

HUMERUS

UNSW MEDSOC: MED STUDENT TIMES

2015 ISSUE 1



A PRESCRIPTION FOR YOUR FUNNY BONE

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

REDDIT SAVES THE DAY!

Any Lifehacks to make life in Med School easier? (self.medicalschool)

What are things you can buy/download/change to make life as a med student easier?
For example, I think having a big monitor (24+ inches) and a good office chair (i.e. ergonomic chair) makes studying a lot easier on the eyes and back.

- Use psychiatric services if needed
- Netflix subscription for mindless breaks!
- Laser printer saves time + \$
- Slowcooker = minimal prep!
- Heaps of underwear so you can get away with doing less laundry (our secret :p)
- Dropbox is your friend
- Stay off reddit (and other addictive substances as much as possible!)
- Maintain good sleep hygiene and make it a priority
- Make use of Dr Najeeb's videos
- To-do-lists --> UNDERRATED!

IMPORTANT DATES

13/04 Back 2 skool
30/04 Foundations & SH exams
04/05 Teaching Period 2 begins
09/06 Queen's Birthday holiday
23/06 BGDB exam (year II)
25/06 BGDA exam (year I)
27/06 Prac exam (year II)
29/06 19/07 Phase I & II break
05/07 12/07 AMSA!!!
20/07 Sem 2 begins (TP3 for I, II)

PUBLICATIONS WANTS YOU!

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

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, please contact publications@medsoc.org.au before May 25

humerus

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noun LITERATURE

The younger, not-so-serious sibling of Idioglossia packed with terrible puns, unsolicited love advice and more!

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PARTY ETIQUETTE AND MEDICINE

We've all been at a party and met a new person before. You're chatting away with some friendly banter, telling one of your stories about your very popular and hilarious friends.. and then the question comes. You've been trying to avoid it all conversation, weaving and dodging it like Patches O'Houlihan in his prime.

"So what do you study?" the new soon-to-be-unless-I stuff-this-up acquaintance asks.

"I study at UNSW" a direct answer to another question. You're painfully aware that it wasn't the question asked of you. "I'm sure he/she won't notice that side-step," you say to yourself in a slightly schizophrenic internal voice both praising your own brilliance and wondering if you in fact do fit any of the DSM 5 criteria for personality disorders.

"Right," a look of slight confusion mixed with sympathetic concern crosses your verbal opponent's face. "And what degree do you do?" "Balderdash!" you curse, internally of course because no one has actually said the word Balderdash out loud since about 1857 and it is no longer socially acceptable, like racism or men in tights. You are now faced with a dilemma and your highly charged mind catastrophises faster than Armageddon and with worse acting than Attack of the Killer Tomatoes (and that's saying something). These are your scenarios:

A: "I study Medicine."

"Ohhhhhh..." followed by no reply where the pressure of the accumulating silence blasts a hole in the earth beneath your feet which you quite willing to fall into.

B: "I study medicine"

"Ohhh you must be really smart.!!" Please forgive my confused punctuation here. This is not a question. It's a comment-question-surprise-what-do-I-say-now phrase. Anyone who has been asked this will know there is no correct response. You say "yes", you're a cocky dick. You say "no", still a cocky dick fishing for compliments!

C: "I study medicine"

"Oh my second uncle thrice removed is a foot doctor in Gulargam-bone. Do you know him?"

"Yes of course, everyone knows good old Doc Smith from Gulargam-bone, he's the best god damn podiatrist between here and Warrumbungle."

D: "I study medicine"

"Oh what ATAR did you get?"
Refer to B.

E: "I study medicine"

"I have a rash on my bum, in a sort of circular shape. Can you tell me if I have herpes?"

F: "I study medicine"

"..." Your new acquaintance looks like he/she has just bitten into a particular strong lemon. They vomit. Their eyes pop out. Tsunami crashes down. End of world explosion!

"Hello, hi," he/she tries to get your attention. "you glazed over for a second."

You blink, like a rabbit in a spot light. Ah well, you can't avoid the question for ever.

"Yeah I study medicine," you own it.

"Nice"

"What about you?" You jump in with a returning joust before any further damage can be done.

"I study Law"

"Ohhhh"

"Yeah I'm planning to be a barrister for my fathers firm when..."

"Oh gosh is that the time?" you look at your bare wrist, feigning surprise. "Nice to meet you good luck with that."

You join a conversation of chattering college D friends.

"Ehh, another Law student!"

James Deacon (IV)

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

- A discussion about whether the chicken is undercooked turns into a rich and fascinating discussion about the life cycle and invasive mechanisms of Salmonella typhi
- *Nothing brings you more relief than going to a party filled with law/engo/arts/non-med kids and in some kind twist of fate, bumping into a fellow med student.*
- When someone says the word 'stool' and you think of ten different descriptions for faecal quality/consistency before the very idea of furniture even comes to mind
- *You feel like a badass around non-med friends with your steth and hospital swag but the very second a consultant walk past you, you somehow melt into a puddle of absolute flossweat (think Ted the lawyer from Scrubs!)*
- You visit Mark Hill's embryology site non-ironically
- *Friends stop asking you out during the term to hang because they know that you'll suggest a study sesh at the library followed by dinner at Mathews*
- You either nurse a visibly distressing caffeine addiction or know a friend that does (psst.. you didn't hear it from me but 4 shot coffees at the coffee cart yo!) --> Coffee per oral (PO) when required (PRN)
- *You find yourself willingly going through anatomy books containing cadaver cross-sections (and effectively grossing out everyone at the dinner table)*
- You can - within seconds - pick out the 'spinnny' chairs from the 'non-spinning' ones in the Histology lab just by looking
- *Your go-to party trick is diagnosing whatever disgusting bodily affliction other guests at the party may have (usually involving fungus, suspicious moles or if at a med party, extreme hypochondria)*
- You say "let's have a study date" and your med friends respond with the enthusiasm usually reserved for hyper-active children hopped up on Easter showbag candy
- *You've said the word MedFac in your mind with one expletive replacement...naughty!*
- You can recognise a med student on tinder based on their shared likes (AMSA, NSWMSC, Elsevier etc.)
- *People just assume you're good at the boardgame Operation. Your singed-offeyebrows tell a different story.*
- When someone mentions Grey's Anatomy, you spend the next two hours berating the show for how inaccurately it hypes up the medical field (think less mcdreamy, more macbook army)
- *You've reconciled that tutoring will be your main source of income... that is until you become a doctor of course. A baby-cheeked medical student can only dream ahh!*



M I C R O W A V E HACKS THAT WILL BLOW YOUR MIND

Dad likes to forward me a lot of emails... most of them I don't read (medicinal properties of ginkgo balboa, chain mail that curses me with 10 years of bad luck if I don't forward it, correspondence from the Prince of Tel Aviv asking for my credit card detail hmm...the list is endless). However, there was one thing he did send me the other day which really made me re-evaluate my microwave game and truly question if I was using this 1000W beast to it's true potential or just treating it like a leftover (bench)warmer during foodie season...

Because really, how well do any of us know the metal hunk that warms us up and makes us radiate from within? Anyhow, I'm digressing. Here are some ridiculously useful and unconventional things a microwave can do!

Tip #1 Take off your cloves with ease ;)

To peel a garlic clove with minimal fuss, zap a head of garlic in the microwave for roughly 20 seconds and watch as the clothes slide right out of their skins.

Tip #2 FOAM-MO (milk foam, that is)

Fill a jar with milk, halfway or less, and vigorously shake the sealed jar until the milk froths and doubles in size (about 30 seconds). Then, remove the lid and microwave the milk for another 30 seconds, letting foam rise to the top and stabilize. Scoop out the foam on top and feel fancy (drink up the remaining milk, it's good for your bones)

Tip #3 Nutella mug cake in MINUTES

Whisk ingredients (4 T flour, ¼ t baking powder, ¼ cup nutella, 3 T milk) in a large mug until smooth and zap in microwave for 1 minute. Cook for extra 20 secs if needed.

Tip #4 Make dulce de leche and become the darling of any dinner party!

Pour sweetened condensed milk into a large bowl and cook it on medium, stopping every 2 minutes to whisk it (carefully, sugar can get very hot!). Somewhere around the 10-12 minute mark, the milk will look like it's curdled. From there, whisk until smooth and use.

Tip #5 Become the ultimate fruit ninja (kind of..)

Microwave lemons, lime and citrus fruits for 10-20 seconds or until warm to the touch to make them easier to squeeze to release more juices.

Tip #6 Crispy bacon in minutes = set for life

Turn a bowl upside down, set it on a plate and drape bacon over the top of the bowl. To prevent splatter, cover with paper towel and nuke for a minute per slice. This will ensure the grease drips off, leaving you with crispy bacon with a fraction of the guilt.

Tip #7 DIY chips are healthy and convenient

Slice thin slices of potato, arrange them individually on a plate, microwave for three minutes, flip them over and cook them again for the same amount of time. Too easy!

RECIPES FOR ~~LAZY~~ BUSY MED STUDENTS

HONEY JOYS

Ingredients

4 cups corn flakes
1 tablespoon honey
1/3 cup sugar
90g butter or margarine

1. Preheat oven to 150°C. Line 24 hole patty pan with paper cases.
2. Melt butter, sugar and honey together in a saucepan until frothy. Add Corn Flakes and mix well.
3. Working quickly spoon into paper patty cases- Bake in a slow oven 150°C for 10 minutes. Allow to cool



Recipe taken from http://www.kelloggs.com.au/en_AU/honey-joys.html

GROGGY BEAR RECIPE

Ingredients: a bag of gummy bears, alcohol to soak in

1. Empty a bag of gummy lollies (bears, snakes, penguins, you name it!) into a large bowl
2. Pick your poison and pour enough liquid over the gummies to completely submerge and cover them, leaving a little liquid peeking over the top
3. Leave immersed in alcohol, cover with cling wrap and refrigerate for up to 24 hours - any longer and you'll end up with a liquefied gelatinous ooze!

(NB: Haribo gummi bears and vodka is the recommended combination, however wine - red, white, sparkling, plum etc. - whiskey and rum will also work!)



Recipe taken from <http://www.abeautifulmess.com/2013/06/vodka-rum-soaked-gummy-bears.html>

My friend has failed his Ps driving test 5 times. How do I break it to him that maybe Sydney roads are just safer without him on them?

Speaking from a minority perspective, I can assure you that for L-platers, the desperation to get one's P's is beyond reasoning with. I'm going to assume that your friend is well aware that driving is not their strong suit (five successive fails can do that to a person!) but is nevertheless hell-bent on getting his Ps. This is because your average L-plater does not care that they've spent more time forging their logbook than they have behind the wheel. Goaded by friends asking for 'lifts to the gym or Maccas runs ...or both', a searing desire for independence and the influence of not one or two but SEVEN fast and furious movies, I'll go as far to say that whatever you say to convince him will go in one ear and out the other. The heart wants what the heart wants and so my advice to you would just be to be a friend, encourage his efforts and step the F*** away from his car until the kid is no longer a traffic liability!

We spent a whole year together in hospital and I was comfortable as just friends, but then suddenly the other day I felt a bit fluttery when I saw him. Now I feel awkward around him. What should I do?

In all honesty, it sounds like the mere presence of this guy has become a real distraction. The way that I see it, you've only got three real options.

1. Seek help - it may be the irregularly irregular rhythm of atrial fibrillation
2. Continue being awkward and blame it on the food court curry you had two days ago
3. Pull yourself together and channel your inner Sasha Fierce. Beyonce wouldn't be lettin' some gimpy med student get all in her weave so why should you? Confidence and a freshly blow-dried head of hair are all you need, bae.

Everytime I'm in the same room as Sandro Demaio I'm tachycardic, I have chest palpitations, my pupils dilate, I have hot flushes and I hyperventilate. Please help doc.

Dear hot and sweaty,

Frankly, I had no idea who Sandro Demaio was until you brought him into my life but I now understand your struggle! I don't know how you even get your lucky self in the same room as this man as from what I can tell, he lectures at the University of Copenhagen, UMelb, Berlin and holds a postdoctoral fellowship at Harvard Medical school.

But before I pull a wicked witch of the west, melting into a puddle of girlish adoration, let me just assure you this. You aren't dying. Well technically we all are dying, but you're not dying in the acute or even sub-acute sense. What you're going through is *breathe now with me* perfectly normal. Unless you're his mother or girlfriend (you lucky bitch!) or someone who interacts with him regularly and in close quarters, I wouldn't worry too much about this. That is unless you also have chest pain...or more specifically crushing retrosternal chest pain radiating to the jaw/arm/carotids. In which case...oh f***

My friends fraped me really embarrassingly and I want revenge. What should I do?

When most people think of frapes, it summons to mind awkward and often explicit status updates involving toilet humour, genitalia or often both if you have friends like mine. While that may be the first plan of attack on your mind, take it from my experience that one of the most embarrassing things you can do in return is far more subtle/evil. I suggest a two-fold approach should you by some twist of fate end up on their Fb account :p

1. SPAM that 'Add suggested friend' button on Facebook
2. Go to their friends list and start talking to whoever you want - the more random the better. Some great conversational starters are 'sup', 'ur cute (:)' (nothing as creepy as an upside down smile!) and 'have we met before? You're welcome!

There's totally chemistry between my friend and the intern who takes us for ECG tutes - how do I get her to admit it and make a move?

Get her to show that she's an EASY G ;) jokes umm, in all seriousness, I think it's time to go back to basics and begin again with general inspection. Observe the surroundings of the subjects - are there any scorned exes, suspiciously intimate siblings, you know...the usual. Check for any signs of distress, strange lumps and bumps, chest wall abnormalities etc etc. Check for patient records (i.e. Facebook, myspace/bebo accounts for the lels). After you've surveyed the situation, decide on further action

If you genuinely still suspect a flame of attraction, begin to drop more hints to your friend. Bring up past events which roused your suspicion i.e. "remember when Nick said he liked your *insert hopefully not creepy item*?". Hopefully this will embolden your friend enough to make a move. If not, I would just drop it. All's fair in love and war but there's no denying that



hey gurl, ur
the only
Rose i see

(like rosacea.. heheh)



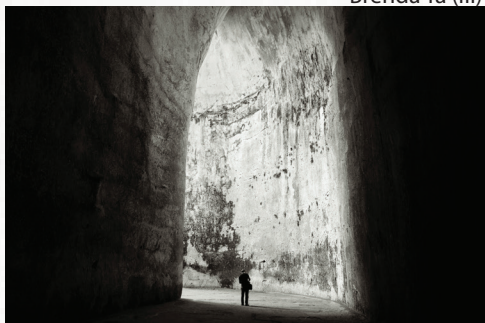
ART CORNER

Featured photography that captures the light, scours the earth and finds something humerus in the quiet moments...

Helen Quach (IV)



Brenda Ta (III)



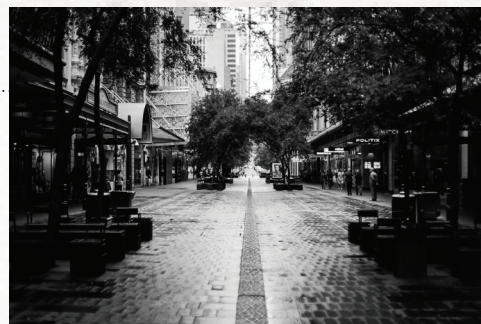
Daniel Chung (III)



Victoria Liu (III)



Stephen La (II)



Pasan Pannila (III)

