTISTRY VISITS THE RGV



Juanita Lozano-Pineda, DDS, MPH from our UTHSCSA School of Dentistry presented sessions focused on dentistry to approximately 100 students combined at Veterans Memorial High School in Brownsville and at Med High in Mercedes. Dr. Lozano-Pineda shared her own personal story from growing up in Brownsville as a migrant student to graduating with a #10 ranking from our very own UTHSCSA School of Dentistry. She also showcased a fantastic session on the Biology, Chemistry and Physics of dentistry. She plans to return along with Dr. Vidal Balderas in late April to lead hands on sessions with these same student groups.

Check Out These Websites:

- <http://dental.uthscsa.edu>
- <http://dental.uthscsa.edu/admissions/DEAPinfosheet.pdf>
- www.asdanet.org

Dentistry: An Overview

Dentists diagnose and treat diseases, injuries, and malformations of the teeth, gums and mouth. They examine patient's mouths for cavities, sores, swelling or other signs of disease. They can enhance their patient's appearance through dental techniques such as braces, dentures, or dental surgery. Dentists have also evolved to provide cosmetic care, including teeth whitening.

Most dentists are general practitioners and are usually self-employed. They supervise the work of the dental healthcare team and have final responsibility for all dental services being provided.

Article reprinted courtesy of www.texasjob.org/04C04.aspx

Great Leaders Know **Respect** Is The Keystone Of A Successful Business
(David K. Williams, *The 7 Non-Negotiables of Winning: Soft Traits To Hard Results*)
www.forbes.com/sites/davidkwilliams/2013/05/29/great-leaders-know-respect-is-the-keystone-of-a-successful-business

"...the keystone of the 7 Non-Negotiables: **Respect**. As you may be aware, the "keystone" is the central stone at the summit of an arch that locks the structure together. It is also the term to describe the central principle or part of a policy or system on which all else depends, and without which the 7 Non-Negotiables structure would collapse. **Respect** must play the most important role in any personal or working relationship. One of our most important statements at our company, Fishbowl, is, 'I've got your back.' This single phrase carries all of the Non-Negotiables with it..."



Leonel Vela, M.D., M.P.H., Regional Dean, UTHSCSA Regional Academic Health Center visits with Nikki Rowe HS Warrior HOSA Team.

Celebrating National Doctors Day March 26, 2014:
Leonel Vela, MD, MPH, Regional Dean—HRAHC visits with HOSA Warrior students at Nikki Rowe High School (McAllen ISD) & Marian Moca, M.D., Director, Psychiatry Residency Program, UT-RGV HSC presented to Roma High School Gladiators (Roma ISD)



Marian Moca, M.D., Director of Child & Adolescent Psychiatry Residency Program visits Roma HS Gladiators—206 miles worth it!

Helpful ADVICE Interviews

- * Practice at least once or twice in front of the mirror. Practice especially your response to "Tell me about yourself". **THIS IS A KEY question that you want them to ask you...** this is where you tell the interviewer/committee a little about your family, your academics, volunteering, and why you want to be a doctor.
- * Reflect on one or two clinical experiences that have impacted your decision to pursue whichever health sciences profession in which you are interested. What about the experience made you decide that you definitely want to pursue it? Please note: It is NOT enough to simply state the experience or write about it in your personal statement/essay—WHAT ABOUT IT drove it home to you?
- * Be honest. Interviewers know when a candidate is exaggerating and/or lying.

Med Ed Rewind

Med Ed has always looked forward to providing a wide array of opportunities to help expose our students to as many health sciences careers and hands on science activities as often as possible. Summer 2013 offered our students academic sessions in nutrition, pharmacy, microbiology, anatomy and physiology, physics and chemistry to name a few. With over 200 students in total participating in some or most of the events, it was absolutely thrilling to see the excitement in our Med Ed students' eyes, listening to their group discussions, and to see them networking with the session instructors/leaders and each other—certainly a thing of beauty and pride.



hope that our Med Ed students consider registering to attend the events that were are working hard to coordinate. Yes, we understand that driving to our summer locations may be difficult if not impossible for some; please know that we are trying to schedule events in both the upper, mid and lower Valley in order to try and ease the travel distance. We thank you for your understanding and look forward to working with you soon!

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With another school year about to close and the beginning of our summer initiatives around the bend, we certainly



IGNITE SCIENCE! SUMMER @ UTPA 2014 • MORE TO COME!

Neuroscience: June 9-12, 9AM-3PM

•Instructor: Daniel Plas, Ph.D., UTPA

This camp will examine the nervous system from a comparative point of view, particularly stressing how non-human species can serve as experimental models for human neurological disease. **SEATING LIMITED: 24**

Pharmacy In the Hood: June 23-26, 9AM-3PM

• Instructors: Yasar Tasnif, Pharm.D., BCPS, UTPA/UT Austin Cooperative Pharmacy Program & Bianca Cruz, Pharm.D., UTPA/UT Austin Cooperative Pharmacy Program

Students interested in pursuing pharmacy as a profession will engage in activities revolving around the pathway and its practice. Learn how to work the IV lab and practice taking physical assessments and interpreting these results. Participate in mock patient care scenarios in group competitions to save the patient. Final team projects will incorporate all of the skills and concepts learned throughout the week. **SEATING LIMITED: 24**

Microbiology: July 8-11, 9AM-3PM

• Instructor: Luis Materon, Ph.D., UTPA

This camp is an excellent opportunity to gain experience in a formal laboratory setting. In addition to studying 'micro,' you will also learn proper lab techniques and etiquette. Dr. Materon is a professor in the biology department at UTPA and has many years experience in the classroom as well as in the lab. His summer camp will focus on epidemics and current health issues as they relate to microbiology. **SEATING LIMITED: 24**

PLEASE NOTE: Registration for these sessions are now open. Sign up **ONLY** after you have **confirmed** that you are available to attend the entire week. Cancellation of RSVP deadline, Wednesday, May 28, 2014 **NO EXCEPTIONS** will be made—REGARDLESS.

