

H U M E R U S

UNSW MEDSOC: MED STUDENT TIMES

2014 ISSUE 1



WHAT'S THIS? WHERE'S IDIOGLOSSIA?

Welcome to the first issue of Humerus! Consider this your bi-annual dose of med-student-lifestyle-fun-stuff. But don't worry, Idioglossia will still be around, and you'll be able to get your hands on it at the end of the semester. If you have any elective or other placement reports, abstracts from published papers, feature articles, opinion pieces, or creative writing you want to show off to the world in Idioglossia, email publications@medsoc.org.au before May 19!

AHOY, SAILORS!

This paper is bequeathed to you as an excuse for a study break; be it a quiet read, a paper aeroplane or a coaster for your tea... Make it a pirate hat, for all we care, just make sure it helps ye' navigate yonder stormy seas! Med isn't smooth sailing, which is why it can be useful to step back from it all every now and then. This publication is itself a gentle reminder that Med is actually a little Humerus if you look at it the right way... It's important not to take things too seriously all the time. So fly the sails, fix the rigging, and just for a while, let the tide take you where it may.

Fair winds!
Em Jansen

Humerus is looking for submissions for Issue 2, due out TP3. Email them to publications@medsoc.org.au

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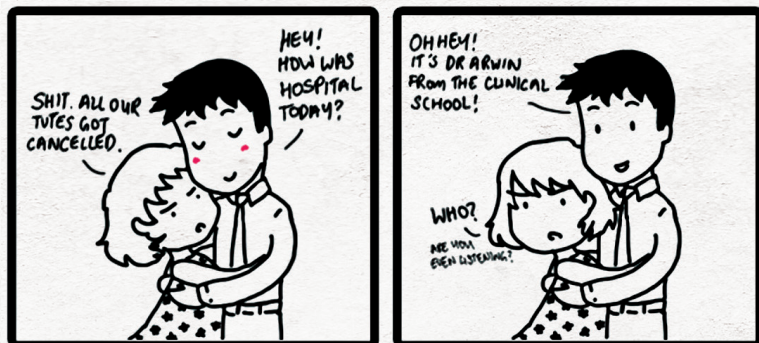
IMPORTANT DATES

18/04 **Good Friday**
21/04-27/04 **Phase I & II break**
30/04 *Eat entire block of chocolate*
01/05 **Foundations & SH exams**
02/05-04/05 *Party all weekend*
14/05 *Go for a jog*
09/06 **Queen's Birthday holiday**
13/06 *Get drinks with a friend*
24/06 **BGDB exam (year II)**
25/06 *Play with your dog*
26/06 **BGDA exam (year I)**
27/06 **Prac exam (year II)**
30/06-20/07 **Phase I & II break**

- Australasian College of Gastroenterology protest because their annals have no appendix.
- It was a hard sell, but the medical community now acknowledges that Viagra was not a flop.
- Insomnia cured- Professor was awake until it dawned on him.
- Cutting to the heart of the matter- man changed his mind about heart transplant.
- Patient quite testy about botched vasectomy- says he feels deferens to before the procedure.
- Pregnancy deemed a misconception- said to be not worth the weight.
- Apathy Anonymous release a statement: 'We'd start a group but why bother?'

COMICS CORNER

"AWKWARD ENCOUNTER AT THE CLINICAL SCHOOL"



Elaine

"PR"



Elaine Ng (IV)

Elaine

YOU KNOW YOU'RE A MED STUDENT WHEN...

A review of the signs and symptoms of embryo-stage doctors, by **Evangeline Woodford (II)**

- You've diagnosed yourself with each of the diseases covered in the plenary. Twice.
- After studying 'osteoporosis' your milk consumption went up two fold.
- You would happily recommend 'exercise' and 'moderate daily sun exposure' but are currently only emerging from your room to eat.
- Your dinner table conversations verge on the inappropriate - endometriosis and ulcerating tissue being fascinating when eating.
- If it's histology, the answer's 'collagen', hokay?
- The knowledge that drinking more than 4 standards in a night gives you fatty liver somehow didn't change your weekend habits. At all.
- You are told by your lecturers that you can never know all of the examinable content.
- You know that Gary Velan's department has many staff meetings about bacterial infections - though they don't like to obsess over them
- You can name pathological conditions described by many of your favourite foods - chocolate cyst, anyone?
- 50% in an exam is lauded by your peers as a job well done.
- Your tutor doesn't bother bringing a steth to hospital sessions - there's at least half a dozen hanging around your groups' necks
- Post-Foundations, your knowledge of QMP relied on 'Self-Directed Learning'... or winging it in the exam.
- When your friends in other degrees ask you about their rashes or latest cough your reply is 'err... see a doctor?'

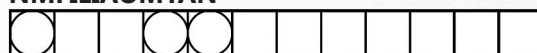
MEDICAL JUMBLE

Unscramble the words and then rearrange the circled letters to solve the following clue: "a real bummer"

SSNUI



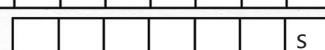
NMFILIAOMTAN



IAREBCTA



LLCOFILE



Answer on last page

RECIPES FOR ~~LAZY~~ BUSY MED STUDENTS

3 INGREDIENT NUTELLA COOKIES

When you want a more solid excuse to consume that entire jar of Nutella (apparently Nutella is pronounced Noo-tell-a in Europe and America. What?).

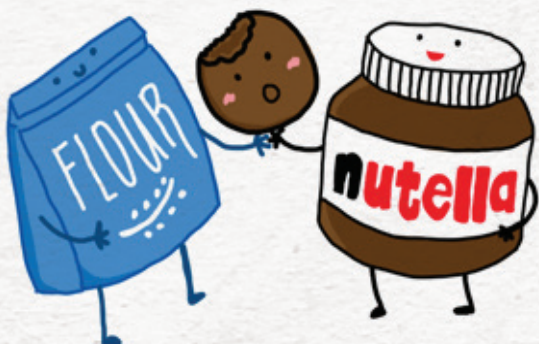
Ingredients

1 cup (280g) Nutella, 1 cup plain flour, 1 egg. Makes ~18 cookies

1. Preheat oven to 180 degrees
2. Try not to eat any of the Nutella straight out of the jar
3. Mix the Nutella and egg (definitely don't eat it now)
4. Add the flour, and stir in
5. Take a teaspoon of dough and flatten to an approximate cookie shape
6. Place on lined baking paper. Repeat until the dough is all gone
7. Bake for 6-8 minutes

For extra awesome, make Nutella stuffed Nutella cookies by putting a bit of (pre-chilled) Nutella in between two cookie dough discs before baking and pressing around the edges.

Source <http://www.butterbaking.com/2013/01/03/nutella-stuffed-easy-nutella-cookies/>



3 INGREDIENT PANCAKES

For when you're trying to detox from the Nutella cookies

Ingredients

1-2 large ripe bananas (200g), 2 eggs, 1/8 teaspoon baking powder.

1. Whisk the eggs
2. In another bowl (whoops just typed bowel there), mash the bananas but leave some chunks
3. Mix eggs, banana, and baking powder
4. Cook over low heat, 1-2 tablespoons for each pancake. When bubbles appear and the edges come away easily, flip and cook for another minute
5. Serve hot! Add butter, maple syrup, blueberries etc. if you want to get fancy

Source <http://eugeniekitchen.com/banana-pancakes/>

Illustrated by Elaine Ng (IV)

CAMPUS CUISINE

Hungry at uni? Liz Huynh (III) knows where to go.

For the broke

Vietnamese Bread Roll from Tropical Green (at the Pavilions, above Mathews Food Court), \$4.50: Frankly, \$5 won't buy you much on campus unless you count coffee as lunch, but the Vietnamese Bread Rolls with your choice of chicken or pork filling are fresh AND delicious.

Lamb samosa from Jewel of India, \$2.50: Crunchy pastry, spicy lamb filling and an addictive mint dipping sauce make this one of UNSW's best cheap snacks.

For the health-conscious

Custom salad from Stock Market, \$7.90 for basic medium salad: increase your omega-3 intake with almonds, avocado (50c extra)

or tuna (\$2 extra). Skip the salt and choose a healthy dressing like balsamic vinaigrette (or indulge a little and add feta, bacon (50c extra) or creamy sundried tomato dressing). Tip: Want to avoid the long queue? Download the Stock Market Kitchens app on Android or iOS and order from your phone!

For the sweet tooth

Pear and raspberry bread/ mango and coconut bread from Biblio, \$4: If you think banana bread is a-peel-ing, these flavour combos will blow your mind. Best served toasted and with butter. Macarons from Croquebouché Pâtisserie, \$2.50 (65/71 Belmore Rd, Randwick): Got a spare break with nothing to do? Take the 10-minute walk to Croquebouché Pâtisserie and indulge in the biggest macarons in Sydney (with over 30 flavours to choose from!).

For the carb-lover

Pasta from Stock Market, \$7.90 for medium: A good Stock Market veteran should know that you can get half'n'half of any of Stock Market's fantastic pastas, risotto or pre-mixed salads – so feel less guilty about getting the creamy tortellini by having some Greek salad too (make sure to take your free slice of white bread to stretch your dollar further!).

ON TINDER

I've recently been sucked into the black hole that is Tinder. It's a dating/hookup app, and it's as fun as any game. How it works: it shows you photos of people, and if you like the look of them, you swipe right; if not, swipe left. They'll only know if you've swiped right if they also swipe right, resulting in a "match"; and only after that can you message them. Shallow, and low risk to your ego. If you never hear back, you can just convince yourself that it was an accidental left-swipe, or that they must have had a horrible accident in which they lost their phone and developed amnesia so that they don't remember their login details, because who wouldn't swipe yes to a beautiful face like yours?

A couple of days after installing it I think I might have a case of repetitive strain syndrome (even though I should have stopped when I hit what will probably be the pinnacle of my Tinder experience in matching with a male model from Spain). After comparing notes with friends, I feel like I've accumulated enough experience to give some advice to the med boys on Tinder (don't think I haven't seen you on there!), since "medical student" seems to be quite a widely advertised occupation – though not as much as "personal trainer". If you're in the guys looking for girls section, here's what will get you swiped left: photos with dead animals (seriously, put the damn fish down); if all you're shirtless in all your pictures (exception if you are an exquisite specimen of a male underwear model); if all your photos are group photos (am I supposed to go through all of them and work out the common person?); if you have pictures of yourself posing with a girl who looks like she's your girlfriend (are you even allowed to be here?); and lastly, if you're a Manchester United fan (why are you proud of that?). Posing with sedated and chained tigers does not make you look tough or cool, and don't think we don't see right through the photos of you with an old person/a baby/many small dogs. Although you may get a right-swipe for the last one, just know that it wasn't actually for you. Oh, and one last thing – I'll very carefully swipe left if you're obviously 12 years old, because I don't want to go to jail (seriously, where are the parents these days?). But just remember, this is all pretty subjective. Don't let me stop you from doin' your thang! I'll leave it there, because when it comes to actually talking on Tinder, it depends what your "motivations" are.

Last words of advice: if you don't have it yet, don't get download it until exams are over. Also, to all the girls who have only been swiping through guys; change your settings to look at girls and marvel at how much better we are at taking selfies.

Carrie Bradshaw (VII)

MED PICKUP LINES NOT TO USE

- My adductor isn't the only thing that's longus.
- Is your name Osteoporosis? Because you're giving me a serious bone condition.
- Trust me, this is how they did mammograms back in the old days.
- You must be stage 3 syphilis, cause I can't get you out of my head.
- I have an ample supply of chlamydia... want some?
- What's that? You only got 9/10? Must be because I'm the 1 you need...

THROWBACK

If you're one to lament the death of traditional dating and romance, check out this article on "courting" from 1966, published in Nungari, the then-Med-Soc's annual journal (thanks to our Historian Francis who pulled this up from the archives). "His hand will automatically feel for liver tenderness and size..." Are you sure that's the liver you're going for?

A MEDICAL STUDENT COURTING

RICHARD ALLEN (Med. V)

Are women to be taken at face value? This article advises the less-experienced student and gives him internal information on vital statistics.

The Medical student is often perplexed by the problem involved in the choice of his future partner in life as a result of the information passed on to him during his training. As a result, the student sustains a rather traumatic emotional conflict, a tearing apart between the desire to love whoever he chooses and a knowledge that women, or girls, are after all a bundle of nucleic acids ready to transmit inheritable traits to the offspring.

Having suppressed, or perhaps repressed, the above knowledge or fears, he reads (and after all, as everybody knows, all medical students are widely read) that Sir William Osler advises to "put your affections in cold storage for a few years and you will take them out refined, perhaps a bit mellow, but certainly less subject to those frequent changes which perplex so many young men".

Our student finally decides to take the plunge. He will want to learn her name, but if he comes from the University of N.S.W. Medical School, he will ask her Rh group, for this is the sincere advice of the School of Pathology. If the girl is in tune with him, he may take her to an organ recital ("for all work and no play makes Jack a very dull boy")—by special arrangement with the post-mortem department. If this does not appeal to her she can be taken for a drive in the car; when under the moonlight he puts his arm around her and suddenly remembers those days of abdominal anatomy and how "the duodenum enfolds its arms around the head of the pancreas, only to be engulfed by

the liver" (Osler). He looks into her eyes and is careful to notice the colour of the sclerae, for it has been said that "the eye is the mirror of the soul" and the special significance of man's eye is emphasised by Andrew Marvel's lines "That only human eyes can weep". If a yellow tinge is noticed in the sclerae then his hand will automatically feel for liver tenderness and size. After all, jaundice is a symptom that only a friend can diagnose. His girl will, of course, be freckled, as this is the advice of that great medical philosopher, Sir William Osler—"Choose a freckled girl for a wife, they are invariably more amiable". (It is not certain whether this description applied to his wife).

If the friendship has so far gone well, the student's cortex and his neurons will be taxed to elicit a history from his friend in a roundabout and devious way. If there are no presenting symptoms or signs, he will no doubt take special care in the family history. He will try to exclude or elicit a history of asthma, allergy, diabetes, schizophrenia, phenylpyruvic oligophrenia, mucoviscidosis (he knows his genetics, in that 1 in 50 are carriers of that gene), etc., etc. If he suspects that his friend, or by now, fiancée, is a carrier for some diseased state, he will probably find it too harsh to subject her to a stress test for diabetes, phenylketonuria, sweat test for mucoviscidosis, etc., in order to exclude these diseases.

If both the student and his fiancée can overcome so many hurdles, then they are fit to be joined in marriage.

♥ LOVE DOCTOR

"To the sexy male anatomy lecturer with the busy moustache that is in all of my anatomy videos- you make me sleep very well at night"

"To the physiology tutor that kept making eye contact with me during the respiratory mechanics prac - date?"

"To the Asian guy who always sits at the front right of the Foundations lectures - you type very fast, I can think of better uses for your fingers.

"I love E.B. From B.L. lol jks."

"To the tall girl at Medcamp whose toga kept coming undone - your underwear was black and I know what that means. Date?"

But some people just aren't feeling the romance in the air...

Guy: "I'm going to go home and wax my legs. I like how they feel smoother when I shave them."

Girlfriend: "And tomorrow you'll be single."

Frustrated witness of multiple counts of PDA: "They need to learn that they don't have to breathe the same air all the time!"

Submit your love letters, confessions, and overheard to <http://goo.gl/FBE12z>