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Mental Health Awareness
“Now is the accepted time, not tomorrow, not some more convenient season. It is today that our best work can be done and not some future day or future year.”

- W.E.B. Du Bois
Welcome to Region V

Region V is the home of 16 SNMA and 22 MAPS chapters in Indiana, Michigan, and Ohio. Within our region, we uphold the mission of the SNMA to the fullest by supporting current and future underrepresented minority students, addressing the needs of the under-served communities, and increasing the number of clinically excellent, culturally competent and socially conscious physicians.

Our region strives and continues to serve as the leaders within the organization as well as within their respective communities. From advocacy to community service to mentorship, the opportunity to bolster and radiate success is common within our region. Region V is always looking for diligent and innovative student leaders to enhance the goals of the region. If you would like to be involved, please don't hesitate to contact one of our regional board members. They can explain their duties, how you can become more involved with the region, and the benefit of serving the Region and the SNMA.

Yours in SNMA,

Candace Acuff

MD Candidate, 2023
Wayne State University School of Medicine
Region V Director, 2021-2023
Student National Medical Association
Email: region5director@snma.org
Meet Sam Doty, Regional Research Liaison

Why did you choose to be a part of SNMA?

"I chose to be a part of SNMA because I believed in the mission that the members had. I also resonated with who they were outside of the organization. They were people who really cared about their community and wanted to serve those that looked like them, both students of younger years and community members. The climate that I experienced when around SNMA was unparalleled for me personally."

WHERE DO YOU GO TO MEDICAL SCHOOL?
- Case Western Reserve University School of Medicine

WHERE DID YOU ATTEND UNDERGRAD?
- University of Maryland at College Park

CURRENT CAREER INTEREST?
- Otolaryngology (ENT)

WHERE IS YOUR HOMETOWN?
- Dundalk, Maryland

FUN FACTS!
- I have recently gained an interest in drawing.
- I am double jointed, which is always a neat source of entertainment at social gatherings.
- I love to walk through art galleries, and have a particular passion for portraits.
The SNMA Chapter at WSU SOM visited the Dunbar Hospital in Detroit exactly 100 years after the original 1922 photo at historical site.

"Dunbar Hospital, the first hospital in Detroit for Black residents, illustrates some of Detroit's most important developments over the past century."

"Similar to Mercy Hospital, which was established the previous year, the influx of black residents in Detroit and disparity in medical access, led 30 black physicians to form the Allied Medical Society and establish Dunbar Hospital in 1918. In 1919, it was named after Black American Ohio poet Paul Lawrence Dunbar. Both Dunbar and Mercy Hospital specialized in serving African American patients and offering training programs for nurses."

Location: 80 Frederick St., Detroit, MI

Significance: Detroit’s first hospital for Black residents.

Designation: National Register of Historic Places

Managed by: Detroit Medical Society

Visit the WSU SOM SNMA Instagram page (@wsusombma_snma) to see more pictures.

Sources:
https://www.nps.gov/places/dunbar-hospital.htm
Wayne State University School of Medicine Black Medical Association & Student National Medical Association
RMEC Recap

HIGHLIGHTS FROM OUR REGIONAL MEDICAL EDUCATION CONFERENCE

Pre-Medical Track Highlights

Our own Regional MAPS Liaison, Princess Ekpo, MS2 at the Cleveland Clinic Lerner College of Medicine spearheaded a workshop on the medical school application timeline and how to master the application cycle.

Medical Track Highlights

Our medical track was jam packed with workshops and panel discussions led by a host of brilliant doctors including Dr. Angelique Redus-McCoy, Dr. Timica Campbell, Dr. Larry Charleston IV, Dr. Leah Sieck, Dr. Tiffany Hodges, Dr. Tolu Ifabiyi, and many more.

High School Track Highlights

Our high schoolers showed up in great numbers and were very engaged in our workshops. Dr. Donovan Roy, Vice Dean of Inclusion, Diversity, Equity, and Access (IDEA) at Wayne State University School of Medicine spoke to the students about applying to college and pursuing a career in medicine.
Keynote Address

Dr. Michael Knight presented an inspiring keynote address centered around our theme "It's Crunch Time! Sustaining Momentum Under Pressure". One of the most impactful statements Dr. Knight left us with was "Every fire that you go through is not going to destroy you and cannot destroy you. And sometime that fire, even if the intention was to destroy you, is actually going to refine you."

Exhibitor Fair

Medical schools and residency programs from across our region packed out the exhibitors hall. Representatives at each booth had an array of swag and information about their programs. Thank you to all of our sponsors and exhibitors!

Hosted by Case Western Reserve University School of Medicine

Osteopathic Manipulation

Dr. Jenny Zamor presented a very detailed and insightful workshop on osteopathic manipulative treatment. She brought some assistants and even taught participants how to do some techniques on one another.
And the winner is...

First Place:  
Medical Education  
A Pre-Clinical Elective for Student-Faculty Collaboration in Curriculum Development in Diversity, Equity, and Inclusion - Maria Claudia Moncaliano

Second Place (tied):  
Clinical & Translation  
12-Complications Related to Prolonged Use of Steroids Among Children With Uveitis: A retrospective study - Cameron Edwards

Basic Science  
32-Characterization of a Chimeric Mouse PV Genome with HPV16-E6E7 - Josephine Pyles

Third Place:  
Clinical & Translation  
17-Feasibility and Performance of Procalcitonin Guided Antimicrobial Stewardship During Autologous Stem Cell Transplantation - William Clark
OCTOBER REGIONAL SERVICE

OCTOBER 2-8

Mental Health Awareness

anxiety is more than worrying
OCD is more than being tidy
PTSD is more than just flashbacks
bipolar is more than mood swings
schizophrenia is more than seeing things
EDs are more than being underweight
borderline is more than instability

October 10 is recognized as World Mental Health Day. Here are some facts shared by the National Alliance on Mental Illness (NAMI):

More than 51 million adults in the United States face the reality of managing a mental illness every day.

1 in 20 adults in the United States experiences a serious mental illness (SMI) each year.

1 in 6 U.S. youth aged 6-17 experience a mental health condition each year.

Half of all lifetime mental health conditions begin by age 14 and 75% by age 24.

Individuals with a mental health condition face an average 11 year delay between experiencing symptoms and starting treatment.

Common barriers to treatment include the cost of mental health care and insurance, prejudice and discrimination and structural barriers like transportation.

156 million people live in a designated Mental Health Professional Shortage Area.

Taking on the challenges of mental health conditions, health coverage, and erasing the stigma around mental illness requires all of us.

If you or someone you know is in a crisis, call or text the NAMI helpline at 988.
What is your background? I was raised in Brooklyn and Valley Stream, NY. I attended SUNY Albany for a Bachelor of Science in Human Biology then earned a Master of Science from Stony Brook University.

Why did you decide to enroll in a DO/PhD program? Was it always your goal? I am pursuing this dual degree because I love both science and medicine. The goal of becoming a doctor has always been within me since childhood; I have always been fascinated with life, death and health. On the other hand, I learned about physician-scientists later in my education and was impressed by those that push the frontiers of our collective understanding. Although I did not envision this path 10 years ago, I believe that my pursuit to become a physician-scientist feeds my innate curiosity to understand while also granting me the privilege to connect with individuals on a personal level.

How many years of research did you have before applying? Any publications? I had 4 years of research experience prior to matriculating into this program. During my application process, I had a publication being reviewed.

What year are you in? How many years does the program take? How are those years divided? I am in my first year of medical school and my 3rd year of an 8 year program (my path is non-traditional). The standard sequence of years for DO-PhDs at Michigan State University is 1-2-3-2, where the first year is graduate coursework, followed by 2 years of pre-clerkship medical education then, 3 years of graduate research followed by a final 2 years of clerkship medical education.

Can you tell us more about your research? My research leverages big data and bioinformatic techniques to identify patterns in cancer that may contribute to racial-ethnic disparities.

What are some challenges that are specific to DO/PhD students? I believe the unique challenges to dual degree students encompass finding a balance between two different styles of pedagogy. So far, medical school demands a much faster learning pace than graduate school, while graduate school requires a deeper understanding and faith as one looks to contribute insight to their respective field. The biggest challenge has been in maintaining momentum in learning from both fields.

Which specialty are you interested in? How do you plan on incorporating your PhD in your practice of medicine? I am most interested in Hematology and Oncology. My PhD is under the BioMolecular Sciences - Pharmacology and Toxicology department. I believe that my pursuit to understand underlying mechanisms in cancer development, pathology and treatment is aligned with the knowledge that an oncology team will have when developing a treatment plan for a patient.

Do you have any advice for anyone considering applying to a DO/PhD program? First, this stage of education is the start of a marathon that transitions into a career. Being that this is a lifelong marathon, take the time to adequately prepare. If you believe that your application will benefit from a specific experience then spend intentional time gaining that experience. Second, start the application process as early as possible. This ranges from developing the skills you want to master and display in your application to starting the application early. Also, take advantage of your personal network. For instance, utilize peers, mentors or family and friends to proofread or revise your application before the final submission. Last, spend time understanding why you want to join this program.
Join us on Monday, November 14 at 5 pm for a panel discussion on pros and cons of taking both COMLEX Level 1 and USMLE Step 1 as an osteopathic medical student.
Regional Medical Education Conference (RMEC)

Fall 2023
Hosted by Boonshoft School of Medicine at Wright State University in Dayton, Ohio
Interested in Adolescent medicine? Never knew adolescent medicine was a thing? Check out this special interest group segment to learn more about the field. Scan the QR code on the flyer above to sign up.

Check out the SNMA's Podcast The Lounge!
Hello SNMA Chapter Presidents!

Please join me for the next **Chapter President's Town Hall on 11/27/2022 at 4pm EST**. Each month until March next year will either be a Town Hall with an Enrichment Session or National President’s Open Hour (where I will be online and you can swing by and talk to me/ask me about anything related to SNMA leadership, school, time management etc!). My goal is to provide a forum to support you as much as possible, provide updates on the state of the organization on a National level, and a space where you all can share best practices as leaders.

Please see the agenda below for the upcoming meeting: please note, there will be a special update from members of our community service committee, headquarters staff, and others on the BOD, so it is extremely important that as many of you attend this meeting as possible. The meeting will be recorded for those unable to attend

**Agenda**

4:00 pm - General National/Presidential Agenda Updates  
4:10 pm - Special Grant Update for Chapters  
4:40 pm - Q & A  
---Break---  
4:50 pm - Town Hall Open Forum  
5:20 pm - Enrichment Session  
5:30 pm - Wrap Up and Q&A

See you all soon!

Nita Gombakomba,  
59th National President, Student National Medical Association  
Student Trustee, National Medical Association
Brotherhood Alliance for Science and Education (BASE) Program

VIRTUAL PROGRAM FOR PREMEDICAL URM MALES

5-WEEK SATURDAY PROGRAM FROM 12-4 PM EST

INCLUDES WORKSHOPS, PANELS, MENTORSHIP SESSIONS AND 1-ON-1 MENTORSHIP PAIRINGS

SECOND COHORT WITH HIGH SCHOOL STUDENTS WILL BE HELD IN SPRING 2023

If interested in volunteering or for more information, please contact our Pipeline Regional Liaison, David Asebiode at region5prl@snma.org
2023 Upcoming National Conferences
SNMA REGION V

National Leadership Institute (NLI)
January 2023
More info to come!

Annual Medical Education Conference (AMEC)
April 5-9, 2023
Hosted by SNMA Region 7 in Hartford, Connecticut

Click here for more information!
2023 Upcoming National Conferences
SNMA REGION V

Registration is now open!

View this post on Instagram

A post shared by SNMA (@snma_official)

Registration is now open!
SNMA MENTORSHIP OPPORTUNITY

From Traditional to non-traditional pre-meds, the medical school admissions process is a learning process and a challenge to navigate without proper guidance. The National MAPS Committee launched the Medical School Admissions Mentorship Match to connect URM medical school applicants with medical student and physician mentors. Mentors can sign up to help applicants with their primary application, secondary application, and/or interviews.

I encourage you to share this mentorship initiative with your chapter members and faculty at your institutions to sign up as mentors. We hope to continue seeing an upward and impactful trend in URM representation for incoming medical school classes.


SNMA GRANTS SUBCOMMITTEE: CALL FOR VOLUNTEERS!

In this subcommittee we work to build institutional partnerships and acquire capacity-building and research-focused grants that further our collective goal of achieving true health equity and improving research and educational access for students of color. Meetings occur every two weeks, with an additional meet with executive leadership once per month.

If you’d be interested in being a part of our subcommittee, please fill out this interest form.
NOVEMBER 2022 ISSUE

SNMA REGION V

UPDATES

SNMA Chapter of the Year Points

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If you have any questions or comments about the newsletter, please reach out to the Assistant Regional Director at region5ard@snma.org
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This newsletter was created by the 2022-2023 Region V Technology Director and Assistant Regional Director.