

# UMBILICAL

*Your lifeline for starting  
Med at UNSW*



*This copy of Umbilical belongs to:*

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*I promise to cherish and love it  
forever...*

*Thankyou*

To the staff at the Faculty of Medicine for their articles  
To Cameron Korb-Wells for adding a professional touch  
To our lovely authors for their funny contributions  
To Michelle Au for her cartoon 12 types of Med Students

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# Introduction

## **Pearl Wang (Female 1<sup>st</sup> Year Rep 2007)**



Hi there med babies (ah it feels nice to be older and wiser)! A heart felt congrats & welcome. I hope that you're all excited about starting a medical career. I can't say I'm an expert in the field yet- but it's been great so far.

Wow, what a sensational year last year was! First there was getting used to uni life of meeting lots of new people and exploring the huge campus. Then the not-so-cool eating disgusting food everyday and having to share one lecturer between 500 other people. What were the highlights of my year? Not only making new friends like my lecture buddy Soph, yum cha soc members and in my scenario group, but also continuing friendships from high school (yes I'm one of those Ruse kids) which I've found to be increasingly more important. It's been nice to have a girly sleepover or baking day in between the stress of assignments and exams.

Being elected year rep was also a highlight; there were so many opportunities I wouldn't have otherwise had like talking to students, speaking at lectures and getting a lot of invites to parties. Though aside from all its privileges it's also a lot of work! There were countless hours of work, sore eyes and back from the computer and deadlines. If you are elected this year don't forget to invest in a good diary and make sure you set aside a lot of "you" time. Anyone can apply, though previous experience such as school captain, prefect, and events management will come in handy. All the details are below!

I've spoken to quite a few of you already about Medcamp, as well as some of your mums ☺! And I'm sure I'll meet you guys over the year! As one of the Medsoc social gals this year I especially hope that you'll be a part of our parties and events!

XO Pearl

## **Anthony Chuang (Male 1<sup>st</sup> Year Rep 2007)**



The world came to an end when I was instructed that I had to write an article for the new first years about life in UNSW med- in. just. 400. words. The radical forces inside me urged me to revolt and revolutionize against this unjust and heinous crime! How was it possible to embrace the magic and frivolity that was Foundations; the passionate hours of speculative discussion during Scenario group sessions; the previously unknown wonders of self-directed learning; the excitement of meeting patients at hospitals; the endless list of social events that distinguishes medicine from the other faculties – all in just 400 words.



After one year in this course, I can confidently say I'm well accustomed to the tricks Medicine likes to play. I've learned to successfully dodge the vast amounts of information she throws at me during the first few weeks of each course, absorb the forceful kicks that come with her assignments and projects, and gotten used to her sneaky hooking sweep with the final exams. Don't get me wrong - I don't mean to make Medicine seem like a manipulative monster – let's just say she's more like... a woman: she can be difficult to understand; she's easily angered; but she's still lots of fun (Please don't kill me all you new first year feminists!) What with Medcamp, Medball, Medshow, end of session parties, Med Sports day, talent quests, debates, RAHMS events...life in medicine can become quite difficult to manage (just like living with a woman! – just kidding!)

However, on a more serious note... medicine is not just about the books. So, participate in as much as activities and events, go to all the parties and if that's not enough, do something for MedSoc. Hope you all have a great and memorable year.

### **POSITIONS VACANT FIRST YEAR REP**

Do you have a booming voice?  
Can you instill the fear of god into your fellow human?  
beings? Can you put on a pleasant face when you are mad?  
Then MedSoc wants YOU!

We are looking for a male and female rep who have the ability to learn 100 names and faces (and guess the other 120!), and voice the year's thoughts to Medsoc and the faculty.

Time and commitment required. This job involves:

1. Attending all Medsoc meetings
2. Promoting Medsoc events at lectures
3. Organising the 1<sup>st</sup> & 2<sup>nd</sup> year Integration Party
4. Writing Umbilical 2009
5. Planning Medcamp, activities on the day & creating tee shirts
6. Liaising with Medsoc
7. Liaising with companies
8. Organising fees to be paid for events with the treasurer

and i'm bob  
your personal med stud  
i'm here to guide you  
through umbilical

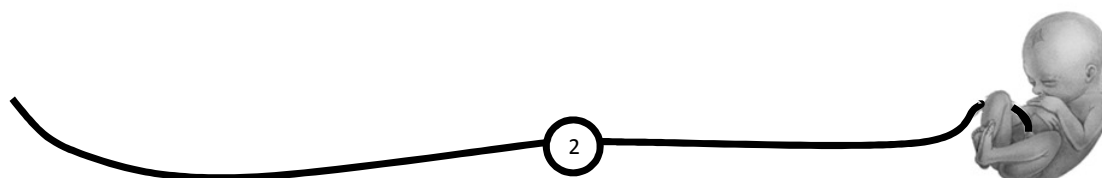


Elections will be the Monday following Medcamp on March 17 at lectures. More details in your inbox early in the year.

### **ASSISTANT SECRETARY**

This is the other Medsoc position available to first years and is elected at the first Medsoc Council Meeting (See Calendar at back). The job involves

1. Attending all Medsoc meetings
2. Helping the secretary with minutes
3. Sending emails
4. Admin work



## MEET THE EXECUTIVE

The Medsoc Exec is a group of students who have been elected to various roles. They are responsible for representation on a local scale to the faculty and on a national scale through AMSA as well as organise academic & social events.

### CAM KORB-WELLS (Med V)

**Position:** President

**Past positions:** IT Officer (MedSoc Council), RAHMS Liaison Officer (MedSoc Council & RAHMS), Undergraduate Representative (Medicine Faculty Board), Promotions Coordinator (MedBall Committee), Treasurer (MedSoc Charities Committee)

**Email:** president@medsoc.org.au or c.korb-wells@student.unsw.edu.au

**Phone:** 0422 500 231

**Favourite colour:** Blue

**Favourite drink:** Beer (of course)

**Leg into pants first:** Right

**Medicine Specialty:** Specialty for the future: that's a tough question and certainly haven't made the ultimate decision yet. Currently leaning towards urology, haematology/oncology or rural general practice.

**My perfect day:** A nice sleep in to mid-morning, followed by breakfast and a nice coffee with friends at the local café, a nice walk (Coogee-Bondi if the weather is any good), and a BBQ with mates in the arvo.



As your President for 2008, I will be working to coordinate the many and varied activities of your elected representatives, and MedSoc in general, to ensure we are meeting the wants and needs of all students on-campus and in each of our teaching hospitals. Additional focuses of my role include closely working with the Faculty Liaison Officer (Jim Liou) to represent student interests to the Faculty as well as with the AMSA Rep (Tiff Fulde) and others to represent our interests as future doctors to national groups including AMSA and others. I look forward to meeting you at one of our many events over the course of the year!

### SARAH DAVIES (Med IV)



**Position:** Vice President

**Past Positions:** In the past I've held the roles of Charities Coordinator, Secretary and Social Co-Coordinator - all of which were very cool roles.

**Email:** sarahbdavies@gmail.com

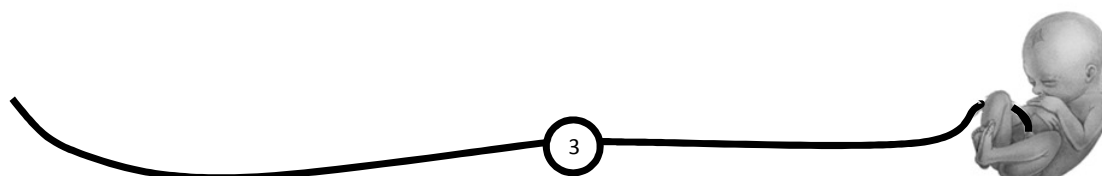
**Favourite colour:** Red

**Favourite drink:** Atm, mojitos.... you did mean alcoholic drink, right?

**Leg into pants first:** Right leg

**Medicine Specialty:** I'm kind of indecisive, but today, an ophthalmologist, if only because I have finally mastered its spelling!

**My perfect day:** Wake up and discover I have no assessments looming! Start the day early with a surf, followed by a yummy brekky, accompanied by the weekend papers; bondi-bronte beach walk/some sort of catch up with friends in the morning; sushi for



lunch; visit markets/window shop with friends in the afternoon; bake something (maybe muffins?); play basketball in the evening; then settle down to Gray's anatomy with family/flatmates, depending on where I'm living at the time. Ahh - if only life weren't so busy!!

My role is pretty self-explanatory really - my job is to support Cam, our pres, and the society in general in whatever way I can. I also have a couple of specific jobs - I'm in charge of coordinating the elections for year reps (including first year reps - a big and exciting position worth considering!) and I'm also one of the NSW Medical Students Council (MSC) reps, which is a representative body for all NSW medical students which you are all welcome to participate in; at the moment I'm helping to organise an academic symposia on 'The Future of Medical Education and Training' for the MSC, which should be pretty interesting!

## **SAM HWANG (Med IV)**



**Position:** Treasurer

**Past positions:** Faculty Liaison Officer, Idioglossia Editor

**Email:** s.hwang@student.unsw.edu.au

**Favourite colour:** Blue

**Favourite drink:** Moscow Mule

**Leg into pants first:** Right

**Medicine Specialty:** Rocket Surgery

**My perfect day:** It'll start early on the ski slopes with awesome skiing through untouched powder, then a private jet to a beach resort (somewhere warm) for kite surfing. The day'll finish with a cool drink while watching the sunset over the water. This will of course be with good company!

I'll be looking after the finances of Medsoc and ensure that payments for every event is organised. I'll be working in close contact with the Sponsorship Officer to secure funding for your society. One of the new initiatives this year will be quarterly reports outlining Medsoc's finances so that every member is aware of how the money is being spent.

## **MICHAEL MYINT (Med III)**



**Position:** Sponsorship Officer

**Past positions:** First Year Representative 2006

**Email:** mintyz@gmail.com

**Favourite colour:** Navy blue

**Favourite drink:** Milo!

**Leg into pants first:** I think I alternate?

**Medicine Specialty:** I have no idea

**My perfect day:** My perfect day would be a carefree and generally uneventful one spent relaxing with good friends. Free from responsibilities and studies and where you can just enjoy yourself.

My job is basically to liaise with the sponsors of Medsoc – the people who give us money! It's my responsibility to seek for sponsorship and I will be working





closely with the treasurer (Sam) to fund all your events. Without the funding we get from sponsors many of our events would be far pricier than it is now – so be thankful!

### YOGEE SAN SIVAKUMARAN (Med III)



**Position:** Secretary

**Past positions:** None what so ever...uni bum?

**Email:** da\_artofficial@yahoo.com.au

**Favourite colour:** Yellow

**Favourite drink:** Tea

**Leg into pants first:** On Monday, Tuesday, Wednesday and Thursday my left leg. On Friday, Saturday and Sunday my right leg. On the 29th of February both legs. On my birthday neither leg.

**Medicine Specialty:** Cardiologist – yes that's right I want to mend your broken heart...

**My perfect day:** Being able to sleep in all day...cricket on a huge flat screen....someone (other than me) to cook, clean and iron...the lawn is able to mow itself...trains that run on time...buses that have enough seats...not having to wait for anything...yeh and other manly activities...grunting?

What does the role of Mr Secretary encompass? It is largely clerical with a lot of coffee drinking, photocopying and skirt wearing. Also involves getting whipped by the president and vice president, memorising the constitution, playing with money, attending meetings and looking important and getting my legs waxed.

### TIFFANY FULDE (Med IV)



**Position:** AMSA Rep

**Past positions:** Social Co-coordinator 2007, Fundraising (aka Charities) Chairman 2006

**Email:** amsa@medsoc.org.au

**Favourite colour:** Blue

**Favourite drink:** Orange mocha frappucinos ☺

**Leg into pants first:** Um... I've got a 50% chance of getting this wrong...?!

**Medicine Specialty:** Notsureyetologist

**My perfect day:** It's ten o'clock in the morning and you wake in the luxurious hotel room you share with four of your friends. Having slept in, you walk past the fabulous clothes of last night strewn around the room on your way down to breakfast, prepared for you at a nearby swanky hotel. A Nobel Prize winner speaks to you about their inspirations and several doctors offer you advice on your future career. Over lunch, laid out for you in the same hotel, you chat to the cool people you met last night. You then learn about a new advance in cutting edge medical research, before heading out with your friends to grab a coffee in a trendy little café, and pick up an outfit for tonight. Returning to your hotel room you all get dressed in fantastical costumes, while dinner is delivered to your room. The good looking people from the next door room drop past to borrow some more body paint, and then you all head out to a great bar filled with hundreds of people all





keen to meet you and dance the night away, and who all look amazing. In good time you are driven back to your hotel after a great night, and a perfect day... Sound good? See you at Convention!!

AMSA stands for the Australian Medical Students' Association. Every medical student in Australia is automatically a member, and this means you are too! Yay! AMSA's main role is to provide a voice for medical students and to represent our views to all levels of government and to other relevant stakeholders in the medical education arena. AMSA aims to keep us all updated with important issues that affect us, and to hear and communicate everyone's opinions. It also encourages you all to get involved. I'll let you know more throughout the year, but as a heads up, each year AMSA holds two main events which I really encourage you to attend if you can: the Developing World Conference, which discusses health issues in the developing world and is always really worthwhile, and also the annual AMSA Convention – a week long event which combines an amazing academic programme, fierce inter-uni competition including debating, boat racing and the Emergency Challenge, as well as a very very social side with parties every night (check out the photos!). This year they are in Melbourne and are sure to be worth the trip south of the border. Please send me an email if you want any more info, or want to get involved at all. I look forward to chatting to you all soon!

### JENNIFER LIM (Med III)



**Position:** Social director

**Past positions:** First Year Representative 2006

**Email:** social@medsoc.org.au or jenniferwylim@gmail.com

**Favourite colour:** My favourite colour is blue.

**Favourite drink:** Favourite drink... Hmm... I can't face a day at uni without a caramel latte from the coffee cart. But my signature drink has to be the vodka lemon-lime bitters.

**Leg into pants first:** I stick my leg in the right pant first...

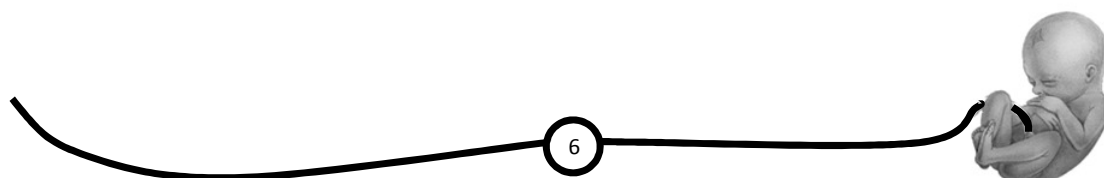
**Medicine Specialty:** The specialty I'm most interested in is General Practice. Just a GP, you say? Well, I simply can't think of a specialty that allows us to develop long-term relationships with our patients, facilitate ongoing care, experience the great diversity present in healthcare, and give us a flexible lifestyle after all that more than general practice. It's easily the most important part of primary healthcare since it's almost everyone's first point of contact with the health system... OK, I think you get the idea now ☺.

**My perfect day:** My perfect day: Rising from a deep, peaceful slumber at around 9-10 in the morning to a delicious breakfast accompanied with a freshly brewed cappuccino, and spending a day with either family or friends driving to the Blue Mountains or the South Coast, picnicking somewhere with a fantastic view and lazily reclining in the afternoon with a book (like *Harry Potter*).

This year, I'm taking on the position of co-social director with the amazing Pearl Wang! Our task is to make the Medsoc social calendar a glittering event, filled with opportunities to:

- a. Meet new and interesting people from all over your course
- b. Hang out with the friends you've already made
- c. Find your Mr/Ms Right (you never know, right? And you ARE stuck with the same people for the next 6 years...)
- d. Imbibe large quantities of that wonderfully injurious agent, EtOH.

The first one we're organising is the annual Medsoc PubCrawl – a chance for everyone to hit the streets of Sydney armed with a lab coat, a sense of humour, and a combined objective to get very, very drunk. We'll



also be helping organise end-of-session celebratory parties, the inaugural Medsoc Cocktail party and the biggest bash of all, MEDBALL!!

## PEARL WANG (Med II)



**Position:** Social director

**Past positions:** First Year Representative 2007

**Email:** social@medsoc.org.au or pearlawang@gmail.com

**Favourite colour:** Rainbow!

**Favourite drink:** I like sweet drinks, especially pineapple juice, guava juice and of course *me* milk tea (pearl milk tea!).

**Medicine specialty:** I would love to be a paediatrician when I'm older. Though being a GP, getting involved with MSF or medical education would be great also. Right after I graduate though, I'm going to be an airhostess for a while with my best friend Janna.

**Leg put in pants first:** Hmm usually my right leg. But once I accidentally shoved both in the same leg pant... in public I think.

**My perfect day:** It would include lots of food, sports, parties, friends & family.

It's party time! Who said med students are all nerds? I'm very pleased and honoured to be working Jen's other half this year as we bring you the biggest bashes, hottest turn out and awesome events. We've already got some ideas up our sleeves so you cannot afford to miss any social event this year. In fact flip immediately to the back of this mag and write down all the dates on the calendar. Starting with the cheeky PubCrawl, you'll love this year's dress up theme 'Doctors & Nurses'. We're also excited to vamp up this year's end of session party, with a cocktail feel. And of course you'll be coming to the beautiful classy evening that Medball always is. It's the *most* anticipated night of our calendar and we've already booked the venue. Also look out for the enjoyable classical quest where musos steal the night, and shine at our talent quest later this year. Email us if you want to be an early bird performer! See you there!

## ANTHONY CHUANG (Med II)



**Position:** Academic Coordinator

**Past positions:** First Year Representative 2007

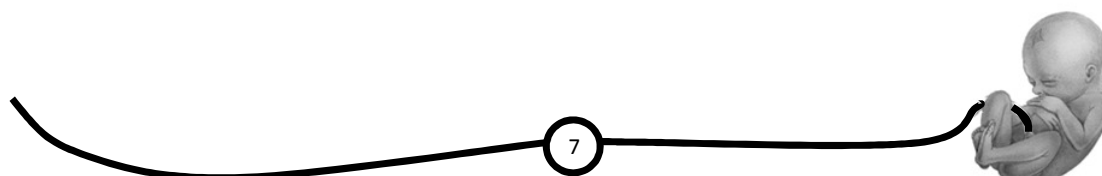
**Favourite colour:** black

**Favourite drink:** coke

**Leg into pants first:** depending on the wether I'm awake or not  
If I'm, it's my right leg. But if I'm partially awake...I have no idea.

**Medicine Specialty:** Not sure, but definitely not surgery.

**My perfect day:** Awesome exciting day out with friend, followed by dancing and good music at night in some bars or clubs



**DAVID MA (Med II)****Position:** Academic Coordinator**Past positions:** N/A**Email:** [hydraseige@hotmail.com](mailto:hydraseige@hotmail.com)**Favourite colour:** I like dark versions of happy colours...I dunno why. stuff like dark green, and blues etc**Favourite drink:** Vanilla malt chocolate milk**Leg into pants first:** Right leg**Medicine Specialty:** Not sure, though emergency surgery sounds like something I'd like.**My perfect day:** Just a day of chilling out with a couple of friends, having a few laughs and a good time. Nothing really has to happen, just good conversation, good company and good spirit (like the vibe, not the drink) will be great.

As an academic coordinators we'll be fulfilling your every fantasy and request as long as it's in some form related to something academics. In fact it doesn't even really have to relate directly to academics, it really encompasses everything under the sun that relates to medicine. This includes the classic explosive line-up of:

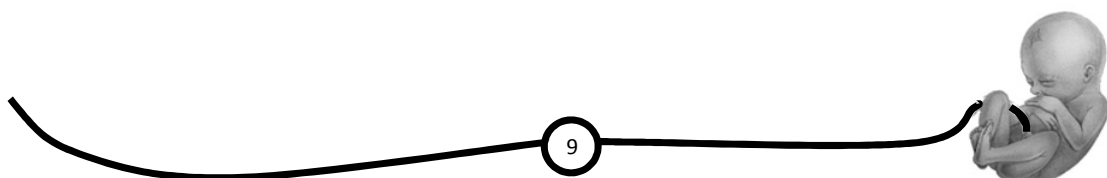
- Academic symposia that will stimulate your medically-charged neurons throughout the year
  - Debates on science vs. religion and other v. silly topics.
- There are also a few **new** events in the line-up, including:
- Medical-speciality nights
  - Exam Tip sessions
  - Events where we'll invite inspiration guest speakers to motivate you and tell you about their heart-touching personal stories.

There are heaps more opportunities and ideas, and if you have suggestions and ideas, shoot us an email, and we'll try our best to make it work. We're also looking for members to fill an organisation and management committee regarding academic events, and if you're interested, enthusiastic and want to personally make these things possible – shoot us an email at [our academic MedSoc email]. Having personally helped to organise the Amazing Raise, been a Medshow principle actor, and being Medshow director next year, I can say that making these things happen is a very exciting and rewarding experience that you'll treasure. So give it a go!

**TESSA KENNEDY (Med IV)****Position:** Arc Rep**Past positions:** N/A**Email:** [arc@medsoc.org.au](mailto:arc@medsoc.org.au)**Favourite colour:** Aqua**Favourite drink:** Iced tea - peach by am, long island by pm.**Leg into pants first:** Pants? What pants?**Medicine Specialty:** I like to say I want to combine my love of the arts and medicine by being in theatre all day, but surgery just doesn't cut it for me (what a pun-ishing joke...) - so maybe neonatology?

**My perfect day:** My perfect day includes shamelessly plugging for Med Revue, see page (\*\*whatever it is\*\*) for details, followed by good friends and good times, often made as a consequence of Med Revue!

I liaise between Medsoc and The Arc, UNSW's student organisation to maintain affiliation, secure funding for events and provide a two-way communication conduit. I've been part of a lot of different Arc and Medsoc activities and am always happy to field any questions you have about uni life and getting involved in volunteer programs and other clubs in addition to Med-specific fun.



# MEET THE ACADEMICS

## Dr Ross Grant



### 1. Which subjects do you teach?

As a pharmacologist with research interests in the neurodegenerative diseases I give lectures on Drug chemistry, Drug absorption and metabolism, Pharmacokinetic calculations and Pharmacology of neurodegenerative diseases.

### 2. What is your motivation and passion for teaching?

Great question! I am inspired by people who want to learn and am motivated to help students gain knowledge that will be useful in their professional careers. (it should be noted that students sometimes struggle with the concept that pharmacokinetics can be either inspirational or useful....but...I do my best).

### 3. What is your best university memory?

Apart from working with great staff and talented students I would say the best so far would be a recent discovery in my research lab of a very new biochemical phenomena that we think may be useful in the development of a drug to treat neurodegenerative diseases such as Alzheimer's. (we still have a lot of testing to do but fingers crossed-it just may work).

### 4. Where can you be found on campus?

My office is M205 on the second floor of the Wallace Wurth building.

### 5. What do you like to do in your spare time?

Spare time is a pretty rare commodity but working at UNSW has one special advantage in that it is close to the beach. Though I'm a pretty average surfer I still like to surf for an hour or so after work in summer before driving home (helps me miss the traffic).

## Prof Nick Hawkins



### 1. Which subjects do you teach?

Pathology (in all the Phase 1 and most of the Phase 2 and 3 courses)

### 2. What is your motivation and passion for teaching?

The motivation comes from being able to explain things based on your experience and expertise, to people who don't have that yet, but are bright and eager to learn.

The passion is in showing how an understanding of the basic patterns of structural change is the key to making sense of clinical disease.



**3. What is your best university memory?**

Celebrating after the last exams of the year

**4. Where can you be found on campus?**

In the admin section of the School of Medical Sciences

**5. What do you like to do in your spare time?**

Walk the dogs, fish, travel

## Dr Andrew Moorehouse



School of Medical Sciences  
Phone: 02 9385 2575  
Email: a.moorhouse@unsw.edu.au

I am a Senior Lecturer in the School of Medical Sciences with teaching and research interests in neuroscience and cellular physiology and pharmacology.

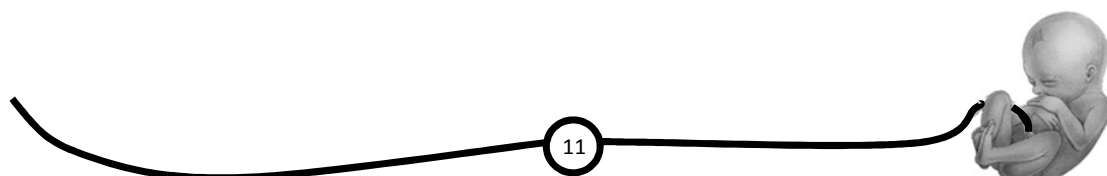
My research uses electrophysiology to study the structure and function of ion channels and I have been fortunate to have published > 20 papers in scientific journals, and experienced conducting and discussing science at various conferences and universities overseas. I teach across a range of subjects in Science and Medicine, primarily regarding how cells generate and communicate electrical signals to each other and the properties of the membrane transport proteins involved. I co-ordinate the 2<sup>nd</sup> year Science Physiology subject Membrane and Cellular Physiology, and have been on the design and implementation group for Health Maintenance since 2002. In 2006 I convened Health Maintenance A, an enjoyable and interesting experience, although somewhat hectic at times. Academia is a demanding job, but it is very rewarding being at the cutting edge of scientific knowledge and playing some role in the training of our next generation of doctors and scientists. When not involved with teaching or research, I enjoy spending time at the beach, socializing with friends and eating!

## Dr Karen Gibson



Senior Lecturer,  
Dept of Physiology and Pharmacology,  
School of Medical Sciences,  
Phone: 9385 3650

My name is Karen Gibson and I am a senior lecturer in the Dept of Physiology in the School of Medical Sciences. I am a graduate of UNSW – but from a time last century when there was a 5 year MBBS course. You will come across me several times during Phase 1. In particular in 2007 I will give you several lectures on kidney physiology in Health Maintenance, although you will also see me in other domains as well. Best wishes for the course. Work hard!





## Dr Gary M Velan



Senior Lecturer and Head of Teaching in Pathology  
Ph: 93851278  
Email: G.Velan@unsw.edu.au

**Subject(s) lectured/taught**  
Pathology

**Motivation for teaching this subject**  
Fascination with the causes and consequences of disease processes, as well as an aversion to normality!

### Area(s) of interest – academic and non-academic

Academic: Disease pathogenesis and clinicopathological correlation; educational innovation and research, particularly curriculum development, as well as online assessment and feedback.

Non-academic: Family; comedy (especially puns); most terrestrial sports; 19<sup>th</sup> and 20<sup>th</sup> century literature.

### What I hope students will learn from me

1. Good clinicians require a deep understanding of Pathology.
2. Learning should be enjoyable, even when dealing with grave subject matter.

## Professor Ken Ashwell

Associate Dean Research,  
Faculty of Medicine  
Phone: 9385 2482

### 1. Which subjects do you teach?

Anatomy of any part of the body: visceral, neuroanatomy, musculoskeletal

### 2. What is your motivation and passion for teaching?

The hope that I can instil a love of anatomy in all my students.

### 3. What is your best university memory?

When medical graduates come back and say they enjoyed learning anatomy and use the knowledge in their clinical careers.

### 4. Where can you be found on campus?

I will be on study leave for session one of 2008 and will be in the Goodsell building when I return (due to renovations of the Wallace Wurth).

### 5. What do you like to do in your spare time?

Reading science fiction and palaeontology.

## Dr Nicodemus Tedla

School of Medical Sciences,  
Department of Pathology  
Phone: 9385 2919

### 1. Which subjects do you teach?

Pathology

### 2. What is your motivation and passion for teaching?

Transfer all the knowledge that I have acquired from my mentors to my students so that the cycle of learning continues.

### 3. What is your best university memory?

Winning the 1500 meter inter-college running competition when I was 2nd year medical student and performing my first successful caesarean section when I was 5th year medical student.

### 4. Where can you be found on campus?

Wallace Wurth building 5th floor, Rm 509

### 5. What do you like to do in your spare time?

Read





# Life in Medicine

Margit Shah (Med II)

So, you've just spent the last 3 months doing absolutely nothing. Maybe you've been enjoying the summer of cricket, or perhaps travelling is your way of holidaying. Whatever you've been up to, it's a given that you're packing yourself about the loads of work and the hard times to come in the next 6 to 10 years, during which time you'll hopefully transform yourself from your current self to an omniscient doctor just like House.

What lies in stall? Is there any hope that you will have a life during your time at med school? Well perhaps at the University of Sydney, the answer would be no. But here at New South, we do things with our life. No really, we do.

From MedCamp, to Medball, and all those MedSoc parties, you'll have plenty of nights that you'll remember forever (or for some people, nights that you, um, won't remember). Of course, a lot of the activities run are done so by our very own MedSoc. And the great thing is, EVERYONE can be a part of it and attend their meetings, so come along and have your say.

Now, surely one of the best things about med, is MedShow. 2007 saw *The Ward is Not Enough* run over two spectacular nights for the first time, raising 12,000 big ones for charity. Entirely run by med students, this is an event everyone worth anything MUST be a part of.

Whether you're into acting, dancing or singing this is for you. Whatever you're talent, or even better if you have no talent, MedShow is calling.

Personally, during MedShow (and other med events), I met heaps of people from different phases of the course and built friendships that will last. The late night rehearsals, and all the laughs during the holiday rehearsals were things you just have to be a part of. It's also a perfect way to meet your future life partner. So watch out for it later in the year.

Then there is the daily life. Never a fear if you know no one else in the course. Before you know it you'll know hundreds of new people, and you'll probably forget your old high school friends while you're at it. Sure it might suck to have twice as many hours as some of those accounting students, but hey the reason you came to med was because you were interested right?

Life in med ain't so bad. After you get used to the smell of cadavers, and buy yourself a stethoscope, you'll fit right in, and who knows you might even make a half decent doctor by the end of it. The important thing is to get involved with med events and other UNSW events while you're at it. Otherwise, it'll be a long, long six years.



# how to make friends in med

**Margit Shah and Aviv Pudipeddi (Med II)**

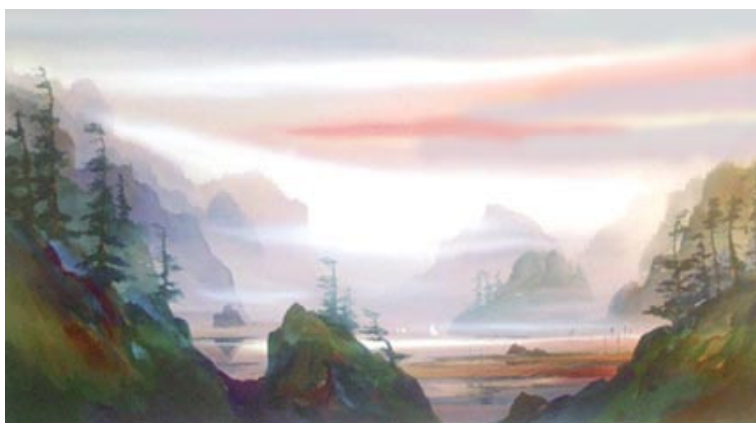
- ★ As tradition has it, find a person who went to James Ruse and you'll instantly have at least 20 friends. BUT, it seems the tradition is fading. The UMAT is finally working against the Ruse people, and their numbers are diminishing. So we must go to plan B.
- ★ Go up to someone of the opposite sex in medicine and say "Hey my name's so-and-so. You know a LOT of guys and girls from med marry each other. Maybe you and me will marry each other." Now that will either a) make them disgusted at your grammar if they caned English in high school, b) make him/her smile and you've got a friend instantly or c) make him/her revolt at the idea of marrying yourself, and you just have to try it on someone else. WARNING – using this method requires skill and a certain tone in your voice. Practice makes perfect. No I'm serious, it works.
- ★ Do something memorable at Medcamp and everyone will remember you for it for the next 6 years. Normally that requires you getting drunk, but if you don't drink, say you did. People will love you more.
- ★ Sit at the front in lectures. Although it may seem ridiculous at first, both you and the person sitting next to you will obviously be so motivated in doing med, that you can strike up a conversation about anything regarding med. And you're in.
- ★ International people are ALWAYS friendly and willing to make friends – they're a safe bet.

Okay but seriously everyone – the best way to make friends in medicine is to go to as many med functions as possible and participate in as many med events. Things such as Medcamp, Medshow, Med Revue, Pub Crawls etc. are great places to meet new people and have a great time. Don't be intimidated by anyone else in 1<sup>st</sup> year – they are in the same position as you. And once you meet people at these parties and events, you'll end up building some of your strongest friendships, some which will last for the rest of your life.



# Medball 2008

*Friday August 29  
Waters Edge, the Rocks Sydney*



*Theme: To be revealed*

*Tickets and reservations*

*social@medsoc.org.au*



# MED REVUE 2008

## LAUGHTER IS THE BEST MEDICINE

Tessa Kennedy (Med IV)

Hello and welcome to the next six years of your life! Med is fantastic, truly. But what really lets you appreciate it all is a good balance of outside interests and a healthy social scene. My advice? Start now, go hard! Get involved in some of the myriad clubs and activities on our vibrant campus, and make the most of your student experience. I'm Tessa (Med IV) and this year I'm one of three directors of Med Revue, which is one of the best ways to live the philosophy of fun...

**Med Revue (n.)**, Is a live annual sketch comedy show run in Week 9 of session 1. Though traditionally medical in name and nature, students from all faculties can get involved in the show, which features hilarious quick-fire comedy, live big-band numbers with top notch singing and dancing – all in front of 1500+ people over the week.



Sound good? You ain't seen nothing yet. We're currently calling all performers and theatre enthusiasts among you. Be a part of one of many teams: cast (acting and dancing), tech crew, costumers, scriptwriters, band, chefs, front of house, promotions and more!

Inject some fun into your uni life, learn a bunch of new skills and make friends from Med and beyond. This is my third time doing the show, and I can attest how fun and fulfilling it is getting into something like Med Revue. I'm back to direct because I have a passion for all things theatre, and

because in my first session of uni I discovered a whole new world and bunch of my now closest friends which I want to share with the next generation – you.

If you are interested in getting involved, check out our stall on the main walkway during O-Week (your week 0) or rock up to our expression of interest meetings in Week 1 – details will arrive in your Medsoc e-newsletter. Any questions? Feel free to say hi to me at Medcamp, just wandering around campus, or drop us an email at [medrevuedirectors@gmail.com](mailto:medrevuedirectors@gmail.com). Med Revue 2008: Get it into you!



# HOW TO SURVIVE A DAY IN MED

Margit Shah and Aviv Pudipeddi (Med II)

After 3.5 months of waking up around lunchtime, uni will begin for you, and that means 6am wake ups for some. With classes generally starting 9am every morning and often finishing at 5pm, you may start spending more time at uni than you do at home (at least it might start to feel like that). The days may seem even longer when you have 4 hour breaks in the middle of the day. So here are a few tips on how you can survive and make use of your day:

1. Get hooked on to caffeine – be it in the form of coffee or some form of cola. For some it's the only way they are able to stay awake during those morning lectures.
2. Some of you may be in situations where you will be "Shhed" in lectures (seriously, it does happen). So if you are planning on not concentrating in lectures, at least sit up the back where you can't disturb anyone. You don't want to form a reputation of "someone who disturbs others in lectures" early in your course.
3. Sleep on the train and bus on the way to uni – our personal favourite. No matter how short the trip, no matter whether you're sitting or even standing, just try and take a power nap at every opportunity you can. Every second counts – trust me. Otherwise you'll be sleeping during the lectures and be tired throughout the day, in which case you might as well not turn up.
4. During exam periods, use your travel time reading notes or studying – it actually does help and it could well be the best study some of you will get done before an exam.
5. Make some friends that have breaks the same time as you. That generally means people in your scenario group or your college.
6. Get involved in all the activities run down at the roundhouse – trivia, table tennis, pool, etc. A perfect way to pass time – not to mention you'll waste time walking down to the roundhouse and back up, but gain plenty of exercise. Speaking of exercise, the gym is also another great place to spend your free time whilst working up a sweat.
7. Make a trip to pizza hut or maccas just outside campus – a healthy way for young medical students to refuel at any time throughout the day, especially after a lecture on "healthy eating habits" or "ways to lose fat".
8. Play some footy or soccer at the Village Green and join comps such as the uni touch footy competition
9. Get to know college kids or people living near uni, so you can crash their place every now and then when there's nothing else to do.

All in all, just keep yourself fuelled and entertained throughout the day, and those 8 hour days won't seem that long hopefully. Oh and one last tip to help you survive uni days – get yourself interested in what you're learning. Otherwise those lectures, pracs and scenario group sessions will not only be extremely boring, but you'll also be wasting your time. Soon enough, though, you'll find your own ways to get through a day of uni, and who knows you might even want to spend even more time on campus.



# medshow '08

Yogeesan Sivakumaran (Med III)



*Have you ever wondered why you got interviewed for your place in the UNSW Medical course? How are we any different to law or commerce? And what is up with those interviewers? Well let me educate you young padwan – a deep dark secret is about to be revealed to you – are you prepared?*

Think back to your interview. It's moments before you walk through the door and the final thoughts are going through your mind –

- Remember everyone's a friend – but you have a close friendship group
- Don't spend more than 5 seconds thinking about an answer...the interviewers will know that you are lying...but don't spend less than 2 seconds...you'll sound way too prepared
- DON'T DRINK THE WATER...it's a mind trick...it's not really water
- If the lights start going out during your interview...it means you might as well go home

Coming out of the process, you have perhaps survived the toughest interview of your lifetime but also successfully passed your first audition. Yes that's right not only are you auditioning for a position in this prestigious medical course but also for MEDSHOW 2008.

The interviewers are privy to this and specifically target your abilities – the sleeping interviewer, the argumentative interviewer, the downright narcissistic and bald interviewer; all purposely placed to test your abilities on stage.

Now in its 8<sup>th</sup> year of production, MEDSHOW plans to grow and encompass the talents of the immensely capable medical cohort with an exciting original script. From actors, singers and dancers – it is a show full of colour and spectacle, action and drama, love and revenge. It is also the perfect opportunity to get on stage for a great cause and raise money in process.

Last year, for the first time in MEDSHOW history, MEDSHOW ran for two nights raising \$12,000 in the process for Just Enough Faith - a charity providing emotional counselling, employment training and housing to Sydney's homeless, as well as a hot dinner to less fortunate individuals every night, without fail.

This year MEDSHOW plans to grow yet another step and we cannot get there without your help. So grab a friend, put on some make up and practice your Steve Urkel dance moves – your moment to shine is just around the corner.

MEDSHOW 2008 will be directed by Rohan Bailey, David Ma & Lakshman Nirthanakumaran.





# CHRISTIANS IN MED

David Brackenbury (Med III)

As I trust you are fast learning – ‘cheap’ is a word that should fast arouse the attention of a uni student. Of more acute interest is *‘free stuff’*! O-week is a noteworthy opportunity to go gangbusters after the free stuff. Take it.

But I’ve got the privilege to offer - free for all people – true satisfaction! Everyone has an opinion of what is important in life. Until we shuffle off this mortal coil the facets of our finite lives that we prioritize - relationships, responsibilities, and desires – are made manifestly clear to all by the time, sweat and sufferings we squeeze into them. Around us in this fortunate, wealthy country people can be seen to live for their careers, their comfort, their children, and their consciences. What special things these are!

However by chasing after these things with our whole hearts we’ve all rejected God! Just like an unfaithful partner we’ve run away from an intimate relationship with our maker to pursue in vain the things that he made for us to enjoy. And we suffer the consequences of this broken relationship throughout life. We seek peace and see no end to conflict. We seek to care for patients and watch them die. We seek purpose and satisfaction in existence and we find none. Some seek God but do not find him.

The true satisfaction that people seek for throughout their lives – that our greatest efforts cannot work to attain – comes alone through the restoration of this once intimate relationship with God. We’re incapable of fixing the mess we’ve made... but God freely did so by sending his son Jesus to Earth to relate to him with the love and obedience that we failed to. God justly and mercifully forgives the great wrong we’ve done to him and credits us unmeritoriously with all the benefits of relationship with him when we trust in Jesus.

Relationship with God - there’s true satisfaction for you!  
Did I mention it’s free?



Christians in Med is a group who live for God and his appointed king - Jesus. He is the sole place we look to find true satisfaction. Consequently we’re really keen to spend time together studying God’s word – the bible, praying and encouraging one another to live for Jesus. There are fantastic opportunities to do this on campus and elsewhere – including meeting up in Pavilions during the week, heading to Campus Bible Study (CBS) weekly for the campus-wide talks, discussion groups about how Christians can be highly competent, faithful practitioners and going away for a great, intense week to Mid Year Conference or National Training Event!

There is a free invitation for all people to be truly satisfied – to have a perfect relationship with God because of what Jesus has done. Like all incredible bargains you have to get in before it’s too late. It’s your call.

I would like to very strongly encourage all Christians and all people interested in learning more about Jesus to get in contact with us so that we can together grow in love, trust and obedience to Jesus. We owe it to him in a big way. Jesus is for everybody and if English isn’t your most comfortable language we can put you in touch with Christians from your own cultural and language groups.

Please feel to get in contact with me through email ([djbrackenbury@hotmail.com](mailto:djbrackenbury@hotmail.com)), mobile (0434810676) or Facebook (Add me!) if you’d like to know more!





# TEXTBOOKS

Purchasing text books is easy peasy at the Medsoc bookshop. It's a short walk away from upper campus and stocks all the essentials including lab coats for practicals, stethoscopes, medical dictionaries & all sorts of neat medical gadgets (you can impress your friends from other courses with these).

## *Business Hours*

Mon, Tues, Thurs, Fri: 1100-1430

Wed: 1500-1900



## The UNSW MedSoc Bookshop

*The cheapest medical bookshop in Australia!*

The UNSW MedSoc Bookshop supplies all medical books with **discounts of AT LEAST 21%** off RRP for UNSW Medicine students. We also have the best prices on all stethoscopes and diagnostic equipment!

(One-off membership fee only \$15)

*The MedSoc Bookshop is run by students, for students. Any profits are given straight back to Medsoc and spent on Med events, like MedCamp and MedBall.*



Check our prices, read extensive reviews of all books, and ORDER ONLINE at:

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Email: [bookshop@medsoc.org.au](mailto:bookshop@medsoc.org.au)

Shop: Grounds of POW Hospital, Barker St (cnr. Easy St), Randwick NSW 2031



# PHASE I PRESCRIBED TEXTBOOKS – THE TRUE STORY

Yoni Goldenberg (Med II)

As the year is about to start, you the 2008 guineapigs, are most likely anxious, with symptoms such as tachycardia already beginning to show. One of the first questions you no doubt will ask (and repeat throughout the year) is: “which textbooks should I buy?”

Well, there are couple of options:

1. The recommended textbooks – a list of 44 or more text books which are ALL RECOMMENDED and all quite PRICY (expect ~ \$90 per book at the very minimum)
2. Wait for the lecturers to tell you. Trust me on this one – do not choose this option if you wish to purchase the books before the exams. The lecturers do take their time.
3. Listen to the following information based on your servant’s personal experience. (Clearly, the best option out of the three)

Therefore, I compiled a guide- “Phase 1 prescribed textbooks- the true story”, which is based on the recommended textbooks by your faculty, only this guideline is shorter, and suits YOUR NEEDS.

Anatomy	<p>2 choices – Grey’s Anatomy or Clinical Anatomy.</p> <p>Grey’s has more useful information and anatomical detail. However Clinical Anatomy is more interesting to read (if you do decide to read it) with more medical cases but is less detailed as an anatomy book when compared to Grey’s.</p> <p><b>My choice:</b></p> <p>Grey’s because it is an ANATOMY book but, you’ll need some information from Clinical Anatomy too at some point which you can look up in the library.</p>
Histology	<p>2 choices- Human histology and Wheater’s Functional Histology</p> <p>Both are sufficient books as there are many tutorials and Faculty programs that teach you sufficiently.</p> <p><b>My choice:</b></p> <p>Either if you’re keen to spend your money.</p>
Embryology	<p>2 choices- Larsen and Moore.</p> <p>Both are needed for the first 2 years only, but DEFINITELY NEEDED. Moore is a good book, but the lecturer gets his information from Larsen. That just about sums it up.</p> <p><b>My choice:</b></p> <p>Larsen, and good luck with this topic.</p>
Biology & Biochemistry	<p>For all of you who have done biology and chemistry in year 12, I strongly recommend not to waste your money, especially not in 1<sup>st</sup> year, as your year 12 books + the library + lecture notes will be sufficient. I have not purchased any of those books. However, for those of you who haven’t done either one or both, it is a must to have both these books.</p>
Clinical & Communication Skills	<p>To put it bluntly: Clinical – yes!; Communication – library!</p>
Immunology	<p>No options. The book is good, however is not necessary at all for 1<sup>st</sup> year students (I have not purchased it yet). If money is a consideration, leave it for 2<sup>nd</sup> or even 3<sup>rd</sup> year.</p>



Microbiology	Despite purchasing Mims Microbiology I must admit that I haven't used it even once during the course of 1 <sup>st</sup> year. The microbiologist lecturers are good and provide adequate information. The rest can be accessed online or in the library. Otherwise, if you are keen as me, you can purchase the book and read it for personal leisure during the holidays.
Pathology	A pathology book is a must! In 2007, the only recommended was Kumar's Basic Pathology, and I must say, I was disappointed. There is simply NOT ENOUGH DETAIL! Therefore, look for pathology books which have the greatest amount of up-to-date detail. IT'S WORTH IT.
Pharmacology	The recommended – Rang and Dale is a good book with sufficient, easy to understand pharmacological concepts and additional information on pathophysiology and the mechanism of action of drugs. GREAT BOOK.
Physiology	Like with the pathology, A MUST. However, the only recommended textbook in 2007 – Levy's Principles of Physiology is simply not detailed enough. Look for physiology books which have the greatest amount of up-to-date detail.
Public Health	I have never purchased nor intend to purchase such a textbook. This information can be obtained from the library in addition to lectures.
Other	In regard to the other books that are listed in the "others section", for your 1 <sup>st</sup> year I would advise you to purchase some anatomy cards or an anatomy atlas with REAL images. Other than that, the rest is up to the individual's strengths and judgement.

**Note:** The guideline above is based on the 2007 recommended textbooks as 2008 were not released yet. As such, the above is subjected to change and should be reviewed carefully.

I sincerely hope that this guideline will help you make the right decisions for yourself.  
Good Luck with your 1<sup>st</sup> year!



# PUBLIC TRANSPORT

Samantha Chen (Med II)



*This guide is dedicated to the poor souls that aren't living on campus or in the uni precinct and have to travel for 3hours+ everyday as well as juggle a medical degree.*

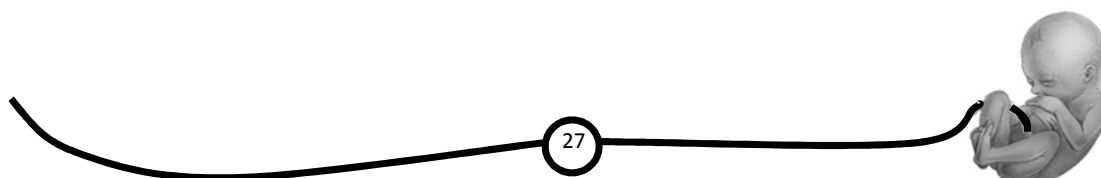
The hottest ticket in town is a TravelPass, your key to travelling to and from UNSW via public transport. A TravelPass allows you travel by train (or bus) to **Central station** and then catch an **891** express bus (from **Stand D** on Eddy Avenue) to UNSW, the predominant mode of transport for most students. A weekly TravelPass in your colour zone is the most economical option, unless you travel into uni less than 3 days a week (in which case, return train tickets and a brown TravelTen is cheaper).

The 891 express bus runs every few minutes between High Street UNSW and Central during morning and evening peak periods. The third stop on High Street is best for Wallace Wurth, the Biomed labs or Samuels building, while the second stop is closer to Clancy, the Library, Central Lecture Block and of course, the coffee cart. If you happen to be down on lower campus, the 895 express bus runs frequently to Central throughout the day. It takes approximately 15 – 20 minutes from Central to UNSW, but remember to allow time for the queues at Central in the morning and at the lower and upper campus bus stops in the afternoon/evening. Ticket officers will sell you single/return tickets to UNSW near the ticket machines on Eddy Avenue. Don't forget to dip your ticket in the ticket machines before getting onto a bus – buses can be stopped for ticket inspection and large fines apply.

If you're travelling during non-peak periods (such as coming in for an afternoon class), buses to Anzac Parade or Randwick leave from **Stand C** on Eddy Avenue. Anzac Parade buses include the 391, 393 and 395, while the Randwick buses are the 372, 374 and 376. Note that these buses are not only slower (as non-express buses), but also involve a walk to upper campus from Anzac Parade or Randwick, which is closer to upper campus than Anzac Parade, and the walk is downhill (allowing you to avoid climbing the Basser steps).

An alternative route is by catching a ferry or bus to **Circular Quay** and then catching a bus to UNSW. The L94 (to Anzac Parade) and the 890 and 892 (express to High Street) are the fastest buses from Circular Quay to UNSW, however the slower 392, 394, 396 and 399 buses will still get you to UNSW (Anzac Parade). These buses run through the **CBD** along **Elizabeth Street, Hyde Park**.

Buses direct to UNSW from the **Inner West** and **East** are available, including the 370 from Glebe, Newtown, Leichhardt and Coogee and the 400 from Bondi and Maroubra.



# FOOD AT UNSW

Andrew Xia (Med II)

Well my friends, the culinary delights of UNSW are both voluminous and varying, and as I whip on my food critic's hat, may I warn you that perhaps 400 measly words are not enough to encapsulate the ubiquitous awesomeness of the food at UNSW... or perhaps not.

Firstly, the closest options you have from Wallace Wurth are the Matthews arcade shops (which were closed down due to renovations for the latter half of 2007), little is known about what will become of these shops, but going by what was offered last year... Tasty (Nasty) Bites; though the food may look decent, beware, they're not the best option if you prefer *normal* gastrointestinal flora. Satay Delight offers a relatively cheap and filling meal if you get the noodles (~\$6.50). Also known for the cashier who asks "What you want boy?" Hole in the wall: They've got some pretty nice salads, although it is a bit pricey.

On the top of the arcade, there are the Pavilions, home to the Vietnamese eatery "Tropical Green". They offer some cheap Vietnamese salad rolls as well as Vietnamese spring rolls and noodles (~\$6.80). Relatively cheap and they've got lots of seating.

There's also Badabagan (near the Commerce courtyard), which is a separate food court entirely. They offer noodles (although more expensive and less tasty than the laced mentioned earlier, ~\$7), sushi, vegetarian meals and kebabs (for those of you who are looking for good old Halal meat, ~\$6.50).

There's also the food court near the Quad, which is often full (but that's always a good sign). They offer noodles (~\$7.50), fish/chicken and chips (~\$7.50), sushi, salads and probably other things I can't remember. There's also a nice café upstairs, with some pretty coffee cups, if you're into that sort of stuff.

If you're the type that brings their lunch to Uni, that's also fine. There are a series of microwaves available at Uni (their locations are a mystery to me), but they do exist... I think.

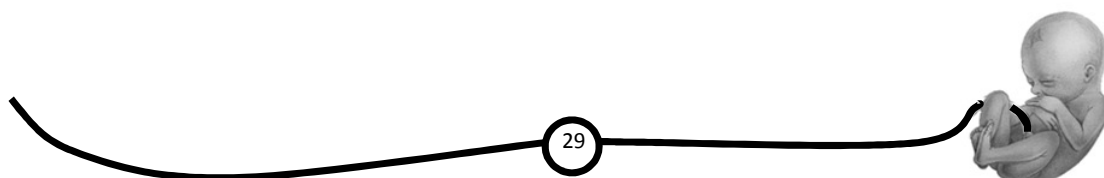
Other than that, there's nothing I can remember, since after Foundations, you're mostly going to be operating in upper campus. UniBar should rate a mention for their alcohol (for all that *hard* work you'll be doing in Foundations). Oh, and also, MedSoc hosts many a barbecue throughout they year, most of them are free, so there is such a thing as a free lunch.



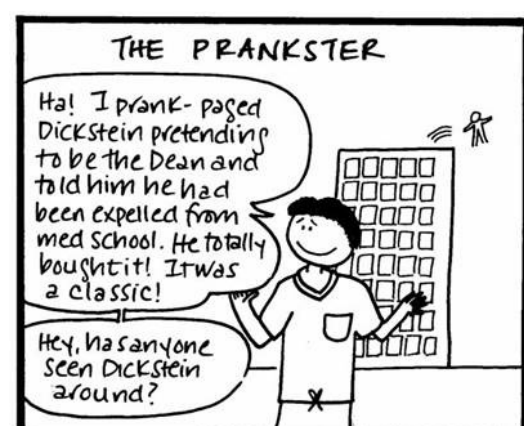
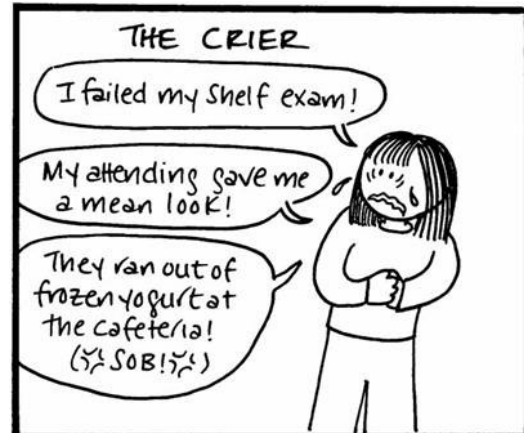
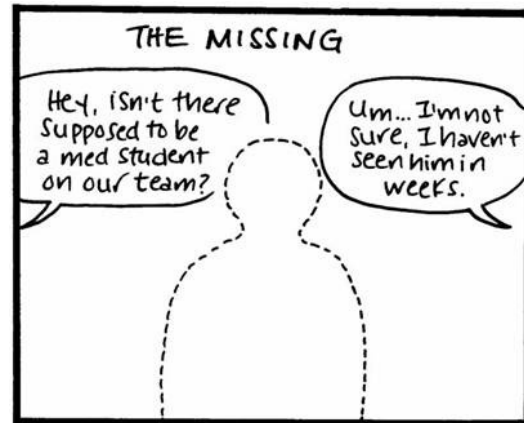
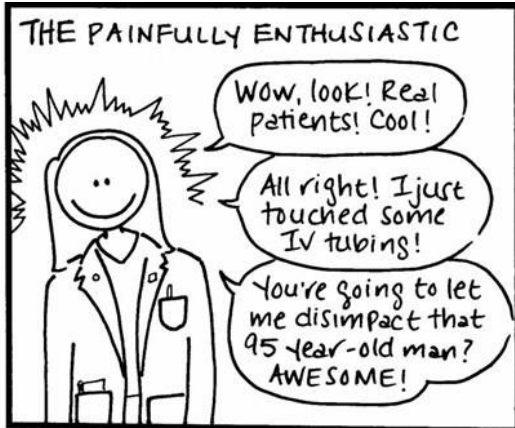
*Close*

We hope that this magazine has been helpful, insightful or at least entertaining. Don't forget to check your email for weekly news & the Medsoc website for the latest news and gossip.

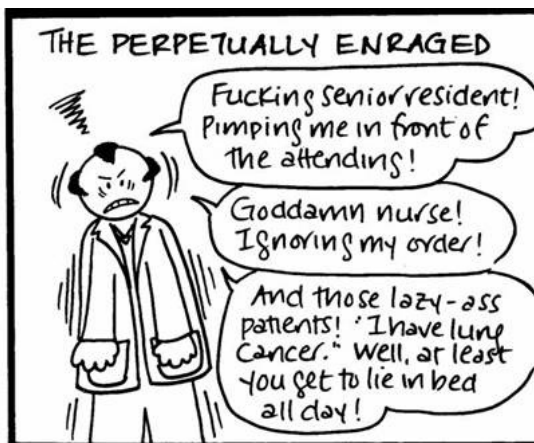
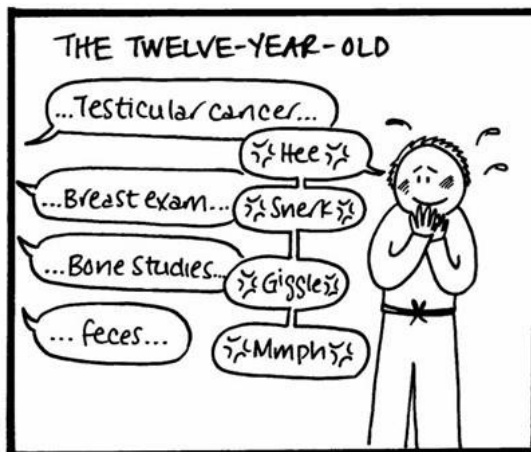
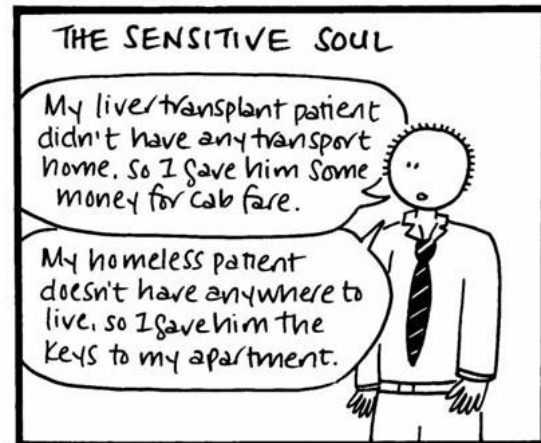
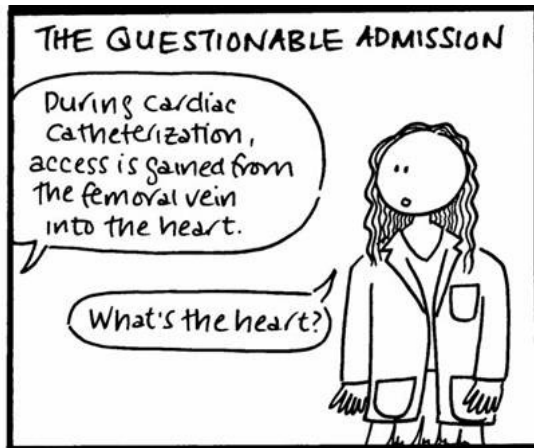
[www.medsoc.org.au](http://www.medsoc.org.au)



## THE 12 TYPES OF MED STUDENTS

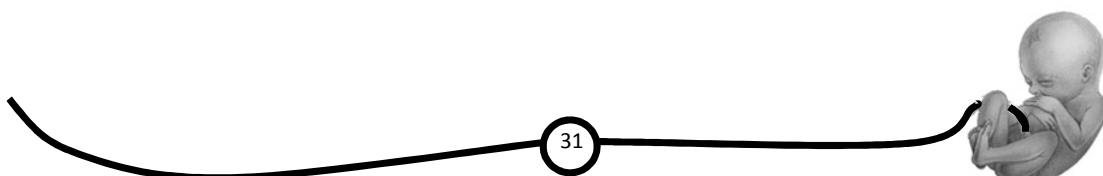






Cartoon by Michelle Au

**so what's it gonna be?**

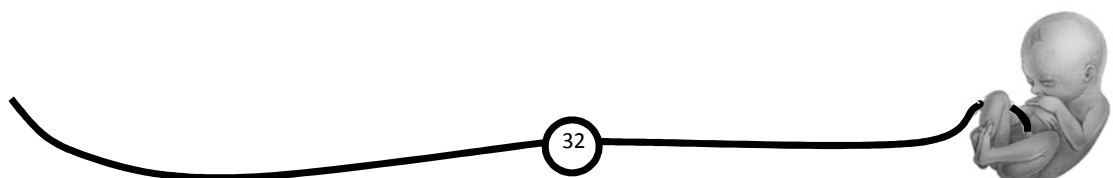


# *Notes*

Scenario Group:

College:

Clinical Group:



# MEDSOC CALENDAR 2008

See [www.medsoc.org.au](http://www.medsoc.org.au) for more details!

## February

26<sup>th</sup> – Extraordinary General Meeting  
28<sup>th</sup> – Med Prep (Medicine Orientation Day)

## March

Friday 7<sup>th</sup> – Mentoring Orientation  
Tuesday 11<sup>th</sup> – MEDSOC Council Meeting  
Friday 14<sup>th</sup> – Sunday 16<sup>th</sup> – Med Camp  
Wednesday 19<sup>th</sup> – Pubcrawl

## April

Tuesday 1<sup>st</sup> – MEDSOC Council Meeting  
Tuesday 8<sup>th</sup> – Year 1 Survival

## May

Friday 2<sup>nd</sup> – Integration Party  
Tuesday 6<sup>th</sup> – MEDSOC Council Meeting  
Tuesday 20<sup>th</sup> – Introduction to Phase 2 Night  
Wednesday 28<sup>th</sup> – Classical Quest

## June

Tuesday 3<sup>rd</sup> – MEDSOC Council Meeting  
Friday 27<sup>th</sup> – End of Session Party (Cocktail Night)

## July

Sunday 6<sup>th</sup> – Sunday 13<sup>th</sup> – AMSA Convention  
Tuesday 22<sup>nd</sup> – MEDSOC Council Meeting

## August

Tuesday 5<sup>th</sup> – MEDSOC Council Meeting  
Friday 29<sup>th</sup> – Med Ball

## September

Tuesday 2<sup>nd</sup> – MEDSOC Council Meeting

## October

Tuesday 7<sup>th</sup> – Annual General Meeting  
Monday 13<sup>th</sup> – Talent Quest

