Welcome to your ENT network!

Info presented by the ENT SNMA SIG team

Hey everyone!
Welcome to The ENTernet, your quarterly newsletters about all things ENT! Here you will find tips on how to be a competitive ENT applicant, information about upcoming events, research opportunities, ENT education and so much more. Our hope is that this will be a platform to get you connected and in tune with your new family network.

Dr. Ariel Omiunu
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Co-founder & editor of The Auricle.
The Auricle is a newsletter focused on highlighting new research in the field of Otolaryngology.  @theauricle_oto

"Networking is a lot like nutrition and fitness: we know what to do; the hard part is making it a top priority"
KNOW YOUR WHY

The best place to start as you begin this journey is to understand your “why,” not your “what.”* Your why represents the quintessential or core principles of your being. It is a set of essential fundamental beliefs that drive you. Your what is that you are a medical student. Your why is your soul. Why are you a medical student? Why do you want to be a physician? Why are you interested in surgery or medicine? Some people call this your passion, and the adage of “follow your passion” is certainly a commonly repeated phrase among career counselors.

I, however, believe one should dig deeper to really be accountable for your gift of life and find the problem of the moment that your skills and talents can help solve. Put another way, maybe it is not as important to find out what you expect from life as to discover what life expects from you.

*Information from American College of Surgeons written by Dr. Elsey

NAVIGATING MED SCHOOL

Academic Year 1 (MS1)
- Get a good foundation of medical knowledge during didactics
- Shadow local ENTs
- Join ENT interest group at your institution

Academic Year 2 (MS2)
- Continue to excel in foundational classes
- Start research (preferably in ENT)
- Find a mentor
- Prep for Step 1 (varies by institution)

Academic Year 3 (MS3)
- Research presentations
- Continue to foster mentor relationships
- Start thinking about what programs you are interested in to do away rotations
- Prep for Step 2 (varies by institution)
- Get headshots

Academic Year 4 (MS4)
- Personal statement
- Away rotations
- Ask for letters of recommendations early
- Mock interviews
- Submit ERAS
- Interview Season
- Match Day
USA: A new research presented at the AAO-HNSF 2022 Annual Meeting & OTO Experience, Philadelphia, Pennsylvania, suggests that large doses of omega-3 fatty acid (O3FA) supplementation at a 6-week follow-up time-point resulted in better olfactory recovery in COVID-related Olfactory dysfunction (OD) patients.

Olfactory impairment is a common and distinctive symptom in people with COVID-19 infection. Despite the fact that the majority of patients with COVID-related OD make a considerable recovery, there remains a sizable community of patients with chronic OD who have few treatment alternatives. Therefore, this study was carried out by David Lerner and colleagues to examine the impact of omega-3 fatty acids in individuals with OD caused by COVID-19.

Information from Medical Dialogues written by Jacinthlyn Sylvia
UPCOMING PROGRAMS

Mark Your Calendars!

OCTOBER 2022

- OCT 19 - ENT Mixer
  8 pm EST

- OCT 29 - SNMA/Harvard Oto Forum
  10 am - 12pm EST

NOVEMBER 2022

- SNMA Panel Series

DECEMBER 2022

- ERAS kickoff event

Links to our programs will be posted in the GroupMe or can be found on our Google doc.

You will also find links to outside programs on our google doc.
MEET YOUR ENT TEAM

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GET CONNECTED!

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FEEDBACK?
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Have questions?
How can we help?
Email us here.
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