

THE JUGULAR

CUTTING STRAIGHT TO THE SOURCE

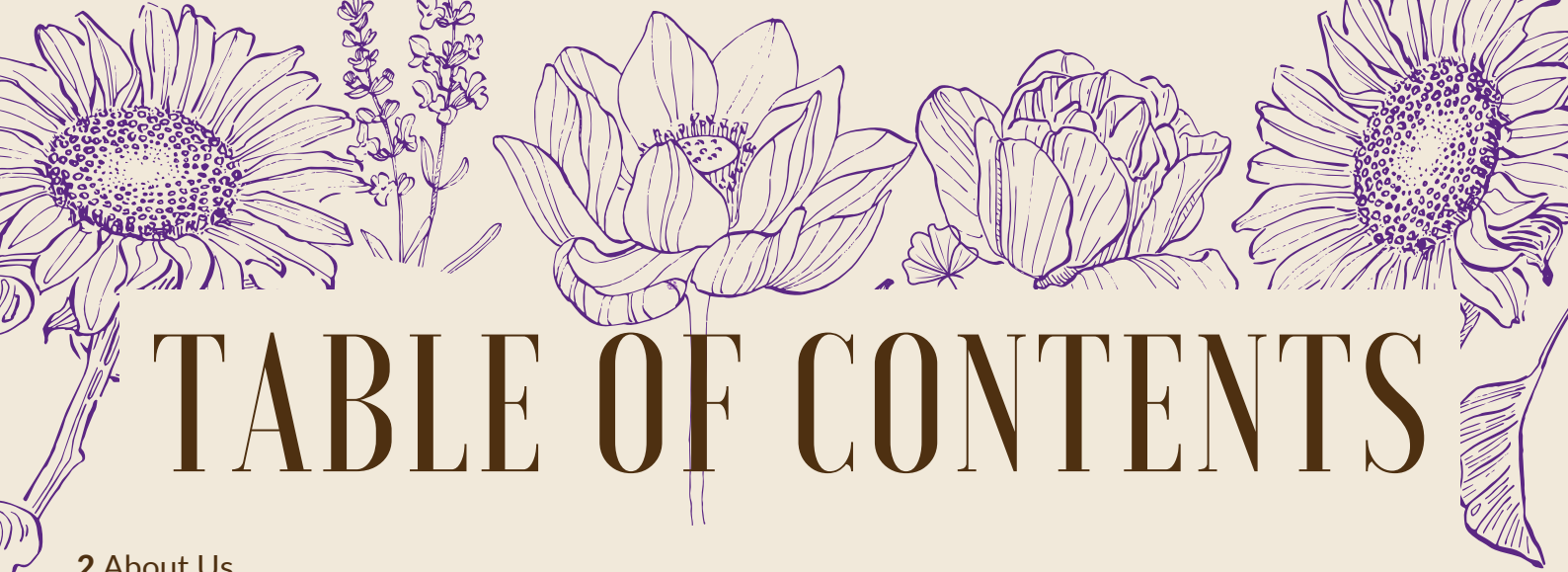
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The Jugular





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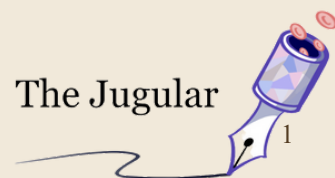
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About Us!

CLASS : EDITOR IN CHIEF



SEMESTER : 2023



AURELIA



Year III



Cats or Dogs
Matcha or Hojicha
Juice or Water

ALLYSON



Year III



Sydney or Melbourne
Call or text
Gaslight/Gatekeep/Girl boss

CLASS : ARTIST



SEMESTER: 2023



ELLIE



Year II



City or countryside
Call or text
Books or movies

SOYEON



Year II



Coffee or Tea
Shivering or Sweating
Digital art vs Traditional

SOPHIA



Year III



Cats or Dogs
Matcha or Hojicha
Juice or Water

HELENA



Year I

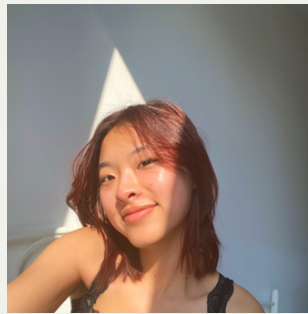


Dogs or cats
Beach or Bush
Text or Call

ANGELA



Year I



Hot vs Iced Coffee
Sad vs Sad music

CLAIRE



Year IV



Fruit tea or milk tea
Call or text
Sunsets or sunrises

CLASS : WRITER



SEMESTER : 2023



ARA



YEAR I



Gongcha or Starbucks
Physical books or ebooks
Fiction/nonfiction/fanfic

VICTORIA



YEAR III



Gongcha or Starbucks
Physical books or ebooks
Fiction/nonfiction/fanfic

MOHAMED



YEAR III



Summer vs Winter
TV vs Movies
Day vs Night

CLASS : ECLECTICS



SEMESTER : 2023



ANTHONY



YEAR II



Cats or Dogs

Early bird or Night Owl

Coffee/Tea/hot chocolate

DEEPANSHU



Year II



Blazer or hoodie

Catto or bīrb

Early bird or night owl

SAJID



Year IV



Hugh Jackman or Steve Irwin

Naruto or other anime

Guitar or Vocals

CLASS : MULTI-SUBJECT



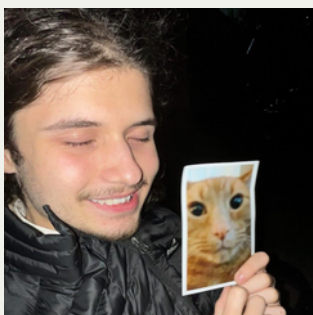
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DAVID



YEAR II



Tea or Coffee

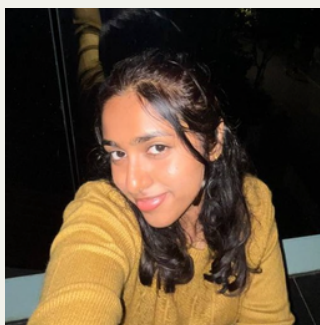
Sweet or Savoury

City or Sweats

MONIKA



YEAR I



Beaches or Forests

Strawberry or chocolate

Marvel or DC

CHENGLIN



YEAR I



Fiction or Non-fiction

Movie or shows

Membrane vs mechanical
keyboard

CINDY



YEAR III



Coffee or Tea

Sweets or Savoury

Disney or Dreamwork

EMILY



YEAR II



Salt or Sugar

Hard or Soft Boiled Eggs

Knitting or Crochet

YARON



YEAR IV



Tea or Coffee

Netflix or Youtube

Jeans or Sweats

Upper Campus Food Ranked

HERE'S THE ULTIMATE, UNDISPUTED AND OBJECTIVE GUIDE TO UPPER CAMPUS FOOD, RANKED.

Caffé Brioso



On the cusp of upper campus, Caffé Brioso is located in the library lawn, on your right as you turn out of the Mathews food court. It previously used to be a coffee cart in the library lawn, but now has relocated to sell an even larger menu.

They have the most affordable coffee on upper campus – it does the job. Their food is also very nice and not too pricey, with fresh salads and some hot food that changes from day to day. Caffé Brioso is the perfect pit stop before leaving university or grabbing some food to bring into the library in preparation for a long study session.

Summary:

Pricing: 10/10

Taste: 9.5/10

Vibes: non-existent

Total: 9.75/10

SUBMITTED BY

Cindy Lac

Laksa Delight/Satay Delight

Despite being called Laksa Delight, I have to confess I have never purchased any laksa from this place. Located in the Mathews food court, there is constantly a line at this place. There is a variety of Asian side dishes to choose from to complement your rice/noodles, which may change from day to day.

This place is always reliable, closing slightly later than its competitors at the food court, meaning that post SG food is available (with some choices being limited). A choice of 3 sides is \$13.50, but is admittedly very filling. For smaller eaters, 2 sides comes to around 10 dollars while just 1 side is just under \$10. Since they give you a fairly packed container, I've chosen to give it more points in terms of the portability of its meals.

I have a friend who is a frequent patron of this establishment, and they have mentioned the portion sizes becoming smaller throughout last year, be that due to inflation or because the staff were busy. Fortunately, this hasn't been a problem this year, with the staff providing them with more than one scoop of each of their desired sides.

Summary:

Pricing: 9/10

Taste: 10/10

Vibes: non-existent

Total: 9.5/10

EDITED BY

Emily Seeto



Phở House

This Vietnamese place is located in the Pavilion, above the upper campus food court. It is spacious with some seats having charging ports where people study in between classes. Its pro is also its con – the popularity of the venue due to its comfy seating as well as the good food causes constant buzzing of people during peak lunch hours as they get their fill of delicious beef noodle soup during the winter, or traditional bánh mì for a hot day.



Their prices have withstood the test of inflation, with their go-to basic phở tái being \$11 a bowl. Don't worry non-beef eaters – their chicken phở and vegetable and tofu phở is also \$11, so no complaints there. However my one gripe (coming from a place with really cheap and nice Vietnamese food) is the price of the bánh mì, which can range from \$8-9 dollars depending on the filling. One downside is that you can't exactly bring this food anywhere and would have to eat it immediately, which may not be optimal if you need to rush to class.

The food is always amazing with the right portion size to boot from personal experience. The staff are friendly despite the lunch rush and the self-serve sauce station is usually relatively clean. A friend of mine has once gotten a giant piece of bone in her broth once however, but maybe that was a once in a lifetime event.



Summary:
Pricing: 9/10
Taste: 9/10
Vibes: 10/10
Total: 9/10

Gradueat

Gradueat provides cheap coffee as well as nice warm food in case you missed out on brekkie. It is also in the Mathews food court, on your right as you go down the steps. I recommend trying the cheese toasties as a pick-me-up after a particularly difficult practical or lecture, and would say it's my campus comfort food if I am not planning on spending too much that week.

The staff are always friendly, never failing to smile and saying hello as I walk by in my transit to the rest of the university. The food on display is always tempting and tests my self control.

Summary:
Pricing: 9/10
Taste: 9/10
Vibes: non-existent
Total: 9/10

XS espresso

This coffee shop is cosily planted at the edge of the Biotechnology and Biomolecular Sciences building. It has ample seating and a comfortable vibe, definitely suitable for catching up with your friends in different sequences/colleges before the next class or vibing to your own music and enjoying some time alone. Do watch out for tutors and other faculty members also resting there though – some conversation topics are best avoided in this place, especially if it was a particularly difficult anatomy practical!

XS has a variety of different drinks, including smoothies, milkshakes and juices that are

always refreshing after a two hours of standing. The coffee is decently priced, ranging from \$4.4 to \$6.5 depending on the coffee type. The baristas are friendly, accommodating, have a quick turnaround time and most importantly, make really nice cups of joe. Their hot chocolate was a favourite of mine last winter – they make the best hot chocolate on campus, which you'd hope, given the price.

They also provide little bites to eat which have saved me many a time after the morning scramble to a 9am practical having not eaten breakfast. I would nibble on a cookie or some sandwich while making my way to the main library for the next onslaught of online practicals.

One downside is that it does close at 4pm, meaning the 3-5pm batch of SG goers are denied a post-class snack or drink. However, this is going to be common for most of the places in upper campus, so be sure to grab something beforehand. Or perhaps bring your own!



The Little Marionette

just opposite to the Pavilion is this coffee shop. One of the many options on upper campus to supply you with your daily dose of caffeine. It is slightly further away from our usual residence of Wallace Wurth, which means there is less of a chance of meeting faculty members you know. There aren't the most places to sit, however the Pavilion is pretty close and there are some other outdoor seating nearby.

Summary:
Pricing: 8/10
Taste: 9/10
Vibes: 7/10
Total: 8/10

Alongside their coffee, they do provide some prepped foods in a sliding cooler, which are bought pretty frequently on observation, so no worries about multiple day old egg rolls. They also have chia pudding that is my personal favourite for \$6.5 as a small snack before SG. The coffee itself is at a very competitive price, with 4 oz being \$4, and 12 oz being \$4.8. The quality is consistent during the times where I have gone for a drink.

Summary:

Pricing: 9.5/10

Taste: 8/10

Vibes: 6/10

Total: 7.83/10



Kebab Classic

What's a food court without your quintessential kebab place? Kebab Classic the lot of your usual kebab shops, with pide, pizza, gözleme, kebab and HSP galore. Found in Matthews and a little on the pricier side, you may choose to share your food with a friend to cut the expenses or only choose to eat here once in a while. It does close past 5pm, which means you can come over after SG to have some early dinner.

I found it interesting that the gözleme was priced more than the pides, which was unusual to me. There's nothing much else to say for this place – the food is in the comfort category and as you can see from the photo, there's always a long line of customers.



Summary:
Pricing: 6/10
Taste: 9.5/10
Vibes: non-existent
Total: 7.75/10

Stockmarket

This place is many students' go-to upper campus food choice. They sell healthy fresh foods that are perfect for the summertime. It is located in the Mathews food court, which means there isn't any dedicated seating for this place.



Stockmarket sells pastas and salads for a decent price, from \$10-12 depending on the size and your combination choices (however it isn't as filling as phở). Their juice (\$6-7) is also freshly squeezed and compliments their meals quite well. A full meal and drink from here does round up to just under \$20, so it might not be the most affordable option for most people if bought regularly. Their complimentary sourdough bread always goes well with every purchase so I highly recommend trying this place at least once.

Summary:
Pricing: 7/10
Taste: 8/10
Vibes: non-existent
Total: 7.5/10

Sushi Roll/Tori



Being the only Japanese cuisine on campus [since the Quad food court purge], Sushi Roll has your staple Japanese sushi. It is a little pricey compared to your usual Sushi Hub, but that is to be expected of campus food. I believe this shop benefits the most from its cuisine compared to the others in Mathews food court given the portability of its food.

I would personally choose other places due to the price and the accessibility of sushi outside of campus. However, if craving the occasional raw salmon or chicken roll, Sushi Roll is your place.

Summary:
Pricing: 6/10
Taste: 7/10
Vibes: non-existent
Total: 6.5/10

Hopefully this has given you some idea about the range of available food options for you at upper campus! There's always middle and lower campus food options as well (if you dare venture further down), but I'll leave you to explore them yourself.

HOW TO: POETICISE BEAUTY

STAGE 1: WRITING IT DOWN

Passing away the slow spring like this: nurturing
a devotional to dimples stretching out lazy in morning sun,
a literary pursuit renting a warm place in the heart.

Fingertips brushing over the indents left by pens.
Feeling the imprints of casual conversations carrying
on to the next page.

Enjoying not knowing what these feelings will bloom into:
they may end up like pressed flowers,
they may burn and never come back, like falling stars.

STAGE 2: READING ALoud

Breathing in the thick summer air.
Lying on the floor, sweating still,
feverishly dreaming of the answer.

Pacing the length of a bedroom practising
syrupy sweet words.

Holding the page upright,
mouth opening,
voice cracking,
wishing to access a better language,

and all the words
are lost to the clinking of ice cubes and whirring fans.

HOW TO: POETICISE BEAUTY

STAGE 3: TRYING AGAIN

Trying to sleep in winter,
wrapped in stiff layers and surrounded by stems;
the sky, the replacement muse.

Writing with numb fingers, shaking hands, a
sick stomach.
Hating what comes out on the paper.

Wishing to stay here forever, to only
think about it and rewrite it and
edit and edit and edit until it is right.

Sitting on top of the dinner table, crushing
fifteen different types of pens
spreading apart like the connections between the nouns.

STAGE 4: AND AGAIN

Brushing away rubber shavings,
stomach pressing against the ground.
Cherishing the brimming journals
and so letting them collect dust.

Taking the pursuit that is still
beckoning outside;
blinking at the blinding light.

Indulging in thinking about you here.
I want to see you so I know
the poem is succeeding.



TOP 5 **WORST** STUDY SPACES IN UNSW

Written by David McKay

Have you ever been concerned that you've been getting TOO much work done? In this list, we're ranking the worst study spots at UNSW, just because studying in a normal location is way too mainstream.

We've all seen lists that try and rank the best study spots at UNSW. It's a trite cliché at this point; people in Facebook comments talking about their boring and overdone study locations like the main library, the law library, or outdoors if they're feeling especially daring. Here at The Jugular we're all about writing cutting-edge articles. Giving helpful, relevant advice about UNSW study locations is certainly not cutting-edge, so we've decided to break past the mainstream and answer a question no one's ever asked: What are the WORST spots to study on campus? You may call this a waste of time, but we like to think of this as exploring uncharted journalistic territory. So, without further ado, here are our picks for the all-time worst study spots at UNSW.

5. The Roundhouse

It seems like a perfect idea at first- if studying is too boring, then what's stopping me from studying in the most exciting building on campus? I'm all for listening to music while studying, but I'm not sure the Roundhouse's

rotation of early 2010s club music is exactly conducive to a high-yield study session. Mind you, the speakers at this place run at around the same volume as a Boeing 777 jet engine, just in case you had any last shred of hope that it was possible to study here. How much alcohol can someone consume until they can no longer study properly? We're not sure- but from our experience studying here, the answer is probably somewhere between 0 and 10 shots.

4. The Wallace Wurth Toilets

In many ways, studying in the Wallace Wurth toilets is enormously underrated. The silence is mostly uninterrupted, there's no risk that someone will interrupt your study, and the seating is extremely comfortable. For some reason though, your colleagues may treat you differently if you try and convince them to hold your next group project meeting in the Wallace Wurth toilets. The sole reason why we rank these toilets as

a bad study location is the unfortunate lack of any power sockets to charge your devices. However, we are hopeful that the staff will see to this critical issue sometime in the future.

3. The Cadaver Storage Room

This secret study spot has the unique privilege of being the only location on our list that will get you kicked out of med if you actually go there. Some students may be willing to break into the cadaver storage facilities just for a little extra hands-on anatomy education, but The Jugular formally advises against this. Not only is it illegal and highly unethical, but we cannot rule out the possibility that these rooms may be the site of some paranormal activity. Complete Anatomy is free anyway.

2. The UNSW Subway

In my decades of experience eating at Subway locations around the country, I can firmly say that I have never seen anyone actually sit down at the invariably dirty tables to eat their food, let alone to study. However, medical students are prone to multitasking, and may find themselves wanting to eat lunch whilst simultaneously catching up on their 200 overdue Anki cards. I've foolishly

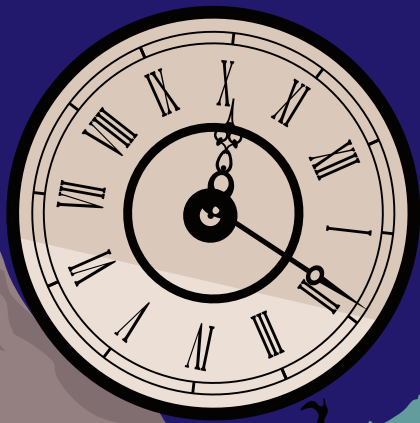
been in this situation myself, and from personal experience, would strongly recommend against ever mistaking Subway as a potential underrated study location. The seats are uncomfortable, the smell is distracting, and if anyone sees you studying here, your image will be irreparably damaged.

1. The Wallace Wurth Study Area

The Wallace Wurth study area is a good place to study if you hate being productive. From my experience, I can study for a maximum of about 2 minutes here before I see someone I know and get distracted. Is this my fault for having a below-average attention span? Probably, but I would prefer thinking that it's the study area's fault for being located right in the middle of the medical student hive that is Wallace Wurth. Nonetheless, the recent renovation of these study areas has led to an amazing glow up. Remember that only a couple of months ago, the Wallace Wurth "study area" was an incongruous collection of a couple of chairs and the occasional plastic round table.



If you disagree at all with these rankings, just keep in mind that our list is objectively correct and accurate (so you're wrong).



THE ART OF PROCRASTINATION

Written by Mohamed Budebes

Edited by Victoria Sun

The feelings emerge again, every course, at the start of Week 4. Initially, I brush them aside, their pulsations so weak in the back of my mind it seems pointless to give them the attention they're begging for. The day will come though, when they turn strong enough and threaten to poke through in the moments when I'm scrolling on my phone, or laughing with some friends.

Maybe I'm dramatising how boring writing an individual assignment is - hundreds of other med students complete one every course anyways. To most people, procrastination may have this silly definition of 'being too lazy to do the work'. Yet when the deadline nears, and the persistent thoughts of an empty Word Doc threaten to make my heart race at night, or riddle me with anxiety as a venting friend's words pass through my head unprocessed, maybe the idea of procrastination deserves

to be exaggerated.

When the topic of the assignment arises, it will almost always divert into how I haven't started mine yet. Of course, it turns into a light-hearted joke of how I somehow always manage to complete it 2 days before it's due. This repetitive joke which has now become my reputation among those who have witnessed my desperate attempts to trivialise the emotional pain I will experience when I hunch over my laptop for hours on end. Hours within which I will refuse to eat, the groaning of my stomach ignored until it can no longer be felt. Hours within which I will refuse to stand up, until the muscles in my back and legs ache from the seat I am confined to. Hours within which I will criticise and berate myself, for breaking the promise I make over and over, when I vow to never let myself go through this again.

This has happened enough times that after pressing 'Submit' on eMed, I don't feel any relief. What's the point of feeling relieved after an all-nighter when this will undoubtedly happen again the next time? No matter how strongly I try to convince myself that

things will change, that I will start earlier, be better - part of me still recognises the lie I tell myself. Because time after time, when I've fooled myself enough with the thought of having enough time to start, the feelings will begin to pulsate more strongly. The anxiety-induced insomnia returns; the guilt over not meeting the expectations I set for myself returns; the hidden embarrassment of telling my peers that, 'Oh, I haven't started yet.' returns. Until I finally sit at my desk, in front of my laptop, and read my first journal article, when I realise how trivial this all is.



Sometimes, this can be the worst part of all of this - that this one assignment that has overwhelmed me with panic and hesitation over whether or not I really am suited for medicine, is not as serious as it seems. And thus the cycle begins again. It's just another assignment, like the ones you've done over and over. Why start it now when there's still plenty of time? At least this time will be different - you'll start it earlier, plan ahead, finally get the P+s the procrastination had stolen from you before.

Right?

GRADUATE CAPABILITY 2.5 : TEAMWORK

Wondering how to improve your teamwork skills? That Phase 1 Portfolio not doing so hot in the teamwork capability?

Consider playing League of Legends, which provides a dynamic, fast-paced environment where you work in a team of 5 with people from all across Oceania to achieve the goal of victory—a goal only possible through optimal teamwork.

Through playing League of Legends, my teamwork skills have improved tremendously. In this article, I will share the top 5 lessons I've learned from my own experiences, so that you can ace the Teamwork graduate capability when you are writing your own portfolios!

STARTING OFF STRONG

A good first impression can help create a friendly and non-hostile environment, where every team member feels welcomed, and motivated to contribute towards the shared goal. To break the ice, try asking a relevant question, or making a witty remark, as shown in Figure 1.



Figure 1

Opening Remarks of a Game

Note. I hate banana flavoured ice cream.

SET REALISTIC EXPECTATIONS

2.5.1 Participates appropriately in group planning to identify goals and constraints, and to develop a process for achieving goals on time.

While it is important to respect your team members' decisions, you should not hesitate to speak up if you believe that they are making a decision that is not efficient, or productive. When asking your teammate to meet your, or the group's previously agreed on, expectations, make sure to thoroughly explore their reasoning for making such a decision, and try to reach a compromise. Figure 2 provides an example of such an interaction.

Figure 2
Pre-game Negotiations

Note. It was not okay and all good. I really wanted to play support ashe.



CLARIFY ASSUMPTIONS

2.5.2 Encourages wide participation and develops strategies to address conflicts and difficulties in group work.

If a team member is acting unusually, and conflicts arise, seek to find reasons why this may be the case. In Figure 3, Gangplank displays this quality exceptionally by rationalising that my lack of skill is likely due to a lack of experience.

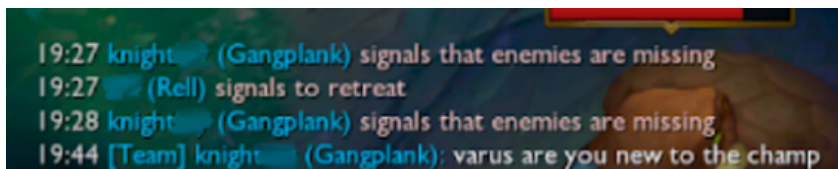


Figure 3
Gangplank Accuses/Seeks Clarification

Note. I (Varus) am not new to this champion. I am extremely experienced at this champ. This is, in fact, basically the only champion that I ever play, and I have been playing for the past 7 years.

PLAY THE BLAME GAME

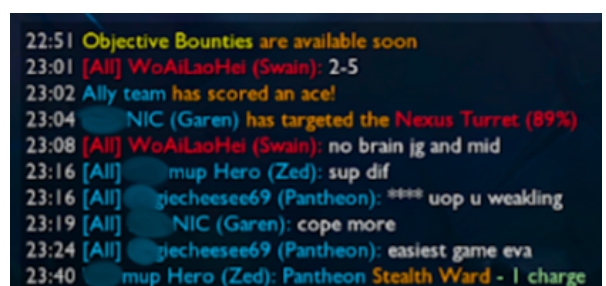
2.5.3 Identifies teamwork strengths and deficiencies in self and others and shows evidence of improvement.

It is crucial that you understand how to blame others for the consequences of your own actions. Because this is a difficult skill that a lot of League of Legend players seem to have difficulty with, I've included multiple examples below. Remember that practice makes perfect - if someone has to go down for a malpractice lawsuit, don't let it be you!



Figure 5
Why are we still here... just to suffer

Figure 4
Name and Shame

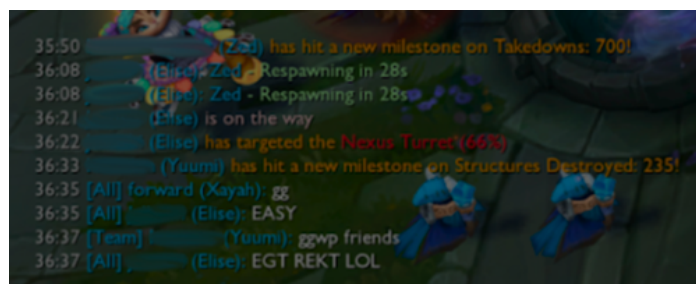
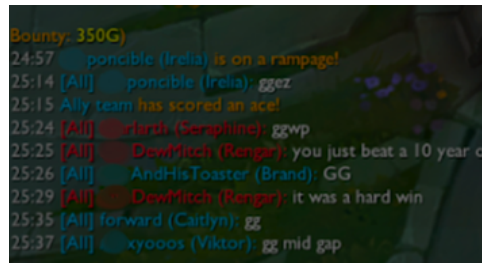


2 . 5 . □ S E E I N G E V E R Y D A Y A S A L E A R N I N G O P P O R T U N I T Y

If the project didn't work out the way you hoped it would, remember that there are always future learning opportunities! Try to provide constructive criticism, so that you, and your team members, can do better next time.

Figure 8
Kind Parting Remarks

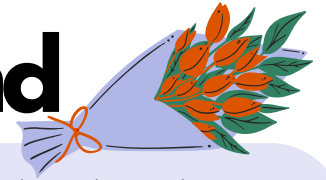
Note. The colouring on this photo reflects my mindset.



C O N C L U S I O N

I hope everyone has found this article as informative as I found the process of playing League to be! I personally can't wait to apply these skills to my next group project, and I hope to see more people around campus showing off these skills as well!

10 Romantic Spots to Take Your Med Student Girlfriend



Do you want a girlfriend you only have to see once a week, when she emerges from Wally for overpriced Boost juice? Do you wish you had someone to send you texts like “want to know the pathophysiology of septic shock?” at 1am? Do you dream of being poked and prodded by someone learning how to use a stethoscope (or worse, a cannula)? Most of all, do you aspire to one day be married to someone with \$70,000 of student debt? Look no further than a med student girlfriend! She’s smart, she’s sleep-deprived, and she doesn’t have time to cheat on you! Whether you’re a current or aspiring significant other, here are the 10 best spots to take the love of your life on a romantic date – if you can convince her to put down her Anki.

Bingsoo

An obvious inclusion. No med student is immune to the tantalising magnetism of sugar, especially not in a pretty cafe. It’s also a good screening test - if she doesn’t like bingsoo, she’s not a keeper. Take me instead.

SCH Cafe

Make her feel at home by taking her to her natural habitat: drinking overpriced iced coffee in a hospital lobby. Buy it for her and she might marry you on the spot. The Sydney Children’s Hospital cafe donates profits to their foundation, which might make you feel so charitable and wholesome that you’ll forget about the fact that you’ve just taken your girlfriend to a hospital cafe. Then, she might’ll entertain you with facts about childhood development. Plus, you’re within walking distance of Wally – whether or not that’s at all convenient for YOU notwithstanding. What’s not to love?

Blood Donation

If Twilight taught me anything, it’s that blood loss makes everything much more romantic.

Take this message to heart and woo her with a trip to your local Red Cross blood donor centre –, but make sure you wait until the Vampire Cup so she can show her mortal enemies (USYD medical students) how much better she is than them. Plus, you both get a snack out of it for free – which is especially useful if you’re still recovering from her expensive taste in food (revealed during dates 1 and 2) and if she’s developed an inexplicable, insatiable thirst during your hours spent at the centre. What’s to lose? 470mL of blood, of course!

Library Sleeping Pods

What’s that, you say? You’ve been feeling weirdly tired and off since she gave you that strange-looking love bite on your neck? Why not sleep it off together in a library sleeping pod! The only thing better than a regular nap is a nap where everyone in the library can see your feet sticking out of the pod. What do you mean, she doesn’t sleep? That’s a common misconception about med students. Though it may appear that your girlfriend doesn’t sleep, I can assure you she’s extremely health-conscious and always makes sure to get her recommended 7 to 9 hours per night.

MedSoc Canteen

Planning a date between her 10am lecture and 12pm tutorial can be tough. Save time and money by taking her to the MedSoc canteen (the cupboards in LG). She’ll be unbelievably impressed when you drop \$2 (via bank transfer) on a muesli bar for her, and your time spent together is maximised. The lack of windows also makes it a perfect place to go during the sunny hours of the day, since she’s very, very concerned about the risk of sun exposure. (Understandable, with her Fitzpatrick skin type.)

Therapy

I mean, communication is sexy, right? I’m just saying, it probably couldn’t hurt.

Hospital Supply Cupboard

What's YOUR favourite gauge of catheter? You'll have plenty of time to decide during your romantic trip to your nearest hospital supply cupboard! She's at her best when she's happy, and there's not much that makes her happier than viewing a wide range of colposcopes, speculums, and chest drains. Even better, take her to see the blood bags. She's extremely interested in haematology. What's your haematocrit like?

People-Watching in the Prince of Wales Emergency Department

Put her skills to the test in the POW ED. She'll feel at home among all the patients and JMOs! She'll conduct rapidfire Axs and make mental Dxs of everything from an AAA to WPW. Watch her eyes light up as a Pt with a RLOF # is BIBA straight to OR for ORIF. If you're lucky, you'll get to see an OA IW w/ PQO K/@, and (*UN\$W @GMAIL.COM JUS(*&#W\$ <p>NOTAVAMPIRE</p>. Plus, IH AL OFMU ATSA and, after all, ABCDEFGHIJKLMNOPQRSTUVWXYZ. What can I say? Home is where the HSDNM is! Until the RN kicks you out, that is.

UNSW Museum of Human Disease

Who says you never take her anywhere nice? Let your love blossom among plexiglass jars containing gangrenous feet! Nothing says 'romance' like being surrounded by hearts - literally. Especially when those hearts have undergone significant pathological processes and been preserved in formaldehyde. They even have a vial of an original vaccine made by Louis Pasteur, who was a close personal friend of hers in 1843. Wait, what?

Flight Centre

After the garlic incident, she's seemed a little off. What about a nice vacation? Take her to Flight Centre and put her on a one-way flight to Santa Maria Island, the furthest place on the planet from Sydney. There, spurred by the trauma of embryology, she'll move into an underground lair and become a mad scientist who plots to take down James Bond with bioweapons and space lasers. Long-distance can be tough, but ever since you learnt she can transform into a bat and fly, it hasn't been as bad - she and her minions pop by every now and then to say hi. Remember, love doesn't judge.

As a bonus, here's an easy gift option for your anniversary, when she finds herself so deeply charmed by your romantic side that she immediately proposes marriage:

A grad cap.





WHAT TO EXPECT...WHEN YOU ARE EXPECTING YOUR HOLIDAYS

HERE ARE 9 THINGS YOU CAN DO TO COPE WITH STRESS!

Halfway through term and don't know what you've been doing so far?

Feeling very exhausted and in need of a break?

Does time go fast and slow for you at the same time?

Don't worry, I got your back.



1. Identify things that cause you to stress - especially if you are feeling overwhelmed

Write it down, write what gives you tachycardia whenever you think about it. Not the fluttering kind, but the not-so-pleasant kind I guess. Often the first step to addressing and coping with stress is identifying and acknowledging it.

3. Be a cat

Did you know that cats sleep approximately 12 to 16 hours a day? Now, you don't have to sleep that much but maybe try to go to bed during less unholy hours. The IA grind just finished this week and I know many are running on low energy reserves. It is now time to become a bit healthier. Take a day or two to catch up with sleep and fix that awful sleep schedule of yours.

5. Hop on a random bus - A safer way to let your intrusive thoughts loose

We all have those moments where we get intrusive thoughts, some more suspicious and outright crazier than others. Maybe try to act on the not-so-questionable ones. Hop on a bus or the light rail and take a spontaneous trip somewhere. Have a rush of adrenaline and some fun, and take your mind off stress. Just don't end up in Canberra, okay?

7. Have a main character moment

In movies, regardless of whatever bad situation the protagonist ends up in, they always come out fine in the end. So manifest this for yourself. Live your main character moment and vibe to some music. Do this preferably in the rain to live through the full experience.

2. Go out with friends

"What friends?" - very funny. Taking the first step to initiate a hang-out or even saying yes to one is a lot harder than we think. Nearing a busy week of lessons, many of us go through the dilemma of thinking if we could be productive during the time we spend on others. Give yourself a break, a short one at least. You might even surprise yourself later. Being well-rested and happy helps to boost your productivity quite significantly! Say yes and go out more, charge that social battery of yours (if you are an extrovert) or chill by yourself (I am a happy hermit too).

4. Dress up - It is actually a lot better than it sounds

No, seriously it's fun (or at least I think it is). Getting ready to absolutely go nowhere is actually an easy way to let your mind wander and do something creative. You can throw something together and have your very own Met Gala all by yourself or with a group of friends. We all know this year's one was subpar and that you can probably do a lot better.

6. Late night Ramyeon - Food always seems to work

Whenever I feel stressed, hot and not-so-healthy food seems to help. Now don't go around blaming me for your diet choices- just be mindful and do this in moderation. Sit on the Alumni Lawn or at a beach and eat a hot cup of instant ramyeon into the late night. It hits different, especially in this cold weather!

8. Become a plant parent

Speaking from personal experience, this helps. Finding something low-maintenance to channel your effort into and seeing it flourish under your care (hopefully), fills you with a sense of parental pride. Plants come in many varieties, from really low-maintenance succulents for the not-so-green thumbs to herbs and plants for the aspiring part-time farmers out there. So next time you see Arc giving out free plants, grab one for yourself. You can also grow a group plant with your friends if you want!

9. Happy thoughts only -You can pretty much psych yourself to relax

As simple as this sounds, this is one of the biggest steps to having an upper hand in stress management. Fill your mind with positive thoughts. Reassure yourself that this too shall pass. You can do this!

Remember you are not this...



You are this!



Written by: Monika Manoharan
Edited by: Mohamed Budebes



*Written by David McKay
Edited by Yaron Gu*

One of the greatest tragedies in medicine, at least in my opinion, is that “hyper-” and “hypo-” sound so similar.

It’s humbling to imagine the number of times in my (admittedly limited) medical education where I’ve fumbled an important concept or case presentation because of just how easy it is to confuse this esoteric medical jargon. A similar thing can be said of the unintuitive prefixes “brady-” and “tachy-”, which can take an embarrassing amount of cognitive effort to demystify, or the terms “efferent” and “afferent”, which I personally cannot distinguish confidently without the help of a convoluted mnemonic. A is before E, so afferent is before efferent... or something?

Regardless, these peculiarities become slightly less funny when you consider there’s probably a non-zero number of patients who’ve suffered because some poor sleep-deprived junior doctor couldn’t tell if their consultant was saying “hypovolemic” or “hypervolemic” over the phone.

For better or worse (probably for worse), medicine undeniably has its own “language”. A language full of lexical oddities like “pseudopseudohypoparathyroidism” or obscurant terms such as “sphenopalatine ganglioneuralgia”—which in English translates to “brain-freeze”. Another sadistic feature of this language is the fact that every structure in the body seemingly has another secret Latin or Greek codename that only medical professionals understand—like “pharynx” for throat or “metacarpophalangeal joints” for knuckles. So, considering how painful learning this second language is, why do doctors insist on using such needlessly complicated language?



Depicted: An epigastric impact activating somatic pain receptors and initiating a transient diaphragmatic spasm. Or, a dude getting punched in the tummy and getting winded.

One possible answer is that this jargon allows us to be more specific and communicate medical information more precisely. However, this is a stupid defence, and if you say this in front of me I'll make a really frowny face and be riled up for about 5 minutes. There's no practical reason why saying "emesis" is better than vomiting. Saying "parturition" instead of birth isn't going to magically improve your patient's outcomes. A lot of this jargon is actually associated with poorer medical outcomes, either through the use of stigmatising phrases like "substance abuser" or by excessively confusing patients with already-poor health literacy. Not to mention our previous thought experiment regarding the unfortunate hypothetical junior doctor who accidentally murdered a patient because of some twisted etymological coincidence.

A better answer is to regard this tradition of medicine's unintuitive lexicon as an anachronistic remnant of history. Medical doctors in the early scientific revolution of the 18th century were forced to study classical Latin and Greek texts for information, as medicine in the Middle Ages mostly consisted of hilariously bad remedies and plentiful amounts of prayer. As a result, doctors wrote textbooks and prescriptions in Latin, with Latin acronyms still being ubiquitous in pharmacy practice to this day. So why haven't we gotten rid of this tradition yet?

Unfortunately, the most likely explanation here is also the most depressing. Being able to use medical jargon creates and sustains an imaginary barrier between the patient and doctor, deliberately perpetuating power imbalances and undermining the control that patients have over their own treatment.

Medicine has made leaps and strides in terms of eradicating the medical paternalism that characterised the early 20th century, but the existence of unnecessary and convoluted jargon appears to me as evidence that a lot of practitioners are reluctant to eradicate this power structure. Of course, you can argue that the doctor-patient power relation will exist as long as there is a knowledge imbalance between doctor and patient, but I believe it's worth taking action to reduce this imbalance and free medicine of its abusive past. Maybe, if us medical students really put our minds to it, we could stop using jargon altogether and force a total paradigm shift. Instead of "hypotensive", let's start saying low blood pressure. Instead of saying "rhinorrhoea", we can say a patient has a runny nose. Instead of saying "anaemia", we can say a patient is suffering from no-blood-disease. Instead of saying "asthma", we can say someone has a wheezy-breezy-lemon-squeezy disease-y. Or not.

Whilst I may be committed to eradicating excessive jargon, I'm even more committed to not flunking the EOC.

When you consider that medieval doctors looked like this, it suddenly makes sense why renaissance physicians were so willing to do a 180 on the medieval medical tradition.



5

**MOTIVATIONS
FOR ME TO
CONTINUE
STUDYING
MEDICINE**

well
done!

BY: CHENGLIN WU
EDITED BY: CINDY LAC

GRATITUDE JOURNAL

DATE:

S M T W T F S

Embarking on a journey into the field of medicine is already an arduous endeavor in and of itself. However, it seems that the challenges don't end there. Once you've managed to secure your place in the medical field, you find yourself confronted with yet another daunting expedition - medical school. Foundies was difficult enough, then BGDA hit us even harder, followed by HM and other bollocks before we have a chance to breathe. Sometimes, life in medicine feels like an enduring battle with no respite.

I hear you say: I wish someone could show me five motivations for me to continue studying medicine, things are really getting out of hand here.

I got you, my friend.

NUMERO UNO: THE LATIN WORDS

I truly believe it is an inside joke in the medical field to create as many bars as possible with jargons: anyone would agree that 'ligamentum teres hepatis' flows off the tongue much better than 'round liver ligament'. And if you think about it, most words can easily pass off as Harry Potter spells.



NUMERO UNO: THE LATIN WORDS (CONT.)

Call me an elitist if you may but you cannot deny the satisfaction of spurring out those esoteric words as if they're common sense: "Of course, the syncytiotrophoblast penetrates the endometrium and produces human chorionic gonadotropin to maintain the corpus luteum."

Now, if this is not relatable to you, if the words don't flow as well as they should, here's what to do: start pronouncing the Latin with an exaggerated Italian accent and have the syllables bounce off your tongue: 'corpus luteum' becomes 'co-r-puss loo-TEA-um'. Learning medical jargon becomes so much more fun when you play around with all the stupid ways of pronouncing them.



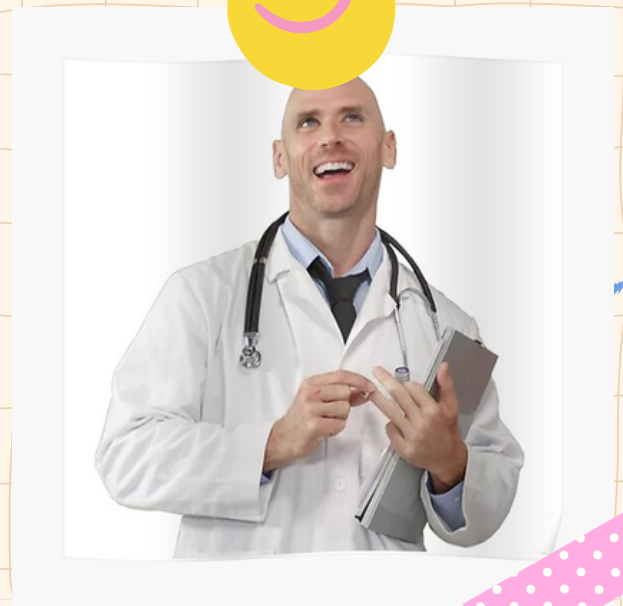
NUMERO ZWEI: SCRUBS (2001-2010)

I love Scrubs. I loved every interaction between every character and everything depicted. It's incredible how they are able to depict the stressfulness of medical internship with striking accuracy whilst still making it appealing. You may call me delusional, but Scrubs has single-handedly made me look forward to working at a hospital.

HOMEP TPI: **BEING ABLE TO DIAGNOSE YOURSELF AND YOUR FAMILY**

A joyful part of being a medical student is the validation that arises from correctly identifying a disease based on its symptoms. For reference, I have done that exactly once, where I diagnosed myself with hand, foot, and mouth disease. Unfortunately that was before I got into medicine, and I have had zero success since.

But just think about how cool it is to be a knock-off GP for yourself and your family: “I’m feeling very tired lately, looks like I have an iron deficiency, better get that checked.” Not only that, but eventually we’d be able to go to the pharmacy and understand what most drugs do and how they work, their indications and contraindications. It’s always good to be knowledgeable about things in life you normally take as given.



NOTES

NUMÉRO QUATRE: TO BE ABLE TO WEAR COOL CLINICAL SKILLS FIT

If anything, a large chunk of my pursuit of medicine is motivated by its associated drip: there's a certain essence to wearing those neatly tucked button-up shirts and adorning retractable badge reels. No matter who you are, or where you come from, your self-perception and feeling of importance soar to the moon the moment you slip into that attire. Medicine provides the perfect excuse to wear them every now and then.



NUMBER FIVE: WE'VE MADE IT SO FAR

Ok, let's get a little serious.

I don't know about you guys, but during the few days before the Medicine offer round, I had so little confidence in getting into Medicine that I had fully embraced the possibility of me doing another degree. It's ironic, really, how the very aspiration that once fueled my motivation during the HSC has dwindled to a mere wishful thought.

I consider myself lucky. Exceptionally lucky. The alignment of circumstances required an inconceivable precision for me to just scrape by and gain entry into medicine. Despite my own flaws and inadequacies, I have become the very person I once dreamed of becoming in high school, someone I thought I could never be.

The universe has arranged us thus far because it was destined to be so. To relinquish this opportunity would be a great shame – we will persevere through the trials and adversities of medicine that lie ahead, if for nothing else but to stay true to the promises we made to our younger selves.

CONCLUSION: CONSIDER THIS ARTICLE CONCLUDED. THANKS FOR READING.

31 MARCH 2023

Tuberculosis

but make it cute!

BY ELLIE KANG





artwork by
Sophia
Gang

13. 02. 23



★ ★ ★
Welcome
Meddies

By: Soyeon Kim





STILL
CLAIRE SHI



relax and sleep
well with totoro
helena yang



Jophine
2023

by sophia bang

Chilling at Wallace Wurth

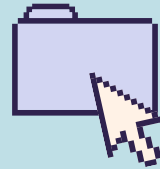


By: Monika



Taking Care of Your Mental Health

By: Soyeon Kim



Winter vibes

BY ELLIE KANG

winter_vibes

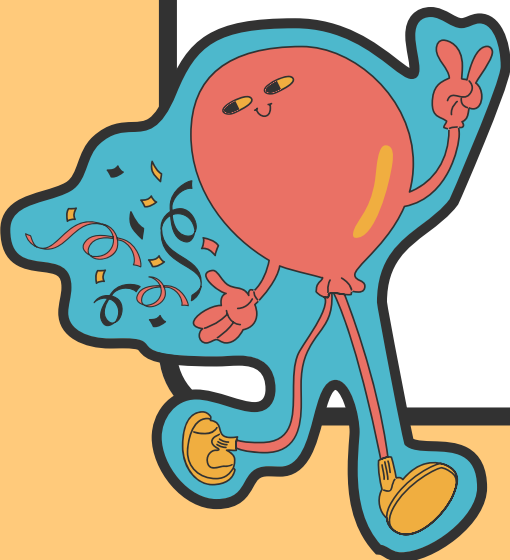
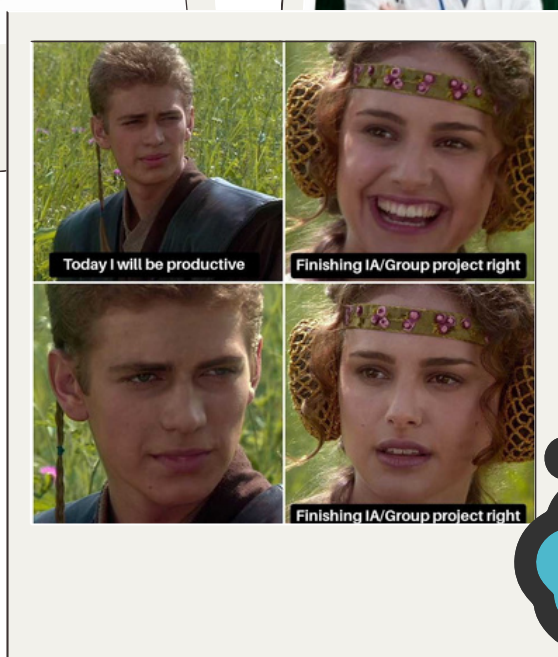
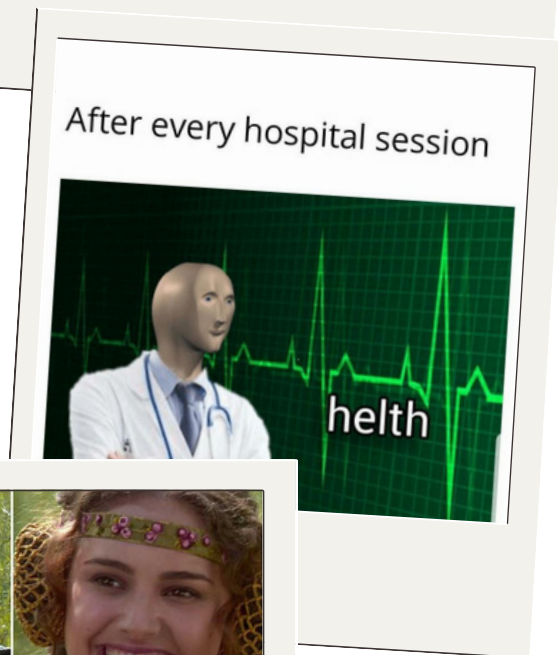
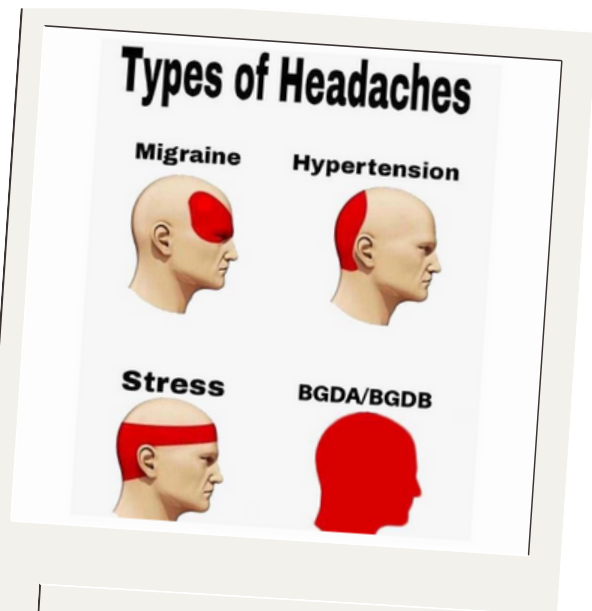
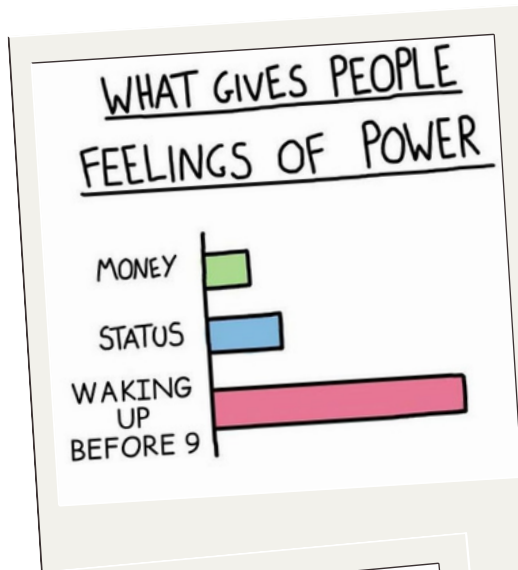




Ecosystem
Angela Wang

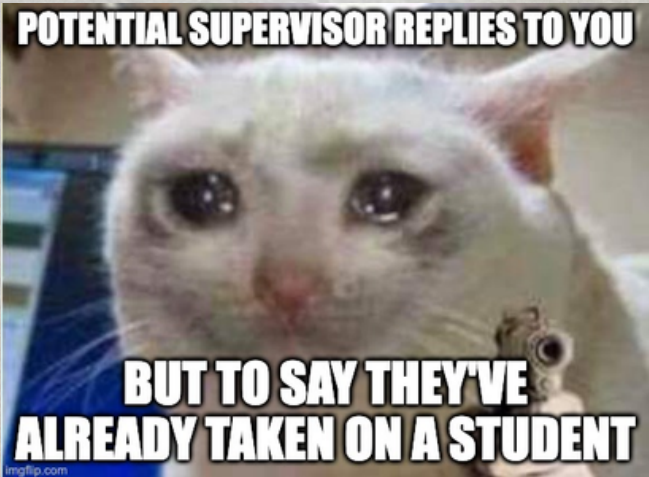
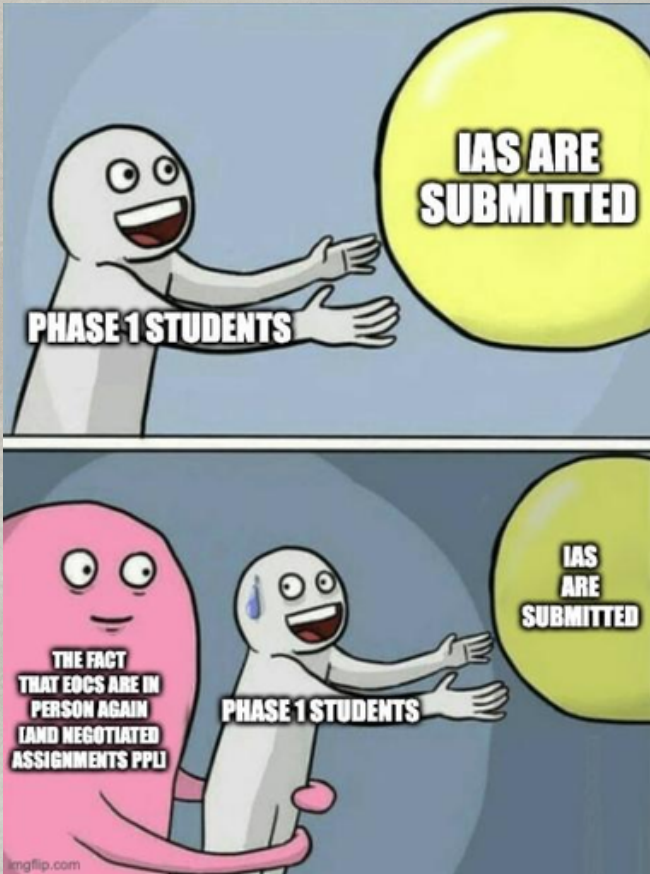
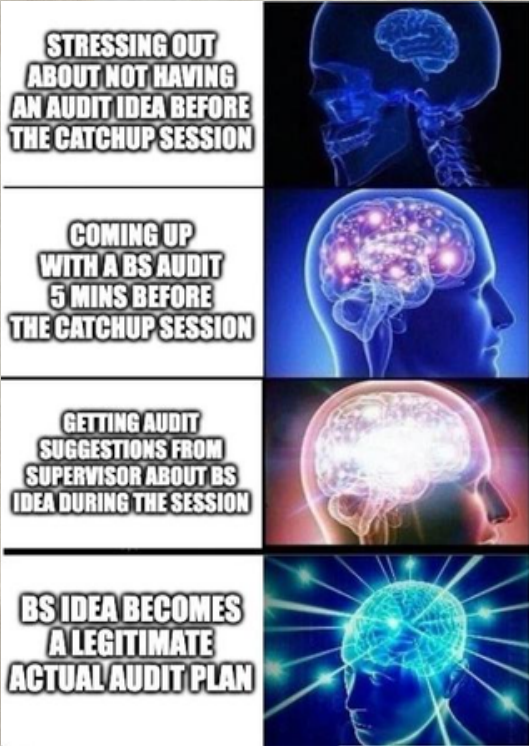
A Happy Meme-Monday :)

By: Monika Manoharan



MODERN ECLECTIC MEDICAL EXHIBITION SPREAD

PRE-YEAR 4 BLUES



T1
WK3

//

20
23

WHEN TERM HASN'T STARTED BUT YOU'VE APPARENTLY GOT 3 LECTURES SCHEDULED AT ONCE AND YOU'RE TAKING BOTH BGDA AND BGDB

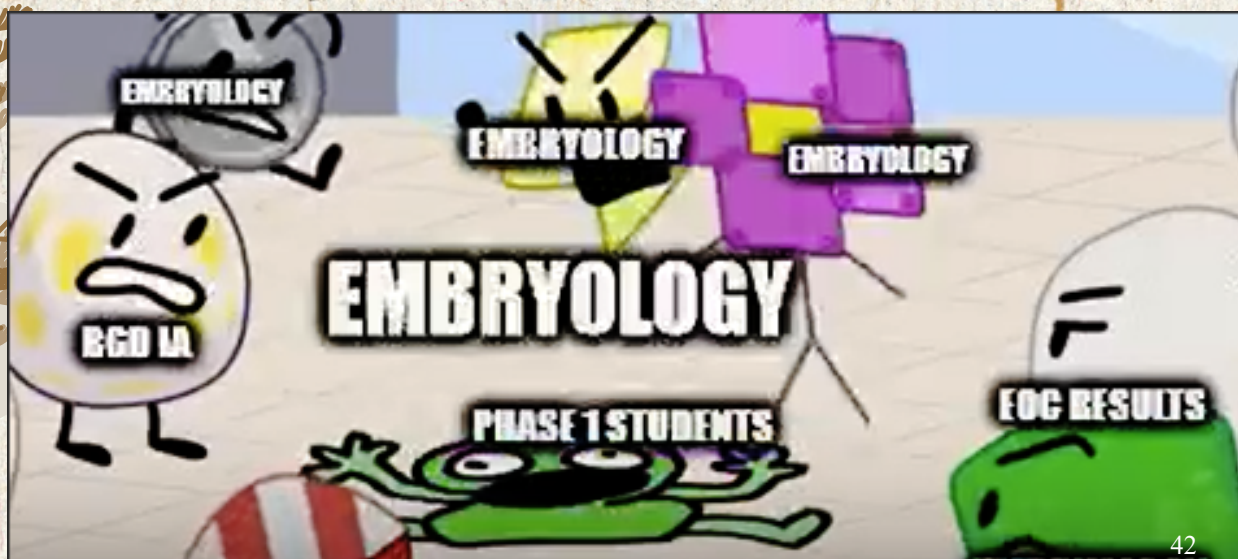
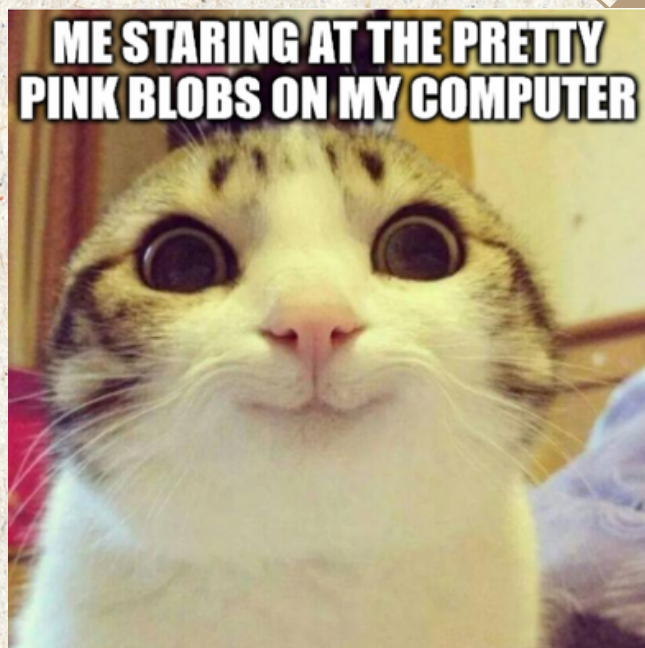
[visible confusion]

"BGDFREEME" - Emily Seeto

**YOU'RE
HOLDING HER HAND**

**SHE'S A PLASTIC
MODEL AT THE
BIRTH SIMULATION**

**ME STARING AT THE PRETTY
PINK BLOBS ON MY COMPUTER**

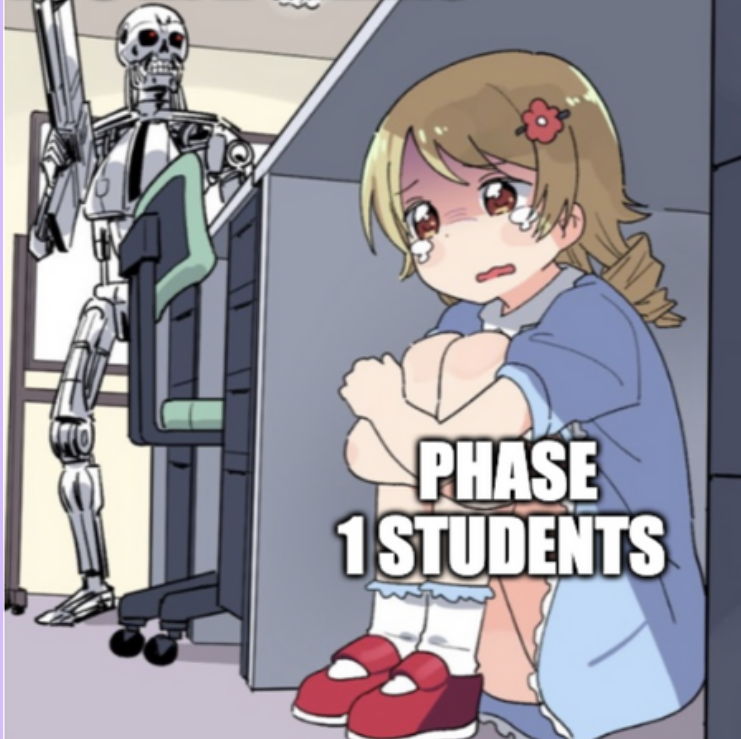




END OF TERM DENIAL



EOC IN 2 WEEKS

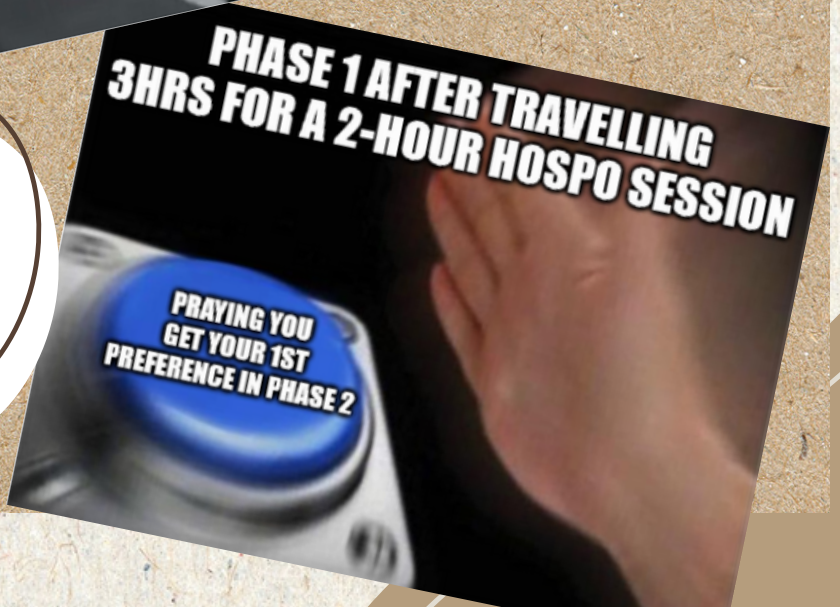
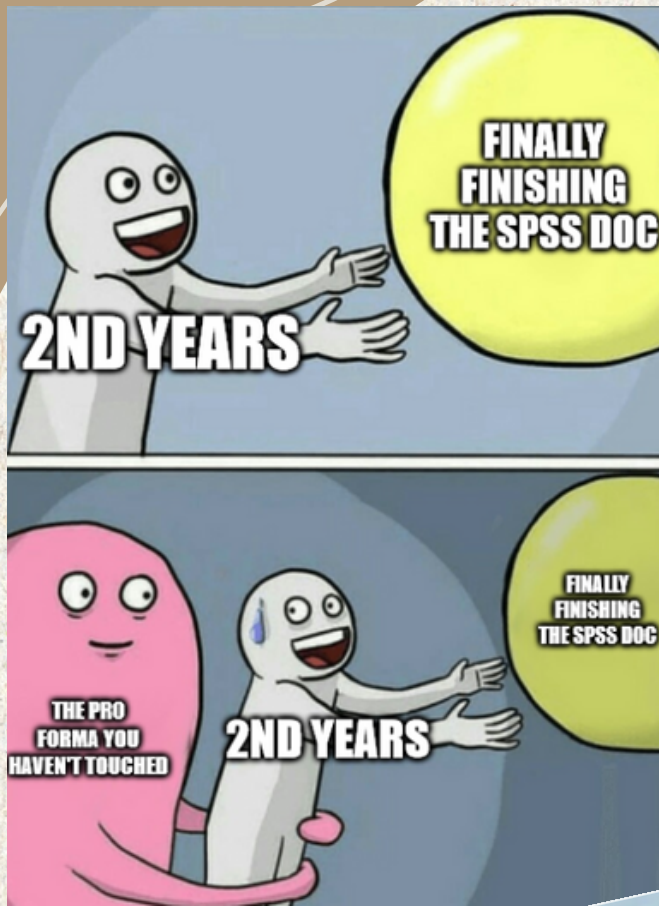


ANTHONY YAP

Medshow Magic



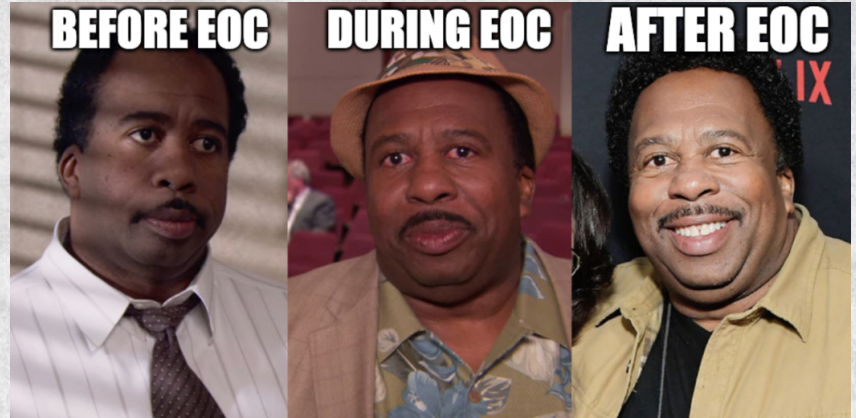
ANTHONY YAP



"whoops, my bad"
- Emily Seeto



EOC madness

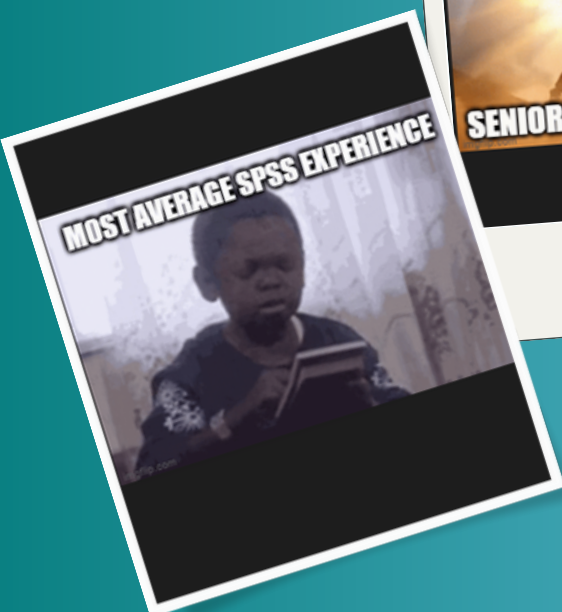
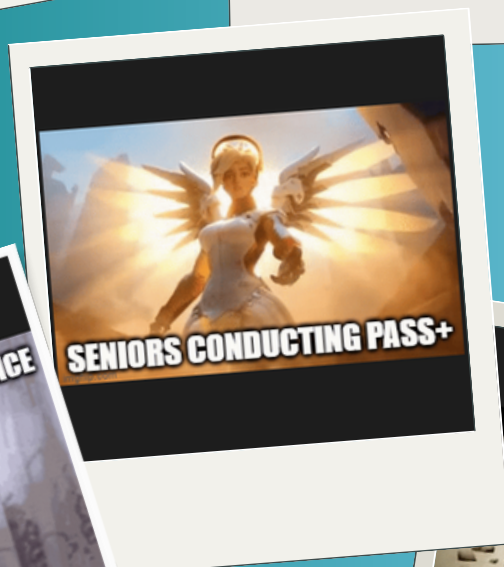
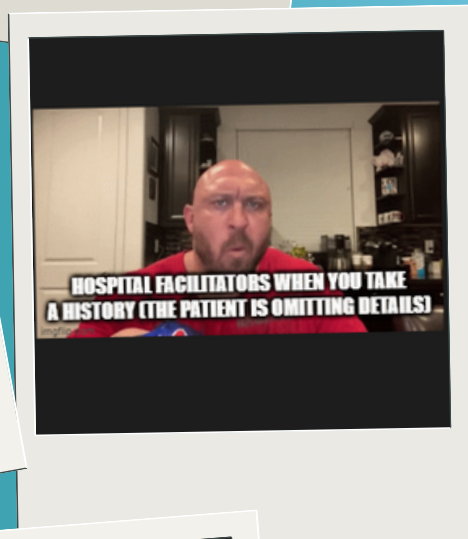
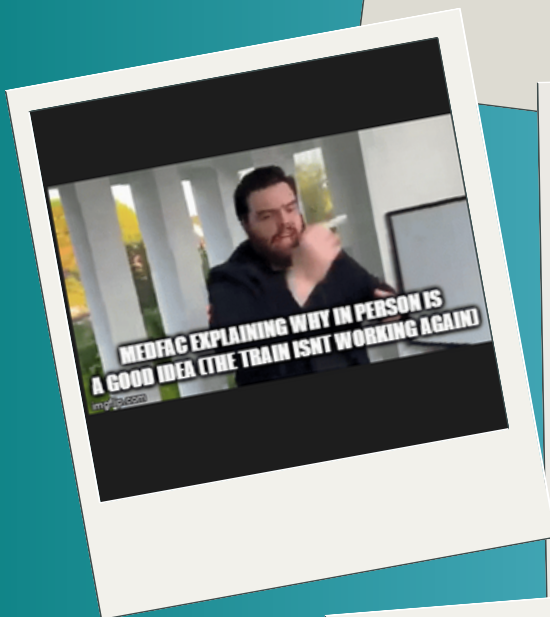


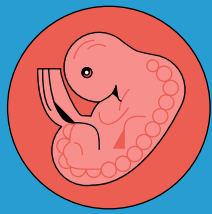


"The good old days"
~Deepanshu Maurya



"The preterm conundrum"
~Deepanshu Maurya





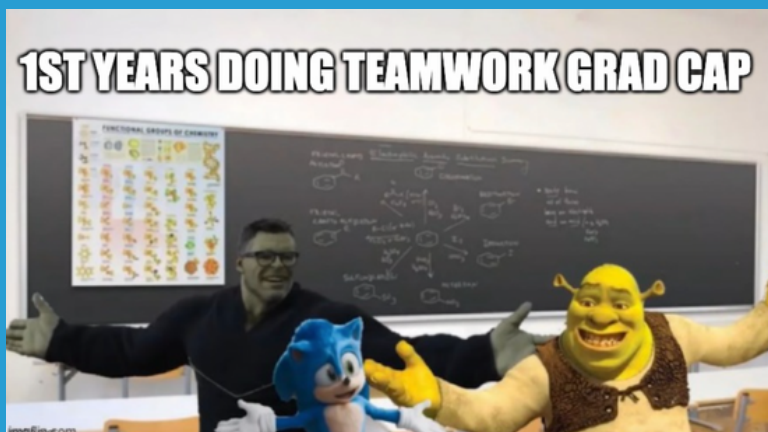
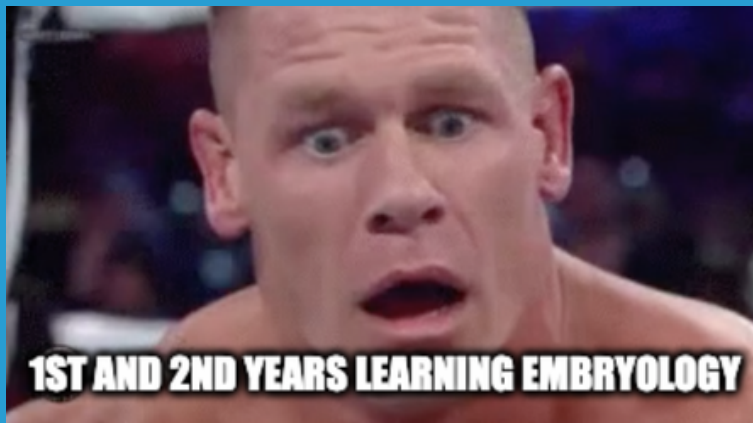
Baby Don't Hurt Me



WELCOME TO

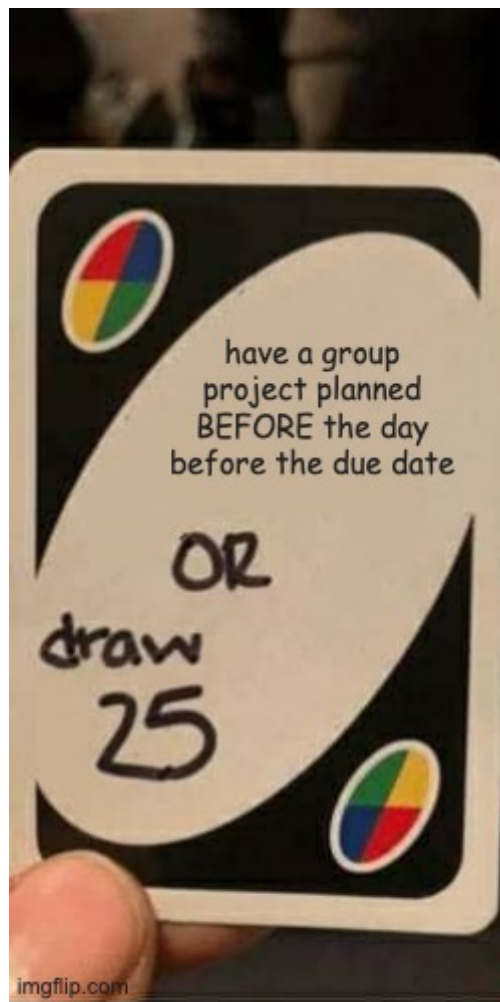


BGDB / BGDA

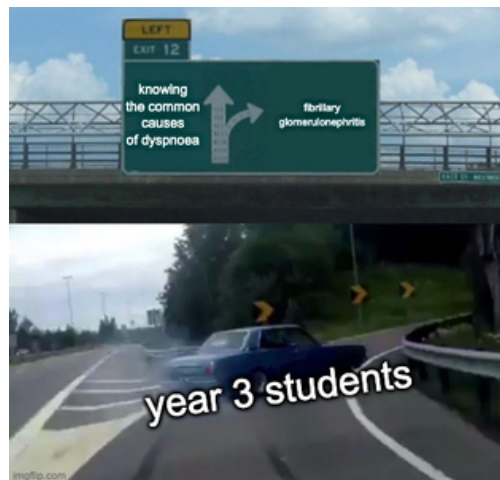


ANTHONY YAP

MID-TERM PANIK



CLASS B OF CURRENT SH TERM
LEAVING CLASS 30 MINS EARLY
BEFORE CLASS A EVERY MONDAY AND FRIDAY



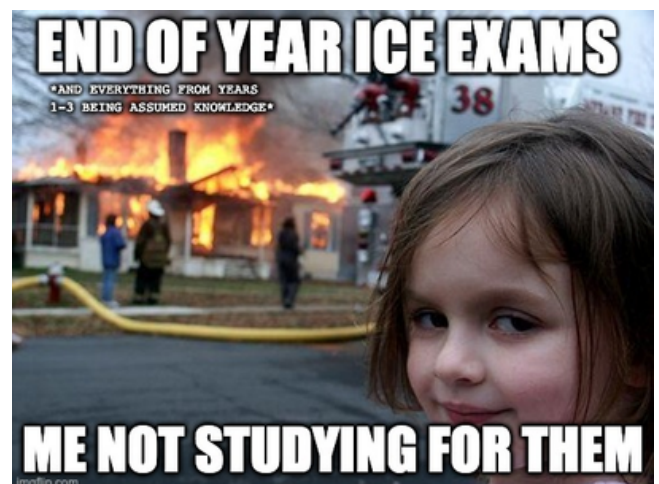
phase 3 rotations



3rd year students



sh placements





COMING
SOON

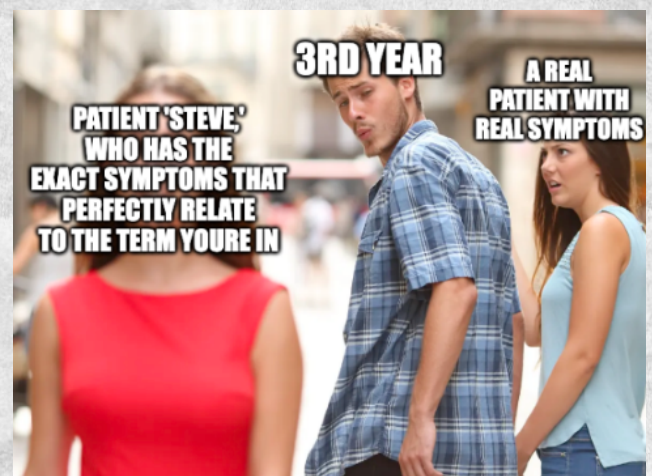
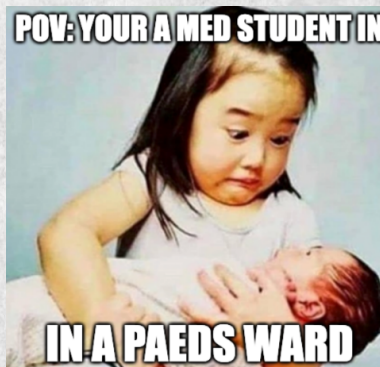
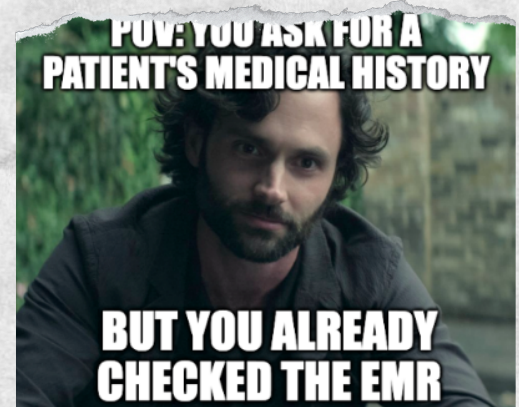
Maths lovers when they realise med
doesn't require more than Year 10 maths



AND MORE SHORT
VIDEO MEMES, CHECK
THEM OUT ON THE
JUGULAR INSTAGRAM
PAGE



Another day, another
slayyy...





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