



MDA National
Support Protect Promote



This student Club publication is proudly supported by Arc.
For more information about Arc Clubs visit www.arc.unsw.edu.au

UMBILICAL

2016

Graduation
Wallace Wirth

PHASE 3

Medball

PHASE 1

116P

PHASE 2

*We're off to be the doctors
The wonderful doctors of Aus*





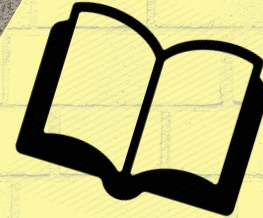
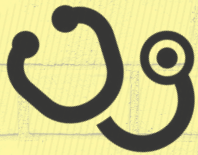
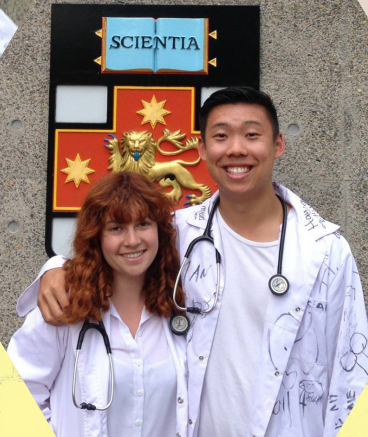
GREETINGS FROM YOUR FIRST YEAR REPS	3
MEDSOC EXECUTIVES	4
A GUIDE TO EMED	8
MED MYTHS	9
MEDSOC COUNCIL	11
RECOMMENDED TEXTBOOKS	12
RURAL PERSPECTIVE	17
COLLEGE LIFE	18
MEDICINE/ARTS PROGRAM	19
MATURE AGE STUDENT PERSPECTIVE	20
MED TIPS FROM TOP STUDENTS	21
ASSIGNMENT TIPS	22
INTERNATIONAL PERSPECTIVE	22
MEET THE SIGS	24
MEET YOUR PROFESSORS	29
FOOD ON CAMPUS	30
MEDSOC MEMBERSHIP BENEFITS	31

EDITING AND COMPILING	LAYOUT AND DESIGN	FOR ENQUIRIES CONTACT US AT PUBLICATIONS@MEDSOC.ORG.AU
NAOMI SIRMAI OSCAR ZOU	HELEN ZHANG LUCY YANG	

GREETINGS CLASS OF 2021!

FROM YOUR F1RST YEAR REPS:

**NASCAR (NAOMI SIRMAI
AND OSCAR ZOU)**



From your dad's embarrassing Facebook status to your grandma's phone call in a language that you definitely need to brush up on, we're sure you've heard it before, but again, congratulations on becoming a part of UNSW Medicine! Your hard work has paid off, and with admissions over, you can get excited for an amazing six years ahead of you. You have lifelong friendships, great parties, some god-awful puns and lots of 9am lectures to look forwards to.

To help you on your way we've given you Umbilical. As you grow inside the womb of the fabled Wallace Wurth building, Umbilical will provide you with the nourishment of advice, experiences and really bad puns from your elder students, who are – if you will – the placenta connecting you to the uterus of UNSW. This is a very odd extended metaphor and we are going to stop...

Our first tip: GO TO MEDCAMP. This year's theme Scar Wars: The Fresher Awakens is sure to be out of this world. It's a weekend-long adventure from 11-13th March, in a galaxy far, far away and it is a fantastic occasion to get to know people and make lasting friendships. But watch out for Medcest! Try to avoid a Luke/Leia situation – you don't want to spend the next 6 years in the 'friendzone' or worse... the sibling-zone.

Our second tip: GET INVOLVED in UNSW and MedSoc. Feeling studious? Attend the events of some of Medsoc's 16 Special Interest Groups including CardioSoc, SurgSoc and Sports Medicine. Looking to wind down at the end of a big semester? Medsoc has unmissable parties planned throughout the year, starting with the annual Pub Crawl.

So gear up to start learning about things like bungee jumping accidents (which can be quite difficult to bounce back from), muscle fibres (which are always actin up), the aorta (which will always have a special place in our hearts), amnesia and... we forget what else.

Some of you might be concerned about your initial lack of knowledge. Here are some key medical facts that are absolutely vital to know:

The human body contains enough bones to create an ENTIRE skeleton!

You can survive the rest of your whole life without breathing!

A lifetime supply of poison is only about \$5 – a bargain if we ever saw one!

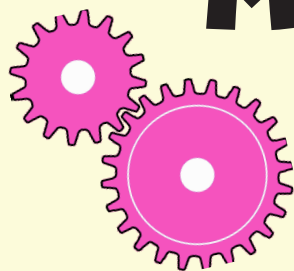
The mitochondria are the powerhouse of the cell!

And, if in doubt, say collagen!

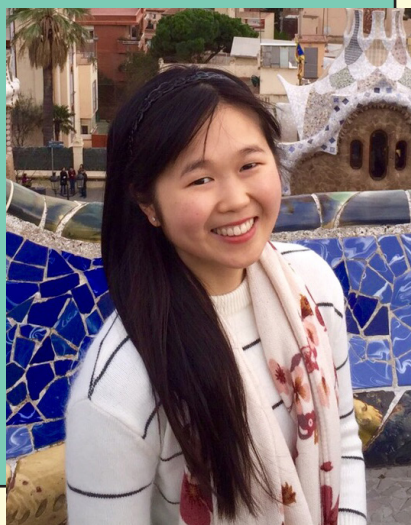
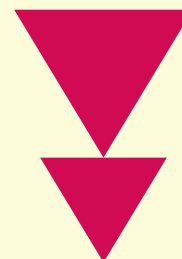
But if you start feeling oddly hungry in your anatomy dissection labs...well...we can't help you there.

Anyway, the pair of us will be acting as your first year representatives until you elect your own in the coming weeks – keeping you updated with all the opportunities and events that MedSoc has to offer. Feel free to come to us with any questions you might have, or for any hugs you might need.

We're really excited to meet you all properly. Welcome to our UNSW Med family.



MEET THE MEDSOC EXECUTIVES



**President: Motherhen of the Medclan
Beryl Lin (IV)**

Advice to first years:

Say HELLO and smile :) at the person next to you on day 1 and those you meet (like me!) – your peers will become family, and upper-years will become your guardian angels.

RELAX (remember all those worries you had as a nervous little year 7?) I personally bet my left kidney that the medicine/study side of things – the hardest part (getting in) is already over.

GET INVOLVED in medlife – whether it's Medcamp, mentoring, or all the academic and social events on the calendar.

BE PASSIONATE about what you do, be courageous, and seize the opportunities that come your way – the worst that will happen is you'll be where you are if you never tried at all

Lastly - remember why you're here – you're going to make a difference to the world around you and that's super exciting :D Enjoy the ride and don't be scared to ask us questions or forget to say hi!

**Vice President: Nightmare dressed like a Daydream
Evan Browne (IV)**

Advice to first year self:

DO: Make the effort to follow up friendship in your med squad! They will be your guardian angels, providers of notes and body parts to examine, confidantes, and fellow conspirators.

DON'T: forget to sleep and exercise – adrenaline and caffeine only get you so far.

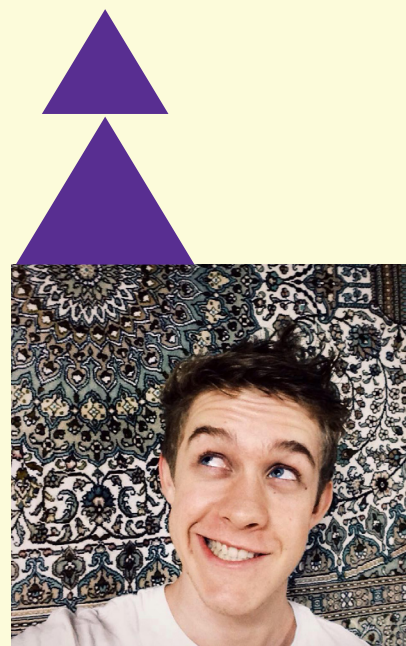
DO: keep on eating tomatoes even when you study gout... I hear it's essentially giving your prostate a high five.

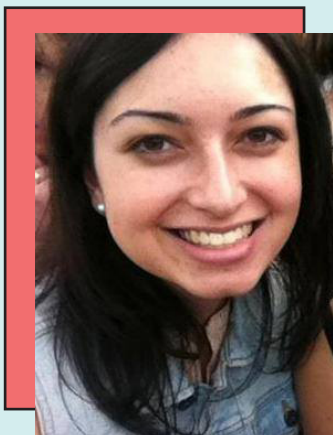
DON'T: ask your patients how they found their autopsy.

First thing I did when I was accepted:

I got malaria in Indonesia, apparently it doesn't count for extra credit :/

Best thing at MedCamp: the legend of IronGut.





Secretary: Handy infomonger who knows all
Nadine Kauley (III)

What not to do in Med:

Worry too much! That being said, what you really shouldn't do is try to cram a whole course-worth of content into a couple of days. Yeah, for most of you it may seem like common sense not to do when you read this, but just you wait...

Advice to first year self:

You'll soon realise when you start the degree that you will suddenly be very busy – but make sure it's the good kind of busy! Take part in all the events and seize the opportunities that both MedSoc and UNSW have to offer while still keeping (or attempting to keep) on top of your work. Also, don't worry about not knowing anyone once semester starts – this will soon change; enjoy this time right now, being around new, like-minded, different people than to what you may be used to!

First thing I did when I got accepted: Jumped around on my bed..yup.

Treasurer: I will make it rain.
Ru Min Ong (III)

Your favourite med pick-up line (and if it worked):

If you were a disease, you'd be hepatitis bae (try it yourself – you're welcome).

Which Star Wars character would you date and why?

Nah, I don't like Star Wars. I feel like I have just disappointed... The entire universe (haha, sorry).

DO NOT do this in first-year:

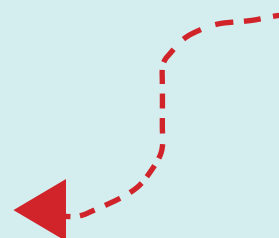
Skip pracs – just go!

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

Read the email again.

The best thing that happened at Medcamp was:

Meeting heaps of wonderful people whom I now call my hepatitis baes.



Public Relations Officer: Public face of Medsoc (facebook)
Eric Xu (III)

Advice

Call 0425 123 856

Which Star Wars character would you date and why?

Mace Windu coz Samuel L Jackson bruh. And purple lightsaber

The best thing that happened at medcamp was...

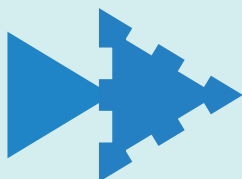
Making new friends! I went to it twice, and the second time sober was surprisingly interesting and fun

DO NOT do this in first year

Sleep too much

Best thing I did while I was supposed to be in class

Going into a food coma





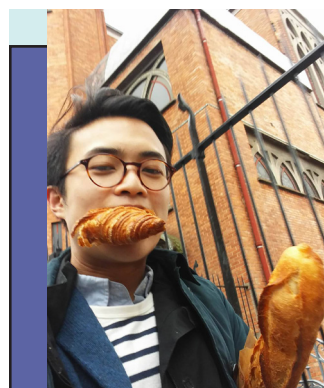
Student Representative Directors: Meetings, feedback, improving student experience
Victoria Liu (IV) Issac Chan (III)

Best thing I did while I was supposed to be in class
 Eat a kürtőskalác (delicious Hungarian dessert pastry) during a lecture on coronary heart disease. Mmm no regrets ever, y'all should try it!

Your favourite med pick up line (and if it worked):
 "Excuse me, are you osteoporosis? Because you're giving me a serious bone condition".
 Needless to say, I've picked up every single time

What was the first thing you did when you got accepted?
 Victory dance, gasps, enrolment, trying to call my parents to let them know but then learning they cared so much that they went to a restaurant with no reception during the offer release.

Best thing about med camp was:
 Meeting the wonderful people who would become some of my greatest friends. People often focus on the party and don't ever talk about the social side of medcamp, but that's probably a lot more important. Medcamp is a chance to meet the 200+ amazing people you'll spend way too much of over the next 6 years, and if you're on the fence about going (like I was!) definitely strongly consider it.



Events Director: Getda party started in here"
Oscar Zou

Advice to first year self:
 OH won't somebody PLEASE think of the liver?!!

Which Star Wars character would you date and why?
 Jabba the Hutt - for his wealth of good looks.

The best thing that happened at medcamp was...
 The legendary tales of 'Bushgoon' Chalik and 'Stomach Pump' Tom....need I say more?

P.S. Go to Medcamp (Chewy sighting possible)

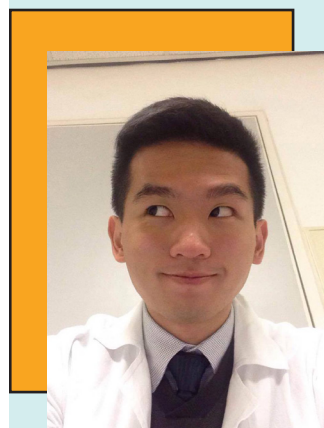
Sponsorship Director: I make money for MedSoc
Chris Chiu

What was the first thing you did when you got accepted?
 Letting my parents know that they don't need to disown me... yet.

DO NOT do this in first year:
 Believe in any seniors who say "Ps make degrees". It's not true.

The best thing that happened at medcamp was:
 Good memories that you will never want to talk about again.

What is your favourite med pick up line?
 My adductor isn't the only thing that's longus.



Special Interest Groups (SIGs): Big Daddy, Cheaper by the Dozen
Terence Luo (III)

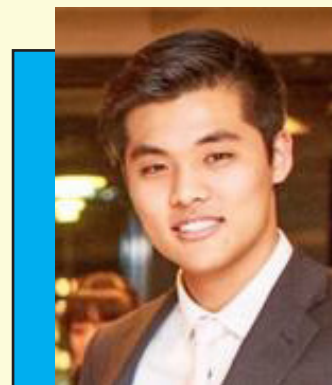
Favourite med pick up line: "I do med." I didn't study my arse off for 18 years for this not to work, of course it worked :P

Advice to first year self:

Go to as many extra-curricular events as possible, especially the Special Interest Groups & Affiliates events. Uni gives you the opportunity to ramp up your student life with things that you love and are curious about. With so much free time in first year why not hit up a couple of these events to discover more about the specialities and disciplines you're interested in, hone those clinical skills that you never get taught and meet new friends from all years so you can show off that you know a 6th year (fuarr). #shamelessadvertising

Best thing I did while I was supposed to be in class:

Went down to lower campus to snag a free BBQ that even had free hashbrowns. Worth.

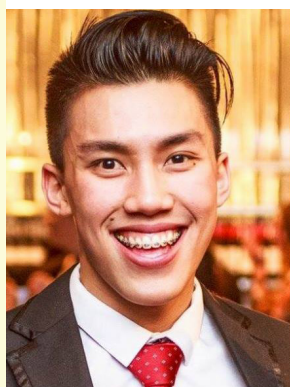


Development Director: Skipping all Medsoc BBQ queues
David Kang (III)

Advice to first year self...
Call 0433189189

Which Star Wars character would you date and why?
Senator Palpatine, I want to enter his dark side

Best thing I did while I was supposed to be in class...
1000th nap anniversary



Membership Director: Keep ARC and Med-Family Happy
Ke Sun (II)

Advice to first year self:

Don't spend all your time studying! Go to the millions of MedSoc events and get involved! Get into the rhythm of uni-life and join a few clubs whether volunteering or sports! Mingle in lectures, sit next to new people every day at least for the first week: you won't regret it!

The best thing that happened at med camp was:
Seeing my friends who once said that they would never touch a drop of liquor in their life ... get drunk and had to be escorted back to their bed

Your favourite med pick up line (and if it worked)
"You must be the one for me ... since my selectively permeable membrane let you through."
Have yet to put it to the test ;)



AMSA Rep: Represent your needs nationally. Convention. (Ask me more!)
Cecile Pham (IV)

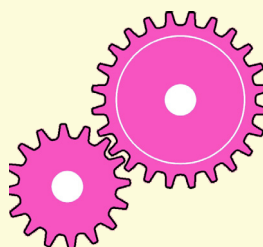
Advice to your first year self:

Studying well is more effective than studying a lot. The amount of material MedFac throws at you in Phase 1 is intimidating- you don't need to rote learn it all so ask an older med student which key concepts you should take away from Phase 1! Make sure you have fun! Phase 1 is the easiest, most fun and social part of med school. Make the most of it!

Med pick up line:

You can call me a benign tumour cause I want to be in situ.

The best thing that happened at medcamp was: meeting people who are still my closest friends three years later! Also meeting the leaders and people in other years who've guided me through my first few years of med! Not to forget the legendary stories that come out of MedCamp every year- ask me about the guy who made out with a tree in my year's MedCamp.....

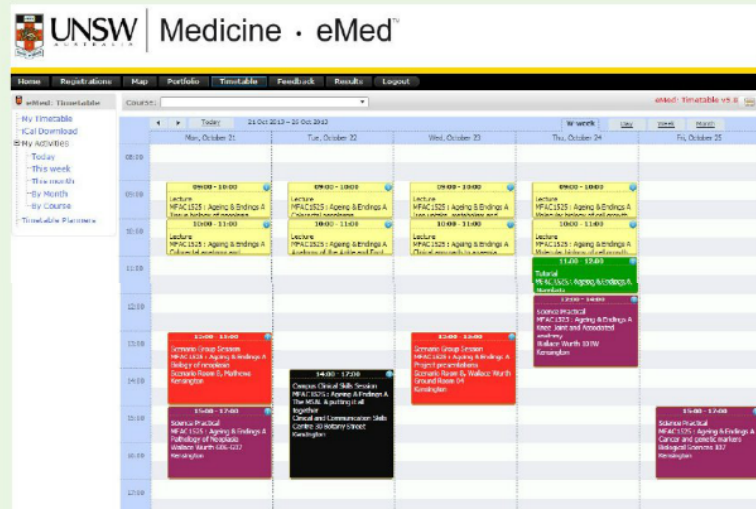


a guide to emed

For a comprehensive video tutorial by the Medsoc Academics team (Joseph Xavier, Alex Peng and Ragu Paraparan), see <http://youtu.be/dPSJvT5-Qfw>

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	Link to this activity in the Map
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.

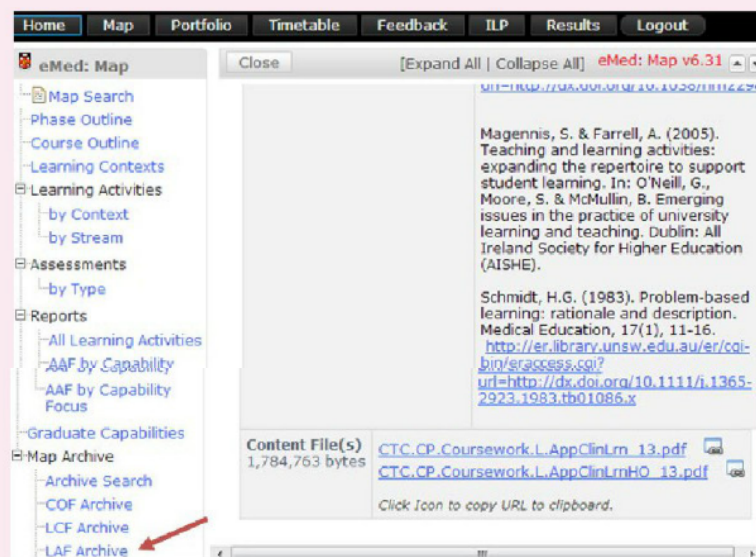
Clicking on an activity will open a pop-up with further information. Some cool features:

- **'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.



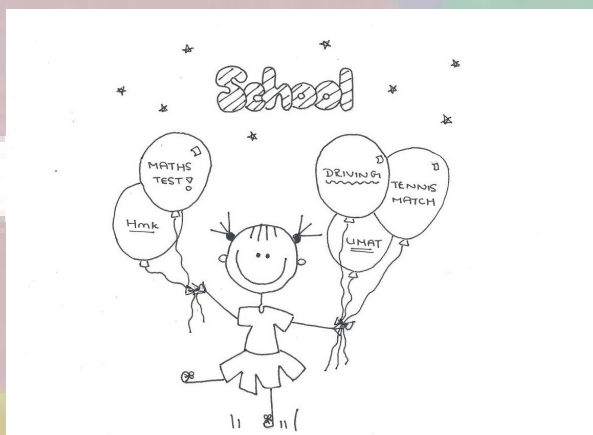
CRACKING THE MYTHS OF MED SCHOOL

Written by Heeral Thakkar (III) and Keerthana Sritharan (III)

Littmann Stethoscope? Check. Gray's Anatomy? Check. Crispy new labcoat? Check.

Looks like you're ready to tackle Medschool! Not quite... Not without some tips, tricks and advice from the experts themselves - your caring, nurturing, all-knowing seniors!

You've braved the horrors of the HSC and you're ready to start Medicine. Ready to call Wallace Wurth your new home. Your neurons have been tossed, battered and bruised in the juggling act that is high school. But if in high school you had 3 things to juggle, in Medschool you'll have 50.



So what is it like being in the embryonic stages of your medical degree?

No doubt you will have ideas about what med life is like: sleepless nights studying for exams, a social circle expanding like a bacterial colony of *E. coli*, moments that you will remember (and some that you *ahem* won't quite). You wouldn't be far off the mark with some of these predictions- but we can assure you Medschool is like a thriller novel with a surprising twist on every page; you'll be scared to keep reading, but at the same time you won't be able to put the book down.

Feeling a little overwhelmed? From someone who's been there and done that - just chill.

Non-med person: "So you're a doctor right?"

You: "Uh just a first year so I -"

Non-med person: "SO I've been feeling so TERRIBLE lately maybe you can help..."

Be it at a birthday party, bar or on the bus, you will experience the above scenario time and time again, where your non-med friends ask you to diagnose them. Offfff they go into an elaborate story about their symptoms expecting you to provide the answer where Dr. Google has failed, conveniently forgetting that you're a first year who's just reached the epiphany that "ankylosing spondylitis" has nothing to do with losing your ankles because they're too spongy. Of course the reasonable response to this situation would be Option 1 - "I'm sorry, I don't quite know enough to help you at this stage. Come back to me in 10 years. Kthxbye!" But we know you'd rather at least appear to be medically knowledgeable - and this is where medical jargon (Option 2) is your BFFL. E.g. "Hmm I'm afraid it looks quite purulent and erythematous. Could be a case of dermatosis having observed the lesion." Naturally, we recommend Option 2 - whoops we mean Option 1... Of course...

PANDEMIC MYTHS IN MEDICINE

1. Being a med student is a panacea for boredom and laziness.

FALSE: Being med students doesn't make us immune to the contagious and exceptionally common condition "procrastinatum afocustitis." Maybe it'll strike in the middle of a 3-5pm SG, when the only medical term on your mind is somnolence, aka sleepy. Or maybe, after it's reared its ugly head, you'll end up finally submitting an assignment to the sound of chirping birds in the wee hours of Monday morning, post seven-and-a-half cups of coffee (and a jar of Nutella). The truth is that, sometimes, we all do lose focus or leave things to the last minute.

When the exam looms horribly close (and you haven't quite gotten around to watching all those lectures yet) do not fear. From Edward Rose's and Bonita Gu's EOC notes to the black market of past papers (STRICTLY CONFIDENTIAL: Medfac loves repeating questions), we've got your back. Give it your best shot (and leave it at that). Your marks are in no way an indication of your potential as a clinician, nor do they affect your chances of getting a job in the future.

2. You were at the top of your school, meaning you are destined to blitz Medschool too.

FALSE: So we're not saying you're not intelligent. It's obvious that you have above average intellect because otherwise you wouldn't be here. Many of you are used to being two steps ahead of everyone, topping exams and accumulating academic merits. But in med school, it's quite possible that you won't be the top student any more. Instead of starting to feel incompetent and unworthy, take advantage of your surroundings. Read over each other's assignments, study together on Skype and bombard each other with last-minute exam questions. Most importantly, remember that asking a question doesn't in any way mean you are dumb— it means you're curious, you challenge things, and you don't blindly accept what you don't understand.

3. Going into the nitty gritty detail of every lecture, every practical, every SG and every tutorial is your best bet at becoming a brainy and all-knowing doctor.

FALSE: This is NOT a good strategy (Proof: The Krebs cycle in HMB. Doctors and medical students likewise groan when it's mentioned). NB: By no means are we saying stick to the basics. Be motivated to learn as much as you can without limit! Dig deeper into the lecture slides, read relevant textbook chapters, journal articles or about experiences/insights of other doctors (***Atul Gawande*** He's a fabulous author). But PRIORITIZE. Try to focus on the bigger picture (mind-maps can be a great help here!). Simply put, Medicine is huge. You can't know the nitty-gritty details of everything.

4. The classic icebreaker:

Stranger/acquaintance/distant relative: "So what do you do?"

You: "I do Med"

Stranger/acquaintance/distant relative: "Wow. Your whole life is probably study hey?"

You: "Yep med life = no life... AHAHAHhahahahaha....FML"

FALSE: We're not denying that studying the Herculean degree of medicine will be demanding. But contrary to popular belief, there is life outside of Medicine. Rather than saying "I don't have time," make time for those activities that bring you joy, whatever they may be: reading, finger-painting, crocheting, food appreciation (we feel ya). Get involved- join a special interest group, a sports team, or showcase your dormant singing/acting/dancing skills in the renowned MedShow! Because the reality is that taking time out from Medicine doesn't make you a bad medical student/future doctor- In fact, you can probably only be the best possible doctor for your patients if you're well-rounded, healthy and happy.

5. Okay so I'm keeping my hobbies and exploring new interests as you've suggested. So I should be happy 100% of the time. Being upset=being weak. And medicine is not for the weak.

FALSE: Obviously, none of us are happy 100% of the time. We're human beings and not Dorothy the Dinosaur. It's absolutely normal to react to the world around us, whether it be being overwhelmed about the workload, anxious about upcoming exams or downright sad about a patient you've seen. And although it might not seem so, several of your peers

Looking for love...

Over your six years in medicine, you'll come to realise that "Hey did I mention I'm going to be a doctor?" is NOT the best pick up line one could possibly have in their artillery.

After rigorous randomised control trials and tedious cross-sectional studies we have come to the conclusion that the success rate for this pick up line is disappointing (jks, it doesn't take clinical trials to realise that a lot of you will be searching for loooovveee amongst your fellow meddies— so clearly, the "I do Medicine" line doesn't put you at a considerable advantage). But like always, your seniors have got your back! Try out some of these scientifically accurate pick-up lines (DISCLAIMER: the effectiveness of these pick-up lines is subject to the skill of delivery. We do not take responsibility for any negative outcomes).

"Are you a coronary artery? Because you're wrapped all around my heart"

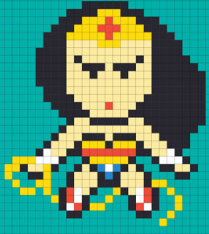
"Are you a pulmonary embolism? Cuz I can't breathe when I'm around you"

"You're so hot, you denature all my proteins"

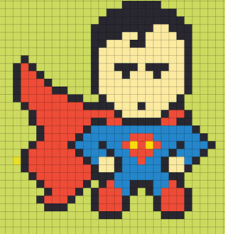
"Are you the eroding joint cartilage that causes osteoarthritis? Cuz you've got me weak at the knees."

are probably experiencing similar insecurities and confusions. Should the need arise, help will always be given at Wallace Wurth to those who ask for it (***Ute!*** She's our student wellbeing advisor and is magnificent).

That's all from us. The rest is in your very capable hands. The next six years will no doubt be about studying, passing exams and reaching the right diagnosis, but they'll also be about so much more. You'll face more twists and turns than a fibre molecule in the small intestine. So jump right in, and have a little faith in yourself- after all, you've made it this far. And in the meantime, to quote the wonderful Dory, "just keep swimming".

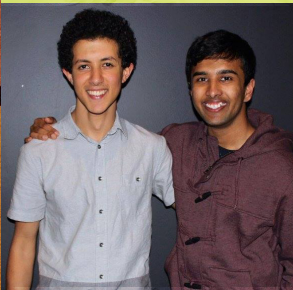


MEDSOC COUNCIL



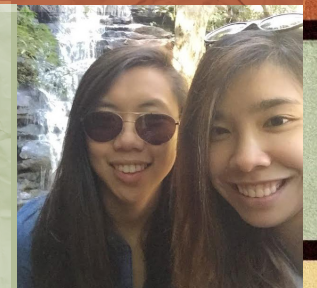
First off, congratulations to all incoming first years on getting into UNSW Medicine from your Academic Officers for 2016, Jimmy Zhu and John Dang Trinh Nguyen. Learning in medicine, particularly at UNSW, differs greatly to high school, in that our curriculum emphasises self-directed learning and personal initiative. As your 2016 Academic Officers, our goal specifically for freshers, is to help you guys integrate into this new style of learning ASAP, so you guys can get as much as you can from this degree. Feel free to approach us anytime, or send us an email at academic@medsoc.org.au or facebook us.

We are Lill and Ning, your 2016 charity officers. You could say that we're like a pair of kidneys, because ur-ine for a seriously packed year of charity events! This year we have events such as Medshave, Tree-via, The Amazing Raise, 40 hour Famine and so many more! Some events you may have participated in before and some may be completely new to you, but either way, they're great opportunities to make new friends and a place for great experiences. We support a huge range of charities from local communities to international aid, and are always looking to learn about new organisations- let us know your ideas...the next event may even be supporting something you're passionate about!



We're Abeer and Serag (III), your Leadership Officers for 2016! We're in charge of peer mentoring to guide you and provide you with what you need to settle into medicine here in these first few weeks (join the Facebook event!), whether it be just a chat, some advice or some fun and games. We also run networking and personal development leadership events aiming to engage and inspire you. The two big ones to look out for: Meet the Medics (around mid-May) and S.B. Downton Leadership Seminar (late July/early August 2016). If you have any questions (about anything!), need some advice or just want to chat, you can get to us on fb or email us at leadership@medsoc.org.au.

From party animals to homebodies to in-betweeners, we'll have you covered from A to Med... I mean Z! You definitely do not want to miss out on our nights to remember with our Pubcrawl and Parties! Want to fancy it up a little? Ha, no worries. We've got our Annual Medball coming your way as well! So trust us when we say that MedSoc social events are the BEST way to get to meet other Meddies, whether it be best friends, soul sisters, mates or dates (seriously, tinder has NOTHING on us). Get pumped for an unforgettable year! We can't wait to meet you all, and remember, "You miss 100% of the shots you don't take" - Wayne Gretzky. Ex Oh Ex Oh. Your Social Reps 2016, Jess and Christine.



Were you the jock in high school? Maybe you held a daily high score in Fruit Ninja? Or maybe you were a champion sprinter when the school bell rang. As your Sport Officers, we'll make sure these sporting talents do not go to waste. Throughout the year there will be opportunities to show off your sporting prowess (or lack of) in friendly competitions between your peers from Medicine and other faculties as well as other medical universities! 2016 promises to be a fantastic year filled with fun sporting events. Feel free to stop us for a chat at any time or alternatively, send us an email at sports@medsoc.org.au! - Frank & Partho

Medicine can be quite the roller coaster at times and at its worst often difficult and downright shitty. It's always important to keep tabs on your health and wellbeing, particularly during low periods, and to know when and where to get extra help and support. Our focus areas include promoting mental, physical and sexual health in addition to encouraging students to stress less. As your 2016 wellbeing officers, we hope to provide information on resources via the wellbeing wall; opportunities to mingle and relax including picnics, board games and comedy nights; and to hold fun activities as part of Feel Good Fortnight so keep your eyes peeled and stay keen! - Sandra & Sharanya



YOUR TRUSTY MEDSOC TEXTBOOK GUIDE

It's no secret that textbooks are expensive and that Phase 1 Textbook List is looooooong. So this is just a little something to help you along.

Think of textbooks as a trusty pair of pants - familiar, reliable and most importantly, comfortable. Just as you need your pants (no judgment if you don't), you need the right textbooks. A good textbook will last you for medschool and beyond and is a worthy investment.

Everybody has a different learning style, so by all means feel free to explore! These below are just some old favourites and classics amongst all Medsticks and they usually contain the supplementary/pre-reading for lectures. Most of these contain electronic/online goodies (since you can't CTRL-F a textbook)!

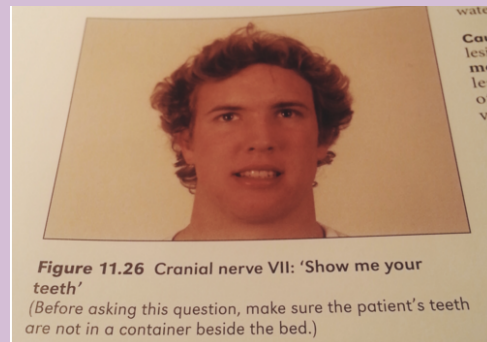
Subject	Options	Comments
Anatomy (Textbook)	<i>Gray's Anatomy for Students</i> (3 rd ed.)	It's going tibia okay when you've got Gray's . Okay so that rhyme could be better but <i>you can't find a better anatomy textbook than Gray's</i> . <ul style="list-style-type: none"> ✓ <i>Comprehensive and detailed</i> ✓ <i>Simple, written descriptions</i> ✓ <i>Lots of diagrams showing different perspectives (super useful for spot-tests when you can't touch the specimens)</i> ✓ <i>Relevant clinical cases and images for exams and for future medical practice</i>
	<i>Clinical Anatomy by Systems</i> . (7th ed.) by Snell	<ul style="list-style-type: none"> ✓ <i>Less depth</i> ✓ <i>Makes up for it with relations to clinical cases, so can make learning easier and more interesting</i>
Anatomy (Other)	Atlas <i>Netter's Atlas of Anatomy (Illustrated)</i> OR <i>McMinn's Atlas of Anatomy/Rohen's Colour Atlas (Cadaveric)</i>	<ul style="list-style-type: none"> ✓ <i>Handy for practicals (ain't nobody gonna carry a 10kg textbook to uni)</i> ✓ <i>Helps visualise anatomical locations and relations</i>
	Learning Aids e.g. <i>Netter's Flashcards</i>	<ul style="list-style-type: none"> ✓ <i>Study! Study! Study everywhere!</i> ✓ <i>Convenient to carry around</i>
Embryology	<i>The Developing Human: clinically oriented embryology</i> (10th ed.) OR <i>Larsen's Human Embryology</i>	Embryology is notoriously difficult and confusing Take it from older Meddies - a good embryology textbook, like Larsen's, will save you from a world of pain for BGDA, BGDB AND prac tests <ul style="list-style-type: none"> ✓ <i>Well-structured by chronology of events and by development of systems</i> ✓ <i>Adequate depth and content for cramming and crash-coursing</i>

Histology	<i>Junqueira's Basic Histology: Text and Atlas</i> (13th ed.) OR <i>Wheater's Functional Histology</i> (6th ed.)	If in doubt, answer 'collagen'. If you don't want to be doubtful in the first place, get a histology atlas in case you get lost in lecs or pracs and impress PDP (or just not disappoint Professor Kumar) ✓ <i>Lots of histo images</i> ✓ <i>Provides explanations of the related anatomy, endocrinology, cellular biology, pathology</i> ✓ <i>Excellent for revision</i>
Immunology and Microbiology	<i>Mims' Medical Microbiology</i> (5 th ed.)	Want to be a little bit <i>cultured</i> ? Mim's covers all your basic microbio needs and a bonus bit of basic immunology!
Neuroanatomy	<i>Neuroanatomy: an illustrated colour text</i> (5th ed.) by Crossman OR <i>Essentials of the Human Brain</i> . by Nolte	Get ready to <i>love</i> neuroanatomy, one of the most complex and difficult topics with a trusty textbook or atlas! ✓ <i>Excellent coloured and cadaveric diagrams</i> ✓ <i>Explains the neurophysiology as well</i>
Pathology	<i>Robbins' Basic Pathology</i> (9th ed.)	Both textbooks are classics. ✓ <i>Connects basic science with clinical medicine</i> ✓ <i>Sufficient for Phase 1 (however lacking for later years)</i>
	<i>Robbins & Cotran Pathologic Basis of Disease</i> (9th ed.)	✓ <i>Much more detailed and comprehensive with awesome flow charts/diagrams</i> ✓ <i>Preps you for Phase 2 and 3 and all you budding pathologists</i> ✓ <i>Excellent resource for assignments</i>
Pharmacology	<i>Rang and Dale's Pharmacology</i> (8th ed.)	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.
Physiology	<i>Guyton and Hall Textbook of Medical Physiology</i> (13th ed.)	✓ <i>Massive and will last you FOREVER or at least your degree</i> ✓ <i>Excellent detail</i> ✓ <i>Logically sequenced chapters and segmented paragraphs make studying easy</i>
	<i>Berne & Levy Principles of Physiology</i> (4th ed.)	✓ <i>MedFac text so lecturers might refer to it</i>
Clinical Skills	<i>Clinical Examination</i> (4th ed.) by Epstein	✓ <i>Simple, straightforward, reliable, perfect for Phase 1 OSCE</i> ✓ <i>Explains clinical reasoning behind procedures (tutors will put you on the spot and quiz you!)</i> ✓ <i>Not really that useful for later years</i>

Clinical Examination by
Talley & O'Connor

Welcome to the beloved holy grail of clinical
textbooks – a sure favourite of Meddies far and
wide!

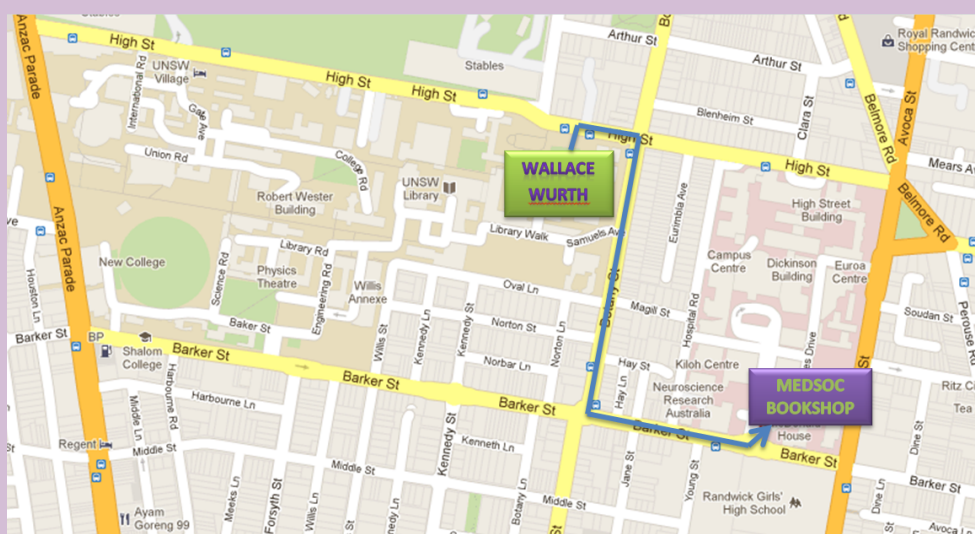
- ✓ Great investment for the long run –
detailed yet simple to follow
- ✓ Not essential and probably too advanced
for Phase 1 (but not for you keen beans!)
- ✓ Definitely useful for Phase 2 and 3
- ✓ Contains funny nuggets of wisdom like

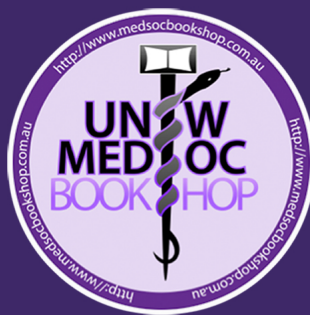


TEXTBOOK BUYING PRO-TIPS

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 costs 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*.

NEED CLINICAL EQUIPMENT FOR HOSPITAL? NEED TO ORDER IN A SPECIFIC TITLE? BOOKSHOP HAS YOUR BACK.





KEEP CALM AND BUY TEXTBOOKS

ESSENTIALS BOOK PACK: \$415

RRP.: \$530 (SAVINGS: \$115)

GRAY'S ANATOMY FOR STUDENTS

GUYTON AND HALL MEDICAL PHYSIOLOGY

ROBBINS BASIC PATHOLOGY

TALLEY & O'CONNOR CLINICAL EXAMINATION

NETTER'S ANATOMY FLASH CARDS

FREE PEN TORCH IF PURCHASED BEFORE 31ST MARCH 2016

SURVIVOR BOOK PACK: \$639

RRP.: \$839 (SAVINGS: \$200)

GRAY'S ANATOMY FOR STUDENTS

GUYTON AND HALL MEDICAL PHYSIOLOGY

NETTER'S ATLAS OF HUMAN ANATOMY

ROBBINS AND COTRAN PATHOLOGIC BASIS OF DISEASE

LARSEN'S HUMAN EMBRYOLOGY

CROSSMAN NEUROANATOMY

RANG & DALE PHARMACOLOGY

TALLEY & O'CONNOR CLINICAL EXAMINATION

FREE TENDON HAMMER IF PURCHASED BEFORE 31ST MARCH 2016

WHERE: OLD MORGUE BUILDING, PRINCE OF WALES
HOSPITAL, BARKER ST., RANDWICK NSW 2031

PHONE: (02)9382 2121

EMAIL: BOOKSHOP@MEDSOC.ORG.AU

HOURS: MONDAY, WEDNESDAY, FRIDAY 9AM - 4PM



www.medsocbookshop.com.au

Save up to 20% on medical texts

MDA National Members are entitled to discounts of up to 20% off a broad range of contemporary medical publications,* including Marshall & Ruedy's *OnCall Principles & Protocols*.

Visit mdanational.com.au to order your discounted books today.



WILEY



Medical

OXFORD
UNIVERSITY PRESS
AUSTRALIA & NEW ZEALAND

Therapeutic
Guidelines



eTG
complete

ELSEVIERHEALTH
Health Sciences Bookshop



CRC Press
Taylor & Francis Group



mdanational.com.au Freecall: 1800 011 255

 **MDA National**
Support Protect Promote

CONCRETE JUNGLE WET DREAM TOMATO

A RURAL STUDENT'S GUIDE TO SYDNEY

Written by Ryan Horn (II)

If you're from a place where people genuinely believe God invented guns so that man could fight the dinosaurs then chances are moving to a city of almost five million people will be pretty daunting. So here a few tips to help you find your feet.

1. Your repertoire of names will expand infinitely. I recommend saying someone's name back to them three times after they tell you it, that way they will think you are weird and won't want to be friends.
2. Don't waste time telling people where you are actually from. No one knows where the corner of 'Sodomy Street' and 'I Kiss My Cousin Road' actually is. The best way to describe to someone how rural you are is to tell them the speed of your home internet (if you even had it).
3. Google Maps and TripView are life. If you plan on venturing out on your own you will need these.
4. See the sights this beautiful city has to offer. Despite Sydney nightlife slowly dying after being stabbed in the back by the fun police there is still plenty to see. Xplore Sydney has some schmick ideas for weekend adventures.
5. Invest in earplugs. They will help drown out the sounds of the sirens, horns, trucks and drunk college students doing god know what in the hallways while you are trying to sleep.
6. Sydney has awesome food for every meal. Don't be afraid to try something new, the food here is legit. Zomato is a great app for finding a good feed and check out the fatties burger appreciation society on facebook if you love a good burg.
7. Use your resources. As a rural student you have access to an endless supply of resources through the Rural Clinical School, RAHMS and the ACRRM (google them for more deets).
8. Deal with needy parents. No one wants their parents calling the ER asking if their child is okay after stalking them to their placement through 'Find My Friends.'
9. Ibises (or Ibii) are no longer majestic birds that nurture pastures by aerating the soil. They are bin chickens from hell that smell of rotting flesh and prey on unsuspecting students. You have been warned...

Good luck out there. We may be bogans, but we are smart bogans so have faith.



RURAL ALLIED HEALTH AND MEDICAL SOCIETY

RAHMS is the University of New South Wales student-run organisation for medical, optometry, social work, health and exercise science, psychology and medical science students. We are made up of students from both city and country, as well as anyone interested in rural health. Some of us plan to work in rural health while others are just curious.

With over 1000 members across 6 different disciplines, RAHMS aims to inform its members about rural and remote health issues, bring together like-minded students from multiple universities, provide positive experiences to promote rural living and working, encourage thinking about rural careers and increase awareness about health concerns facing indigenous Australians.

Why should I join?

To learn more about rural health issues and careers through events such as:

To meet health students from rural health clubs around Australia (for more details, see the National Rural Health Network (NHRN) website).

To get a better idea about what studying is like with the UNSW Rural Clinical School in campuses that you may well visit in clinical years in Albury Wodonga, Coffs Harbour, Port Macquarie, Griffith and Wagga Wagga.

To get informed about rural scholarships such as the John Flynn Placement Program, the Rural Australia Medical Undergraduate Scholarship Scheme (RAMUS) and Bush Bursaries.

#MEDLYF/#COLLEGELYF

Surviving first year whilst living on campus

Written by Andrew Coulshed (II)

Going to Uni is a big change in anyone's life, and it can be pretty overwhelming at first. Meeting new people, taking new classes, eating new food and using new bathrooms can all be confronting to begin with, but ultimately it's a change that's easy to overcome and embrace. However, this is all made a lot more difficult when you're not only changing your studies, but also where you live.

Nevertheless, all is not lost! As someone who has lived on campus for an incredible ONE YEAR, my expert advice is here to help guide you through the trials and tribulations of on-campus accommodation. Below are 4 top tips to help you not only survive, but thrive in your new home.

1. Get the necessities

Understanding what you need to live is a lot harder than you might think. Mistakes are rife among the uninitiated, whether it's guys using BB cream as moisturiser (true story), or leaving toilet paper outside the bathroom (and having to execute the consequent pants-down squat-shuffle), mistakes are rife among the uninitiated. As such, make sure you plan ahead, listen to advice, and stock up on your 2-minute noodles.

2. Appreciate your sleep

One of the biggest advantages of living on campus is sleeping in, so enjoy that. (However, when I say "appreciate your sleep", what I really mean is "brag about your sleep". Make sure that every one of your pleb, non-Res friends are well aware that you went to sleep at midnight and still got 8 and a half hours, and only got out of bed 30min before the lecture. This bragging can be emphasised further by turning up to lectures in pyjamas.)

3. Go to parties (and sometimes lectures)

One thing that a lot of Res students forget is that the reason you stay on campus is the convenient location. As such, don't just sit around and watch TV in your room all day, because otherwise you (or more likely, your parents) may as well have not forked out the 20 grand. Even if parties aren't up your alley, there are heaps of things to do outside the confines of college, like eating bad burritos at midnight, or judging people's tattoo choices at Coogee – the possibilities are endless.

4. Make the most of it!

In reality, the most important part of campus living is to embrace the challenge. #ResLyf has a lot to offer, including great friendships, fantastic opportunities and questionable food choices, but only if you get out there and make it happen!

Bachelor of Arts / Medicine ...

reasons why it could be really worth it.

Written by Austin YS (V)

Another degree on top of medicine. It may sound daunting when you first hear it. It does take 1-2 more years (depending on your ILP) and there will be more contact hours right from your stressful second year. And even after you complete it, the Arts degree you obtained may not help your medical career at all. So why did I do it? Here are some reasons why:

1. Academic balance. Medicine is definitely one of the toughest degrees out there and it could be really different to what you expected before you start the program. Unlike your standard high school subjects, you will be faced with a plethora of cold, hard, medical facts, challenging terms and quirky images right from year one. It is certainly a distinct academic field from the artsy subjects such as English, History, Languages and Music. If you enjoyed any of these areas of study, UNSW kindly offers a variety of courses including these, which falls under the Bachelor of Arts category. I personally chose Music for my major after completing HSC Music 2 and Extension in high school, and as I am also an avid flautist. It created an exciting balance within my academic pursuits throughout my time spent here at UNSW, and it gave me a whole new insight into music.

2. Exchange. Medical students unfortunately cannot go on exchange. This is true for most, but false for Arts/Med kids! For your Arts year (which could be in your 3rd or 4th year of the program) you can apply to go to any city in the world to expand your cultural and academic experience. I personally did not go on exchange (biggest regret of my life), but the majority of my Arts/Med friends went overseas and came back with one of the best memories of their lives.

3. Potential impact on your medical career. Many areas in the field of Arts seem to have quite a few links with medicine. For example, philosophy of medicine (e.g. bioethics), history of medicine (e.g. Hippocrates), and music and medicine (e.g. music therapy). Which ever course you undertake within Arts, it could have some unexpected yet intriguing connections with medicine that you may find fascinating, and could potentially impact your professional career. I've personally developed a strong interest in neurology and am eager to explore music as a potential treatment option for neurodegenerative disease such as Alzheimer's and Parkinson's Disease. If you're still contemplating, you can always give it a go and drop out whenever you want!

Enjoy your first year of medicine! :)

FYI: Any two Arts courses can be used for your general education component in your ILP year.

Do you love drawing? Writing? Photography?

Were your maths books patterned with doodles and your scientific diagrams always sketch-like?

Do you believe that the pen is mightier than the sword?

If you said 'yes' to any of the above, then this post has been written just for you! Medsoc Publications is looking for passionate writers, artists, poets, journalists, photographers and anyone who is curious or would like to be part of our team to help make Medsoc Publications its best year yet!

Make sure to like our Facebook page (UNSW Medsoc Publications) to keep up with all Publications-related updates, regular doses of med humour and online editions of Medsoc magazines. Also, keep an eye out for our Arts/Writing Competition at the start of TP3, and if you would like to find out more about doing a Med/Arts degree, also watch out for our Med/Arts Night coming up in May!

For any questions, comments or sneaky med memes (we might even publish :)), shoot us a Facebook message or email us at publications@medsoc.org.au. Welcome to med, awesome Freshers!



Surviving UNSW medicine as a mature student

Written by Will Errington

If you did your Google-based research as did I before applying to UNSW Medicine, you will know that it remains an undergraduate course where the vast majority of students enter straight from high school. As a mature age student, this led me to have some questions prior to starting the course. This short article hopes to allay any concerns of mature students starting in 2016... and possibly raise others.

How mature are you?

First off, there are degrees of "maturity". UNSW takes quite a catholic view of the term and includes everyone who did not join straight from school or from a gap year. On this course, unlike being pregnant, the state of maturity it isn't black and white: it's a continuum and you will place yourself and find yourself being placed by your peers somewhere along this continuum.

This is a function of a number of variables, such as:

- Age - dock a few points if you're "young looking" (ask a friend...)
- Whether you have children
- Whether you have finished a previous degree(s)
- How far in your previous career you progressed
- Whether you own a house / other encumbrances
- Your personality and general philosophy of life... are you a bit "impatient", do you have a sense of humour, do you take yourself very seriously or are you happy to banter?

This is key: how you interact with your fellow students and how you slot into medical student life will depend on the above and other factors. If you have just completed a previous degree and have come straight onto the course footloose and fancy-free, you will slot straight into the student body seamlessly. In which case you will find yourself inextricably tied up in the student life whirl.

If (like me), you tick most of the boxes above and are wayyy along the continuum then maybe the occasional after exam beer then off home for a nice early night is the go.

Prepare yourself for...

Questions, questions, questions... particularly in the early days.

How old are you?

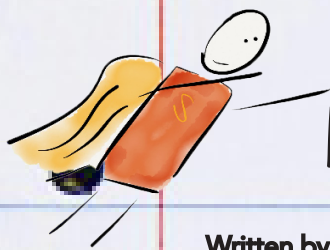
The question you should never ask a lady is one I am asked unfailingly upon meeting a fellow student for the first time. How you deal with this one is up to you.

Why are you here?

Reprise your med interview and you should get by.

Brace yourself for...

- Nocturnal students: especially those who in group work situations send you emails at 3 am
- The sheer amount of chatter and playing of games on laptops in lectures
- Awkward conversations with friends / family outside of university, particularly if you are very mature and have left a "good" job



Med Tips from Top Students



Written by Hyerim Suh (III)



Let me begin with congratulating you on making it into one of the finest medical schools in Australia. But let's not kid ourselves. Med is intense, so here are some handy tips that can help you along!

Tip #1 Aim for the stars

Medicine is a long road, so it's important to create goals to help keep you on track (use the SMART checklist). And forget those who say "P's make degrees." You're here because you have a passion for science and you want to become the best doctor possible. So aim high!



Tip #2 Attend lectures

If you skip lectures, you'll most likely fall behind. At least if you attend the lecture, you can keep relatively on top on content and it gives structure to your day. Plus, Echo360 only records for fifty minutes and several lecturers go overtime. You've been going to school for 13 years, how hard can it be to come to university for lectures?

Tip #3 Don't make lecture notes

Writing lecture notes is time consuming and an inefficient method of learning. Unless it's a topic I struggled with, I simply wrote transcripts of the lecture or tutorial so I can refer back to it. Otherwise source notes from upper years!



Tip #4 Everything is about relationships

Rote learning might have gotten you by in high school, but it'll fail you in medicine. Given the volume of information, it's more about managing the information rather than pure memorization. So study in terms of disciplines, not lectures, and make sure you understand the big picture rather than details.



Tip #5 Dr. Najeeb

Simply brilliant. These lecture series are easy to understand and will make you a med whiz in no time. I can't recommend it enough (lifetime subscription is only \$99!) Having said that there are other good resources such as geekymedics for clinical examinations and khanacademy videos!



Tip #6 Have a wolf pack

Don't underestimate the importance of having a good support network. Your friends will help you keep sane, and you can always find a good study buddy. I Skype weekly with a good friend of mine to quiz each other on the week's content. This will also force you to commit to continuous revision so that you aren't pulling awful all-nighters before the exam.



Tip #7 Start on past papers early

Humans are lazy. Not usually a positive, but an upshot in this case because that means Medfac will reuse past paper questions. You could honestly pass just by looking at the old questions (not that passes should be your benchmark). But past papers will also give you a good idea of what to focus on for the exam and make revision more efficient (Week 6 is a good time to start).

Tip #8 Health

Keep a regular sleep schedule. Whether that's 6 hours or 8, if you keep a regular sleep schedule you can still function well. Exercise everyday – make sure to just set aside a time everyday that's your gym/fitness time and don't compromise on that. It will help you combat the fatigue and stress! Medicine is a marathon not a sprint, so it's important to take care of your body.



Tip #9 Keep busy

Believe it or not, Phase 1 is when you will have plenty of spare time. So it is 100% possible to keep up your co-curricular activities and still do well! Obviously don't overload yourself, but being busy also forces you to plan your day so you don't waste time. Some time saving strategies are reading or watching lectures on the train and bus and actually studying during your timetabled breaks.

Tip #10 You are not alone!

Ask seniors for help. We don't bite (we promise) and we're happy to help or share resources. We've gone through exactly what you have gone through so we can also give you some extra advice on effective study methods, resources and topics to focus on for the exam.

★ Assignment Tips ★

Written by Ross Penninkilampi (III)

Doing well in assignments can be tough. For most, you will find assignments mind-numbingly boring and you will try to cast them from your mind, spending your time at parties, playing video games or watching Netflix (and chill, if you're lucky).

Most people don't think assignments matter because they don't count to your EOC mark, however thinking in that way will come back to bite you for your Portfolio! It's important that you make an effort to work consistently in assignments, despite the temptations to leave it all to a caffeine-fuelled sprint the night before.

Here are some tips that can help you achieve good results in your assignments:

- I know you don't want to, but start early! Make sure you start at least a fortnight before the due date, to leave you time for solid research and then writing. When you do it at the last minute, the research phase suffers, and your assignment will be poor quality.
- Use lots of references – at least 20! No websites if you can avoid it, stick to books and journal articles. Make sure you reference correctly in the APA style – I would highly recommend using EndNote to make this process smoother
- Whenever you make a claim in a sentence, it needs to be referenced with an in-text citation. At least half of my sentences in the body of my assignments (and usually a lot more) had citations at the end of them.
- Don't submit your first draft. You should do at least three rounds of editing, to tighten up the content and language.
- Be concise. Write every sentence in as few words as possible. Often the easiest way to do this is to include specific meta-language from the topic.
- Always check each of the assessment criteria before submitting to ensure you have adequately addressed the requirements of the assignment.



Med: An International perspective

Written by Salonee Phanse (II)

Moving to Australia was, if I dare say so, like cutting off my umbilical cord. It seemed like a vacation while my parents were there. But the moment they flew back, that was it - my cord had been snipped off and I was to breathe on my own now.

I mean, about as much as Basser steps would allow me to breathe. The first time I climbed those stairs made me seriously reconsider my decision of moving to Sydney. But then I just thought of it as a really, really good workout and I now believe that I am on my way to killer abs (please?).

The existence of seasons was a revelation for me. Having grown up in Singapore I knew of two weather conditions - hot and wet. The range of temperatures I experienced in my first year here - with the storms in April, the really cold winter and the brief heat wave in October - will always be, in my mind, Sydney's way of welcoming me with every possible weather condition.

Stepping into Med was daunting. I was pretty sure all these uber confident local kids around me already knew how to suture and had definitely performed a couple of surgeries. It did not help that my fellow international kids radiated the same confidence, and every step of the way, I once again reconsidered my big move to Sydney. But all it took was a warm smile and a simple 'Hey!' for me to realise that all the people around me were as new to med, and as keen to make friends, as I was. In a few hours, amidst the laughter and the, 'What is he even teaching?', it was as if a new umbilical cord had begun to grow, attaching me to these kids, all crazy enough like me to move away from home for six years, confident of forming unbreakable friendships.

I was born in India, and at the age of five, when most kids decide who their best friends could potentially be, I was made to move to Singapore. It was a beautiful country, and I made great friends. But as is the clichéd scene in about every teen movie, all of us had to move to different countries after graduation. Yeah, I could always talk to them via Facebook, and I do. But would I ever find someone as close to speak to, face-to-face?

Some people tell me that when I speak to Australian people, my accent changes. That might be my inner cool kid attempting to burst out, but I've found that I don't care. All the friendships I've formed this past year have been a little bit of imbibing, and a little bit of giving. I'm always eager to learn about Australian culture, and always excited to share my knowledge of the Indian and Singaporean lifestyles. With five more years to spend with these great people, I'm confident that this is going to be one hell of an umbilical cord to break.

Good notes, good practice, good defence

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

The quick brown fox jumps over the lazy dog

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG

The quick brown fox jumps over the lazy dog

Legible notes are good practice and support
a good defence – so does **MIPS**

1800 061 113 | mips.com.au

Medical Indemnity Protection Society | ABN 64 007 067 281 | AFSL 301912



Meet Your SIGS

~ Special Interest Groups ~



Oculus Soc

The UNSW Ophthalmology society hosts a range of events and clinical skills nights with leading Ophthalmologists to expose students to the 'eye opening' specialty of Ophthalmology! Get amongst it and see the light by checking out our Facebook page: <https://www.facebook.com/OculusSoc/> #specs&cheques

AICESoc

AICESoc covers Anaesthetics, Intensive Care, and Emergency Medicine. We'll be bringing you a bunch of exciting events, from lectures to help AICE those exams, workshops to learn cool skills, and more! Our first event will be our Basic Life Support Course, perfect for getting some hands on experience J

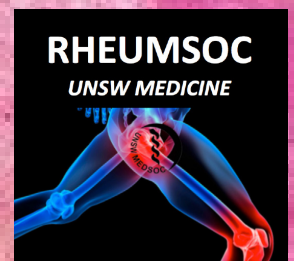


PathSoc

Hey Freshers - a huge WELCOME from the Pathsoc team! We are a SIG who hold events throughout the year covering all aspects of pathology i.e. the study of diseases. For you keen beans, we're holding an event very soon! Keep a look out for our Foundations tute :)

RheumSoc

UNSW Rheumatology Society welcomes all first years to check out the newest society on the block! We sure hope you're keen on interpreting X-rays, examining every joint to its tiniest detail and cramming for your exams with us! So buckle your knees and join(t) us for one thrilling ride!

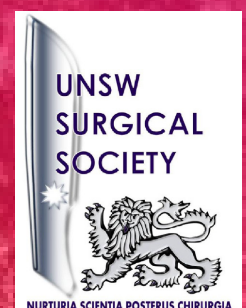


DermSoc

Dermsoc welcomes all who are interested in Dermatology! We provide teaching through various fun events such as suturing workshops, Grand Rounds, and mock exams. We also provide information on the specialty by inviting dermatologists to speak to us. If your dream is to become a dermatologist, come along to our events and join DermSoc.

SurgSoc

The UNSW Surgical Society consists of surgically minded UNSW Medical Students with the focus of providing opportunities to others with a surgical interest. We facilitate the learning of basic surgical skills and surgical anatomy and bring practicing surgeons to teach you!



O&GSoc

O&G Soc welcomes UNSW medical students from all years who are interested in Obstetrics, Gynaecology and Women's Health. We aim to provide information on the specialty through discussion of entry pathways and future career directions, and facilitate academic learning and clinical skills to all students on this specialty.



PaedSoc

The UNSW Paediatric Society is a student-run organisation involved in introducing YOU guys (yes you!) to the medical specialty of Paediatrics. Come down to our academic tutorials to solidify your paediatrics knowledge, listen to accomplished Paediatricians speak, or engage in any of our charity events that aim to help kids who need it. Hope to see you there!

RadOncSoc

RadOnc Soc encompasses two separate interest areas, radiology and oncology, into one. Our radiology branch aims to teach basic concepts required in the interpretation of medical imaging, and our oncology branch seeks to educate students about the complex principles and issues involved in the diagnosis and management of cancer.

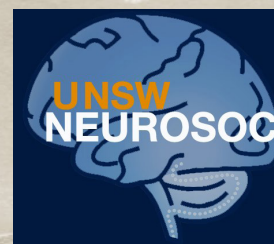


SportsMedSoc

Get your helmets and straps on, SportsMedsoc is here! We're looking forward to kicking off yet another successful year in 2016, with the goal of increasing awareness of Sports Medicine as a specialty. Our educational events, featuring some high-profile sports physicians, and clinical opportunities will surely keep the ball rolling in this field, so stay tuned!

NeuroSoc

Whether you have a keen interest in neurology, are curious or want tips for exams, NeuroSoc is here for you for all matters neurological. NeuroSoc provides additional academic support and general interest education, ranging from careers night to tutorials targeted directly to you – and your exams. See you soon!



BEAMsoc

IVF, abortion, euthanasia, eugenics... if someone asked for your stance on these hot ethical topics, would you know where to begin? BEAMsoc, Australia's premier medical students' ethics society, values independent thinking and engaging discussion. If you're looking for a way to stay informed and share your voice, like us on Facebook and stay tuned for our events this Semester!

CardioSoc

Whether your heart races thinking about cardiology or you want to keep your study in a normal rhythm, CardioSoc is on track for a pumping 2016! We put on electrifying events related to cardiology, from thrilling ECG tutorials to heart-warming bake sales - all because we have your best interests at heart ♥





UMMS

MMS (Medical Music Society) gives opportunities for busy medical students to join a small music group, choir and even an orchestra led by a professional conductor. Performances opportunities include concerts, visits to Sydney Children's Hospital, and more. All levels of experience welcome, check out our Facebook page for more details! (facebook.com/mmsunsw)

Medshow

Looking to express your creative side? Love singing, acting or dancing? Just want to meet people and have fun? Join Medshow 2016! We're an annual theatrical production and a rite of passage for many MedSticks, where you'll make incredible friends and memories. Look for Expressions of Interest later this year!





Medical Students Aid Project

So you're passionate about global health, keen to learn more about how you can make a difference but not sure where to start? Welcome to Medical Students' Aid Project (MSAP)! You may have the misconception after reading our name that MSAP is a society that offers monetary assistance to medical students that have been rendered bankrupt by their gruelling medical degree- sadly, this is NOT true. So what exactly, then, is MSAP? MSAP started as an initiative to supply vital medical equipment to the hospitals in developing countries that fifth year elective students visit. However, since its inception, MSAP has extended its reaches, going bigger, better and broader!

Over the past 2 years MSAP has been working on the Engaruka Project with grassroots organisations in Tanzania to build a child and maternal health care clinic. With the successful completion of this project, this year we have an exciting new project, 'Food for Thought', providing nutritional meals to impoverished school children in Gujarat, India, simultaneously encouraging their education. We hope to combat the shocking fact that one-half of Indian children are malnourished and underweight by WHO standards.

A lot of MSAP's projects involve maternal and child health. Why? Consider this: 99% of all maternal deaths occur in developing countries. Almost all of these deaths occurred in low-resource settings, and most could have been prevented. What can you do about this? Come along to our annual Birthing Kit Assembly Night on the 7th April where we'll package 1000 Birthing Kits to send overseas to address this startling statistic.

If you want to learn more, throughout May, MSAP will be running our annual Global Health Short Course: 4 doses of a weekly seminar on global health. If you're inspired by these speakers, then listen out for our Project Pitch, where you get a shot at pitching your idea for the next Project taken on by MSAP. Some other events that we have planned for the year are Code Green, an initiative on incorporating environmentally healthy solutions into our everyday lives, and the Crossing Borders night, a seminar providing information about how we, as future doctors, can advocate for the removal of barriers to healthcare for refugees, asylum seekers and undocumented migrants.

To learn more about what we're doing throughout the year, come to our Launch Party on the 22nd of March! But if you just can't wait to hear about our global health education and awareness projects and events, then sign up to our mailing list <http://goo.gl/forms/NeUAFZFnxg>, and like us on Facebook <https://www.facebook.com/msapfb> to stay in the loop with all the events that we have coming up! MSAP is your global health group at UNSW, so if you have any ideas, queries or suggestions on what you'd like to advocate for, feel free to message us or come talk to us at any of our events! Good luck with med and we hope to see you at our events! :D





Ever wanted to be a ninja? Display your amazing artistic talents? Be a master chef? Sell tickets? Or just sing, act or dance your heart out on stage and watch your body move like you never thought possible before? Join Med Revue this year, and there will definitely be something that tickles your fancy.

Med Revue is a comedy sketch show that has been running every year for over 40 years, starting in 1975 with "Rumpleforeskin". We are the highlight of Semester I on campus, and you won't want to miss it. When better to experience amazing, new things than in your first year, during Foundations? You'll be guaranteed to make some amazing memories and friends that will stick with you for a lifetime.

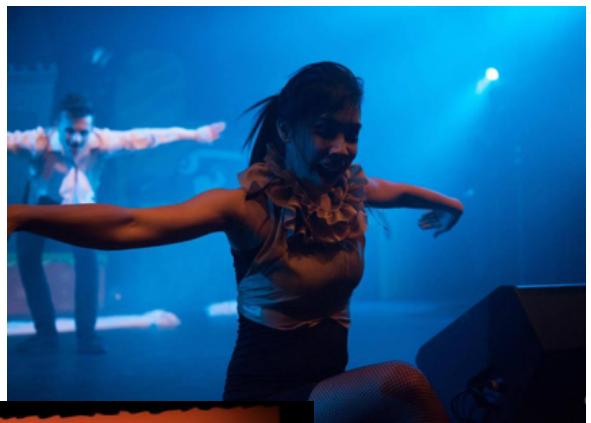
Within the Med Revue society, there's a something for everyone- no matter the level of experience. Want to cook for a cast and crew but have never turned on a stove? No problem. Want to act, sing and dance your heart out but have only ever performed for the person in the mirror? We want you. Keen to use power tools to build an awesome set on the Science Theatre stage but can't put a plug in a socket? Med Revue will show you the way.

"At first, it was scary. It was something I have never done before in my life. I had no dance experience whatsoever and zero singing or acting talent. Studying medicine was sort of overwhelming, but I stayed on in Med Revue, and it was the best decision ever. You will find yourself enjoying every second of Revue and when it ends, you will have withdrawal symptoms. I managed to study and pass my exams. Besides, there will always be some friendly seniors around to provide you with guidance should you need them, and before long, you too will become a part of this big happy family. University is all about new experiences, and getting involved, try out something new today, be a part of revue, and you might just find that it is the thing for you."

- Real life UNSW Med Student/Med Revue Cast Member Alvin Chan

Here's a little bit of a tip for you first years: life as a med student is full of cramming, late nights, alcohol or coffee, or both. When you find yourself still up at 3 a.m. in the morning trying to remember what the cardinal signs of inflammation are, you will find singing to the songs you learned in revue rather comforting, and nothing is a better stress reliever than busting out those dance moves in your room.

Come down to our Introduction Night on Tuesday 1st March for more information about the society, and then get your groove on at our Launch Party on Friday 5th March!



MEET YOUR PROFESSORS



A/PROF GARY VELAN

1. What field(s) do you specialise in?
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.
3. What was your most embarrassing moment as a medical student?
One embarrassing 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!
3. What is one piece of wisdom that you'd like to give medical students starting this year?
Enjoy your time in medical school - these are the best years of your lives. Study hard, never give up, but don't forget to have fun!
I hope that this is helpful.

1. What field(s) do you specialise in?
I teach all types of gross and neuroanatomy and occasionally embryology and histology. My research area is in comparative and evolutionary neuroscience, in particular marsupials and monotremes.
3. What was your most embarrassing moment as a medical student?
When describing my findings on examining a patient, I said the patient was "severely clubbed" rather than "having prominent clubbing". My clinical group thought it was hilarious.
4. If you had a spirit animal, what would it be? The echidna, because it is always underestimated.



PROF KEN ASHWELL



DR KAREN GIBSON

1. What field(s) do you specialise in?
Systems physiology.
2. What did you find to be the best part of medical school?
I felt a lot of pressure to perform when I was at school. Consequently I really enjoyed the anonymity of starting uni. It was great to have a fresh start where there were no prior expectations on you.
3. If you had a spirit animal, what would it be?
Being a scientist, I did three online spirit animal quizzes to answer this question. The 3 responses were a bear (with some possible connections to a turtle and a deer), a bat and a whale. However, my family would say I was a koala because I need a lot of sleep.

1. What field(s) do you specialise in?
Pathology
2. What do you enjoy doing in your spare time?
I am a keen bridge player and I enjoy listening to classical music. Since I converted to working part-time about 18 months ago, I've also rediscovered golf.
3. What is one piece of wisdom that you'd like to give medical students starting this year?
Do work steadily and don't stress out - yes, there is a lot to learn, but with a bit of effort and persistence, you can handle it.



PROF RAKESH KUMAR

FOOD IN MOUTH DISEASE

MIND OVER MATTER BUT HEAD BENT OVER PLATTER!

Written by Victoria Liu (IV)

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.

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.

M€D\$OC B€N€FIT\$!



\$5 Membership Fee
(reduced from \$10)

10% discount on ALL purchases!!!
(Located in Randwick)



Croquembouche Pâtisserie

ROYAL SALADS

10% on DELICIOUS
fruit, salads & juice
(exception: you-
ghurt)
@ Royal Randwick
Shopping Centre

Dong Dong Noodles
@ Kingsford! 10%
discount on purchas-
es \$30 or more!

Southern Wok @
Uni: Drinks for
\$1 for all purchase
above \$8.50



Curry King! Kingsford
Store.
- 10% discount on ALL
purchases

10% OFF + Free
Drink 11AM-3PM +
\$8.90 Any meal on
Mondays



- Lots of study material to print / copy?
- Too expensive to print / copy?

HOW ABOUT

per page

(B&W on regular 80gsm A4 paper)

5cents



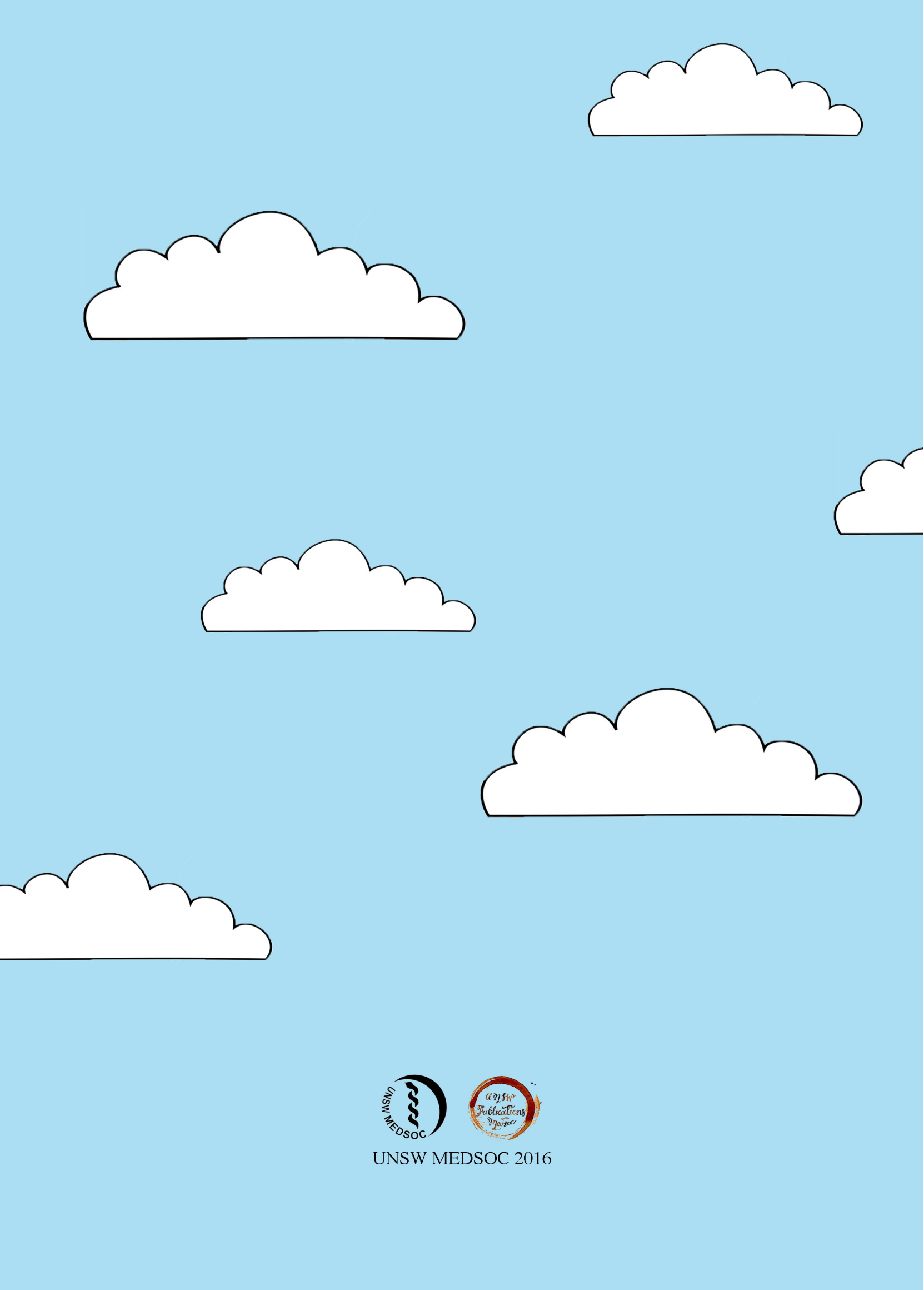
- Plus**
- Free Computer Usage
 - Binding Service
 - Laminating Service
 - Other Printing Services



Suite 105, Level 1
83 York St, Sydney
(Above CUA)
P: 02 8065 0783
info@siriusprinting.com.au

* Please check terms and conditions in store.





UNSW MEDSOC 2016