



JOHNS HOPKINS WPHLS



Letter from the Presidents

Dear WPHLS alumnae,

We believe you would be very proud of how WPHLS has grown over the past year! Our dedicated members have continued to plan and improve upon our community engagement projects in Baltimore City, monthly Conversation in Medicine speaker events, and the annual WPHLS conference, which was attended by undergraduates from 3 different universities this year. Besides addressing current health-related and professional issues and concerns facing women, we have also continued to inspire and empower one another by strengthening the friendships between WPHLS members and our advisors, Ms. Snyderman and Dr. Fisher. Through the new creation of a Social Chair, we launched social events that have allowed us to become a more cohesive group - which we believe has been a huge factor in our success as an organization.

As we move into 2014, we look forward to working together on new initiatives and forming stronger bonds within WPHLS as well as with you, our amazing alumnae. We are planning a special event for you all this Spring to celebrate the successes of you and our growing organization - so keep an eye out for an invitation! Because we love to hear from our alumnae, please do not hesitate to reach out to us if you have any suggestions or comments on WPHLS!

Sincerely,

Jessica Lee & Victoria Huang
WPHLS '13-'14 Co-Presidents

Advice Column

Advice from Claire

My advice for current members is to go for what you really care about in a manner that will make you the most happy - after I got my acceptance to Tufts, I requested a one-year deferral (against my parents' advice) and am so unbelievably happy to not be in school this year! Also, definitely plan early - it will make life way less hectic!

MY ADVICE FOR CURRENT MEMBERS IS TO GO FOR WHAT YOU REALLY CARE ABOUT IN A MANNER THAT WILL MAKE YOU THE MOST HAPPY.

Advice from Aishwarya

The best advice I can offer current WPHLS members is to reach out to the alumni network you have. We have diverse interests, and chances are someone overlaps enough with you to shed some light on programs you might like, or maybe could give a quick read to your personal statements. I'm always happy to help, and I know many others of us are too!

Advice from Fareedat

Every student has their own unique path to serving in healthcare. Don't go with the herd because you are fulfilling an arbitrary checklist.

Find your own path! Do what is right for you and don't be afraid to challenge the status quo. This will help in developing your story and theme when you begin to apply to any of health professional schools (whether it is medical school, dental or veterinary school).

CLAIRE LYONS

After graduating from Hopkins in May, I started a full-time position as a research technologist at the Johns Hopkins School of Medicine. I am working in the retrovirus lab, looking specifically at platelet reactions to SIV infection in the macaque (monkey) model of HIV infection. I get to work directly with the monkeys as well as the veterinarians who care for them, and my job is incredible!



Class of 2013

Next year I'll be going to the Cummings School of Veterinary Medicine at Tufts University to pursue my DVM, which I'm really looking forward to. On a personal note, I just brought a vizsla puppy named Padfoot into my life, and he's already made every day more interesting by far!

AISHWARYA RAJAGOPALAN

Hi everyone! Since graduating from Hopkins, I have been studying Mental Health at the School of Public Health, with specific interests in psychiatric epidemiology and cross cultural diagnosis of mental disorders. I have been working in the Office of the Dean and CEO of Johns Hopkins Medicine, and am on the Alumnae Advisory Committee (AAC) for the Pi Beta Phi chapter at Dickinson College.



Class of 2013

In my free time, I have been applying to medical school and practicing yoga six days a week. The best advice I can offer current WPHLS members is to reach out to the alumni network you have.

More Alum updates!



Class of 2013

KATIE DUFFEY

I'm back home in the Philadelphia area for the year, working in a breast cancer research lab at Thomas Jefferson University's Kimmel Cancer Center. My responsibilities are mostly with our animal models - I implant patient breast cancer tumors into genetically modified mice (they produce human prolactin, not mouse prolactin), and we try to grow tumor lines which are then used for testing different treatments and chemotherapies. I was a Public Health major at Hopkins so the lab world is a bit of a change of pace, but I love it so far! Other than that, I've managed to keep a pretty packed schedule between medical school applications and interviews, and coaching high school lacrosse during evening clinics and weekend tournaments. I miss Baltimore and the rest of the WPHLS girls - been very jealous of the social events I see you all posting about on Facebook! Best of luck to everyone!



Class of 2012

ANITA RAM

I just started medical school at Hopkins (couldn't get away from Baltimore!). I'm in my first year, and I absolutely love it!

My main advice is to consider taking time off after undergrad-- it's a great opportunity to explore interests outside of school-- whether it be research, traveling, community service, or starting a business/non-profit. Even if you know medical school is definitely in the cards for you, taking an extra year off is a great time for personal growth. Moreover, it gives you time to breathe so that you are refreshed and ready to start medical school with a new perspective on life. I have not heard of anyone who has regretted taking a year off, but I have certainly heard of people who regretted NOT taking a year off.

If you have any questions about applying to medical school while abroad, please feel free to contact me!



Class of 2012

LISA STROUSS

I'm currently in my second year of medical school at Jefferson Medical College and doing well.

I did research on Complementary and Alternative Medicine use in women during their pregnancy with a group of Neonatologists at Christiana Care Hospital in Delaware this past summer. It was a great experience. We're hoping to be able to present our work at a conference and get it published soon.

I've also gotten involved with JeffHOPE, a student-run clinic very much like Baltimore Rescue Mission Clinic, but with slightly expanded services. Getting involved with clinics that help the underserved population both at Hopkins and in medical school has been a truly rewarding experience, and I highly recommend it!

UPDATE FROM FARREEDAT OLUYADI

Greetings once again to my beloved WPHLS leaders,

Although it has been a year since my last message to you all, I feel like it was just yesterday. The good thing about medical school is, time flies (even faster than your college years!!).

You will notice I addressed you all as "leaders".

Regardless of your position in WPHLS, whether you are the president, committee chair or committee member, you are all leaders. WPHLS is one of the unique student organization that allows every member to take initiative and be a leader in whatever their interests is (whether it is within WPHLS or beyond!). So, take advantage of this!

Just to provide you with a brief update on how I am doing. I am in my 2nd year of med school now. This the last year of the course-years before we embark on the floors (i.e begin clinical rotations). So I feel like a senior again (well, sort-off!). I can't believe how much my brain has assimilated in these past 3 month. But as tough as it is, I think 2nd year is sooo much more interesting! And I think it is because we are learning more clinical relevant topics. So I am really loving it!!

Right now I am really interested in primary care, particularly family medicine and OB/GYN. During my

spring break, I plan to do a health service trip to the Dominican Republic and explore my interest in women's health in a global setting (so will keep you posted on that!)

For those of you who are sophomores and considering a path in medicine but feel constrained by the rigorous pre-med requirements, please consider applying for the FlexMed program, this is an expansion of the Humanities and Medicine early acceptance program (for which I applied and got accepted to in my sophomore year at Hopkins). This is a one-of-a-kind program offered by Icahn School of Medicine at Mount Sinai. It gives sophomores of any major an early acceptance to their medical school. I have been helping promote this program through webinars and I will also be serving on the admissions committee. If you have any questions about this, I will be happy to direct you to getting more information about this unique program.

As always, if there is anything I can do to help during your career decision making process, I am here for you.

My very best wishes to you all. Miss you all dearly <3



Fareedat: Class of 2012



DANI HIMELFARB

I'm currently an MS1 at University of Maryland School of Medicine.

If anyone is applying to UMD this year please feel free to contact me, I'm available to answer any questions you have about the school:

danielle.himelfarb@gmail.com

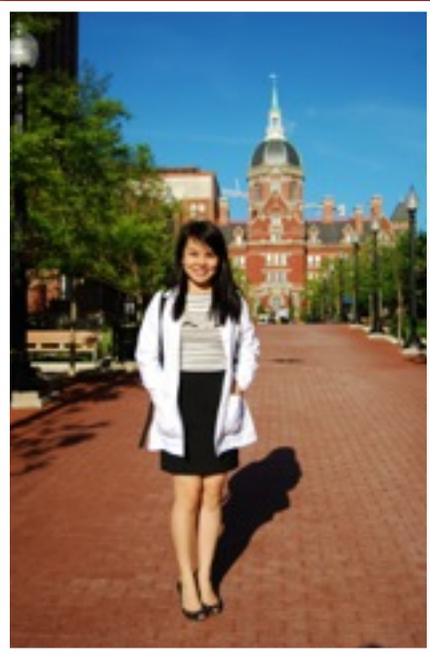
UPDATES FROM SHEILA AND NIKI



SHEILA RAZDAN: CLASS OF 2012

As a second year at the University of Maryland School of Medicine, I am taking two electives: Medical Spanish and Primary Care Track. I'm on the Women in Medicine Steering Committee, a member of the Medical Alumni Association Student Advisory Council, and one of the student interviewers for the 2013-2014 application cycle. I'm also doing research at JHMI on the incidence of patent foramen ovals on adults with sickle cell disease and stroke thanks to the American Society of Hematology's HONORS Award.

As far as advice for WPHLS members goes - obviously the ladies of WPHLS are doing well academically and demonstrating their leadership in extracurriculars (otherwise, you wouldn't be in WPHLS!). The only advice I can give is to stay on top of applications, whether it is for internships, jobs, or medical school. Work on essays early and submit as soon as you can to give yourself the best chance possible, especially if the school or job accepts on a rolling basis.



NIKI JIAM: CLASS OF 2012

Here are a few updates:

- Second year medical student at Hopkins
- Albert Schweitzer Fellow (2013-2014)
- Telluride Patient Safety Scholar
- Camp Kesem - Hopkins Board Member
- NIH M-STREAM Scholar
- iPad application Inventor
- Social Innovational Lab Awardee
- AMWA Co-President:

Established mentoring program between WPHLS and AMWA.

- Neuroscience, Music, and Patient Safety research

WPHLS UPDATES:WHAT WE'VE BEEN UP TO!



WPHLS CONFERENCE 2013

“Careers in Medicine: Exploring Medical Specialties”



PROGRAMMING COMMITTEE UPDATES!

Conversation in Medicine Symposium

October 3rd: Dr. Paul Rothman

Johns Hopkins School of Medicine CEO Paul Rothman kicked off this year's Conversations in Medicine Symposium. Addressing this year's CIM theme Humanistic Medicine: The Evolving Doctor-Patient Relationship, Dr. Rothman spoke about how medical school education is changing across the country to prepare more humanistic physicians to provide better care for patients in the rapidly evolving world of health and medicine. This was a very successful event with a turnout of about 120 people.

October 30th: Dr. Martin Makary

Dr. Makary is an associate professor of surgery and public health at the Johns Hopkins School of Medicine and the Bloomberg School of Public Health. Dr. Makary is best known for his work on improving hospital safety and surgery outcomes by utilizing checklists. His New York Times bestselling book *Unaccountable* explores novel ways to improve the health care system and further reduce costs. Dr. Makary spoke to the 50 people in attendance about his work and how hospitals and physicians can reach a more humanistic standard of care.

November 20th: Dr. Deborah Persaud

Dr. Persaud is an associate professor of Pediatrics and Infectious Disease at the Johns Hopkins School of Medicine where she works in the Children's Center as a clinician-scientist. In 2013, Dr. Persaud and her colleagues announced the first functional cure of HIV in an infant. Having been awarded the prestigious Elizabeth Glaser Scientist Award in 2005 for her work on HIV, she spoke to us about how she continues her research today while also treating people living with HIV, espousing a "bedside-to-bench" approach while keeping the patient first.

PreMed Panel

WPHLS collaborated with Alpha Epsilon Delta, the other JHU pre-med honor society, to host a “What I Wish I Knew” panel for freshmen and sophomores on October 29. Two panels of upperclassmen offered advice and answered questions on everything from how to find a mentor and research position, to striking a healthy balance between academics and personal life. Approximately 100 underclassmen attended the first time event!

STI Campaign

In collaboration with the Center for Health Education & Wellness (CHEW) and the Student Governing Association (SGA), WPHLS is planning to hold a free STI Testing Day during SHAG week in February. After forming a planning committee, we decided to start working on an STI Video Campaign, asking diverse student leaders on campus to endorse and promote STI testing.



We also held a baby shower in the fall for Dr. Fisher!

SOCIAL COMMITTEE UPDATES!

WPHLS hosted one of the first social events on the Beach, tie-dying WPHLS tanks, in an effort to bring together and catalyze mentorship amongst our members. Through the help of Nikki Jiam, a WPHLS '12 alum, we established an "Adopt-a-Pre-med" mentor-mentee program with female students at the Johns Hopkins School of Medicine. We had our monthly coffee hours where we got to chat about our pre-med worries, silly anecdotes about life and everything in between with our advisors, Ms. Snyderman and Dr. Fischer. We attended our annual WPHLS welcome brunch at Ms. Snyderman's house where we got to dine on delicious food and play ice-breaker charade games with the newly accepted WPHLS members.

FINANCE COMMITTEE UPDATES!

During the month of October, the finance committee facilitated a fundraiser through the Baltimore Sun. By selling newspaper subscriptions to JHU students and employees, the members of WPHLS raised a total of \$1,008!

WPHLS also ran a Kaplan MCAT Auction that brought in more than \$1,200 to fund future WPHLS events.

COMMUNITY ENGAGEMENT COMMITTEE UPDATES!

This semester, WPHLS members continued to volunteer at the Baltimore Rescue Mission Clinic and participated in President's Day of Service. For PDOS, we helped prepare the organic garden at Shepherd's Clinic for the coming winter.

We are excited to start partnering with the Baltimore Leadership School for Young Women to fully implement our unique mentoring program Bringing Ladies and Science Together (BLAST). In the spring semester, BLAST tutored girls from the MATHS school through a variety of science-based activities, including nursing butterflies, making colloids, and building towers with spaghetti and marshmallows.

WPHLS hosted a healthy cooking booth at International Service Learning's Hop into Health Fair, an event for the greater Baltimore community promoting the shift from curative to preventative medicine. We also helped support a fun, autism-friendly environment through a play-doh booth at Advocates for Autism's Superhero Day event.



WPHLS at PDOS

PHOTOS FROM THIS YEAR



From Dr. Fisher's Baby Shower!



PDOS!



WPHLS at CIM!

Thanks to all the Alumni who contributed to this Newsletter!

We wish you all the best and look forward to hearing all the things you continue to accomplish in the future!