

SJBSM JOURNAL



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KEY DATES

March 16, 2018: Match Ceremony

March 17, 2018: Annual Health Fair

March 21, 2018: Residency Fair

March 26-30, 2018: Holy Week

April 6, 2018: Goofy Games

SJBSM RETAINS ITS FULL ACCREDITATION

By Andrew Blundell

Excitement and elation filled the air – SJB's full accreditation has been officially renewed!

On February 26, 2017, the LCME held their accreditation visit at San Juan Bautista School of Medicine. The first three days comprised a series of interviews and feedback from students, and the last day was a final interview with the school's President and Medicine Dean, Dr. Yocasta Brugal. A lot of hard work and preparation from the students and faculty went into the visit.

The student task force was made up by Lorena Figueredo, Pedro Rodriguez, Koby Bonilla, Vicente Covas, Shaun Marshal, Marimer Rivera, Gerardo Collazo, Dalilah Reyes, Danilea Carmona, and Fabiola Rodriguez. Their hard work paid off when the school received the official news on March 6, 2018, that its full accreditation had been renewed. "Being chosen to represent SJB was truly an honor accompanied by great responsibility," said MS2 class president, Koby Bonilla. "I am extremely proud of my colleagues and all the staff that worked hard to renew the accreditation."



The student task force, from left to right: Back: Lorena Figueredo, Pedro Rodriguez, Koby Bonilla, Vicente Covas, Shaun Marshal, Marimer Rivera, Gerardo Collazo; Front: Dalilah Reyes, Danilea Carmona, and Fabiola Rodriguez.

The LCME particularly made note and praised the school for its diversity, its community outreach, and for the student's ubiquitous involvement in research.

Dr. Yocasta Brugal said that the reaccreditation was the product of excellent teamwork from the deans, faculty, students, and staff. "I am proud of our students; our school stands out in that it instills the commitment to serving the community in each and every one of our students, and I am glad the LCME appreciated that," said Dr. Brugal.

AAMC'S ASPIRING DOCS DIARIES



Elsa Rodriguez, MS3

By Cristina Font

Elsa Rodriguez, MS3, was published in the AAMC's blog "Aspiring Docs Diaries" for her article titled "Becoming a Refugee Medical Student".

In the article, published on February 12, 2018, Elsa recounts her experience after Hurricane Maria and how it helped her grow as an aspiring physician.

An excerpt from her article reads, "Thanks to Hurricane Maria, I've grown to become a more emotionally intelligent individual, newly and fully equipped with both physical and emotional survival skills, the virtue of patience, but above all, the ability to practice resilience. No hurricane could stop me from continuing to pursue my path to the medical profession."

The full article can be found at the following web address:

<http://aspiringdocsdiaries.org/becoming-a-refugee-medical-student/>

MISSION TRIP TO HONDURAS



SJB students joined faculty & residents of the University of Toledo on a mission trip to Honduras.



The students had the opportunity to observe and assist in surgeries.



Yadier Brito, MS2, performs an ultrasound on a girl.



SJB students pose for a group photo in Honduras.

By Andrew Blundell

"Many people need our help out there. Our education gives us the tools to help those in need," said Yadier Brito, MS2.

He and seven other second-year medical students, Dalilah Reyes, Amanda Ortiz, Jomarís Centeno, Marilís Navarrete, José Alvarado, Koby Bonilla, and Marina Stukova, spent a week in Honduras on a medical mission trip. Accompanying them on this trip were University of Toledo mission trip leaders, Dr. Richard Paat and Dr. John Wells, and about a dozen other faculty members and residents.

Our students had the unique privilege of helping this underserved population under the guidance of experts in their field. They got the opportunity to see and learn about different conditions that, as MS2s still in their pre-clinical years, they have only learned about in textbooks. They also had the opportunity to scrub in to and observe many surgeries.

The students agreed it was an incredibly humbling experience and that given the chance, they would do it again without a second thought.

STUDENT PRESENTATIONS

These students gave presentations at conferences all over the United States, representing our school and showing off their hard work. Congratulations!

Adriana Gordon, MS2

Poster presentation: *Upregulation of ABCA1 in lipid-loaded macrophages is dependent on autophagy.*

American Medical Women's Association Region 5 Conference, Birmingham, AL, February 10, 2018.

Andrew Blundell, MS2

Poster presentation: *A deep dive into the diagnostic utility of eos- and baso-C4d*

American Medical Women's Association Region 5 Conference, Birmingham, AL, February 10, 2018. Awarded "Best Original Research Poster".

American Medical Student Association Convention & Exposition, Washington, DC, March 9, 2018.

Danilea M. Carmona Matos, MS2

Oral presentation: *Competencies and Areas for Improvement in Surgical Clerkship Instructors: A Qualitative Study*

Academic Surgery Congress, Jacksonville, FL, February 1, 2018.

Cristina Font, MS2

Poster presentation: *Musculoskeletal injections and the risk of lymphedema*

American Medical Women's Association Region 5 Conference, Birmingham, AL, February 10, 2018.

American Medical Student Association Convention & Exposition, Washington, DC, March 9, 2018.

Koby Bonilla Fernández, MS2

Poster presentation: *Differences in pulmonary hypertensive changes between wild-type and GSNOR KO's mice exposed to hyperoxia conditions*

American Medical Association Research Symposium, Honolulu, Hawaii, November 10, 2017.

American College of Physicians, San Juan, PR, January 20, 2018.

Lorena A. Montalvo, MS4

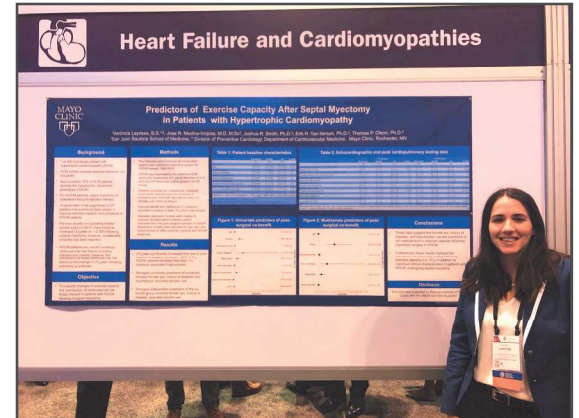
Oral presentation: *Case Report: Merkel Cell Carcinoma*

Ophthalmology Orbit/Oculoplastic Grand Round, Recinto de Ciencias Medicas, San Juan, PR, December 2, 2017.

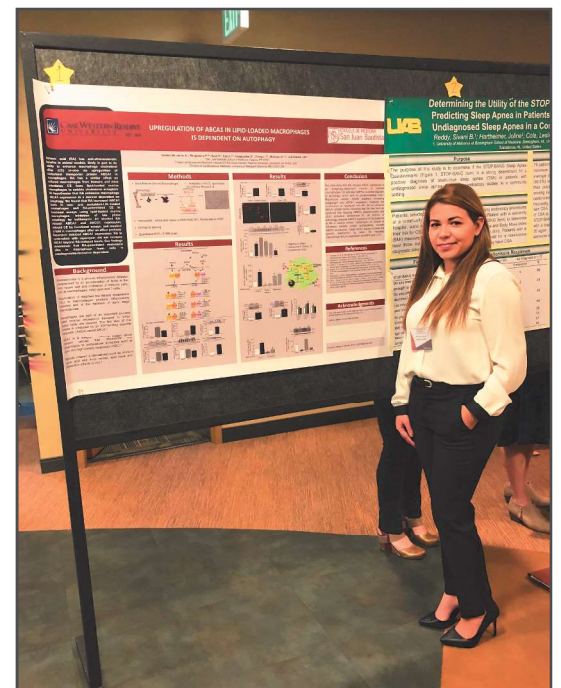
Veronica Layrisse, MS2

Poster presentation: *Predictors of Exercise Capacity after septal myectomy in patients with hypertrophic cardiomyopathy*

American College of Cardiology, Orlando, FL, March 10, 2018.



Veronica Layrisse, MS2, presents her project, *Predictors of Exercise Capacity after septal myectomy in patients with hypertrophic cardiomyopathy*, at the American College of Cardiology.



Adriana Gordon, MS2, presents her project, *Upregulation of ABCA1 in lipid-loaded macrophages is dependent on autophagy*, at the American Medical Women's Association Region 5 Conference.

STUDENT AWARD WINNERS

Congratulations to San Juan Bautista School of Medicine's most recent student award winners!



Sara Kurtevski, MS1

**American Academy of Neurology
Medical Student Scholarship**

Sara won this scholarship, sponsored by the American Academy of Neurology, to attend the American Academy of Neurology Annual Meeting in Los Angeles, California.



Pedro E. Rodríguez Ortiz, MS3

Family Medicine Leads Scholarship

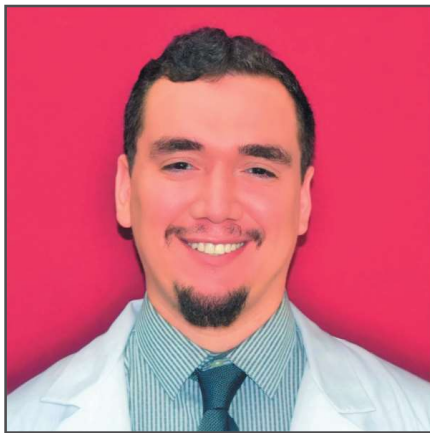
Pedro was awarded the Family Medicine Leads Scholarship for National Conference by the American Academy of Family Physicians.



Danilea M. Carmona Matos, MS2

LMSA National Conference Scholarship

Danilea was selected to represent medical students in Puerto Rico at the LMSA National and Southeast Regional meeting in Miami, FL.



Emile R. Vieta Ferrer, MS2

**American Academy of Neurology
Medical Student Scholarship**

Emile was one of 40 candidates across the United States and Canada to win this scholarship of \$1,000 to attend the American Academy of Neurology Annual Meeting in Los Angeles, California.

**American Physician Scientists
Association Scholarship**

Emile was also awarded a scholarship of \$750 to present a poster at the American Physician Scientists Association Annual meeting in Chicago, Illinois.



Andrew R. Blundell Alemán, MS2

**Gina M. Finzi Memorial Student
Fellowship Program**

Andrew was one of six students nationwide to receive this grant from the Lupus Foundation of America to support his work titled: *A Deep Dive into the Diagnostic Utility of Eosinophil- and Basophil-C4d*.

SECOND INTERDISCIPLINARY RESEARCH SYMPOSIUM

By Cristina Font

The second Interdisciplinary Research Symposium at San Juan Bautista School of Medicine, held on March 8, 2018, featured research projects presented by investigators from institutions all over Puerto Rico. The event was hosted by the Associate Dean for Biomedical Sciences and Research, and the Latino Medical Student Association (LMSA).

Over 30 participating investigators came from institutions like the University of Puerto Rico, Universidad Central del Caribe, Sistema Universitario Ana G Méndez, Universidad Interamericana de Puerto Rico, and San Juan Bautista School of Medicine. Congratulations to this year's winners!

Oral presentation winners:

1st: **Cristina Díaz Marty**, San Juan Bautista School of Medicine

2nd: **Emile R. Vieta**, San Juan Bautista School of Medicine

3rd: **Yonatan Carl**, San Juan Bautista School of Medicine



Congratulations to the six winners of the SJB Research Symposium awards!

Poster presentation winners:

1st: **Valeria Muñoz Becerra**, UPR Recinto de Ciencias Médicas

2nd: **Mónica Vidal-Franco & Heity Fonseca-Cruz**, UPR Cayey

3rd: **Santos R. Ortiz Comas**, San Juan Bautista School of Medicine

FLU VACCINATION CLINIC

By Elsa Rodriguez

Flu vaccination efforts at San Juan Bautista have been in full fledge this semester, especially after so many deadly incidents of influenza this year. Since many communities are still financially, emotionally, and medically struggling, our school has set out on different occasions to offer vaccinations, education, sanitary water, and resilience workshops post Hurricane Maria.

Thanks to the volunteer efforts from SESP, (Sociedad Estudiantil de Salud Publica), SJB students and faculty, we have been able to provide hundreds of people with the influenza vaccine. "Being able to help the community and prevent illnesses is the reason why I love this school," said volunteer Brian Torres,



SJB Nurses volunteer their time to vaccinate.

MS3. "Here, there are always opportunities do more for our community." Stay tuned for upcoming community events you can be a part of!

STUDENT ASSOCIATIONS AT SJB

These are our currently active student-led organizations! For more information on how to get involved, please contact the respective presidents for each group.

SJB Student Council, Pedro Rodriguez

Radiology Interest Group, Jamie Rosado

Internal Medicine Interest Group,
Alexandra Lozano

Family Medicine Interest Group, Michelle
Marquez

Latino Medical Student Association,
Danilea Carmona

Research Interest Group, Daud Lodin

Surgery Interest Group, Yensea Costas

Ophthalmology Interest Group, Emile
Vieta

SJB Tai-Chi, Adriana Walsh

Curitas Pal Barrio, Pedro Rodriguez

Christian Student Association, Alessandro
Avila

Med Student for the Elderly, Cristina Diaz

Pediatric Interest Group, Dalilah Reyes

Christian Medical and Dental Association,
Maite Iglesias

Anesthesiology Interest Group, Mauricio
Escobar

Psychiatry Interest Group, Gerardo
Collazo

Emergency Medicine Interest Group,
Fernando Rivera

Public Health Student Society, Dania
Gonzalez

Orthopedic Surgery Interest Group,
Ediricardo Rodriguez

**Foundation for the International Medical
Relief of Children**, Thomas McMorrow

**Obstetrics and Gynecology Interest
Group**, Cristina Casas

American Medical Women's Association,
Cristina Font

**SHINE Student Health In New
Experiences**, Vicente J. Covas

SJB Mini Med, Lorena Montalvo

Wilderness Medical Society, Zachary Vega

**Paws Impacting Lives in the Medical
Community**, Adriana Walsh

**LGBTQ and Allied Health Professionals
Student Association**, Jonathan Casazola &
Lisete Mole

Oncology Interest Group, Keishla Garcia

Dermatology Interest Group, Andrew R.
Blundell

Infectious Diseases Interest Group, Moisés
Cintron & Adriana Gordon

Student Interest Group in Neurology,
Fabiola Rodriguez, Valerie Maldonado, &
Danilea Carmona

AMWA PROMOTES AWARENESS OF GENDER BIAS IN MEDICINE

By Andrew Blundell

On March 14, 2018, the American Medical Women's Association (AMWA) Chapter President, Cristina Font, MS2, gave a talk on gender bias in medicine. Attendees took the Implicit Association Test, where the results revealed the unconscious bias the participant may have.

For the people suffering from the cognitive dissonance that followed the test, Cristina explained how the newly acquired knowledge can be used to make the conscious changes necessary to fight against our biases. "It's important to be aware that biases exist and acknowledge that everyone has them. This way, we can understand that the way we treat others may be driven by these biases, and we can consciously fight them to prevent behavior that contradicts our beliefs."

For years women have been underrepresented in medicine, particularly when it comes to leadership positions.



Cristina Font, MS2, talks about gender bias in medicine.

We are happy to know that for the first time more women entered medical school than ever before, this year surpassing the amount of men admitted. Even though gender equity is moving at a glacial pace, so much progress has been made and will continue to be made, as more and more women enter medicine and assume leadership roles.

COMMUNITY COLLECTION DRIVE



San Juan Bautista students bring collected items to Escuela Diego Velazquez.



SJB students collected hundreds of clothing items.

By Cristina Font

The Radiology, Oncology, and Family Medicine Interest Groups came together to organize a drive to benefit the Escuela Diego Velazquez, an elementary school in Caguas, Puerto Rico. The groups collected hundreds of articles of clothing, school supplies, and basic necessities from the school community and received donations from Cooperativa Villa Coop Agustin Burgos Rivera and Iniciativa Comunitaria. The activity was a huge success that benefitted people in need of all ages.

NEWEST STUDENT ORGANIZATIONS

Dermatology Interest Group

For more information, contact Andrew Blundell at andrewba@sanjuanbautista.edu

Infectious Diseases Interest Group

For more information, contact Adriana Gordon at adrianagdj@sanjuanbautista.edu or Moisés Cintron at moisesccia@sanjuanbautista.edu

NATIONAL EATING DISORDERS AWARENESS WEEK

By Cristina Font

The Psychiatry Interest Group and the Lifestyle Medicine Interest Group joined forces on March 1, 2018 to raise awareness of eating disorders during National Eating Disorders Awareness Week by hosting a conference at SJB. The talk was given by Gerardo Collazo, MS3, and Michelle Zaydlin, MS3.

Michelle Zaydlin, president of the Psychiatry Interest Group at San Juan Bautista, said, "Our goal is to decrease the stigma around eating disorders, to raise awareness, and to start a conversation amongst future physicians around these deadly disorders."

SJB WALKS FOR MULTIPLE SCLEROSIS

By Elsa Rodriguez

On Saturday, March 3rd, members of San Juan Bautista's Oncology Interest Group, Radiology Interest Group, & Student Interest Group in Neurology teamed up to participate in the PR Multiple Sclerosis Walk 3-5K at Luis Muñoz Marin Park. This event raised thousands of dollars to aid patients affected by this neurodegenerative disease that affects approximately 400,000 people in the US. Students of SJB not only participated in the walk, but also helped



SJB Students pose at the MS Walk.

sell tickets and shirts for the event. This walk stimulated the community to do exercise, and at the same time, donate their time to a great cause!

OPHTHALMOLOGY MATCH

By Cristina Font

Congratulations to **Lorena Montalvo Toledo** and **Robert J. House**, the first students from San Juan Bautista School of Medicine to match into an Ophthalmology Residency!

Lorena matched at University of Puerto Rico Recinto de Ciencias Medicas, and Robert matched at Medical University of South Carolina.

The Ophthalmology Match is an early residency match that took place this year in January. Applicants who match to Ophthalmology positions are required to obtain a preliminary (PGY-1) year of training before they begin their residency in Ophthalmology.

We wish Lorena & Robert the best of luck in their residencies!

FEATURED ALUMNA

By Cristina Font

Nicole Cruz, M.D., a graduate of San Juan Bautista School of Medicine, was named National Hispanic Medical Association (NHMA) Resident of the Year for the northeast region of the United States. She accepted the award as a senior resident in Internal Medicine New York-Presbyterian Hospital/Weill Cornell at the NHMA's annual conference in Washington, D.C. on May 6, 2017. She is a graduate of the SJBSM Class of 2015 and a current fellow in Hematology-Oncology at Weill-Cornell Medical Center.



Nicole Cruz, M.D., SJB Class of 2015

The NHMA awards residents who demonstrated achievements in medical practice, leadership, research, or teaching, as well as a commitment to providing healthcare in a Hispanic community.

Photo source: <https://medicine.weill.cornell.edu/news/dr-cruz-named-national-hispanic-medical-association-resident-year>

We are happy to announce with this issue that the **SJBSM Journal**, a newsletter for the MD program at San Juan Bautista, has been reinstated. We are looking for dedicated writers from each MD class to be part of the newsletter staff. This an excellent opportunity for students to express themselves and to share all the great things our students, faculty, and school are doing. It is also a great opportunity to develop and work on writing skills, communication skills, and team work.

If you wish to be part of the writing staff for the SJBSM Journal, please send us an email at the address below.

SJBSM
JOURNAL

Editors-in-Chief: Cristina Font & Andrew Blundell

Senior Advisor: Maggie Gonzalez

Special thanks to Francisco Velázquez for his photographs.

Contact us: sjbsmjournal@sanjuanbautista.edu