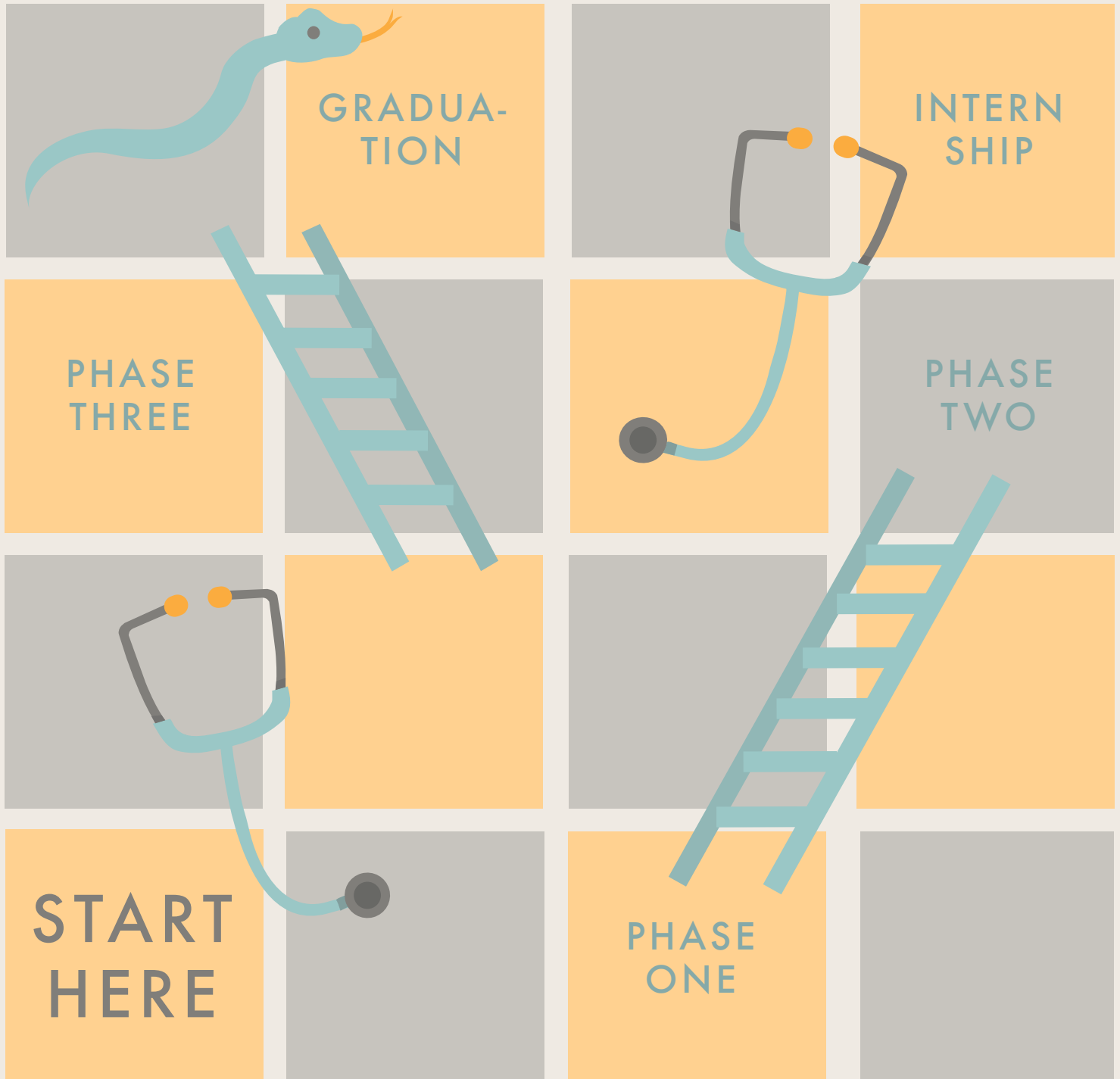


# UMBILICAL

UNSW Medicine Class of 2020



Welcome to the Game



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OR VISIT [HTTP://MEDSOC.ORG.AU/  
CMS/PUBLICATIONS/](http://MEDSOC.ORG.AU/CMS/PUBLICATIONS/)



## HELLO THERE UNSW MEDICINE CLASS OF 2020!

We're sure you've heard it already, but you deserve to hear it again: a massive, massive congratulations to you on getting into one of the most competitive medical schools in Australia. Hard work has paid off and it's time to enjoy the exciting six years ahead.

And to guide you with that, we've armed you with Umbilical, your steadfast sherpa on the upward ascent to becoming a fully fledged doctor. No, not nearly dramatic enough hmmm...Umbilical will be your lifeline and metaphorical source of blood to get you pumping in these first few weeks of med school! We ourselves remember how daunting it was starting med and want to pass on the knowledge and experience that we and much of the senior cohorts have gathered over the years.

*We suggest you zone out on this O-day info session and instead learn: how to navigate eMed (pg 10) how to study more effectively (pg 8), the ins and outs of the UNSW Medical Society (Medsoc) and its key players (pgs, 4, 18,29), the common protocol involved in Medcest - that's medical student lovin' for all you uninitiated - and the cardinal dos and don'ts as a first year (pg 35).*

Within med, you'll never be bored as there is always the opportunity to do something new and exciting. Love sports? College cup, basketball, Med vs Law and other events have got you covered. Want to learn more about specific specialties? Specialty interest groups -otherwise known as SIGs - ranging from Neurology to Sports Medicine host diverse and educational events. And while all this is great, the best part of all is that you'll be spending your days with hundreds of awesome, like-minded people. We're not saying it'll be easy. Med is like giving blood. At times it'll be draining, but it will always be close your heart. Poetic, right? Always remember why we're here- to become the best doctors and people we can.

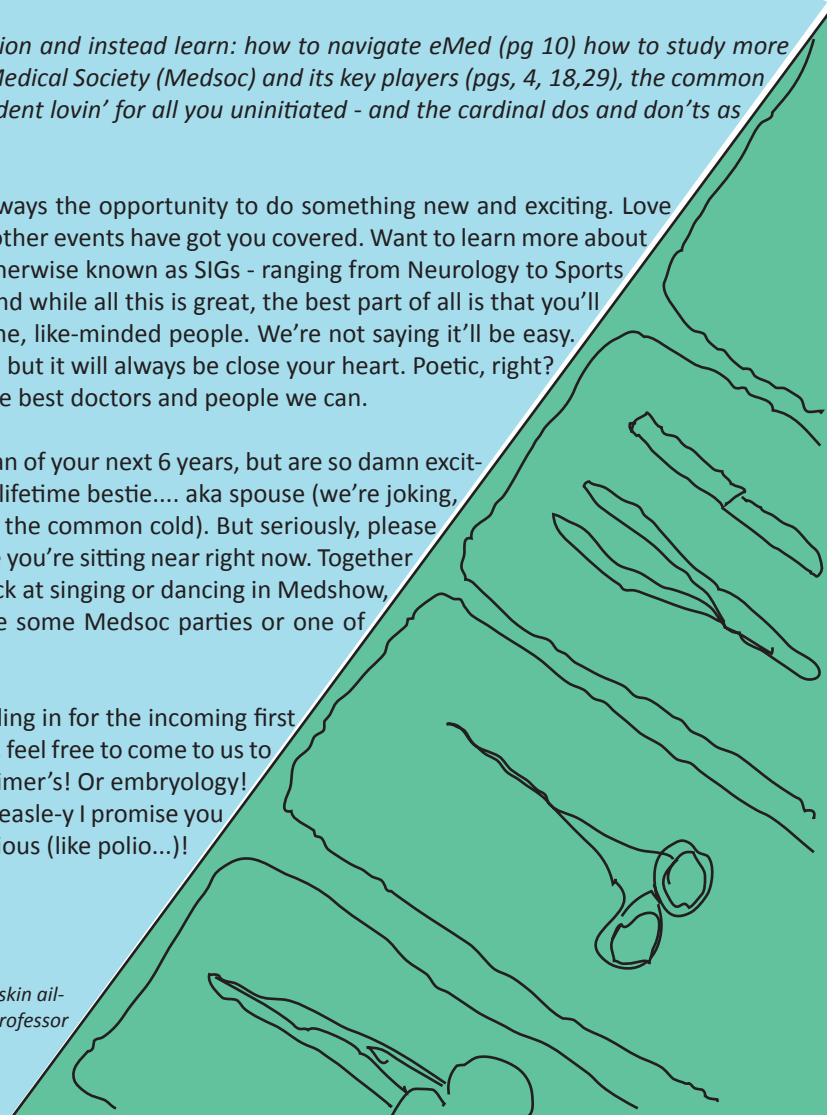
These next couple of weeks are a drop in the ocean of your next 6 years, but are so damn exciting because each person you meet is a potential lifetime bestie.... aka spouse (we're joking, but statistics don't lie - medcest is as rampant as the common cold). But seriously, please promise us you'll introduce yourself to the people you're sitting near right now. Together you should decide to go to Medcamp, have a crack at singing or dancing in Medshow, Medrevue or artistic endeavours and experience some Medsoc parties or one of Medsoc's info and speciality nights.

Until your elections in a few weeks, we will be filling in for the incoming first year reps so before you make any rash decisions\*, feel free to come to us to discuss anything to do with med, including Alzheimer's! Or embryology! Or even Alzheimer's! Whilst our jokes might be measle-y I promise you won't find us sickening or lame, but rather infectious (like polio...)!

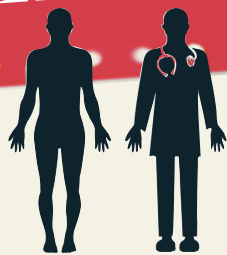
Welcome again and best of luck,  
Sagnish (Sarah Keenan and Agnish Nayak)

*\*please don't take this literally however and if you do have a skin ailment, consult a dermatologist. Alternatively, pestering your professor to diagnose your funky rash always goes down a treat ;)*

FROM YOUR FIRST  
YEAR REPS...  
**A FRIENDLY HELLO**



# MEET THE MEDSOC



## Executives

### PRESIDENT EM JANSEN (IV)

**My role in 5 words:** Drake's 'Started from the Bottom'.

**Why UNSW?** Because we're the best. We're one of the original 6 year undergrad programs, and we churn out competent (and attractive) doctors with a vengeance. We have all the convenience of the city living whilst only being a stone's throw from the beach, and we also have a varied choice of excellent rural campuses, varied clinical placements, a comprehensive research program and... we lead a damn good social life, for those thus inclined.

**Best medschool-related memory?**

Medcamp. Pubcrawl. Mark Hill's uterus impersonation. AMSA Convention. Medshow. The friendship, the camaraderie... But if I had to choose only one, it'd be Ken Ashwell's moustache, hands down. It grows on you.

**What are some of the most important issues concerning medical students currently?**

The Internship Crisis. The Registrar Bottleneck. Specialty Maldistribution. Medical Student Mental Health and Wellbeing (that's a big one!). ...Also the fact that I was mighty disappointed to discover that doctors in the hospital system don't actually look like the characters in Grey's Anatomy. We should work on that.

**Advice to first year self?**

1. *Go to Medcamp* This the best opportunity to meet the best friends you'll ever have and future Medcest opportunities. My closest friends from Phase 1 I came to know through Medcamp.
2. *Attend your lectures (if not for learning, for the socialising)*
3. *Go to AMSA Convention* - This is the best way to meet med students from other universities (they're your future colleagues!)
4. *Seek help if things get hard. Your wellbeing matters.* There's no doctor without a healthy doctor and if you feel yourself struggling, contact our Student Wellbeing Advisor Professor (Ute) at ute@unsw.edu.au. (She's lovely!)
5. *Engage in Peer Mentoring.* Older students have been there before! They have all the lecture notes, all the advice! Listen to them!



### VICE PRESIDENT RICHARD TJAHJONO (V)

**My role in 5 words:** Internal MedSoc management and support

**Why UNSW?** I'm an international student and I was adamant of not going to medical school in Indonesia, so I was willing to do Medical Sciences in the U.K or U.S before doing postgrad Med. Applied to UNSW for the lols because it had an undergrad Med program and I didn't have to do the UMAT (untz untz untz). A few months later after my highschool marks came out, I flew to London with my family to attend the university O-Week.....nekminnut get accepted in UNSW Med. True story.

**What was the first thing you did when you got accepted?** Extended my holiday in London into a full-blown Euro trip with family #winning

**Advice to first year self:** Be more involved in university life, whether it is through things such as MedSoc, Revue and Arc volunteering.







**SECRETARY**  
**SANJI FERNANDO (IV)**

**My role in 5 words:** Planner, organiser, patient, mildly OCD

**Advice to first year self:** Get involved more. Take yourself out of your comfort zone and make use of the multitude of events run by Medsoc, SIGs and Affiliates. It might just mean going to more parties or hitting up more medical workshops but hey that's better than staying at home studying for the whole year ;).

**If you could only be fed 3 foods, what would they be?** Korean bbq, pancakes and chocolate.

**If your steth could have a secret function button, what would it be?** The ability to pop out snacks like a vending machine. I've spent too many tutorials in Hospital with a grumbling stomach.

**TREASURER**  
**PHILLIP NGUYEN (IV)**

**My role in 5 words:** Money Money Bank Money Money

**Advice to first year self:** Make most of your university years because time really flies!

**Best thing you've done whilst you were supposed to be in class?**  
Sleeping in at home (I probably do this most days)

**If I went to Hogwarts:** I would probably be in Hufflepuff

**If your steth could have a secret function button, what would it be?**  
If it could tell me all the answers during my exams



**GROUPS LIASON OFFICER**  
**DIVYA KUMAR (IV)**

**My Role in 5 words:** SIGS and Affiliates, Big mumma

**Advice to first year self:** Put yourself out there, create memories

**Best thing you've done whilst you were supposed to be in class?**  
Danced on a table in an elf costume

**What was the first thing you did when you got accepted?**  
Danced on a table in an elf costume

**If your steth could have a secret function button, what would it be?**  
A button that activated a mini Mimm's so you could know about every drug instantly

**If you could be fed 3 foods what would they be?**  
Pad thai, Watermelon, cider

**If you were reincarnated as an ice-cream flavor what would you be?**  
Lemon, because its refreshing, bright and delicious.

## STUDENT REPRESENTATIVE DIRECTORS

### BIANCA GALGUT (IV)

**My role in 5 words:** Make your voice heard, kiddo

**Advice to first year self:** Make as many friends as you can... no, not in that way.. but yes, that way too.

**Best thing you've done whilst you were supposed to be in class?**

Messina instead of hospital (repeatedly). Also make sure you don't go to Max Brenner during practicals and order the cookie thickshake with a chocolate lick... make sure you don't do that. And don't go to Coogee during class either, especially when it's sunny.

**If I went to Hogwarts:** I'd be Hermione. And I WOULD be in the Quidditch team with Harry! And have a badass owl called Wingman

**I sing karaoke to ...** Whitney Houston, Tina Turner, Beyoncé. Single out next year.



### LAURIN LAU (IV)

**My Role in 5 words:** Advocacy for the everyday issues

**Advice to first year self:** live in moderation, write legible histology notes (you'll thank yourself later), sit in the front row every now and again, and treasure your first SG.

**What was the first thing you did when you got accepted?**

I broke my sofa from jumping up and down too much.

**If you could only be fed 3 foods, what would they be?**

Sweet potato for sustenance, dark chocolate for endorphins and a good ol' stir fry for oily goodness.

## MEMBERSHIP DIRECTOR

### SUMANA GUPTA (III)

**My role in 5 words:** Gget da fundz from @rc

**What was the first thing you did when you got accepted?**

Cried #tearsofjoy. The rest of the day was a blur

**If I went to Hogwart's:** I'd be Harry's girlfriend

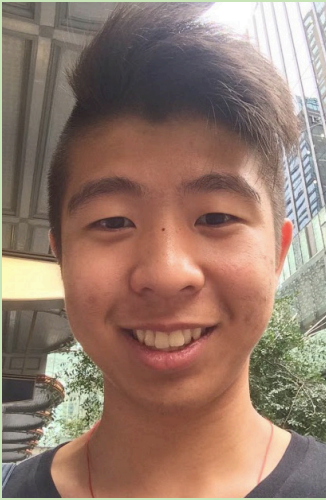
**If your steth could have a secret function button:** I'd be able to teleport to whichever place my patient (the person i'm auscultating) wants to go to.

**If you were reincarnated as an ice cream flavour, what would you be and why:?**

Bounty' from Messina ("coconut mint gelato with desiccated coconut and choc chip"). Why? because it's delicious (Y)



## SPONSORSHIP DIRECTOR ERIC XU (II)



**My role in 5 words:** Get da munz 4 medsoc

### Why UNSW?

Because I aspired to become a 'party animal' - is what I said/implied in my interview. But honestly, it's a great environment with plenty of friends and colleagues. You change a lot in uni, and UNSW is pretty much the most active + sociablez!!!! ie we're the best

**Advice to first year self:** Try not to cram the day before an exam; but otherwise have heaps of fun and get amongst it!

**Best thing you've done whilst you were supposed to be in class:** kdrama/sleep/both

### What was the first thing you did when you got accepted?

Well I got called by my friends... and they were crying. And it's that contagious-ness of crying, and then I started crying too... Oh, and then we started screaming AND crying #senti-wednesdays

## PUBLIC RELATIONS JAMES DEACON (IV)

**My role in 5 words:** Facebook, email, Facebook, video, Facebook

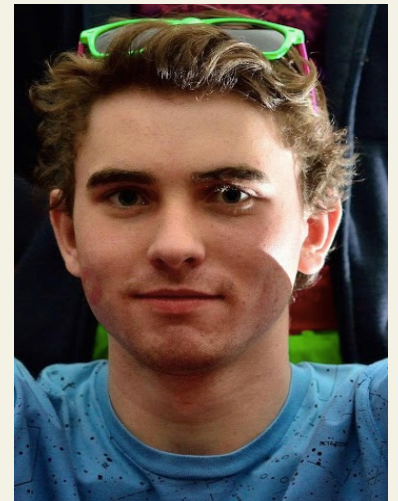
**If I went to Hogwarts ...** I would give all my socks to the house elves. Then buy new socks because wearing shoes without socks is neither hygienic nor good for the leather. Particularly if you have sweaty feet.

**If your steth could have a secret function button, what would it be?**

Harsher punishments for parole violators, Stan. And world peace.

**If you were reincarnated as an icecream flavour what would you be and why?**

Chocolate, so all the girls would.. "James behave" Oh sorry, I mean hazelnut because of the nuts and the hazel.



## EVENTS DIRECTOR MILONEE SHAH (III)

**My role in 5 words:** Your social guardian angel, 2015

### Why UNSW?

Perfect combination of challenge, character and excitement for me. It's close to home and one of the best for Medicine in Australia.

**Advice to first year self:** Chill out dude. Enjoy uni, you've got 4 more years after Phase 1 to stress about grades.

**Best thing you've done whilst you were supposed to be in class?**

Travelled home to Newcastle to surprise my mum for Mother's Day.

**What was the first thing you did when you got accepted?**

Was crushed in a bear hug by my dad and opened my first bottle of Champagne!

**If your steth could have a secret function button, what would it be?**

Pump out some sick beats that only the wearer can hear during patients' resting hours.





# STUDY SMARTER NOT HARDER

Written by Henry Lin (VI) and Beryl Lin (III)

A: Knock Knock  
B: Who's there?  
A: Study Smart  
B: Study smart how?  
A: ...

*Are you confused? Not sure what that 'joke' meant or how it was at all relevant? Does your name consist of more than one letter?!*

Well, if you fall into any of these very select groups, then this article is just for you - welcome smart cookies to the land of medicine where a lifetime of study awaits :)

First: a Colossal Congratulations for being accepted into this Elite Med School!!! For most, the highlight of med is being involved socially and co-curricularly, so we were asked to write this article to help you understand how academics at UNSW works, and share some tricks of the trade, leaving plenty of time for ev-erything else.

## PHASE 1 ACADEMICS AT UNSW

So to settle those billion questions running through your, first here's a summary of all your assessments in Year 1 & 2 (ie phase 1) and how they'll weigh in the long run!

- 10% - End of Course (EOC) Exams: 1 written exam at the end of every 7 week Teaching Period (TP). Unlike other courses, we have these 4 short exams throughout the year instead of monster semester exams.
- 10% - Portfolio: Composed of 1 assignment and 1 group project per TP based around 8 graduate capabilities, and then a 3500 word reflection/essay on how you've developed in the capabilities at the end of 2nd year.
- 5% End of Phase – 1 EOP multiple choice test at the end of 2nd year & your cumulative practical exams (1 at the end of 1st year, and 2 in 2nd year)
- 5% OSCE – Clinical and Communications Skills examination at the end of 2nd year

## AIMING HIGH? GO FOR HONOURS!

- Aiming for a WAM of 75+ and you will be awarded a BMed/MD with Distinction. This is equivalent to the previous MBBS (Honours)
- In 4th year (ILP) 30 students will be chosen to undertake an Honours Research Project and graduate with an extra BSc(Med) Honours degree.

Just remember though, at the end of the day, internship allocations are random / based on preferences and uni marks are not considered.

## STUDY TIPS

Admittedly at first when we were pondering what to tell you eager beaver first years, we thought we'd preach the "right" way of studying: do a little every night, write notes, read ahead, be consistent. How- ever after reflecting over how we and a few of our HD friends studied/ crammed, there really is no "right" way. The only pearl of wisdom that we can offer from all this unnecessary pondering is: to be successful, you need to study EFFECTIVELY. Find what study style you're best suited to and stick with it (one of the main aims of doing foundations, which doesn't count by the way as long as you pass).

While some people need to chip away at lectures daily, others find the week before exams golden cram time! We're not saying one's better than the other; if you're a crammer then so be it (double Hi-5!) but as long as you're mentally ready by game time, then any style goes. On the next page, we have provided our top study tips that will hopefully help you along the way, but first, have a read of what our newly minted second years had to say concerning study.

*"It is a common misconception that med = no social life. Everyone has their own way of coping with the course, but if you pay attention in class and keep on top of your lectures, there is not much to be done until crunch time when you need to start studying for the EOC."*

*My advice for the first 4 weeks of the teaching period is to spend a bit of time on the weekend revising the lecture content for the week (won't take you long), and FINISH YOUR INDIVIDUAL ASSIGNMENT EARLY. Once individual assignment is over (usually about Wk 5 of the TP), start studying for EOC! This includes revising everything you've done and linking lectures together across the disciplines (anatomy, physiology, pharmacology, etc), as well as looking at past paper questions and doing the Formative Quiz."*

*If you have a plan of action, you can easily have time to get involved with the many things Uni has to offer or maintain your busy social lives"*

*[Lisha Lobo and Dan White]*

With that in mind, let's move on to our study tips!



# TIPS FROM TOP STUDENTS

## HENRY'S TOP TIPS

### Tip #1

I want to debunk the myth that being a Med student means that you should give up all aspirations of doing well and resort to believing that the gold standard is scraping a pass (50%). I am very passionate about never lowering your standards just because the going gets tough! Part of being a good doctor is constantly improving yourself, manning up and not settling for mediocrity. You need to aim for the best but be prepared for the worst. Unfortunately a lot of students who study hard will be very disappointed by their results. But the important thing is that you use your disappointment as motivation to further perfect your study and exam technique.

### Tip #2

Buy me a mango frappe! Why? Because I think they taste good. But seriously, your older friends (especially your awesomely wise 2nd years) can help sooooo much (and often teach you better than your lecturers) so be nice to them and ask them for assistance.

### Tip #3

Tap into the blackmarket of P+ assignments (especially useful for Communications) and past exams (where they often recycle the exact same questions!). These are the staples of my study and you need only ask a second year to circulate these to you via email/USB/over dinner and long romantic walks along the beach.

### Tip #4

Be pragmatic. Can they really examine you on that? While it's highly likely they will ask you the principles of a drug's mechanisms, it will be highly unlikely for you to need to know prospective drugs that are currently being researched or to know the experiments used to investigate the drug. Often these things will be found in plenaries and "fluffy" lectures.

### Tip #5

Always think where and how this could come up in the exam! When I study, I really like to ask myself "What they could they possibly ask me from this lecture and what would my full mark answer be?" Short Answer Questions are nearly always 10-20 marks, so study the BIG topics if short on time! (Hint: Inflammation in foundations)

### Tip #6

Stay passionate by using initiative to give clinical relevance to what you're learning. For example when we were studying the heart, I went into hospital in my free time and asked a random heart surgeon if I could scrub in with him. I got to observe the replacement of a heart valve and helped suture the patient up. All this in my first year! (what Bankstown Hospital lacks in location, it makes up for in learning opportunities)

### Tip #7

Remember EOC exams only test the material in lectures, tutorials and SG but not pracs. So there's no point studying pracs but there is a big point in studying SG material (something most people neglect). But also note Beryl's #5.

## BERYL'S TOP TIPS

### Tip #1

While school may have been about getting \_ ATAR or rank- ing \_ in your cohort to get here, being a good medical student isn't bluntly defined or capped by marks – instead, be motivated to learn and absorb as much as you can with no limits, be intrigued by what you study and use your initiative to go above and beyond (seek extra clinical experience or why not do some research early?).

### Tip #2

Understand! While everyone is different, I'm a little OCD with needing to understand how things work instead of just rote-memorizing. Make sure the content you're taught makes sense during class (or google it afterwards if you're too shy to ask!). Also ask your friends/SG facilitators/use the online discussion boards!

### Tip #3

Print your lecture slides before class, annotate them with details to remind yourself of info you'll study weeks away, and use diagrams and flowcharts (useful for inflammation in Foundations too). For me, writing notes also felt redundant since everything ever tested is written on lecture slides (or said by the lecturer), and it's much less effort/more reliable to just read/study off those.

### Tip #4

Help each other because sharing is caring! With med, everyone's marks are independent and you can all score 100%. Form study groups, do peer teaching, use FB group chats (great place to bombard each other with last minute exam Qs), share notes, edit each other's assignments, do past Qs together. Although I swore by solitary study for the HSC, teaching and being taught by friends was essential for preparing for all my med exams, super helpful and entertaining!

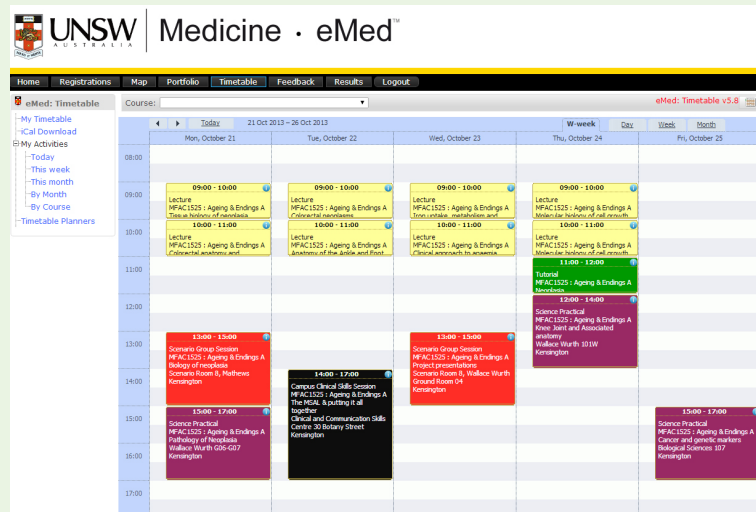
### Tip #5

Go to prac classes and answer all your prac book Qs!!! Don't study for prac exams until the end of the year, but remember they test 2-3 TPs worth of content, and are timetabled 2-5 days after your EOC exams (golden cram time!) so make sure all your answers are written in your book and ready to go. In 1st year, I neglected pracs (esp boring biochem ones, where a majority of time is frankly spent pipetting) Having to figure out 50 in 4 days was very painful. Pracs can be monsters! You have been warned! Just go to class and pay attention and you'll be ok. Also, share notes with friends who might have missed out/had a dodgy prac tutor.

# a guide to eMed

Confused about all those weird online systems you're meant to use that require you to login way too many times and somehow, somewhere give you all your class info? Have no fear – here are the basics to help you navigate your way through eMed.

This is a site special for UNSW medical students from which you can find your timetable and lecture information. Access at <http://emed.med.unsw.edu.au>



Timetable	
Scheduled Activity	
Relevant Programs	3802/3841/3845
Phase	2
Course Name	MFAC2507 : Clinical Transition
Activity Type	Lecture
Title	Approach to learning clinical medicine
Start Time/End Time	09:00 AM to 10:00 AM
Date	04 November, 2013
Campus	Kensington
Location	Biomed A
Teacher	Fentoullis, Melanie
	z3100798@unsw.edu.au
Groups	2013_S2T3_MFAC2507_Transition
Students	
Show Class List	
Map Link	<a href="#">Link to this activity in the Map</a>
Instructions for students	
Learning Context	
Notes	

## TIMETABLE

**To access:** click on timetable in top bar, then 'My Timetable'. Here you will see all your scheduled activities, colour-coded into type of activity (e.g. lecture, SG, practical). This changes every week, so make sure you check this regularly!

**To copy your timetable to your phone or computer,** click on 'iCal download' and 'Produce iCal', which will produce a downloadable file which you can sync your computer and phone calendars to.

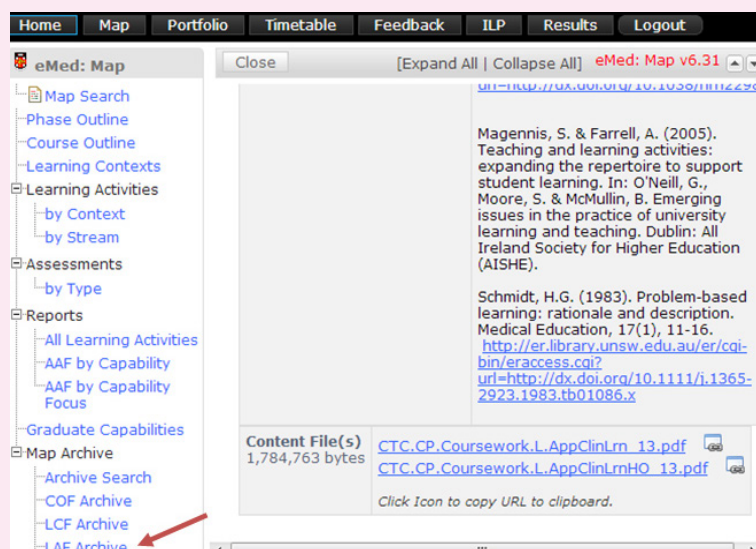
Clicking on an activity will open a pop-up with further information. Some cool features:

- **'Show Class List'**: see all the other people in your class
- **'Link to this activity in the Map'**: takes you to page with further activity information and resources

## LECTURE SLIDES

After clicking on timetable activity, click on 'Link to this activity in the Map' and scroll down – if available, lecture slides will be displayed in the bottom section for you to download

If no slides are available, you can access slides from past years – click on 'LAF Archive' and navigate to the appropriate TP (teaching period), course and year.





# "ALL TEXTBOOKS WERE NOT CREATED EQUAL"

## an insider's guide to Phase 1 recommended texts

So you've received your list of Phase 1 textbooks. What next? It's a daunting list and the choices can be mind boggling. Before you go rushing off to the bookshop, it's worth working out what sort of textbooks provide the content and organisation that's most suited to you - and this article will hopefully give you a little insight into what you should be looking for.

Think of textbooks as a trusty pair of pants - familiar, reliable and most importantly something you feel comfortable in. Just as you need your pants (no judgment if you don't and I'm sure we'll all be keeping a look out for you in lectures), you need the right textbooks, which will serve as an excellent study aid throughout the next 6 years and then some.

There's no fixed formula for an excellent textbook; after all, different texts for different folks. Some people like pictures, some prefer wordy explanations. Some like detailed expositions while others prefer brief summaries. There are of course old favourites amongst medical students, old and new. Additionally, lecturers tend to prescribe supplementary readings from certain textbooks, so these serve as valuable guides in helping you make your choice.

To help you out, we've included a brief textbook guide based on the Phase 1 (2015) list below.

*But firstly, some guidance...*

### TEXTBOOK BUYING PRO-TIPS

#### 1) Unlike Pokemon, you don't have to catch 'em all

A good anatomy textbook and atlas will serve you well throughout your medical career, but don't go rushing off to buy "Minimally Invasive Percutaneous Spinal Techniques" in first year.

#### 2) Save on cost and travel time

Buy textbooks from the UNSW Medsoc Bookshop, which offers book bundles at discounted prices. Since the bookshop is not-for-profit, you'll be contributing back to Medsoc (and in a sense, yourself!) while prepping yourself for #medlyf. That's a definite win-win.

#### 3) Choose wisely

You will be using these textbooks for a while. Make sure you like them by perusing through their contents or testing out the feel of glossy pages between your fingers (tactile stimulation aids information retention, right?) in person by visiting the MedSoc Bookshop.

## THE OFFICIAL MEDSOC TEXTBOOK GLIDE

Subject	Options	Comments
Anatomy	1. Gray's Anatomy for Students (2nd ed)	<b>Gray's</b> is an undeniably comprehensive and detailed anatomy textbook, useful if you learn from reading simple, written descriptions. It also has a lot of diagrams showing different anatomical perspectives and provides clinical cases and images to demonstrate the relevance to your future medical practice.
	2. Clinical Anatomy by Systems (Snell)	
	<b>Atlas</b> e.g. Netter's Atlas of Anatomy (Illustrated) or McMinn's Atlas of Anatomy/Rohen's Colour Atlas (Cadaveric)	
	<b>Learning Aids</b> e.g. Netter's Flash-cards	<b>Clinical Anatomy</b> has less depth, but makes up for its relation to clinical cases which might prove more interesting and effective learning for some.
		An <b>atlas</b> comes in handy for practicals and if you need help visualising anatomical locations and relations. <b>Flashcards</b> are also convenient to carry around (revision! everywhere!).
Clinical Skills	1. Clinical Examination (Epstein) 2. Clinical Examination (Talley & O'Connor)	<b>Talley &amp; O'Connor</b> is a great investment for the long run as its content is more advanced than Epstein's. It is not only useful for Phase 1 OSCE but essential for Phase 2 ICE.

<b>Communication Skills</b>	1. Skills for Communicating with Patients ( <i>Silverman</i> )	This will come in useful for the communications assignment, but can be borrowed from the library when required.
<b>Embryology</b>	1. The Developing Human: Clinically Oriented Embryology ( <i>Moore</i> ) 2. Larsen's Human Embryology	An embryology textbook is a valuable study tool and can save your life while you are cramming for BGDA and BGDB end-of-course examinations.  <b>Larsen's</b> provides adequate depth and content for the crash-coursing to come.
<b>Histology</b>	1. Human Histology 2. Wheater's Functional Histology	<b>Wheater's Functional Histology</b> has a lot of histology images and provides explanations of the related anatomy, endocrinology, cellular biology and some pathology.  It will come in useful in helping to cement concepts of histology that you might not have fully grasped in lectures and practicals in your own time.
<b>Immunology &amp; Microbiology</b>	1. Immunology for Medical Students 2. Mims' Medical Microbiology	Microbiology explores the microbial agents which cause disease and the body systems they affect. <b>Mim's Microbiology</b> covers all your microbiology needs, as well as some basic immunology.
<b>Neuroanatomy</b>	1. Neuroanatomy ( <i>Crossman</i> ) 2. Essentials of the Human Brain ( <i>Nolte</i> )	Neuroanatomy has a reputation for being complex and difficult to tackle, thus a dedicated textbook will make for a good reference text.
<b>Pathology</b>	1. Robbins Basic Pathology 2. (Robbins and Contran Pathologic Basis of Disease	<b>Robbin's Basic Pathology</b> connects the most basic science with clinical medicine and is sufficient for the demands of Phase 1, while the <b>Robbins and Contran</b> (significantly thicker and wordier) would cater to you budding pathologists out there.
<b>Pharmacology</b>	1. Rang and Dale's Pharmacology	Pharmacology is not everybody's cup of tea, and this text has easy to understand pharmacological concepts plus additional information on pathophysiology and the mechanism of action of drugs.
<b>Physiology</b>	1. Guyton & Hall 2. Berne & Levy	<i>A physiology textbook is essential for the long run - but think about the content and detail that you will require and let that guide your decision.</i>  <b>Guyton &amp; Hall</b> is massive and will last you your degree - the detail it contains is unparalleled while its logically sequenced chapters and segmented paragraphs come in useful during revision.  <b>Berne &amp; Levy</b> is the text recommended by Medfac, and you can easily refer to the chapters recommended by lecturers.

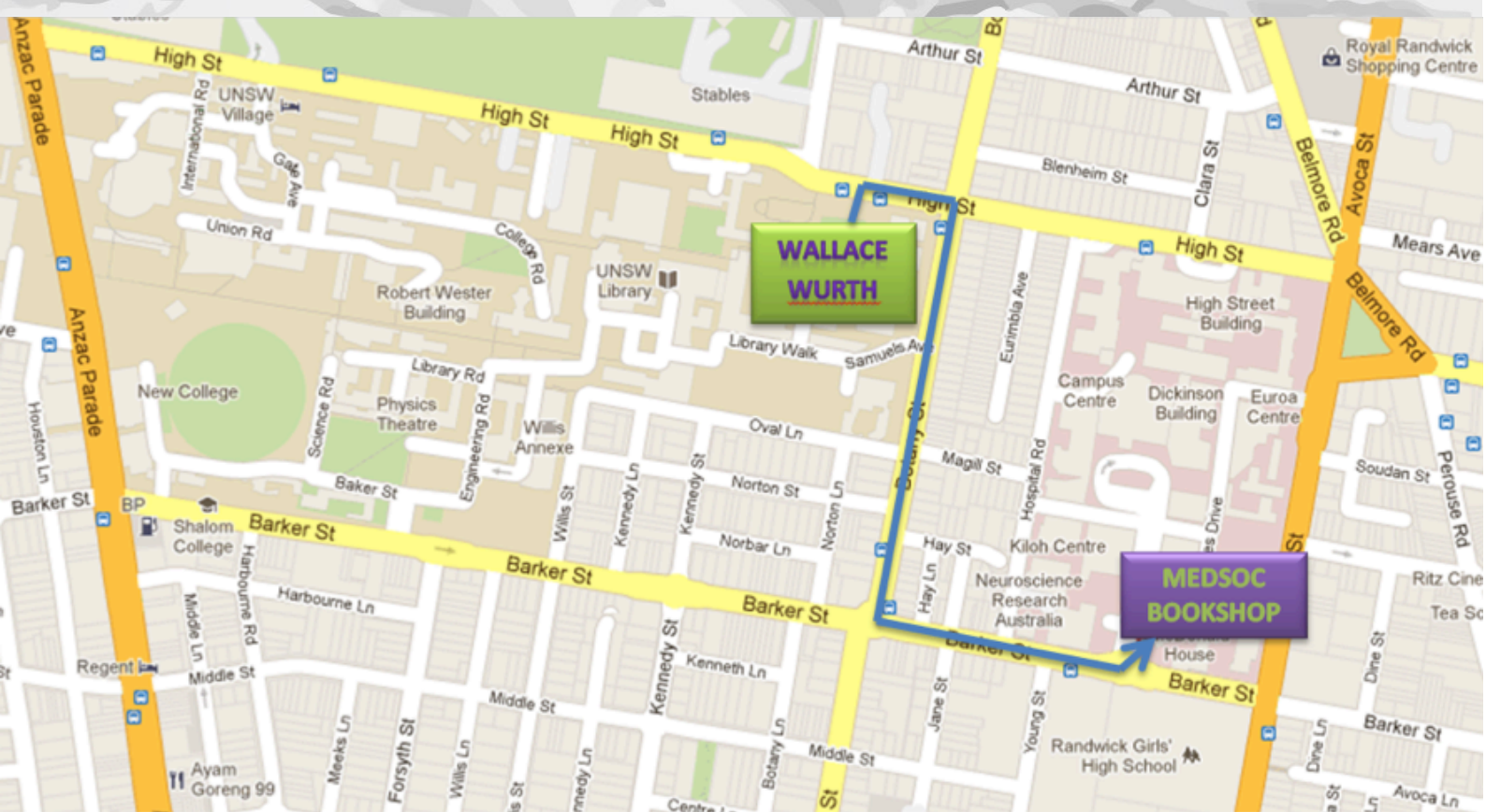


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# HOW WILL YOU SURVIVE MEDICINE?

## SURVIVOR

**\$550 (RRP \$698)**

Crossman's Neuroanatomy 5<sup>th</sup> Ed.

Gray's Anatomy for Students 3<sup>rd</sup> Ed.

Larsen's Human Embryology 5<sup>th</sup> Ed.

Netters Atlas of Human Anatomy 6<sup>th</sup> Ed.

Robbins & Cotran Pathologic Basis of Disease 9<sup>th</sup> Ed.

Talley & O'Connor Clinical Examination 7<sup>th</sup> Ed.

Wheater's Functional Histology 6<sup>th</sup> Ed.

***Purchase before 31st March 2015 for a free tendon hammer!***

## ESSENTIALS

**\$370 (RRP \$467)**

Gray's Anatomy for Students 3<sup>rd</sup> Ed.

Larsen's Human Embryology 5<sup>th</sup> Ed.

Robbins Basic Pathology 9<sup>th</sup> Ed.

Talley & O'Connor Clinical Examination 7<sup>th</sup> Ed.

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# Keeping

# yo' cool

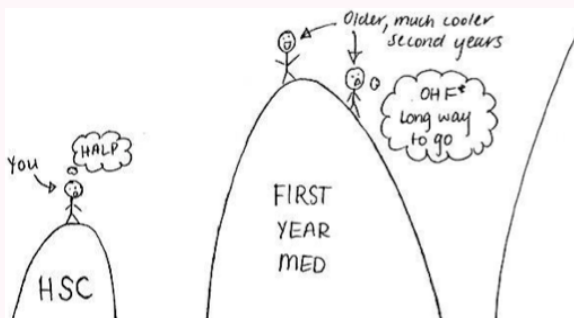
# in MEDSCHOOL



Written and illustrated by Lisha Lobo (II) and Dan White (II)

Finally. The dream has come true. Medicine is a reality, and you're here in one piece. After climbing the seemingly endless summit of high school and conquering the stress-capped peak of the HSC, you find yourself at the base of yet another daunting mountain of work and mystery.

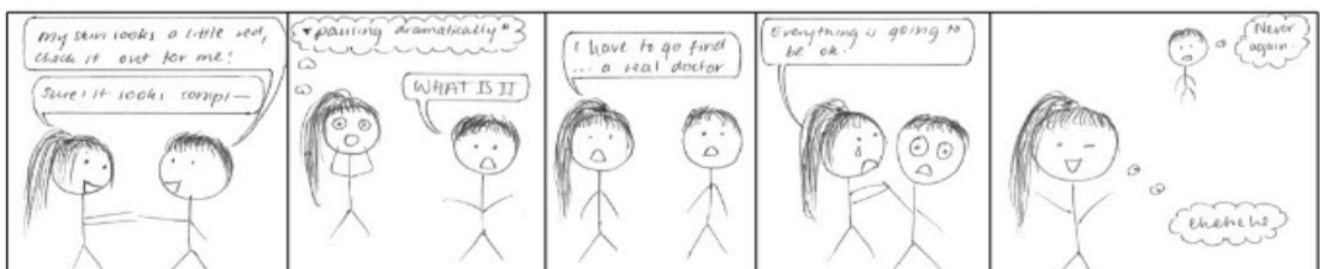
But never fear, we've got you covered. The older, wiser and much, much cooler 2nd years managed to survive – and we're here to share our secrets.



You may have earned your boasting rights, but now you need to back up the heroic reputation your grandma has been spreading amongst friends at her weekly bridge club. The trick now, young ones, is to spend the first few years looking like you know what you're doing without actually knowing anything at all. That's what we're here for - to provide you with a guide to the art of egotistical deception as a med student, which you will all come to master. That, and an introduction of what to expect in your first year as part of the UNSW Medicine family.

Before we dive into the depths of what it means to be a med student, let's give you some initial tricks for how to appear relatively informed in your first year.

- Your non-med friends will constantly ask you to diagnose them. Brush off their questions with an adequately confusing and scientific answer. We suggest using words such as "lesion" or "erythematous" or scare tactic! (see comic)



- Eat before anatomy pracs. It's well known amongst med students that the chemicals used to preserve the cadavers can make you feel hungry. You don't want to be thinking about prepping the BBQ whilst you're staring into the depths of a thoracic cavity - you'll leave anatomy feeling very confused. Not just that, but you don't want to be low on blood sugar – especially if you're tall, lanky and prone to fainting.
- When in doubt, the answer is collagen.
- Rectal thermometers are the best way to take temperature. And they certainly show the patient who is boss!

If you're already tired of reading, let me just say this. From one med student to another: RELAX



After the HSC, this will probably take some work. Many of you have come from schools where you were at the top and are used to achieving top marks and accolades. In medicine though, the reality is that the cohort is far more competitive and chances are you're not going to be at the top anymore. The trick is to not let that get to you. Instead, embrace it. You're surrounded by so many other intelligent people, count yourself lucky that you're in with such great company, rather than feeling worthless or underappreciated that you're no longer miles ahead.



The competition that many of you would've faced during the HSC no longer exists. You're part of a family now, and people benefit when knowledge is shared. You're competing with yourself, and yourself only. So form study groups, hand out notes and don't be afraid to ask questions. One of the most useful things you will learn is how ridiculously helpful older students

Some of you will have very different study techniques to others, and it may take a while to develop your own. Many will sit right up the front of the lecture hall, listening intently to every word that leaves the lecturer's mouth, and others may spend their time up the back counting the amount of times that PDP says "you follow" or when Hazel Mitchell makes an unnecessary reference to vaginal flora. Either way, you're all in this together, and the only way to get to the top is working as a team.

Many of you are going to need to learn to let go of your fear of imperfection, and know how to manage it. Medicine is such a huge topic, and there is no way you're going to learn everything. You can try, but you may find yourself sobbing in your bed with a spoon in your mouth and jar of Nutella in your hand. But, if by some divine fortune you have been blessed with a photographic memory, then on behalf of all other med students, DAMN YOU.

**WARNING: UPCOMING  
CHEESE AHEAD**



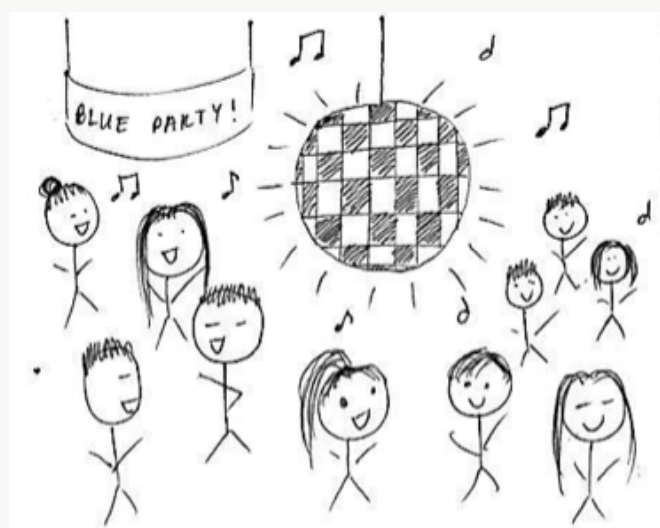
The reality is you won't be able to get through this alone; which is why it's important to get involved in all of the different activities that are up for offer. When you made it into UNSW Medicine, you didn't simply begin a university course. You became a part of something so much bigger – a family of future friends, colleagues, love-interests and heroes.

Being a med student isn't all about studying med. To many of us, it's about so much more. The friends you make, the dress-up events, the lunches you share, the water fights at medcamp, learning how to twerk in MedShow, falling asleep on a friend's floor, driving around for food at 3am. The moments that can't give you a career, but the ones that help you survive.

So get involved. Make time for your hobbies, your sports, and your old high school friends. Join a sports team, be part of a club, or even represent the student council. Go to Medcamp (THIS IS A MUST), the pub-crawls and blue party. If you're looking for something a bit more dramatic you can sing, dance or act as part of Med Revue or Med Show. The memories you'll share and the people you'll meet will last you a lifetime. One amazing part of UNSW Med is the amount of time you spend with your fellow meddies - it's unlike any other university course in that sense, and it allows you to create extremely solid friendships with like-minded people that you will rely on for the rest of your life. So what have you got to lose?

Take on every aspect of a med student's life and you'll cherish these years forever. You will experience incredible highs and deep lows. You will diagnose yourself with whatever you're studying at the time (a.k.a. Med Student Syndrome). You will laugh. You will cry. You will meet new people and burn old bridges. Like an albumin protein in a nephrotic kidney, you will get pissed off. You will question your career and future life choices (especially as you sit watching live birthing videos in BGDA), and have moments of absolute certainty.

But just know that entangled within those extremes of emotion is a med student experience that will turn you into the amazing, well-rounded and gifted doctors we know you can be. So get out there, embrace everything that the UNSW Medicine community has to offer and you won't regret one moment!





# Need more help? we've got you covered

Written by Ruth Curtis (IV)

Read Karen Gibson's lectures and try to understand before attending the lecture. She is amazing, making fundamental concepts that are very complicated SO SIMPLE! Her 1 hour lecture = 5 hours poring over a textbook. I would recommend attending her lectures in person as she often provides additional information

Get the pracbook answers for ALL questions in or after class - maybe it's just me, but it's always that ONE question that you missed in a hundred that they decide to ask in the exam

Don't overlook the prac exam! – the prac exam has very specific questions that are 99.8% found in your pink/green/rainbow prac coloured books – very difficult to answer even if you read the Robbin's pathology book back to front (didn't try, just a guess). Really simple exam if you read prac book.

For the prac exam, learn how to draw graphs (especially log graphs) + don't forget the title, legend, measurement units!! (easy marks!)

Try to attend lectures at university (the fridge/youtube is so close when lecture-capturing and a one hour lecture may turn into a two/three hour lecture at home)

Start your portfolio early – make little notes when you struggle through medicine or ideas of what to write in your portfolio – it will help you finish your portfolio early so you can enjoy your holiday sooner!

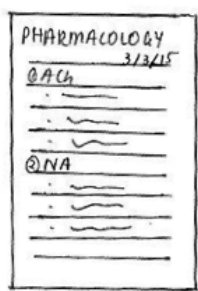
Don't fret if you get a P- or F for your first individual assignment! – ask for feedback from older students (and hopefully then get a P for the next assignment – this will be great for your portfolio to illustrate and discuss how you improved)

## Note-taking 101

Written by Dan White (II) and Lisha Lobo (II)

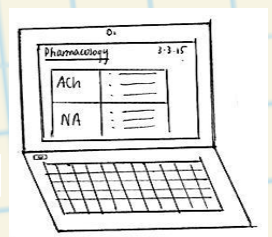
### 1. Handwritten notes

These are for the vigorous and ridiculously fast writers, and those particularly adept in short hand. Useful for picking out the important points of the lecture sometimes miss out on details which you will have to learn later.



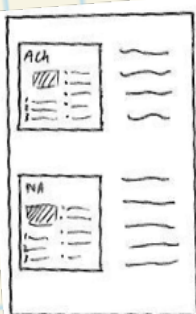
### 2. Meticulously typed notes

These are for those who like to type EVERYTHING the lecturer is saying. Very good at getting down all those nitty gritty details, very prone to not absorbing information because you're too busy typing.



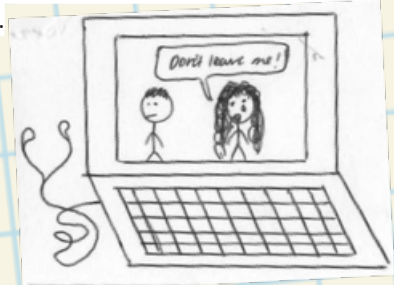
### 3. Printed/PDF slides with notes on the side

This method is good for getting details from what the lecturers are saying, while still having the information from the slides. Prone to tuning out when you have all the information in front of you.



### 4. TV shows

More common than it should be, not a recommended form of note taking.





# THE MEDSOC COUNCIL



## LEADERSHIP OFFICERS - MILLIE GARG (III) AND BERYL LIN (III)

BERYL

MILLIE

A big congratulations and welcome to the world of medicine!

We are Beryl Lin and Millie Garg (III) - your leadership officers of 2015 - and first and foremost, your fairy godmothers coordinating first year group mentoring to guide you through these coming weeks with the best advice from wiser upper year meddies, fun, and games.

It all begins with Meet Your Mentors night on your first day - 5:30pm March 2nd (JOIN THE FB EVENT!) - and weekly mentoring sessions thereafter to get to know each other and settle in to med school.

Being a great medical student also means going the extra mile and being involved in upskilling and networking events we run such as 'Meet the Medics' where you'll be able to mingle and hear from interns/residents/ specialists alike, 'SB Downtown seminar' with inspiring speakers and world-renowned medics who have previously included Charlie Teo, and CV/Interview nights to guide you in these 6 years with some astute academic advice. So get excited for the year ahead because we are keen to meet and greet you all. We'd love to hear from you at [leadership@medsoc.org.au](mailto:leadership@medsoc.org.au) if you have any questions e.g. about mentoring.



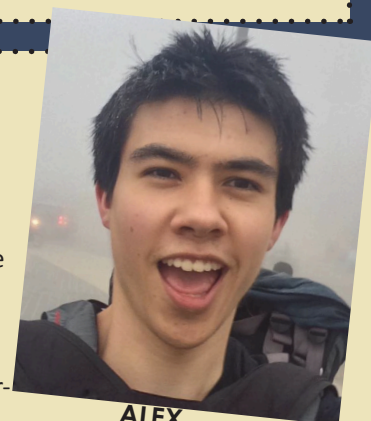
## ACADEMIC OFFICERS - WILLEM HENSKENS (V) AND ALEX PENG (IV)

WILL

Hey guys, this is Alex and Willem, your academic co-ordinators for 2015. Welcome to medicine!

The style of learning required to succeed in university is quite different to what works in high school. Our goal is to minimise the time you spend learning how to learn and get you straight into the learning. We run peer teaching events throughout the year passing on advice on how best to handle university as well as student-run tutorials designed to solidify and supplement university teaching.

At the start of the year we will be running an information night in which high achieving students discuss the best ways to approach learning in Phase 1. Throughout the year we will be running tutorials to improve your clinical skills and mock exams to allow you practice your knowledge under exam conditions. We hope you enjoy the next six years. All the best.



ALEX

## SOCIALS OFFICERS - NADINE KAULEY (II) AND TERENCE LUO (II)

Congratulatory drinks are in order for earning a coveted place in medicine. Not only have you started one of the best medical courses in Australia but you've scored yourself a 6-year all-access pass to some of the most unbelievable parties and social events, and oh my they will go off!

Whether you love wrecking it on the dancefloor, jamming some fresh tunes on your guitar (Classical & Talent Quest), suiting up to dine and wine (Medball), releasing your impulsive but rad alter-ego (Pubcrawl) or all the above, there is definitely an event for you to let down your hair - oh yes from that luscious man bun - and get to socialise with the wonderful people you'll be spending the next 6 years with. Med @ UNSW is not just a degree; it's a thriving lifestyle, so be prepared to have your life turned inside-out and get keen for 2015! We're so ecstatic to meet all of you freshers and can't wait to make some unforgettable memories!



NADINE

TERENCE



## CHARITIES OFFICERS - ANJU ROY (IV) AND MONA SAJEEV (IV)

We're AJ and Mona, your Charities Officers for 2015. Contrary to popular opinion, we are actually two separate people with independent lives - although we do tend to finish each other's sentences, speak in sync and are usually seen together. We are the representatives of the little voice inside you that said 'I want to help people'. You may be 'just uni students', but you can already change lives and we want to help you make that difference, however you want to do it. You might have your own cause you're passionate about, in which case we want to help you further it. Or if shaving your head or donning a school dress seem more your style, with fun events like Medshave, Do It In A Dress and Treevia Night you can help raise money for worthy causes like the Leukaemia Foundation, the OneGirl Foundation and UNSW med's very own charity the Medical Students' Aid Project (MSAP) - in the wise words of Professor Gary Velan, 'Join MSAP, ASAP!'



ANJU

MONA

This year, we'll also have three little buckets at most MedSoc academic events to raise money for the 'Schistosomiasis Control Initiative' (we'll also teach you to pronounce 'schistosomiasis'), the 'Against Malaria Foundation' and 'GiveDirectly' - and you pick which one you want to donate to! (Don't tell Grill'd we stole their idea.) These very glamorous causes - what's not sexy about Schistosoma worms - also happen to be some of the most effective international charities.

Also look out for LSD - Lisha, Sarah and Dan - our beloved Charities subcommittee who will definitely rock your world. Get excited for an altruistic 2015!

BONITA



SOPHIA

## WELLBEING OFFICERS - BONITA GU (III) AND SOPHIA MA (III)

It's no secret that being a medical student is not easy, so we're here to look out for your well-being. Your mental health, physical health, happiness and safety are paramount to us throughout the year. From the much-loved welcome back breakfasts (did someone say free food!?) to the hilarious and highly anticipated Great Debate, we've got all your bases covered. We'll be here to welcome you to medicine at the O-week BBQ and on your first official day with some free breakfast. In TP2 you'll see us encouraging you to release that artistic soul on our Blank Canvas on the Wallace Wurth noticeboard, while in TP3 we'll be busy with our biggest event, Welfare Week, which is a whole week dedicated to student welfare with an exciting aquamarine finish - Blue Party! Yes, you guessed it, the theme is Blue.

Even though we will be here to remind you to take care of yourself through the next six years, what we mostly want to do is to encourage you to develop positive habits that you are able to take beyond these next six rollercoaster years when you are a real boy doctor. Feel free to stop us for a chat at any time, Sophia is probably in a dark corner on her phone (jk she'll love to chat... do you watch Greys Anatomy by any chance?) while Bonita is probably being bubbly somewhere well lit (I reckon you should approach cautiously). Alternatively, shoot us an email: [wellbeing@medsoc.org.au](mailto:wellbeing@medsoc.org.au)!

## SPORTS OFFICERS - ANDREW FONG (III) AND SAM MATTHIAS (III)

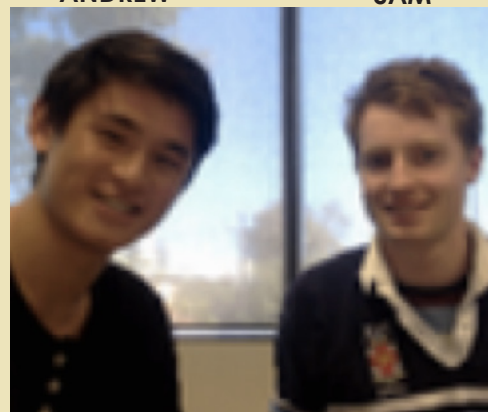
You've all conquered the mental obstacle course that is getting into medicine, jumping through hurdle after hurdle to get where you are and kudos to that! But there's more to life than lifting textbooks and squatting on Library lawn now that you've gotten into medschool.

As your sports representatives our job is to organise fun-sporting events throughout the year that get everyone involved. This ranges from ultimate Frisbee to Med vs Law football. We're also in charge of the smooth running of the inaugural college cup - this is the equivalent of Quidditch at Hogwarts.

There will be plenty of opportunities to get involved with many friendly competitions between colleges, uni faculties and even other medical universities. We look forward to seeing you around. Don't be afraid to say hi if you see us or shoot us an email at [sports@medsoc.org.au](mailto:sports@medsoc.org.au)

ANDREW

SAM



# COLLEGE AND MEDICINE

## a perfect pair

Written by Marty Ryan (II)

So you got into medicine and college... classic over-achiever. But don't worry, you'll be in good company; future engineers, optometrists, lawyers... the halls are full of such creatures as yourself. So rid yourself of that uneasy feeling of being in a new place learning a new thing, and enjoy the wonderful ride that is studying med in your backyard.

Prepare yourself for the inevitable question. The classic line following "what's your name?", is of course "what are you studying?". Now considering within the college community you have almost a 50% chance that the answer will either be med or engineering, it's safe to say college and medicine go together like goon and a good time.

The college group of med kids is infamous throughout each respective college. They're always identifiable by their thick rimmed glasses and untidy hair... wait no that's Harry Potter. But you can usually pick them as the earliest risers and the hardest partiers. Or maybe it's because they're absurdly interested in the illnesses of other college kids. You sort of hope that the person stuffing a paddle pop stick onto your tongue and sticking their nose in your mouth as they inspect your tonsils is a med kid. In fact college is a med kids Mecca; there's never a shortage of guinea pigs to test out your newfound clinical skills on. Although there is a strong 'don't try this at home' warning for scalpel skills. Often times you'll even be asked to make a diagnoses on one of your college friends; although we try to draw the line at genitalia related diseases.

The material advantages of living on campus are clear; heaven hath no glory like a lecture in pyjamas. Whilst the climb on the infamous Basser steps is difficult, we swallow our pain each morning as we rise 10 minutes before lectures and journey, in our bed clothes, to our classes. We may run into one of our day walking med friends along the way and give them a cheeky wave as they descend the bus steps with the air of agony that trails behind a person who woke up at 5am for a QMP lecture. While your day walking friends try to wile away the hours between classes by socialising, college kids are able to take a well-deserved nap. Tough life.

The biggest challenge that every college med kid faces is the overcrowded calendar - even for seasoned drinking veterans it's almost impossible to attend all of the college and med events throughout the year. A great compromise is often to sneak a few college friends into the Med party, after you've given them a few choice phrases to use, and particularly how to rave about PDP. Speaking of college friends, they are also a great alternative to the geek-ridden halls of Wallace Wurth.

Now here comes the oldies' advice.

1. **Get involved now.** Enjoy all that both college and medicine has to offer before the dark days of senior years engulf us all. College sport, politics, charities, socials. Medsoc. Medshow, Medrevue. There is something for the tap-dancing, quidditch-playing Mother Theresa in all of us.

2. **Make med-friends.** Whilst it may seem a challenge remembering even more names after O-week, get to know the wonderful people in your medicine class. Despite the myth, Daywalkers can sometimes make conversation other than a run down of the latest Dr Who episode. Generally they are well kept and clean. And you'll be stuck sharing blood, sweat and tears for the next 6 years, so be nice! A perfect opportunity to do this is at Medcamp. So prepare those livers and rest up!

3. **Make hay while the sun shines and utilise the college community.**

Study groups and tutorials set up within college are the perfect opportunity to ease those pre-exam nerves. Perhaps that's why the med kids seem so calm before their exams, huddled in the dining hall like a waddle of arctic penguins. Or maybe we just accept our impending doom with more grace than our medically challenged counterparts. Who knows.

So embrace the wonderful worlds of college and medicine, take care of those livers, and remember: the cure for anything is saltwater - sweat, tears, or the sea.

Also modern medicine. But who knows anything about that...





A GUIDE FOR RURAL STUDENTS

# *Surviving the big smoke*

Written by Lara Nest (II)

The chances are that if you're reading this and it's taken you six hours to drive to Sydney from your rural residence, you went to the local high school of only a few hundred people, and you've got a couple more flanno shirts in your wardrobe than the average person – that you're probably feeling pretty daunted by the other-worldly Sydney experience and nervous about how different you might consider yourself to the city dwellers of UNSW Medicine. You have absolutely nothing to fear though because rural students, whether a cocky (off a farm for those not in the know) or a townie (live in town), contribute so much character to UNSW Medicine and it is the incredible diversity within UNSW Medicine (with a balance of international, domestic city, and rural students) that makes it the best medicine degree to study in Australia!

There are probably many things you've noticed about Sydney that annoy you. There's the constant sound of traffic out your window, quite different from the occasional car down the street you live on, or the intermittent sound of cattle mooing out in the paddock. The beautiful scenery of scrub-covered hills and cropped plains is absent, instead replaced by the underwhelming sight of buildings and roads. In an hour, some days you might be only able to drive 30 km crawling through traffic, instead of 100 km on connecting highways you're used to (or maybe even 130 km for some of you rev heads on unsealed back roads).

But in your time here in the city, embrace all of the great things about it that you will come to love! Good shopping is only within a half hour away, instead of an hour travel to the nearest regional centre. There are numerous food opportunities to indulge yourself with – more variety than the local café or pub feed you're used to. Enrich yourself culturally with numerous events like the Vivid light show, a music concert, the Night Noodle Markets, or get yourself to a few football matches. The beach is just down the road, instead of 500 km away! RAHMS (Rural Allied and Health Medical Society) is a great way to do some networking with students in a similar situation, and they host some wonderful workshops and events through the year. Sign yourself up, and get involved!

So it doesn't matter how isolated you've lived, or if you didn't go to a big school – because UNSW Medicine embraces rural students from all backgrounds. Get ready to share some interesting yarns in your scenario groups, and get used to telling people you're from Wagga Wagga, Tamworth, or your nearest regional centre because no one has ever heard of Dunedoo or Stockinbingal!

## **RURAL ALLIED HEALTH AND MEDICAL SOCIETY**

*Lost? Scared? Nervous? You'll feel better with RAHMS.*

Wait, what's RAHMS? Well, we are the Rural Allied Health and Medical Society and we want ewe! You don't need to be rural to join, we want anyone who's even vaguely interested in thinking about rural health, even if the most rural you've been is to Hyde Park.

But why would I join RAHMS? Well we do so much more than make terrible puns about sheep! We run awesome events like clinical skills nights, where you can polish up on your suturing and plastering skills, we go on trips to rural high schools, head up to Tennant Creek in the Northern Territory for Indigenous festivals and we run social events throughout the year. There's also an amazing weekend called RAW, where we head out to a farm in Wagga Wagga with health students from all over the country and show you a bit of what country life is all about. If that isn't enough, we also give you information about scholarships (and who doesn't want a little extra money?) and how to go on placements and conferences around the country!

Hope to see you around,  
Love the RAHMS Exec!





# *HOME IS WHERE THE HEART IS*

## *a welcome letter to international students*

Written by Ru Min Ong (II) + Austin Lee (IV), your International student representatives

Hello, freshies! First off, congratulations on getting into Medicine in UNSW! It has been a grueling process so give yourself a pat on the back for a job well done - you have made it! Anyway, we have emailed you an International Students Info Pack 2015 last December and hopefully that has pumped you up for life here in sunny Sydney. It might be a little overwhelming at first but eventually, you will get the hang of things and will really enjoy your time here!

### Legit advice 1: GET INVOLVED.

If you have attended O-Week, we bet that you have gotten lost among the crowd and huge number of stands around campus - all of them doing really awesome stuff (magic shows, gigs all day, endless freebies anyone??). There are so many interesting clubs and societies on campus and there is definitely one that suits your interests (if not, you can make your own club!). Getting involved in different clubs and societies is a sure way to learn Aussie culture and lingo while meeting cool people with similar interests! What more can you ask for?! Remember to check out MedRevue (in Sem 1) and MedShow (in Sem 2) if you are drawn to the theatre and all that jazz (further information is available in Umbilical).

### Legit advice 2: EXPLORE SYDNEY.

Other than burying your nose in med books, Sydney is definitely a place worthy of exploring - there is just so much to do! From shopping districts to beaches to bushwalking, Sydney has everything under the sun (literally). We are lucky that UNSW is close to Coogee Beach as you can walk by the coastline to Bondi Beach in about 3 hours - certainly a fun weekend activity with some good mates. If you are itching to get some new clothes, shopping areas such as Bondi Junction, QVB, Westfield Shopping Centres, etc. are scattered around Sydney and are just a 20-minute bus ride away. And to those who thirst for adventure, you can always try the Sydney Tower Skywalk or hike through the Blue Mountains.

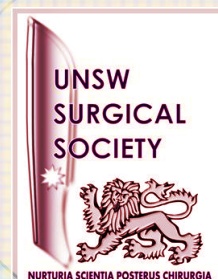
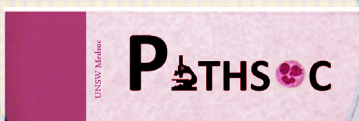
We hope that we have given you sufficient information to dodge wombats, jump higher than kangaroos and ninja your way around spiders. If you have any more questions, you can always approach any of the seniors around (we don't bite!) or drop us an email ([international@medsoc.org.au](mailto:international@medsoc.org.au)).

Remember to keep a lookout for exciting MedSoc activities and definitely join them, especially MedCamp!



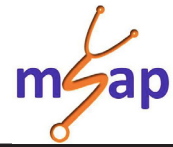


# Your SIGS under the microscope (Special Interest Groups)





# MEDICAL STUDENTS AID PROJECT



## WHAT IS MSAP?

Contrary to what many believe when they read our name, the Medical Students' Aid Project is NOT a fund to lend financial assistance to med students impoverished by crippling study load of Foundations. That apostrophe is very, very important. Nor is it Medical Students' AIDS Project, as we have once been called.

Rather, it is an initiative which was started to provide vital medical equipment to some of the developing world hospitals that host fifth year students on their elective term. It was founded by two UNSW medical students, Greg Fox and Greg Moloney, who returned from their electives in 2001. They were on an elective term in a hospital in Malawi, and while trying to attend to a patient injured in a car accident, they only found in the resuscitation box a band-aid and a dead cockroach. The realisation that much of the basic medical equipment which we take for granted at home is prohibitively expensive for many hospitals in less fortunate communities led to the establishment of MSAP.

## SO WHAT EXACTLY DO WE DO?

We're the Global Health Group at UNSW that runs education & awareness events, advocacy and projects. Our main project, providing medical equipment to developing world hospitals, is one of many. Last year, we helped build a child & maternal health clinic in Engaruka, Tanzania. We also fundraised for the Red Cross War Memorial Children's Hospital in Cape Town, South Africa and packed 2000 birthing kits (with all the equipment necessary for a safe birth) for Congo. We've run events to raise awareness and funds for causes such as environmental health, refugee health and HIV/AIDS. In terms of our main project, students arrange their elective placement with a hospital in a developing country and request a wishlist of items from the hospital. MSAP then provides them with the funds required to buy the necessary medical equipment in their area and can also send equipment with them. MSAP then ensures that all supplies reach their intended recipients. For most medical students the elective term at the end of 5th year is a chance to learn and travel. Through MSAP, students have the opportunity to give something useful back to the communities that take them under their wing. From gloves and urine dipsticks to defibrillators and cardiocotograph machines, MSAP enables medical students to really make a difference in places of need.



## WHAT CAN YOU DO?

If you're at all interested in global health (hey, even if you're not), get involved! First things first, join the mailing list at <http://www.msap.org.au/get-involved/> and like the Facebook page <https://www.facebook.com/msapfb> to stay in the loop with everything going on. We have heaps of events, from our fun Launch Party to the inspiring Global Health Short Course to our hands-on Birthing Kits Night. We're YOUR global health group, let us know what you're passionate about, what you want to be doing and what you want to advocate for.

Being involved in MSAP is one of the best ways to meet people from other years of med, which you will soon find is crucial for both social and academic reasons. But most of all, it's exciting to be a part of one of Australia's largest and most well-established student-run global health initiatives. We look forward to seeing you!

Neera (V) and Swara Jain (V)

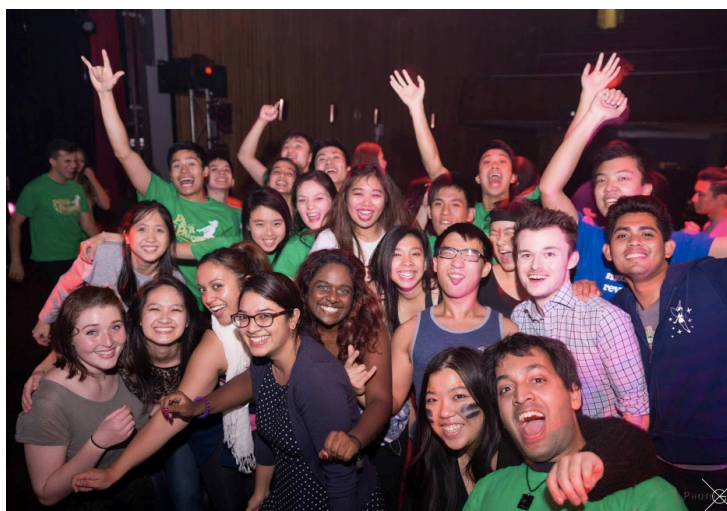
MSAP Co-Chairs 2015



Since its inception in 1975 with “Rumpleforeskin”, Med Revue has had a long and proud history of proving that laughter is quite possibly the best medicine. Whether you want to #twerk it on stage, be a back-stage ninja, cook up a storm or sell tickets to randoms on campus - we have something for everyone. While we like making jokes, we aren’t kidding when we say that this could quite possibly be the best ten weeks of your first year, so get amongst it while you can!

*Med Revue: two words, one amazeballs show.* With pants-wetting comedy sketches, vocal talent that Simon Cowell would approve of, and dancing that will set your reproductive organs ablaze, Med Revue is a sketch comedy show which will be held from the **12th to the 15th of May** this year and is a definite Semester 1 highlight.

Instead of coming to watch it and wishing you were there, dive straight into the Revue experience now! You don’t need any experience and there’s no better time than Foundations to hit the ground running, make some of the best memories and be part of our fuzzy, warm Revue family.



If you have any other questions in the meantime, send an email to us at [exec@medrevue.org](mailto:exec@medrevue.org). Alternatively, find us online on Facebook or [www.medrevue.org](http://www.medrevue.org). We guarantee that you’ll have no regrets.



Think about medlife as a massive sandwich. The two slices of bread (or any other low-carb/gluten free/paleo alternative you might be into) represent equal parts cramming and alcoholism which holds everything together, and the rest is up to you. Only you can choose what to put in your sandwich, and we suggest that Med Revue be a staple of your first year diet. Make some 10/10 life choices and bring yourself and a couple of friends down to our **Intro Night (4th March)** and **Launch Party (6th March)** in Week 1 - we look forward to seeing you there! If that isn’t enough, here’s what Amna (Badass 2015 Producer) has to say:

*“My first time at Med Revue was probably the scariest experience of my first year in Medicine. Standing there as a non-dancer and a pretty terrible actor I was petrified! It beat the time that Kumar picked on me in a Pathology class when I had NO CLUE what was going on, and it even beat my first experience with cadavers where I continued to salivate without warning.*

*But, even though I felt quite “basic”, Med Revue quickly became my extended family. I actually credit my Foundations pass to the kindness and shared notes of older Med Revuers. All of a sudden I was practicing the dances in the shower, I was hanging out with a whole bunch of brand new friends from all over UNSW and joking with them like they were my lifelong friends and I was so, so excited to get on stage and show off my stuff. It is an experience like no other and once you’ve tried it you can’t stop!”*

**Lots of love from Amna, Bao, Mike -  
your friendly medstick  
Med Revue 2015 Producers**





So, you've made it into Med and you're getting geared up for six years of unfathomably long words and overly graphic textbooks and PowerPoint presentations; everything's perfect. But there's always that nagging question in the back of your mind: "Could I have won an Oscar?" Well, whether it's Oscars, Grammys, Tonys or some combination of the three that you seem destined for, Medshow has got your desire for artistry and stardom covered better than Let It Go was by that African guy (you know the one I mean).

In a word, Medshow is the-best-thing-to-happen-to-on-stage-performance-since-Lady-Gaga, but in a sentence, Medshow is better described as a romping good musical put on by UNSW's meddies for a live, paying audience who will hang on your every word, warble or wiggle. The proceeds raised go to a charity of our choosing (past examples include the Leukaemia Foundation and Little Travellers Australia), which is a really great, human thing to do, and it also helps keep Satan off our backs, am I right?

During your time in Medshow, you may partake in acting, singing, dancing, costuming, band-ing, backstage tech-ing, and more. If you're concerned about being what the kids these days call a, "noob", have no fear, medshow is quite an accommodating place for new talent. For instance, no one will judge you if you think that "blocking out a scene" means closing your eyes and retreating to your happy place where you practise your Oscars acceptance speech. Instead, we'll take you gently by the metaphorical hand and guide you through the magical world of showbiz.

Lastly, Medshow is also a great way to meet fellow medsticks/kindred spirits/future cellmates, whether they're saplings like yourself, or veteran redwoods of the Medshow scene (See: Lucy Bracken). So make sure to come to our Launch Party in June and to auditions shortly after. Rehearsals start in July and continue until show-week a.k.a "the time of your life," in October!

Stay tuned for more details as we near the dates, and if you have any questions, feel free to shoot us an email: [directors@medshow.org.au](mailto:directors@medshow.org.au)

See you at auditions, thespians.

XOXO

Merry Lin, Sophia Song and Joshua Scott-King, your Medshow '15 Directors

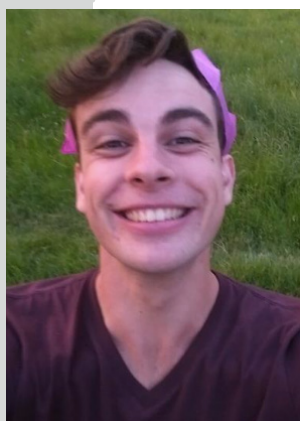






## MEET THE EM-POWER RANGERS

### SCOTT ASHBY: AMSA REPRESENTATIVE (MEDSOC EXEC)



My role in 5 words: Your megaphone for national engagement

Advice to first year self: In Phase 1 you think everything will be repeated later, but most of it is never gone over again. Young Scott-Padawan, you should go to more class.

If I went to Hogwarts and got sorted into Hufflepuff then I'd flip a table and rage quit all the way back to Privet Drive. flip

If your stethoscope could have a secret function button, what would it be? It would somehow alert me if I was about to put it on backwards so I didn't look like a complete idiot at hospital...Or would alert me when I try feel for the liver on the wrong side. Basically make me stop doing stupid shit.

### JACQUELINE HO: EVENTS COORDINATOR (AMSA NATIONAL EXEC)

What is your favourite AMSA memory?

GHC Sydney 2014: being on a wonderful team, over 15 months spent creating one of the most amazing national student conferences ever - inspiring academic (like Julian Assange!), out of this world socials, jumping castles and jumping into Sydney Harbour. This inspired me to get involved on an even larger scale with the AMSA executive.

Describe your role in 5 words.

Overseeing events: Convention, GHC (Global Health Conference), NLDS (National Leadership Development Seminar).

Advice to first year self

Med school is about the friends and the journey, not the marks. So have fun! You made the right choice getting involved. But remember to store up sleep whilst you can.

If I went to Hogwarts...

I'd be first in line for a time turner to fit in even more extra-curricular activities on top of med school (oh and maybe sleep).

Best thing you've done whilst you were supposed to be in class...

Chilling in Los Angeles and hitting up Las Vegas (approved leave for a conference, of course). Also chilling at Coogee or Bondi on a nice sunny day (only a short bus trip away from UNSW \*wink wink\*).



## MATT RUBIC : VICE-PRESIDENT INTERNAL (AMSA NATIONAL EXEC)

What is your favourite AMSA memory?

First social night at Convention 2011 at Sydney. One of the best nights of my life.

Why did you want to be on the AMSA executive? - I live and breath AMSA, and so be involved on the exec and help give back to the organisation is not an opportunity I could pass up, even if it means I nearly fail 5th year haha.



Describe your role in 5 words: Human resources and team management

Advice to first year self

Don't ever hook up with med people. Medcest never ends well.

Best thing you've done whilst you were supposed to be in class

Been in the northern hemisphere 20,000 kms away.

If I went to Hogwarts: I would immediately get with and marry Emma Watson.

## TOM MORRISON : TREASURER (AMSA NATIONAL EXEC)

Why did you want to be on the AMSA executive?

It's a chance to give help improve the Med Student experience Australia wide, and also play around with a \$2million company.

Describe your role in 5 words: Money Money Money Money Money

Why UNSW: Because it's the best? And the Beach. USyd aint got no beach.

Advice to first year self:

Do more MedSoc things and meet as many Med friends as you can

Best thing you've done whilst you were supposed to be in class...:

Celebrate Foundation Day

What was the first thing you did when you got accepted?

Opened a bottle of champagne, had a taste, decided I didn't like it and had a juice instead.



## BECKIE SINGER : SPONSORSHIP (AMSA NATIONAL EXEC)



Why did you want to be on the AMSA Executive?

I was an AMSA Rep last year and went to Convention with three of my best friends in medicine, none of whom go to UNSW and all of whom I met through AMSA

Describe your role in 5 words: Getting Dolla Dolla Dolla Bills

What was the first thing you did when you got accepted?

I ate tacos (I was at a Mexican Restaurant)

I sing Karaoke to - Livin' on a 'Rayer - Bon Jovi

If your steth could have a secret function button, what would it be?

Whisper me reassurance about my doctoring skillz or tell me what the heck I was listening to.



# MEET THE

# BRAIN TRUST

**What is your area of expertise?**

Developmental Physiology. My research particularly focuses on the kidney and cardiovascular system in utero. Current studies are examining the effects of impaired kidney function in the mother and whether this predisposes the offspring to develop kidney and cardiovascular disease in later life.

**What do you find interesting about this area of work?**

That quality of life in utero and early development can have long-lasting effects on the offspring

**How long have you been teaching Medicine?**

I have been teaching as a member of academic staff since 1993, but I was teaching medical students before that in practical classes and tutorials while completing my PhD

**What are your fondest memories of Med school (in first year or otherwise)?**

Finding my way around campus – it was so big compared with school; making new friends; learning all this really interesting content; lime milkshakes at the Mathew's milkbar

**Fun fact:** rats don't have a gallbladder



DR KAREN GIBSON

**What is your area of expertise?**

Pathology

**Sell your field to us in 10 words or less.**

The integrative science that underpins clinical practice

**If your area of specialty was an animal what would it be?**

A giant octopus -- powerful and with tentacles everywhere!

**Which organ of the human body provides the greatest metaphor for life or med school?**

A lymph node is a metaphor for life: much excitement in response to stimuli, lots of cells coming and going, interactions everywhere, then it subsides ... and starts all over again!

**What type of student were you in med school? Any memorable events?**

Under-age, over-studious, but keen on music and table tennis; plus I got addicted to bridge when I learnt the game later on. Things I remember vividly include "lights out" patrol in the residential halls on campus, when Delhi was potentially under air attack during the India-Pakistan war of 1971; and being a bit of a political activist during a student strike in my final year.



RAKESH K KUMAR

**What subjects do you teach?**

Gross anatomy and neuroanatomy

**How many years have you been teaching at UNSW?**

Since before most of you were born

**Most embarrassing university moment as a student?**

Being thrown out a chemistry lecture in first year for talking

**Your idea of a perfect day?**

Breakfast at a beach cafe, followed by a walk along cliffs and a swim



LIZ TANCRED



What is your area of expertise?  
Neuroanatomy, neurodevelopment, comparative and evolutionary neuroscience

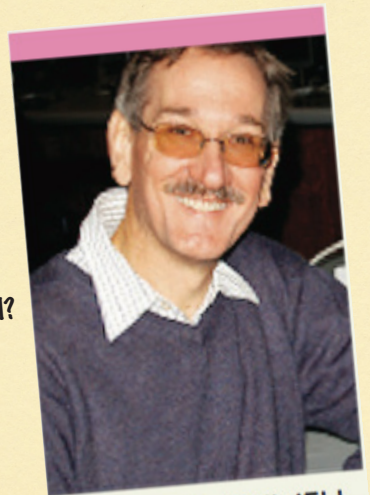
Sell your field to us in 10 words or less.  
Human society would have been impossible without brain evolution.

If your area of specialty was an animal what would it be?  
A reflective and inquisitive pygmy chimpanzee (bonobo).

Which organ of the human body provides the greatest metaphor for life or med school?  
Skeletal muscle. Only exercise (i.e. hard work) will develop you.

What type of student were you in med school?  
Very studious. I read textbooks before going to lectures.

Any memorable events?  
Publishing my first scientific paper.



PROF KEN ASHWELL

What is your area of expertise?

I am Head of the Department of Pathology, and have been dedicated to teaching medical students for 25 years. My research focuses on medical education and eLearning.

Sell your field to us in 10 words or less.  
Pathology is the scientific basis of medical practice. Enough said!

If your area of specialty was an animal what would it be?  
A wise old owl! Pathology is a real hoot!

Which organ of the human body provides the greatest metaphor for life or med school?

I think the best metaphor for life and medical school is the heart. It is unceasing in its efforts throughout our lives - just like us, the heart must persist, and never give up.

What type of student were you in med school? Any memorable events?  
I was always a quiet, conscientious student. One humorous event during my medical studies occurred in a Pathology viva voce examination. An Anatomical Pathologist asked "What's this?" as he threw across the table to me a recently excised spherical, yellow, soft lump of tissue. "A lipoma" I replied calmly, while lobbing the tumour back to my interrogator!



A/PROF GARY VELAN

What is your area of expertise? Psychoneuroimmunology

What do you find interesting about this work?  
It extends from a fascination with the functional connections between systems subserving homeostasis and body integrity - particularly the brain and the immune system.

What are your fondest memories of uni (in your first year or otherwise)?  
The amazing discovery that I do have a functioning brain and living, working and playing in this wonderful Land of Oz

Catchphrase or fun fact

- If you yelled for 8 years, 7 monthsh and 6 days, you would have produced enough sound energy to heat one cup of coffee
- A smile is an inexpensive way to improve your looks



UTE VOLLMER-CONNA

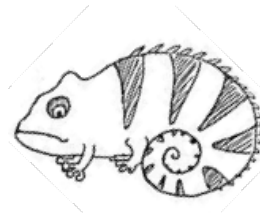


# MEDICAL MYTH OR MARVEL? YOU DECIDE

Written by Lisha Lobo (II) and Dan White (II)

*Many legends circulate  
In lands of Wallace Wurth, to date  
Eager meddies in first year or two  
Must distinguish false from true.*

- There is a door in mid air on the right hand side of the main library. Rumour has it that there is a secret area inside, closed off to the public, following a fatal research accident. T/F
- The ghost of a man claiming to be a security guard haunts Wallace Wurth. After the disappearance of several students in the early 2000s, medfac upgraded their security, leaving the man's security credentials out of date. Fortunately, no more students have disappeared since the upgrade, yet some still hear his attempts at gaining access to SGs each afternoon. T/F
- Prof. Gary Velan features at the Happy Endings Comedy Club in Kings Cross once a month. T/F
- Prof. Kumar was the Cleo's 'Man of the Month' in August 1985. T/F
- Nick Hawkins was rescued by one of the wiggles from drowning whilst swimming off the coast of Corsica. T/F
- There is a garden gnome in the electrics cupboard of Wallace Wurth. T/F
- Rachel Thompson was kicked out of Caesar's Palace in Las Vegas for counting cards. T/F
- There is a secret club under the Webster building. T/F
- PDP has a pet iguana. T/F
- Yes, we did lose our dissecting license. Yes, it was the way you're thinking. T/F
- Mark Hill's goal in life is to be a uterus. T/F
- Mark Hill was the inspiration for the chicken man from Toy Story 2. T/F
- Mark Hill invented the internet. T/F
- Mark Hill. T/F



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# Surviving the First Year of Medical School

## FOR DUMMIES

SEAMUS FRAWLEY (II) AND MARK GABRIEL (II)

Like us, you will be confused and probably a little scared at first. Not that we're first grade mind-readers or anything, but most of you are probably the kind of people that like to be in control of your studies. If that's you, then ... soz! To add to the fact that you're in a brand new environment surrounded by brand new people, first year is really crazy.

Gone are the days of the clear syllabus outline. Welcome to UNSW's 'lateral approach' to Medicine, experiencing multiple disciplines at once. So, to make the first 3 classes of each discipline actually meaningful to you, here's our take on the various disciplines within medicine and what they mean in English:

- Histology - Dots everywhere. The dots are always collagen (P.S. the dots are not always collagen).
- Physiology - How the body works when we're good
- Pathology - How the body works when we're not good.
- Pharmacology - Pingas.
- Anatomy - "See that"?  
"No...Yes".  
"It has a name. Learn it".
- Embryology- Babies before they're cute.
- Microbiology- Really little Biologies.
- Biochemistry- Kind of like Biology with a bit of Chemistry as well.
- QMP- Stats and other incredibly meaningful graphs absolutely crucial to the fate of humanity.
- PSYchology- Gangnam Style - damn we're funny. (soz if we 4got others awks lel)

For those of you who have already bought your 2015 colour co-ordinated monthly planners with built in iCal notifications, then you've got some adjusting. Gone are the days of the regular timetable.

Welcome to UNSW's week-by-week approach, where no two weeks are the same- it's kind of like school but not at all. Having said that, here are some of the things in your week that never really change...

- Lectures - Every morning at 9am. Lectures are a great way for the entire cohort to collectively and cohesively not understand two hours of content together. It's great.
- Scenario Group Sessions- Twice a week. It's chance for you to examine course content and your News Feed in great detail.
- Pracs- A time to wear your lab coat, touch stuff, feel really smart and work on your foreign languages.
- Clinical Skills- Once a fortnight. You get to hold your stethoscope and sometimes even use it.

For the popular kids, the ones who are accustomed to instafame, subscribers and followers, then you too have some adapting to do. For us, we hardly knew anyone and most definitely did not know each other. But probably the best thing about first year is that amongst all of the confusing disciplines, classes, new names, awkward silences and maybe even a little sexual tension, you meet gr8 people that become gr9 friends. Yes, gr9.

So leave the measuring, obsessing and over-planning to the days of high school and be confident that you're here- but not too confident, nobody likes those kids.

We'd say, have just enough confidence to go down an inflatable slippery dip on Physics Lawn with a complete random. You never know, you might end up writing an article about it together a year later.



Hello little med freshers! We're here today to divert your attention from how to pass exams or manage your time, and instead deal with an *actually* important issues of Phase One of Medicine: Medcest.

Now we know you've also probably been and teachers on how it is a bad idea than respectable acquaintances handshake. But we also know eager look around at your class-years of your life, and having low medico's are an attractive lot.

given "the talk" to be

by such adventurous people as parents anything more to your colleagues who share the odd celebratory you've already had your first mates for the upcoming 600 done so noticed that your fel-

So speaking as a couple with a year we're here to help. Whether you are or meet someone who excites your car-do's and don'ts to follow, which should help forttable situations for your friends as possible. joyable Medcestual year ahead. All the best in your romantic endeavours,

of Medcest under our belt, after a casual anatomy partner, diac muscle, here's a simple list of you avoid as much drama and uncom-Follow these rules and you'll have an en-



Amna Saadi (II) and Dave Grant (II)  
Your Love Doctors

### *IT IS O.K. TO...*

- Enjoy a sneaky kiss on the dance floor, especially during medcamp or pubcrawl
- Take a fellow medical student home at the end of a social event
- Date someone within the medical cohort, although sg and friendship groups are a grey area
- Show public displays of affection (pda) as long as there aren't too many people around
- Respectfully decide to end a medcestual relationship with a mature discussion which leaves you both with an understanding of where your relationship is at (provided it is not within a week of exams)

### *IT IS NOT O.K. TO...*

- Enjoy a cheeky kiss during class or with someone you just met in a lecture hall
- Come to class the next day both wearing the same clothes ats the night before
- Date a teacher or any of the medical staff (mark hill excluded, however we warn you that he's a heartbreaker)
- We're kidding - pda's will alienate you from everyone around you - trust us, you didn't djust do it without anyone noticing
- Dump him/her over text
- Steal an sti culture from the microbiology lab and slip it into your ex's food because he deserved it

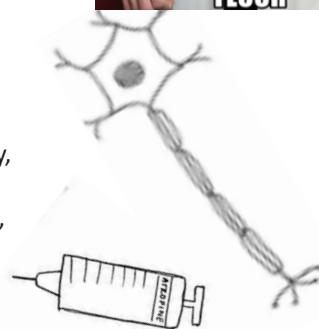
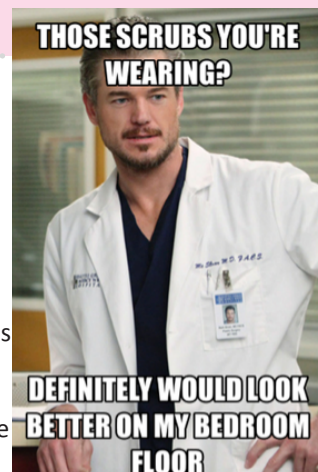
## I GOT A BAD CASE OF LOVIN' YOU



Written by Lisha Lobo (II) and Dan White (II)

Unfortunately, telling that cute guy or girl walking along medlawn that you study medicine is no longer enough to invoke life-long attraction. That's why we've provided you with a quick starter pack to win over that alluring undergraduate:

- Hey, are you my appendix? Because you're giving me this strange feeling that makes me wanna take you out.
- If I were an enzyme I'd be DNA Helicase so I could unzip your genes.
- Hey babe, they should call us agarose, cause we really gel.
- Hey babe, I'm endoplasmic reticulum. Do you want me smooth or rough?
- You must be a neuron because you've definitely got some action potential
- Hey, if you were a method of sampling cells, you'd be a needle aspiration biopsy, because you're so fine!
- Are you giving me the 5 cardinal signs of inflammation? Because you're red hot, my mind loses function when I'm around you, it's painful to think of you with someone else and there's definitely a bit of swelling somewhere
- Are you a shot of atropine? Because my pupils have dilated, my cheeks are blushing red and my heart's beating fast.



# FOOD IN MOUTH DISEASE

## MIND OVER MATTER BUT HEAD BENT OVER PLATTER!

### BEST COFFEE ON CAMPUS

It is commonly believed that while coffee on campus does its rightful job (allowing students to forego Z's to achieve P's to get degrees!), much better coffee can be found in nearby suburbs and the city. While that's mostly true, I feel some coffee institutions on campus deserve special mention.

- **"Coffee Cart"** (lesser known as **Café Brioso**) - I swear by the caramel latte, coffee Viennese (a dash of cinnamon makes all the difference) and when life gets rough, a 4-shot latte primo. Doesn't hurt that the guys that run it are super friendly and enjoy getting to know their clientele.
- **Maze coffee** - Will & Co beans, decent coffee and great service. Located in lower campus...curses!
- **Stellini** - Brewed with Campos beans, the earthy coffee is perfectly paired with a gooey nutella donut making Stellini well worth the trek to lower campus
- **Whitehouse coffee** - Sourcing toby's estate beans for a decent brew, Whitehouse coffee is a great pick me up in a prime location. Venture upstairs for extra grunge cred, board games and comfy seats.

### BEST LATE NIGHT STUDY FUEL

Good things in life don't come easy and it seems that this also applies to late-night food availabilities on campus. Upper campus isn't exactly packed with a lot of options for the nocturnal meddies with choices being generally limited to:

- **Subway**, which opens to 9:30
- **Gradueat**, which opens to 10,
- If desperate, one may also turn to the **vending machine in biomed theatres** for salvation (hey, walk a mile in my shoes before you judge!)

If a late night food expedition isn't an issue, lower campus offers far more options:

- **Mamak Village** opens to 10
- **Guzman Y Gomez** open to 10
- **Coco Cubano** opens to 10 sun-wed, 12am thurs-sat (note that food here is especially overpriced so unless you're feeling particularly indulgent, I'd spend my money elsewhere)
- **Kingsford's 24 hour Maccas** is also a hunger security blanket in case you find yourself starving at an ungodly hour.

Written by Victoria Liu (III)

### BEST LUNCH OPTIONS IN UPPER CAMPUS

Whenever I buy food on campus - which is far too often considering my bank account status - I tell myself 'you gotta spend money to make money', as if overpriced uni food were absolutely crucial to the betterment of my education! Overpriced or not though, here are some delish things that 10 big 'uns will get you:

- **Stockmarket Salad Kitchen** - My friends think it's absolutely insane that a favourite comfort food of mine is stockmarket because.. where's the chocolate in that?! Shun the non-believers though I say and make friends with salad (and free bread!). My recommended dressings are pesto chilli mayo + greek yogurt, sundried tomato and basil, or honey mustard. Salad purists will likely rejoice knowing balsamic vinegar is offered. Alternatively, **Biblio's** comes a close second for healthy salads.
- **Tropical Green** - Vietnamese food located in the Pavilion is cheap, cheerful and filling. My favourites would have to be the pork chop and spring roll vermicelli, Vietnamese beef noodle salad and beef noodle soup. Special mention must also go to the traditional Vietnamese rolls (pork, chicken, veg) for being well-priced and flavourful.
- **Satay Delight** - The laksa or noodles are a student favourite. They come in generous portions, packed with Asian meat and veg.
- **Gem of India** - decent curries, the butter chicken seems to be the most popular. On any given day, one may observe students scurrying around Mathews food court with overflowing 'Uluru orange' plates. (To get the best of both worlds, ask for cheese AND garlic naan. They tend to make it fresh upon request, although I'm not sure how long this lifehack will last :p)
- **Classic Kebab** - gozleme and kebabs are pretty good but very greasy. Gr9 for bulk season and bears entering hibernation

### BEST OFF-CAMPUS HAUNTS

- **Four Frogs Creperie** - delicious fresh crepes and adorably French vibe
- **22 Grams** - opposite PoW, good coffee (Toby's estate beans) and an even better brunch menu!
- **Kurtosh** - Cake sold by weight so you can pick and choose. Coffee is decent and notable cakes are the coconut mousse with raspberry coulis, nutella kurtosh and white choc roulade with toffee and pear.
- **Sushi Tengoku** - You definitely get your bang for the buck here with massive sushi rolls and generous portions of sashimi. If only it weren't such a trek for upper campus students!
- **Noodle Inn** - \$8 thai on Mondays! Large portions and tasty food a short walk from PoW.





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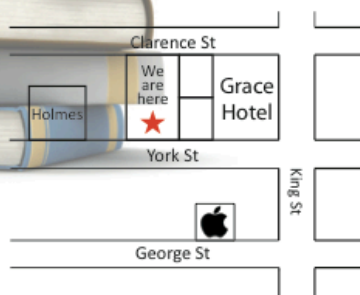
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