

UNSW MEDSOC PUBLICATIONS

HUMERUS

VOLUME 2



Already it's the last Humerus of the year!

Since the last Humerus volume, more than 5 months have whizzed past and all the incredible events, balls, debates and even farewells (see pictured) have flown by!

So whether you're in need of a good laugh, a good read, a study break, an excuse for some (relatively) constructive procrastination, we hope you enjoy Humerus volume 2 as much as we have, and it makes your

day (or even your year) just that little bit more humerus!

INSIDE: A comprehensive guide to all the completely med podcasts you never knew you needed, 17 facts that will probably definitely come in handy one day, clickbait psychology, dinnertime dialogue and a classic crossword!

Enjoy!

- Kai Lun and Elizabeth Lun (Publications Officers 2017)

CREDITS:

Writing:

Jumaana Abdu, Sophie Worsfold, Jessica Luo and Marisse Sonido

Editing and Layout:

Kai Lun and Elizabeth Lun

And big thank you to the most incredible Publications Subcommittee

2 FASCINATING CONCEPTS IN PSYCHOLOGY!!! NOT CLICKBAIT!

By JUMAANA ABDU (i)

Ok yes that was 'clickbait' but fake news is a tough business. Prepare for a super-short listicle that will send you on a hyperlink-jumping spiral into the depths of Wikipedia.

Flow

"Don't talk to me, I'm in the zone." You very well may be. When you're deeply absorbed in an activity you find rewarding, such as writing, drawing, gardening or – if you're a super genius – studying, you often get this sensation of being somewhere outside your body. It's not magic mushrooms, it's something Hungarian psychologist Mihaly Csikszentmihayli (warning: do not attempt to pronounce) described as 'Flow: The Psychology of Optimal Experience'. As Dirk Calloway in Wes Anderson's Rushmore put it, "I'm ain't even here sergeant. I'm in Cheyenne, Wyoming." J. K. Rowling's Cheyenne was probably Hogwarts, and Einstein's was probably in the world of physics. Sometimes it's hard to leave 'the zone'; it can distort time, make it difficult to be present in conversations, and even cause you to forget to sleep or eat. But the feeling is hypnotic, like a warm meditative feeling of super-concentration. I highly recommend checking out the vlogbrother's 'Cheyenne, Wyoming' or nerdwriter1's 'Flow: Happiness in Super Focus' on youtube for more.

L'appel du Vide (The Call of the Void)

Ever thought "I could jump off this cliff" or "I could swerve into this traffic" or "I could stab someone with this butter knife"? While there's a slight chance you may be a psychopath, you're probably just experiencing 'The Call of the Void'. Also known as the High Place Phenomenon, this urge to throw your phone (or yourself) off a high balcony may just be a safety mechanism. One study, An urge to jump affirms the urge to live (2011), found that, rather than being a sign of suicidal ideation, these widely experienced intrusive thoughts are just misinterpreted survival instincts. So, before you check yourself into Arkham Asylum, consider that perhaps the thought "I could steer this train into Gotham City" is actually your brain urging you to do the opposite.

DINNERTIME PEAS IN A HYPER STATE OF AWARENESS THE DIALOGUE

INSPIRED BY METRO TRAINS MELBOURNE AD 'DUMB
WAYS TO DIE'
By SOPHIE WORSFOLD (ii)

Mother: Miranda, will you serve the peas?

Miranda: Please, Mum, I only have twenty minutes left of this lecture and if I watch it at a speed of 1.75 times the original then I should be finished by six seventeen.

Mother exceeds daily recommended intake of alcohol and tops up her pinot noir, again.

Lachlan: So, today in biology, we got to dissect one of the cane toads the fat tom cat found near the monkey bars, and you shoulda seen how all the giz-zards spurted out. Yerrrr, see that brown stain on my collar? What's Dad doing?

Mother: Why is there a yellow mark on your shirt, Miranda?

Miranda: Sigh. Formaldehyde. Where's Dad?

Mother: He's having a quick ciggie on the verandah. The GP in town- yes the one who's never on time- just told Scott he has elevated blood glucose. Anyway, let him be.

The black asymmetrical mole of the mother's elbow seems to have more irregular edges than usual.

Mother: Miranda, you know when you lay me down on the couch but you couldn't feel my liver?

Miranda: Mum, that's normal. But you honestly didn't have to say to the shoe sales assistant that I couldn't manage to hear your heart. I may be a first year but I was listening with the bell and not the...

Mother: Not too much salt, Lachlan!

Lachlan: Miranda said it's good for me because it's iodised.

Miranda: Actually, on that matter- Mum, could you please stop making me ham sandwiches. I know that Main Street butcher has defined arms but WHO found there is an association between...

Lachlan: What was the p-value? Snigger.

Miranda: Lachlan, just because I've got the QMP notes laminated on the shower door. Wait! Are you holding your breath? Your face!

Lachlan: Because, Miranda, on the back of the TOILET door, it says that reactive oxidative species bring us to our deaths.

Mother: You two will be the death of me. I need another glass.

MED PODCASTS

THE (UNOFFICIAL) DEFINITIVE REVIEW

By JUMAANA ABDU (i)

Is Spotify's Discover Weekly letting you down? Are you sick of your favourite playlist, bored or lonely in your quiet apartment, antsy on the glacier-like 891? Podcasts may well be your new best friend. I mean that literally; In future, real human interactions will be replaced by the agreeable company of a good podcast. Don't know what podcasts are??? Why don't you just ruminate whilst I illuminate the possibilities.

In short, podcasts are free, downloadable (on iTunes), and available via iTunes, Soundcloud, Spotify, YouTube etc. They can range from radio talk-show-esque, to advice podcasts, to fictional storytelling- the sky's the limit. But, of course, as med students, we only care about one thing: free stuff. Ok two things: free stuff AND learning. So here are some great medical podcasts that fulfil both these criteria, and sometimes even manage to be a bit of fun!

Sawbones: A Marital Tour of Misguided Medicine

Ok so imagine Josh Gad was married to a doctor. That's basically Sawbones. Sydney McElroy, a GP in the US, explains a galloping variety medicine-related topics to her husband Justin, a theatre actor with no medical knowledge WHATSOEVER. The results are hilarious... but also often touching and illuminating. For example, they did a pod on Immigration Medicine, explaining the evolution of medical screening of refugees throughout history; while Justin provided entertaining non-medical commentary, Sydney would point out the injustice in the many insurmountable bureaucratic hurdles migrants would be asked jump to make it to America. Their pod on the history of Detox and fad diets was far more light-hearted and comical, while their pod of the Tetralogy of Fallot was greatly informative and inspiring. My only pet-peeve is the 'billing department' segment in the middle of each episode, where they advertise sponsors. That being said, I'm glad they're getting sponsored because, as you'll see for yourself, after only a couple of minutes listening to these guys, you can't help but want to invite them to a barbecue. THIS is couple goals, entertain-

ing for medical and non-medical listeners alike. Recommended episodes to start with: Opioid Addiction, Immigration Medicine, Ginger, Detox, Tetralogy of Fallot, Chicken Pox

MedConversations

It took me a couple of listens to get into these Aussie legends, because at first it seems a little sterile compared to Sawbones. In truth, it's not quite as fun (but there's plenty of banter chucked around in true Aussie fashion), but it's a whole lot more informative. Davor and Bec are young Melbourne doctors, fresh out of uni, and boy are they good at summarising. At the beginning of each episode they start with a pretend clinical case, then they take you through typical causes, presenting symptoms, diagnosis

"Are you sick of your favourite playlist, bored or lonely in your quiet apartment, antsy on the glacier-like 891? Podcasts may well be your new best friend"

and treatment, as well as exemplifying how to summarise patient histories. The two are great friends, so their good rapport makes for an enjoyable, engaging listen. Also, occasionally they bring in their friend Rahul for cardiology related episodes; his future specialty. I often listen to these guys on my way to and from hospital, and it's given me a clinical advantage in a surprising number of scenarios. For example, in HMB I would listen to their pods on DKA and AKI etc, then when taking the history of a renal patient, I'd have a much better idea of what to look for. There's no imperative to listen in order, so have a scroll through and find an episode that's a relevant clinical supplement to whatever you're learning in lectures.

A Gobbet o' Pus

This guy is well beyond graduation, working in an American hospital. He gives very short summaries of interesting cases he encounters (ranging from 2-6 minutes), adding a little bit of commentary each time. It comes off as a sort of short audio vlog. Personally, I don't enjoy this podcast as much as the others, and I also find that in the small time-frame he only really has time to brush over everything. This being said,

it would be more useful to older students who spend much more time in clinical settings than I do as it would expose them to a wide variety of different cases in a manner suited to their time-poor schedules.

The EM Clerkship Podcast – Emergency Medicine for Students

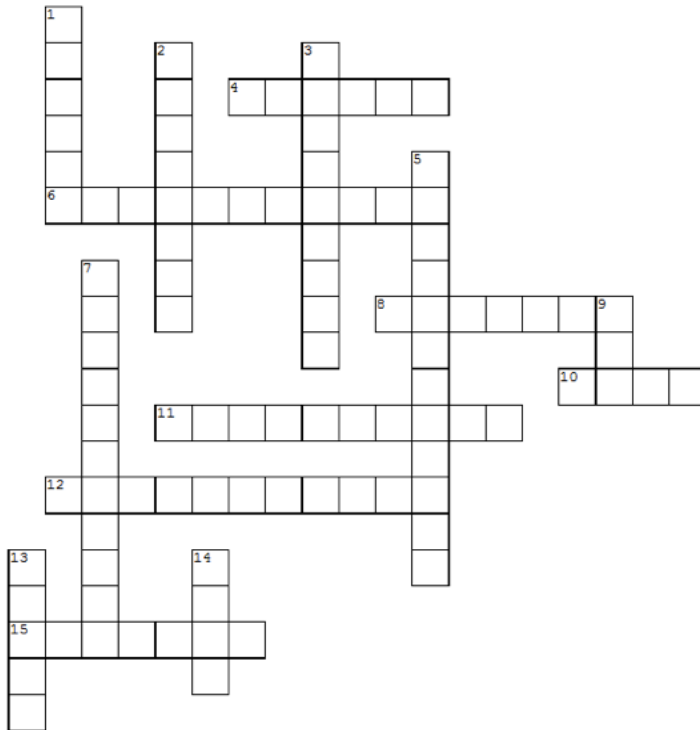
Young Dr Zack Olson puts out podcasts each no longer than 10mins, running through a variety of clinical presentation as well as some useful tutorials (e.g. summarising patient histories). Despite how short these are, they are really informative. They may be a little above my Phase 1 student paygrade, but Olson manages to pack each episode with tonnes of experience, getting across the most important questions to ask yourself and things to look for in different scenarios, such as presentations of tachycardia, aspirin overdose and seizures. He also runs through the usual treatment administered in most cases. This podcast is a happy medium between A Gobbet o' Pus and MedConversations, although I still prefer MedConversations as a learning tool – even though Olson's audio equipment is undeniable superior (don't they sell quality mics in Melbourne??).

Emergency Medicine Cases

If you're looking for a podcast by legitimate medical experts, this podcast is probably what you're looking for. Unlike the other podcasts, this one is run by a team of emergency medicine specialists who bring relevant expert guests on to the show for different topics. As such, there's not as much familiarity as there is for the other pods, and the episodes themselves range from over an hour long, to under 15 minutes, depending on what kind of episode it is. I find it less engaging than most of the aforementioned pods but it does go through some really interesting and complex cases. For example, they recently put up an episode on 'Biohazard Preparedness', during which one of the main team members interviewed a disaster medicine expert on how to deal with issues such as treating patients with Ebola or SARS. It's probably more useful for older students, but if you prefer purely informative podcasts with good production quality, check it out.

MEDIGINE R US

BY MARISSA SONIDO(iii)



Across

4. Complete the Mark Hill quote 'Imagine I am a _____'
6. Dr _____ or How I Learned to Stop Worrying and Love the Bomb
8. Coined by Trump; Not the drink used to stay awake at 8am lectures
10. Acronym used for patients who arrived via ambulance
11. What the cervix looks like during a Trichomonas infection
12. Teratogen referenced in Billy Joel's 'We Didn't Start the Fire'
15. A unit of troops or a bone of the finger

Down

1. The attire of choice in OT; Also, a TV show
2. The pink stuff in histology
3. 'Flat-footed' in medical lingo
5. Dr Strange's medical discipline of choice
7. The old name for rabies; fear of H2O
9. Shortcut for adrenaline in American; as in _____pen
13. According to Dr House, it is never this autoimmune disease
14. Velan is the king of these

17 RANDOM FACTS

BY JESSICA LUO (i)

1. There have been 14 documented cases of children born from livers. The main problem for the baby developing in the liver is the lack of the womb's protection.
2. Scientists are currently trying to recreate a human brain inside a computer, with electronic circuits copying neuronal networks in the brain. If it works, this computer could be able to talk and behave like a human. In 2013, the project received a grant of €1 billion from the EU.
3. The acid in your stomach is strong enough to dissolve razorblades.
4. The 10 animals to date with self awareness (a measure of intelligence) are: humans, orang-utans, chimpanzees, gorillas, bottlenose dolphins, elephants, orcas, bonobos, rhesus macaques and European magpies.
5. Humans are the only animals to produce emotional tears.
6. You can donate your poop for \$40 per donation (they need it for C. difficile infections)
7. The largest cell in the human body is the female egg and the smallest is the male sperm.
8. Your gut bacteria eats you when you die
9. USA Military members are able to use government pens as an emergency tracheotomy tube
10. Oncology derives from the Greek word "onkos," meaning burden. The word cancer comes from the greek word for crab, named because of the appearance of tumours.
11. Naked mole rats are immune to cancer
12. Empathy comes from mirror neurones. They cause us to mirror another's movements and intentions, allowing us to experience other people's intentions as if they were our own.
13. In a mental asylum in Athens in 1876, the most common reason male patients were placed in asylums was masturbation. Often, wealthy patrons could pay to visit such asylums
14. Aristotle had believed that the heart was the "seat of intelligence" and it was Herophilos, seen as the founder of Anatomy, who argued that it was the brain.
15. Capgras Syndrome is a condition where a patient thinks his loved ones were replaced by imposters
16. Hyperthymesia is a condition causing the inability to forget things
17. The nomenclature of the Pikachurin protein was inspired due to Pikachu's "lightening fast moves and shocking electric effects." The protein plays a role in the interaction between photoreceptors and dendrites.

References: Sapiens by Yuval Noah Harari, We are all stardust Stefan Klein The Emperor of All Malladies Siddhartha Mukherjee https://en.wikipedia.org/wiki/Athens_Lunatic_Asylum https://en.wikipedia.org/wiki/History_of_anatomy <http://www.businesscreditcards.com/bootstrapper/100-weird-facts-about-the-human-body/> <http://www.cracked.com/pictofacts-628-donE28099t-say-we-didnt-warn-you-22-bizarre-medical-stories/> <https://en.wikipedia.org/wiki/Pikachurin> The Meditative Rose, Salvador Dalí 1958 Vitruvian Man, Leonardo Da Vinci 1492

Answers to the crossword:

Down

1. Scrubs
2. Collagen
3. Pespianus
5. Neurosurgery
7. Hydrophobia
9. Epi
13. Lupus
14. Puns

Across

4. Uterus
6. Strangelove
8. Cofve
10. BIBA
11. Strawberry
12. Thalidomide
15. Phalanx