National Public Health Week is here and this year’s theme is “Public Health is ROI: Save Lives, Save Money.” The 2013 NPHW theme was developed to highlight the value of prevention and the importance of well-supported public health systems in preventing disease, saving lives and curbing health care spending.

It’s hard to picture our lives without a strong public health system. But you may ask, **What is public health? What do public health professionals do? What are some of the public health careers? What are some of the top achievements of Public Health?**

**What is Public Health?**

Public health is the science of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention. Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country.

**What Do Public Health Professionals Do?**

Public health professionals try to prevent problems from happening or re-occurring through implementing educational programs, developing policies, administering services, regulating health systems and some health professions, and conducting research, in contrast to clinical professionals, such as doctors and nurses, who focus primarily on treating individuals after they become sick or injured. It is also a field that is concerned with limited health disparities and a large part of public health is the fight for health care equity, quality, and accessibility.

**Public Health Careers**

Public health careers offer something for everyone. Epidemiology and biostatistics involve mathematics and modeling. Environmental health includes a wide range of science skills. Health administration incorporates business and management skills. Health education involves skills required to develop community-wide prevention programs. Health policy includes an understanding of law-making processes.

Today, public health professionals are focusing on reducing obesity rates, public health preparedness and safety rates, reducing gender caps in health care, and getting prepared for pandemics among other.

There is no doubt that investing in a resilient public health system is smart in terms of dollars and cents. There are few investments that reap the far-reaching and life-changing results that investments in evidence based public health do. And that is the value of public health. By making and supporting the healthy choice, we can be living examples of the public health return on investments.

**Testing your Public Health knowledge**

<table>
<thead>
<tr>
<th>Question</th>
<th>25%</th>
<th>35%</th>
<th>55%</th>
<th>70%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chronic disease-related care consumes what percent of the U.S. health care dollars?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Influenza surveillance by the WHO began in what year?</td>
<td>1919</td>
<td>1948</td>
<td>1956</td>
<td>1973</td>
</tr>
<tr>
<td>3. What 2 diseases account for over 50% of all deaths in the US?</td>
<td>Cancer and heart rate</td>
<td>Stroke and tuberculosis</td>
<td>AIDS and cancer</td>
<td>Old age and infant mortality</td>
</tr>
<tr>
<td>4. Which Chinese invention played a early role in improving sanitation and hygiene?</td>
<td>Chopsticks</td>
<td>Sewers</td>
<td>Fireworks</td>
<td>Rice Steamer</td>
</tr>
<tr>
<td>5. What is one of the fastest growing public health concerns in the world?</td>
<td>Cancer</td>
<td>SARS</td>
<td>Diabetes</td>
<td>Workplace accidents</td>
</tr>
</tbody>
</table>

Answers: 1. 70% 2. 1948 3. cancer and heart rate, 4. Chopsticks 5. diabetes

For more information please visit: http://www.nphw.org/about http://www.whatispublichealth.org/what/index.html
Approximately 15 students attended Med Ed’s Nutrition and Clinical Testing workshop held in February at the UTPA Campus in Edinburg where students were introduced to the importance of healthy eating, managing diabetes, and exercising.

Throughout the workshop, students had the opportunity to learn about the role of clinicians by performing urine examinations. Students tested various urine specimens for color, pH, specific gravity, glucose and protein by performing various tests. Furthermore, students also learned how diet and drugs can affect urine color and test results. But the fun didn’t stop there; students also tested abnormal urine and were able to determine, by performing all the test, if the urine was low, normal, or high and whether the possible diagnosis included: uncontrolled diabetes mellitus, severe anemia, or liver infections among others.

Thank you Med Ed students and parents for getting up early on a Saturday to participate and make this event successful!

WE ARE SO VERY PROUD OF YOU, RUBY!!

GOOOOOOO RATTLLERS!

Ruby Benitez, Med Ed student and graduate from Rio Grande City High School in 2005 and UTSA graduate (Kinesiology) in August 2009 was recently accepted into our UT Health Science Center San Antonio’s School of Health Professions Masters of Occupational Therapy Program.

WE ARE SO VERY PROUD OF YOU, RUBY!!

GOOOOOOO RATTLLERS!

Class of 2013
Ashley Araiza- Harlingen High School South

Class of 2014
Jorge Guerra—Sharyland High School
Derliy Aguilar—Nikki Rowe High School
Daniella Salinas—Nikki Rowe High School
Tristan A. Ramos—Sharyland High School
Lauriz A. Hortillosa— Sharyland High School
Maria F. Delgado—Sharyland High School

Class of 2015
Jiyoon I Baek—Med High
Nicky M. Castillo—Med High
Giovanna De la Cruz—Med High

Class of 2016
Adolfo A. Lopez—Sharyland High School
Ashley M. Lute—Harlingen High School
Jorge Quintanar—Nikki Rowe High School
Vanessa Rosas—Nikki Rowe High School

Julissa M. Becerra—Harlingen High School
Sabrina Saldana—Harlingen High School
Adalberto Flores—Roma High School
Sara B. Lopez—Med High
Sabrina Salazar—Med High
Vanderlipe Zhikynah May—Med High
Isabel Benavides—Sharyland High School
Gabriela S. Cazares— Sharyland High School

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**Career Profile: Reconstructive & Plastic Surgery**

**Job Description**

- Examines, diagnoses, and surgically treats patients that have abnormal structures of the body caused by congenital defects, developmental abnormalities, trauma, infection, tumors, or disease.
- Performs surgery to improve functions and to approximate a normal appearance.

**License to practice**

**2-4 Years of Surgery experience**

**Salary**

$199,494—$328,159 (varies by city)

**Training**

- Deals with the resection, repair, replacement, and reconstruction of defects of form and function of the integument and its underlying anatomic systems, including the craniofacial structures, the oropharynx, the trunk, the extremities, the breast, and the perineum.

- Medical Degree from an accredited school (4 years)

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Sources:

http://www.facs.org/residencysearch/specialties/plastic.html
Over 85 Med Ed students, parents, high school instructors and community members attended our special professional development event held on Thursday, February 28, 2013 at the Regional Academic Health Center in Harlingen. Jaime R. Garza, MD, DDS, FACS, an internationally renowned reconstructive surgeon and former NFL football player, Dr. Garza shared his life’s journey thus far from high school to medical school and to his current professional career.

The former Assistant Vice President for South Texas Border Initiatives (STBI) working alongside his long time mentor Mario E. Ramirez, M.D. the former Vice President for STBI (later known as South Texas Programs) with The University of Texas Health Science Center San Antonio, Dr. Garza knows the Med Ed Program of South Texas well and has long supported our mission and vision in promoting the health sciences to our Rio Grande Valley students.

Dr. Garza’s family has been taught the importance of developing several values that have served to strengthen the family over the generations. The first is raising a strong and loving tight-knit family; the most important cornerstone. The second is teaching the children the importance of reading and earning a good education as these will help the family continue to grow and expand successfully. The third is developing a strong work ethic, one that will help secure the future of the family.

“I still love to read and to continue to learn. I have several stacks of books next to by bed and to this day, reading is something that I love to do before I fall asleep. I continue on with this important lesson from my mother.” With this, Dr. Garza recommended that our audience members read The Proof of Heaven; A Neurosurgeon’s Journey Into the Afterlife written by Eben Alexander, M.D. and also Outliers: The Story of Success written by Malcolm Gladwell. Our office is anxious to get our hands on these two books for which we have heard fantastic reviews!

Mentorship was another important discussion point raised by Dr. Garza. “You don’t have to like all of your mentors, but you must learn from them. There is always something that you can learn from the people around you who are good at doing certain things very well,” stated Dr. Garza as he referenced his Tulane University football coach. Already having his family’s support, the additional help and guidance form his mentors and fellow student athlete colleagues further sharpened Dr. Garza’s skills in the classroom, on the field, and in life. He is only too happy and willing to share his life’s lessons with our Med Ed Students and we appreciate this so much.

Sharing some of his patients’ case studies with our audience was truly awesome. To see the before and after photographs of patients who had suffered tremendous injuries to their face, head, and/or neck was indeed remarkable. Even more, to consider that the values that he learned as a boy growing up in a humble home on the East Side of San Antonio had much to do with his life decisions that led to him being able to provide life saving and life changing surgeries to countless children, men and women is indeed truly remarkable. He posed a very important question, “Are We Products of Our Environment”? “Yes, to the degree that the environment teaches you honor and respect for family and others; to the degree that it teaches you to fight for what you want always with integrity—to these extents your home and community environment can shape you. However, coming from a humble background does not dictate how successful a person can become. Learning to love to read, earning a strong education and working hard—there are no substitutions for these if you want to succeed. Look at me.”

A very special guest in our audience this evening was Dr. Ramirez, our Med Ed Program of South Texas founder and one of Dr. Garza’s mentors. Elated to see his protegée and all of the Med Ed students who turned out, Dr. Ramirez addressed the audience and shared his own story of the importance of mentorship and the role that it can play in turning someone’s life around completely (referenceing one of his most successful protégés, John Frey, M.D. who worked alongside Dr. Ramirez at his clinic in Rio Grande City during his time in medical school).

Muchas gracias, Dr. Garza for taking the time out of your busy schedule to come to the Rio Grande Valley and share your very important story and message with our students, parents, and teachers. We definitely want to see you back!

Dr. Ramirez, it goes without saying—we think of you often and always remember that your foresight made the Med Ed Program of South Texas a reality. THANK YOU!

Thank you, Med Ed parents for making the sacrifice of your time and rest in order to afford this opportunity for your children.

Dr. Garza with La Feria High School Students and Mr. Crane, Science Instructor.

SOUTH TEXAS PREPARATORY ACADEMY (STISD) students and instructors pose with Dr. Garza. Fantastic questions, STPA students!

Dr. Ramírez & Dr. Garza Mentor and Protégé

Jaime R. Garza, MD, DDS, FACS
Dr. Jaime R. Garza, a San Antonio native, is President and CEO of Texas Plastic Surgery and Renee Associates, P.A. He retired as full Professor of Surgery at the University of Texas Health Science Center at San Antonio where he was Founder and Chief of the Division of Plastic and Reconstructive Surgery, a nationally-recognized program that trained most of the country’s military plastic surgeons and was Associate-Vice President for UTHSCSA. He received his M.D. (with honors) and D.D.S. degrees from Louisiana State University Health Sciences Center; has a B.A. in Political Science from Tulane University; is board-certified in two surgical specialties from the University of Pittsburgh and MD Anderson Cancer Center; and has authored ten book chapters and dozens of medical journal articles and abstracts. Dr. Garza currently serves as Clinical Professor of Surgery and Otolaryngology and Assistant Vice President for South Texas Community Affairs for the UTHSCSA. He was recently appointed by the Governor and confirmed by the Texas State Senate as a Regent for the Texas State University System. President-Elect of the Texas Society of Plastic Surgeons, his honors include the American Medical Association’s “Emerging Leaders” award; San Antonio Business Journal’s “Outstanding Physician” award, largely for his work in treating children’s deformities; Texas Monthly’s “Texas Super Doctor” recognition (past 8 years), the San Antonio Hispanic Chamber of Commerce named him “Business Man of the Year” and Consumer’s Guide designated him as one of the “Top Doctors in the United States.” He was an acclaimed football receiver at San Antonio’s Jefferson High School, broke almost all of Tulane University’s receiving records, was team captain, one of the first 4-year collegiate lettermen in the nation and named one of the “Best College Football Players in America” before attending NFL training camps with the Atlanta Falcons and New Orleans Saints.

He is an internationally known expert in the treatment of sports related facial injuries; holds a patent on a protective face mask used by NBA and college players; is a team physician for the San Antonio Rampage (hockey), the University of Texas at San Antonio, Trinity University, consultant to the NFL and NBA; and served as tournament physician for several NCAA Final Four basketball tournaments and the USA Olympic Women’s basketball team.

He and his wife of 28 years, architect Lisa Marie Trail Garza of New Orleans, have four children.
Mission Statement:
To encourage and recruit high school 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.

The true sign of intelligence is not knowledge but imagination
~Albert Einstein~

Calendar of Events

April
3  Night with the Dentists (UTPA)
9  Med Ed: Ignite Science! At PSJA CCTA
18 Med Ed Team at CATE Association Meeting
19  JAMP Day at UTHSCSA: La Joya ISD
26  Med Ed: Ignite Science! At Lamar Elementary

May
10  Med Ed: Ignite Science! At Lamar Elementary
27  Office Closed: Memorial Holiday

June
3-6  Ignite Science! @ Sharyland HS
10-14 Ignite Science! @ Weslaco ISD
17-21 Ignite Science! @ Weslaco ISD
24-27 Ignite Science! @ UTPA: Focus on Pharmacology

July
9-12 Ignite Science! @ UTPA: Focus on Microbiology
15-18 Ignite Science! @ UTPA: Focus on A&P (am) / Chemistry (pm)

REMINDER
Students, don’t forget to order your Med Ed T-shirts TODAY!
Shirts are $6.00 if you pick it up at our office and $8.00 if you want us to mail it out to your house. Please make check or money order payable to UTHSCSA. You can find the t-shirt order form on our website or call/email our office.