

contents

	-
Welcome Class of 2022	3
Your UNSW Medicine Family	
Meet Your MedSoc Execs	4
Meet your SIGS	10
Humans of <mark>UNSW Medici</mark> ne	12
Rural Allied Health Medical Society	14
Medical Students' Aid Project	14
Studying for Med	
Studying Smart not Hard	16
All Textbooks w <mark>ere</mark> not Created Equal	18
The Official MedSoc Textbook Guide	18
Histology Bingo	20
Pat <mark>hology B</mark> ingo	21
A gu <mark>ide to e</mark> Med	22
The Other Stuff	
Foo <mark>d in Mou</mark> th Disease	23
A Song for Every Speciality	24
Meet the Brains Trust	26
Medrevue 2017	29
College Life	
Medlyf/Coll <mark>ege</mark> lyf	30
I've Got a Bad Case of Lovin' You	31
Concrete Ju <mark>ngle W</mark> et Dr <mark>e</mark> am To <mark>mato</mark>	32
Frankie the Foreign Body Goes to the Big Smoke	33
International Perspective	34

EDITING AND COMPILING: ROSHANA KANAGARATNAM AND NICK CHANG LAYOUT AND DESIGN: KAI LUN AND ELIZABETH LUN FOR ENQUIRIES CONTACT US AT PUBLICATIONS@MEDSOC.ORG.AU

E WELCOME CLASS OF 2022

Whether you're coming to uni straight out of high school, after travelling the world, or after working in another profession, you'll find studying this course is a challenging but infinitely enriching experience. In just over a short half decade, you'll be able to call yourself a doctor (hopefully), and we hope the process getting there is the absolute time of your life.

This is your very own Umbilical, written by more experienced students to help our new medlings navigate everything there is to know about your new uni life – from eMed, study tips, societies and even the (rather inevitable) faux pas of medcest.

We're here to tell you first and foremost to relax, stop and smell the roses (or in this case cadaver formaldehyde) and enjoy the journey that is the next 6 years. It'll be an amazing ride with 280ish people who are equally as clueless and as lovely as you are filled with so many unforgettable experiences: new friends, MedCamp, MedBall, parties, rat dissections, convention, human brains, patients that make your heart melt and so much more.

For now, just promise us that you'll be the one to say "Hi, my name's..." to the person sitting next to you tomorrow at lectures, try singing/dancing/making-a-damn-fool-of-yourself in Medshow or coming to MedSoc parties, specialty nights and meet and greets.

Don't be afraid to put yourself out there! The friends you make will have your back through foundies and beyond. Know why you're here – to be on your path to becoming the best doctors possible and to make a lifetime of difference - but in the meantime remember to have fun, truly treat yo' self on this journey and be open to all the opportunities that come with it!

If you haven't already, join the Facebook group (UNSW Medicine Class of 2022) to keep up to date. Until your elections in a few weeks, we are your first year reps... (loljks we're really your slaves). Any queries on Med processes, liaising with MedFac and Gossip Girl style dirt, text us, tweet us, Facebook us and tackle us in Wallace Wurth.

So spread your metaphorical wings (at least we hope they're metaphorical...if not you should probably get that checked out) and get ready for 6 years of hard work, fun, adventure and memories to last a lifetime.

Love, Nick and Roshi



President: Eric Xu

Year: IV

Describe yourself:

Well I'd like to think that I'm a chill, easygoing and approachable guy, so feel free to talk to me/us whenever you see us floating around uni!:)

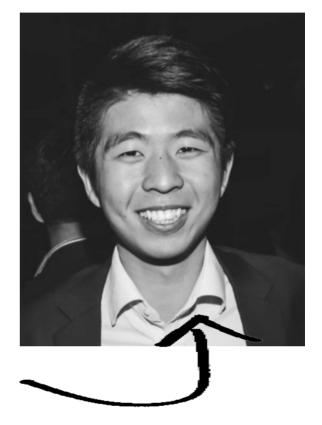
Funniest MedCamp memory:

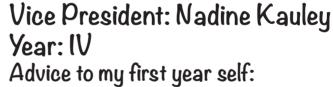
Watching people participate in the Challenges (iron/steel gut would be mine)

Advice to my first year self:

Make sure you have bucketloads of fun whilst continuing to study hard for medicine! get engaged with university life including MedSoc and other societies and programs!

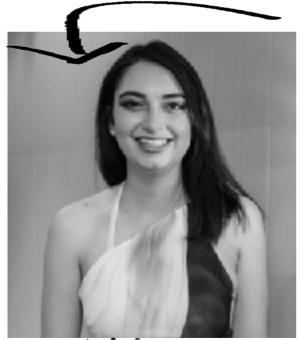
Taylor swift or Miley Cyrus? Sorry I was a pretty big Swiftie in year 12, so taytay





Don't be afraid to get out there and try your hand at anything that interests you! Remember that knowing no-one in your cohort is not necessarily a bad thing. Your studies are important, but when exams roll around, you will need those great experiences to have you thinking of better times, and the new friends you have made to endure them with

Fav Med Moment: MedShow MedShow MedShow





MedCamp MedCamp MedCamp!!! Please, please do not say you can't go to MedCamp because you need to do your Medical Heroes assignment! (PS: that was not me!) It's an once-in-a-life-time experience you would not want to miss!

time experience you would not want to miss!

Get involved with Medlife @MedSoc and other programs at uni Make lots of friends - they will become your partner(s) in crime throughout your 6 adventurous years at UNSW Medicine with your mentors acting as a safety net to catch you should you fall! Most importantly - enjoy the ride and remember why you decided to embark on this endless but rewarding journey!

Quote to live by:

Proverbs 3:5-6 - Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.



Membership Director: Elizabeth Wong Year: III

Advice to my first year self:

I. Make the most of first year to get to know your fellow medsticks - you'll meet some of your closest friends during this time and stick with them for the next 6 years 2. Get in amongst it all - unlike high school, there's no pressure to aim for ranks, so help your mates out academically and involve yourself in events, special interest groups and go to MedCamp! Chill out - first year is the time to embrace all the pussibilities (sorry...)

3. Seek help if you need it, whether it be from your

friends, older years, academics or Student Wellbeing Advisor, Ute (she's one of the funniest people you will ever meet)





Describe yourself: Coffee, cars, chill.

Advice to my first year self: Take notes.

Quote to live by: The higher you climb, the better the view.

Fav lecturer: Who doesn't love Ka\$hwell?!

Fun facts: I have run into trouble with the authorities in Turkey, I have a baby photo in the arms of the Dalai Lama, I have a strange obsession with double-decker buses and I've never had a proper dream.

Fav med moment: Pub-crawl(s)

Funniest medcamp memory: The stark contrast of the bus there and the bus back.

Best med related pick up line: "Are you a pulmonary embolism?

Cause I can't breathe when I'm around you."



Public Relations Director: Naomi Sirmai Year: III

Describe yourself: I literally don't understand all this hatred towards ibises. I love ibises.

Advice to my first year self: Study hard but not too hard, ask for help if you need it, don't do Buzzfeed quizzes during lectures Best med related pick up line:

If you're talking to a guy, you start with "I do med" then you explain that you mean medicine not nursing without sighing too much. If you're talking to a girl "I'm really good at anatomy" will do.

Taylor Swift or Miley Cyrus?

I'm team 'Let's Support Each-Other Rather Than Competing Amongst Ourselves' but in terms of music neither please. Shirley Manson, Florence Welch or Courtney Love.



Advice to my first-year self: Go to more events! Meet as many people as you can from across your college groups - don't stick to your college letter! And talk to older year students, they're very helpful and friendly, and can be mentors for the years to come.

Fav Lecturer: Without a doubt Gazza Velan, join 'The Dr. Gary Velan Appreciation Society' on FB for some good buns.

Best food on campus: Probably the most important question here - don't worry I've got you covered! If you're bothered to trek it down, snack packs and roast chicken in the Quad food court are top notch, Stockmarket in the Mathews food court is great and a healthy option too, and

there's good coffee up at the cafes in Randwick like 22 and 18 grams, only a 2-5 minute walk away from Wallace Wurth.



Events Director: Elissa Zhang

Year: IV

Describe myself: Very immature

Favourite med moment: A young man broke both shoulders and couldn't wipe his bottom because of surgery. Made me realise the importance of internal rotation of the shoulder!

Best med pick up line:

Hey girl/boy you look sick... Do you need some penis-il-lin???







Year: V
Describe yourself: Bubbly, extroverted, dancer, foodie, traveller, adrenaline-junkie

Fav Lecturer: Kumar, even his David Attenborough-esque voice can make the most mundane/disgusting pathologies sound interesting and humorous! (Wait till he picks on you;))

Fun Facts: I speak 4 languages and I've represented UNSW with the Warriors hiphop team. Usually, no one can guess my ethnicity just by looking at me. Exotic? Best food on campus: Maze cafe (awesome vego options), also for hash-brown-die-hards, GraduEat is the only place on campus selling them. You're welcome.



Student Representative (SRD) Director:

Lokesh Sharma

Year: III

Advice to my first year self: Attend lectures for the socialising (... and learning)

Fav Lecturer: Gary Velan cos he makes the best puns (e.g. I know this class is around lunch time, so I've brought a roll for you all to share.)

Best med related pick up line: "Are you my appendix? Because I have a funny feeling in my stomach that makes me feel like I should take you out"





Year: IV

Advice to my first year self: In first year you'll get bombarded with a LOT of events and opportunities. Don't feel obliged to attend every single one of them, cause otherwise you'll end up sleeping in Wallace Wurth, but if you have even a remote interest in something, give it a go and see how you like it. First year is a time for you to explore and figure out what your interests and passions are, so don't be afraid to push yourself out of your comfort zone or try new things! Then, when you get lazy and old like the rest of us, then you know where to go to if you want to get the most out of something, with minimal time investment.

Fav Lecturer: Patrick de Permentier. Top bloke, great teacher. Throughout the course of first year, you'll gradually get used to the mannerisms and phrases that he uses over and over again in the pathology computer labs. But overall, he's always willing to help, and

cracks a good joke every now and again. Plus he has a pet lizard...



Describe yourself: If I spend all the time procrastinating into getting stuff done instead, I might've cured cancer by now.

Fav lecturer: Ute - She's amazing, period.

Fun facts: Greenland sharks live for 400 years, and they don't reproduce until they're 150 years old. Being a 18 year old virgin starting Medicine doesn't sound that bad now huh

Fav Med moment: The first day of Med School - cos it's all downhill since then.

Quote to live by: Ps make degrees, but Ps don't make a good doctor Best med-related pick-up line: Trust me, this is how they did mammograms back in the old days.





MEET YOUR SIGS

SPECIAL INTEREST GROUPS

PsyciSoc

UNSW Psychiatric Society (PsychiSoc) aims to promote the discipline of psychiatry as well as complement and enhance the campus-based psychiatric teaching. We run events to help students develop vital skills in mental health counselling, destigmatise mental illness, and gain a better understanding and appreciation of the field of psychiatry.

BEAMSoc (Bioethics and Medicine Society)

IVF, abortion, euthanasia ... if someone asked for your stance on these hot ethical topics, would you know where to begin? BEAMsoc values independent thinking and discussion. Stay informed and share your voice - BEAMsoc is Australia's premier medical students' ethics society. Like us on Facebook and stay tuned for our first event - BEAMsoc's Groovy Movie Night!

DermSoc

Dermatology is not just about the frightening experience of getting chicken pox or acne anymore! In 2016, by connecting students with leading dermatologists, DermSoc provided medical students a greater exposure to this field through events such as our Suturing Workshop, Careers Expo, Mock OSCE/ICE and Grand Rounds. Dermatologists often make rash statements, so visit our stall at Medcamp to discover this wonderful specialty for yourself!

PathSoc

No idea what neutrophils, granulation tissue or Velan puns are? UNSW PathSoc is a unique special interest group that aims to enrich your understanding of all things Pathology. To help you on your path and ignite the inflaming desire to study diseases, we've lined up a series of tutorials throughout the year. Keep an eye out for our events on MedSoc's mailout or our Facebook page!

RheumSoc

Rheumatologists are the happiest docs in the hospital, treating a range of conditions (bones, muscles, joints, autoimmune) and doing consults on cases no one else can solve. Rheumsoc has fantastic events to help with exams, and learning about rheumatology as a career!

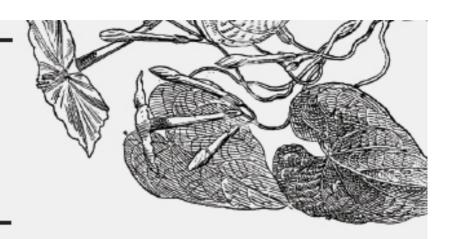
0&GSoc

0&Gsoc have your back for all things lady parts or baby making! With a range of super cool events throughout the year, like our facebook page to hear about opportunities to practice your suturing, tutorials on the mind bogglingly complicated embryology content and talks from talented specialists.

MedShow 2017

Looking to express your creative side or simply meet other amazingly awesome people? Love singing, acting or dancing? Join Medshow 2017! We're an annual theatre 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!

HUMANS OF UNSW MEDICINE





Visit the Facebook page to read more stories

"In one word, the best thing about medicine so far has been the people. Everyone seems so assured of themselves. The people are just amazing, and so lovely; always so outgoing and accepting. It's just that you always have a great time with people and being around them.

The people in medicine have been different to what I thought they would be like. I was sort of expecting a lot of competition, and people being all like "Oooh, got to get that HD!" but it wasn't like that at all! Just how much everyone collaborates together is completely different to what I expected." - David Allaire



"I actually fainted during my first anatomy lab in Foundations. I think I was still a bit off from o-week with fresher flu and hadn't drunk enough water. After standing in the same spot for about five minutes while the instructor was pointing out the tibia or something, I started to get the sensation which I get when I know I'm about to faint. It feels really hot and dizzy and then my eyesight goes as a way of saying you need to sit down. You know for the first anatomy pracs they actually have people on 'fainting duty'. It was great, they went and got me some water and a chocolate bar and I a lot felt better." - Bridget Marshall





मेडिकल स्टूडेंट्स एड प्रोजेक्ट

DICAL STUDENTS AID PROJECT (MSAP)

FROM LITTLE THINGS BIG THINGS GROW

"I visited a school for girls and young women in India, set up by Gandhi in honour of his wife to provide education and support for rural girls. With school fees inclusive of accommodation being cheaper than keeping the girls at home, it's a great incentive for families to send their daughters to school. The hope is that once they receive an education, they can return to their rural communities and make a positive change. After speaking to the students and the school principal I discovered the school toilets were completely run down and in dire need of repair, but there wasn't enough funding to repair them. Seeing the real and urgent need to fix the issue and knowing the massive health impact that proper flushing toilets and sanitation has I was inspired to do something about it. So I took a few pictures, came back and proposed the construction of 2 new toilet blocks at the school as a project to MSAP. Things took off from there - I spoke with the school community, consulted architects and engineers to plan a sustainable project that met the wishes of the school community. After 9 months, we're about to begin construction in the next few weeks." - Lokesh Sharma

Since then construction on the project has started and about 30% complete.





Rural Allied Health Medical Society

The Rural Allied Health and Medical Society (RAHMS) is UNSW's Rural Health Club and a component of the National Rural Health Student Network. We are the university's focal point for students interested in rural, remote and indigenous health. We are fortunate to include a rich mix of students from a myriad of health degrees, all of whom enjoy the broad variety of events that RAHMS has to offer.





Medical Students' Aid Project

Whet is MSAPT

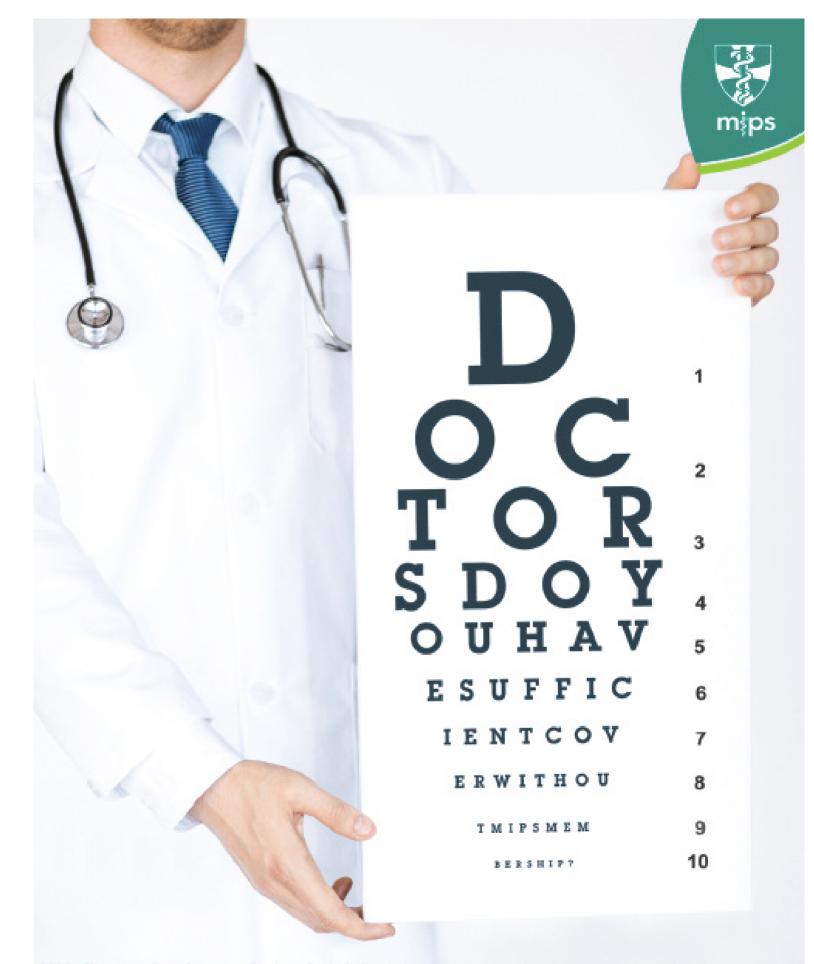
The Medical Students' Aid Project (MSAP) is a non-profit charity organisation and the Global Health Group at UNSW run by med students! MSAP began in 2001 when Greg Fox and Greg Malaney (The Two Gregs) following their elective placements in Malawi, where, while attending to a car accident victim, they opened the resuscitation box to find one band-aid, and a dead cockroach. Their experiences inspired them found MSAP, and its ongoing medical supply elective project.

So what do we do?

MSAP is committed to global health education and advocacy, as well as our international aid projects. We run educational events, such as our annual Global Health Short Course, a 4-week seminar series in all things global health. We're advocates for health issues around the world, focusing on the health impacts of climate change, refugees, and people affected by HIV/AIDS. We also run a number of aid projects in developing countries - "Food for Thought" focuses on child nutrition in rural India, and our Bective Grant Schemes provides hospitals in developing countries with much needed medical equipment.

What ean you do?

- 1- Become a member (http://msap.org.au/get-involved/), and like us on Facebook to keep up to date with our events and projects!
- 2- Get involved | Our events such as MSAP Launch Night, Birthing Kit Night and Global Health Short Course are great ways to explore your interest in global health
- 3- Make a difference Every year, MSAP saves spots on our Executive and Sub-Committees for new First Year Students. You guys are the future of MSAP, and we'd love to see you join us in (trying tol) make a difference in global health:)



MIPS offers a number of membership benefits including indemnity insurance cover to assist you through your career. It's simple - apply online now. It takes 1-2 minutes to complete the form and membership is free for students. The key membership benefit is indemnity insurance, so you have insurance cover for any healthcare services you provide as a student. If you are graduating this year, membership is free from when you complete your studies until the next 30 June.

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STUDYING SMART - NOT HARD!

HENRY LIN (grad. 2015) & BERYL LIN (V)

A: Knock Knock

B: Who's there?

A: Study Smart

B: Study smart how?

Δ-

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 everything else.

PHASE 1 ACADEMICS AT UNSW

So to settle those billion questions running through your head, 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 refection/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 year) 30 students will be eligible to undertake an Honours Research Project and thus 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. However 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. Here are our top study tips that will hopefully help you along the way:)

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 TOPPER TIPS

Tip #1

I think being a good medical student is very much driven by our mindset. It's a daunting reality that in a few years, you will be responsible for treating actual, living, breathing people that depend on you. So, while school may have been about getting _ ATAR or ranking _ in your cohort to get here, being a good medical student isn't bluntly defined or capped by marks – instead, it's about being motivated to learn and absorb as much as you can with no limits, being intrigued by what you studying, using your initiative to go above and beyond (seek extra clinical experience or why not do some research early?) and most of all, staying passionate about why you're here and why you study.

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 in a minigoogling session shortly after), which certainly helps with long-term memory (a bonus if you're a crammer who opens up content from class for the first time 1.5 weeks before the exam!). 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). Personally, 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 and remember sharing is caring! One of the best thing about med is that you are not competing – 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 too!

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 answers to 50 pracs 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.

TEXTBOOKS WEKE NOT CREATED EQUAL an insider's guide to Phase 1 recommended texts

So you've received your list of Phase I 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 I list below.

But firstly, some guldance...

TEXTBOOK BUYING PRO-TIPS

- 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.
- 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

Anatomy

- Gray's Anatomy for Students (2nd ed)
- Clinical Anatomy by Systems (Snell)

Atlas e.g. Netter's Atlas of Anatomy (Illustrated) or McMinn's Atlas of Anatomy/Rohen's Colour Atlas (Cadaveric)

Learning Aids e.g. Netter's Flashcards

Comments

Gray's 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.

Clinical Anatomy has less depth, but makes up for its relation to clinical cases which might prove more interesting and effective learning for some.

An **atlas** comes in handy for practicals and if you need help visualising anatomical locations and relations. **Flashcards** are also convenient to carry around (revision! everywhere!).

Clinical Skills

- 1. Clinical Examination (Epstein)
- Clinical Examination (Talley & O'Connor)

Talley & O'Connor 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.

histology bingo

SEL, MACKEN, MCKAY & SMITH, 2016)

Z

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(HAWILA,

Fabric of life is mentioned	"Go for a walk around the slide"	Dr Laser's drawings are mentioned	PDP sneezes into the microphone	"The tutors are here to help"	"You should've eaten your lunch before you got here"
"This is just beautiful"	"Students always get confused at"	Collagen	Refers to the other class he taught this week and how we're benefiting from that	Refers to something you can't see on the slide 'It's better on the next one'	PDP uses the word 'folks'- in any context
"We'll know your exam results before you leave the room"	PDP mentions that he doesn't walk around like Kumar	Prof refers to "the process" of preparing histological slides	It's an artefact - it's not real	Survey about BEST- Slice	"You got the idea guys?" 'You guys all right?' 'How're you guys going'
"Okay folks"	PDP coughs into the microphone	Professor Kumar is coming in soon	"It's all in your notes folks"	No one answers the question he asks the whole class	'What's your Z number? We'll talk later'
Histology wikipedia with Dr Mark Hill	I'll come back to this slide	Remember, it is important to relate structure to function	"This stuff is all examinable"	"These slides are imported/ important"	Student falls asleep Extra points for snoring
Shaddy talks into the table microphone PDP is shocked someone's listening	"I'll be taking the roll to MESO soon, so make sure you mark your name off"	One of the screens isn't working	Adaptive tutorial freezes/cras hes	Refers to USYD med in a derogatory fashion	"Just click on the class menu"
Student sneeze breaks sound barrier	"C'mon, you should know this stuff guys"	PDP wears a ridiculous shirt	"This part's not examinable folks"	*Sweats*	"I'm only here for [time period] today"

pathology bingo

Can't understand what Prof Nicodemus Tedler is saying	Student sneeze breaks sound barrier	"This slide was prepared on autopsy"	Student can't answer the question *tense pause*	Blood test results in a clinical history	Deafening microphone feedback Points for accompany- ing joke
Kumar makes a very intelligent dad joke	Velan: '[Pun] sorry'	Kumar announces that clinicians use a term incorrectly	Student falls asleep Extra points for snoring	Student wees a little bit as Kumar walks past	Student actually gets an answer correct
Velan waits for laughter with smirk on face	The patient dies	Politely declares us all dumb Students don't know they've been insulted until too late	Shaddy speaks into the table microphone	Kumar violently insults a student	Lesion named after a food
Awkward silence while no one is able to answer the questions posed to the class at large	Mentions wonderful student that made med- related program/ database	Adaptive tutorial crashes/ freezes	The phrase 'coagulative necrosis' is used	Kumar violently insults American spelling	Professor refers to the previous session of this practical they took
Kumar reminds us of the 700 times he's apparently mentioned this before	Prof Nicodemus demonstrates his dark sense of humour	Prof Nicodemus refers to the best way to make lots of money as a doctor	Running out of writing space in booklet within first 5 minutes	Kumar violently insults the general population	Kumar says 'cute'

(HAWILA, HENSEL, MACKEN, MCKAY & SMITH, 2016B)

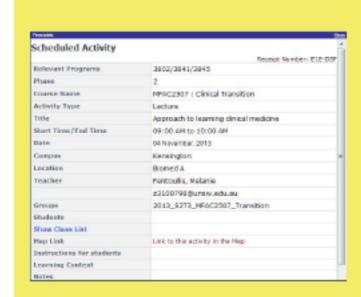
a guide to emed

For a comprehensive video tutorial by the Medsox Academics team (Icseph Xavier, Alex Peng and Ragu Paraparan), see http://youtu.be/dFS/hTS-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

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.





BEST COFFEE ON CAMPUS

It is commonly believed that while coffee on campus does its rightful job (allowing students to forego Z's to acheive 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
- 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 prowl for food 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 thurssat (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

- 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 Pavillion 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 chock-full of flavour.
- Satay delight laksa and noodles are a student favourite as they come in generous portions, packed with flavour.
- 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.

A Song For Every Specialty

PAIN AND ADDICTION MEDICINE

Comfortably Numb Pink Hit Me With Your Best Shot Eddie Schwartz I Wanna Be Sedated The Ramones. Lucy in the Sky With Diamonds The Beatles Wasted Angus and Julia Stone Hooked On A Feeling Blue Why'd You Only Call Me. When You're High Arctic Monkeys

Rehab - Amy Winehouse Trust Me I'm A Doctor Momus Doctor, Please Blue Cheer Somebody Get Me A Doctor Van

Halen

Raise Your Glass; Sober Pink

Snoop Dog and Wiz Khalifa

Sucker For Pain Lil' Wayne

Can't Feel My Face; High For

1Took A Pill In Ibiza - Mike

This The Weeknd

Posner.

Young And Wild And Free



By Roshana Kanagaratnam and Мақһааі Напауди

REPRODUCTIVE/SEXUAL MEDICINE

Sexual Healing Marvin Gaye My Humps The Black Eyed Peas My Dick Mikey Avelon Sex On Fire Kings Of Leon Trumpets Jason Devulo Touch My Body Mariah Carey Don't Get Up Noisette Suck It and See Arctic Monkeys Your Body Is A Weapon The Wombats.

Knocked Up - Kings of Leon Promiscuous - Nelly Fertado Get Ur Freak On - Missy Elliot Hands to Myself - Selena Gomez

OB/GYN

Having My Baby Paul Anka and Oliva Coates Push It Salt-n-Pepa U Can't Touch This MC Hammer Baby Justin Biober Baby Boy Beyonce ft. Sean Paul Papa Don't Preach - Madonna

OPTHALMOLOGY

Eye of the Tiger Survivor See You Again Wiz Khalifa ft Charlie Puth Suddenly I See - KT Tunstall Girl With One Eye; No Light, No. Light - Florence and the Machine

PLASTICS

Glamorous Fergie Rack City Tyga Barbie Girl - Aqua Any Way You Want It Journey Pretty Hurts Beyonce 24K Magic; Chunky Bruno Mars Nobody's Perfect Miley Cyrus Baby Got Back Sir Mix A Lot Shape of You - Ed Sheeran What Makes You Beautiful - One Direction

PSYCHIATRY Paranoid Black Sabbath

Manie Monday The Bangles Don't Worry, Be Happy Bobby McFerrin. Borderline: Express Yourself Madonna Teenagers MyChemical Romance Manie Depression Jimmy Hendrix Here Comes The Anxiety The Wombats Dark Times The Weekind Disturbia - Rihanna Hypnotize - The Notorious B.I.G.

CARDIOLOGY

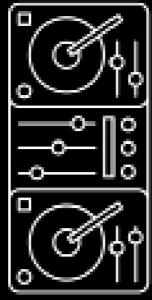
Achy Breaky Heart Billy Ray Cyrus Don't Go Breaking My Heart Elton John and Kiki Dee Listen To Your Heart Roxette My Heart Will Go On Celine Dion Heartbreaker MSTRKRFT ft John Legend This Heart Attack Faker Hearts on Fire Cut Copy Heartless- Kanye West Hearts A Mess - Gotye Blastic Heart - Sig 24 Heart of Glass- Blondie

MEUROLOGY

If I Only Had A Brain – Winard of On Brain Damage – Pink Floyd Always Something There To Bernind Me – Naked Eyes Get Shakey – The Jan Carey Project

Where Is Hame? - Bloc Party Thinking Out Loud - Ed Sheeran The Less I Know The Better - Tame Impala

A Head Full Of Dreams - Coldplay Empire State of Mind - JayZ, Alicia Keyz



SURGERY

Bad To The Bone - George Thorogood Sunday Bloody Sunday - U2 Broken Bones - Birds of Tokyo Bones - The Killers Cuts Like A Knife - Bryan Adams The First Cut is The Deepest - Cat Stevens, Rod Stewart and Sheryi Crow Knife Edge - Mott Corby Scar Tissue - Red Hot Chili Pappers No Scrubs - TLC Fix You - Coldplay (1 Just) Died In Your Arms - Cutting

EMERGENCY

I Will Survive - Gloria Gaynor
Survivor - Destiny's Child
Oopel I Did It Again - Britney Spears Mission
Impossible Theme Song
I Lived - One Republic
Every Breath You Take - The Police
On Call - Kings of Leon
I Don't Wanna Live Forever - Taylor Swift, ZAYN
Another One Bites The Dust - Oueen

ENDOCRINOLOGY

Hungry Like the Wolf – Duran Duran Eat It – Weird Al Yankovic ("Beat It" Parody)

Bigger Than My Body – John Mayer Sugar – Maroon 5 Sugarman – Rodriguez

GASTROENTEROLOGY

Ring of Fire – Johnny Cash Back Door Man – Howlin' Wolf and The Doors

Fat Bottomed Girls – Queen
Everything Comes Down to Poo – Scrubs
Cost



EMT

Do You Hear What I Hear Smells Like Teen Spirit

HAEMOTOLOGY Bad

Blood - Taylor Swift Blood Bank - Bon Iver Bleeding Love - Leona Lewis



RESPIRATORY MEDICINE

Just Breathe - Pearl Jam Harder to Breathe - Marcon 5 Between Two Lungs - Florence and The Machine

No Air - Jordin Sparks ft. Chris Brown In The Air Tonight - Phil Collins Breathe Me - Sia Breathe (In The Air) - Pink Floyd Lose My Breath - Destiny's Child

INFECTIOUS DISEASES

You've Got AIDS - From Family Guy Catch My Disease - Ben Lee Disease - Matchbox 20 I've Got You Under My Skin - Cole Porter Toxic - Britney Spears

25

Meet the Brains Trust

A GLIMPSE AT OUR FAB LECTURERS

KAREN GIBSON

What is your area of experiise? I lecture in Physiology, My particular area of interest is pregnancy and fetal physiology, but I teach into most areas of systems physiology. I try to avoid neurophysiology/excitable cells and muscle.

What is your best memory of unit I really enjoyed the freedom of being able to explore the campus without anyone asking what you were doing. (I went to quite a strict school where lots of places were out of limits).

Advice to students studying your subject: Try to understand the topic and think about it logically. Don't just commit to memory without understanding.

Fun feet: Rats don't have a gall bladder.



RAKESH KUMAR



What subject do you lecture in? Pathology What kind of student were you in undergree!! Under-age, over-studious, but keen on music and table tennis; plus I got addicted to bridge when I learnt the game late in medical school.

What do you find interesting about your world As for as the scientific foundations of medical practice are concerned, all roads lead to or from Pathology

Advice to students studying your subject: 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.

Quate to live by: You can't change the whole world, but you can make your particular patch a better place (not a quote, that's an original -1 try to live by it

RACHEL THOMPSON

What subject do you lecture in? I teach Quality of Medical Practice (QMP) across the 6 years of the program. This aims to teach you key skills in finding and applying the best evidence available to your practice whilst taking care to maintain best quality care and safety for your patients.

Most embarrassing memory as a lecturer? Standing ready to start at a lecture podium with the wrong students in the room...
The lecture had been moved but I had not been informed!

Superpower of choice: Not a good idea – superheroes always seem to get into trouble with their superpowers! I think I'm content as I am.

Catchphrase: Skeptics rule OK!



NALINI PATHER



What is your area of expertise? Anatomy, neuroanatomy, embryology, imaging

What is your best memory of uni? The highlight for me was the friends I made - it was a real pleasure getting to know each other while we spent hours dissecting our cadaver!
What is your favourite part of your job? Teaching students in small groups and finding new ways to help students

in small groups and finding new ways to help students engage and understand anatomy

What is one piece of advice you wish you could give yourself on the first day of uni? Get to know the people in your class - these are the people who will be on this journey with you for the next couple of years. Introduce yourself to the person sitting next to you

GARY VELAN

What is your area of expertise? I am Head of the Department of Pathology, and have been dedicated to teaching medical students for 27 years. Pathology is the scientific basis of medical practice. Enough said! My research also focuses on medical education and elearning.

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!

Quote to live by: "Giving up is the only sure way to fail." - Gena Showalter



27

UTE VOLLMER-CONNA

What is your area of expertise? Psychoneuroimmunology is my field of research. It extends from a fascination with the functional connections between systems subserving homeostasis and body integrity particularly the brain and the immune system. For example, when people get ill with an infection such as glandular fever, some people get a severe and prolonged illness while others infected with the same virus only suffer a mild illness. How vigorously your immune system fights the virus determines how sick you are going to get. More recently, I have developed an appreciation of the diverse roles of the autonomic nervous system - it can modulate immune responses, and play an important role in maintaining physical and mental health. I find it very exciting to get little insights into how complex life really is...and is it not amazing how beautifully it all works together most of the time. So, I lecture in this stuffhow the brain and the body hang together, also in human behaviour, stress, coping, introductory psychiatry A perfect day would be... One filled with singing, snoozing and schmoozing...sometimes with a bit of sozzling ... I am the Snorkelling

Queen of Maroubra you can see I favour activities starting with 's'



TREVOR LEWIS





What subject do you lecture in? I lecture in the Beginnings, Growth and Development A and B courses in the area of endocrinology. In addition, I conduct research on the structure and function of ligand-gated ion channels.

What is your best memory of uni? Spending lunch time on the Barr Smith Lawns at Adelaide University, with a group of friends, where we solved the problems of the world, watched relationships form and dissolve, and shared our excitement of what was happening around us.

Most embarrassing memory as a student? Complaining to students next to me about not being able to read the notes on the blackboard in an anatomy lecture because the handwriting was awful, and then realizing I needed glasses.

What is your favorite part of your job? Sharing the moment when someone shifts from just knowing some information, to understanding that information; the light bulb moment. Attending the graduation ceremonies each year.





No Regrets & Mems for a Lifetime & You & MedRevue 2017

Love making new friends? Wanna be part of something amazing? Come along to our social events in Sem 1 to find out more! Visit us at fb.com/MedRevue/.

O-Week Stall - Main Walkway | Feb 20th-24th Intro Night - Wallace Wurth | Mar 1st 5:30pm Expression of Interest - Quad1001 | Mar 2nd 1-2pm Launch Party - WORLD BAR | Mar 3rd 7pm



We've got your prescription;)

#MEDLYF/ #COLLEGE LYF

ANDREW COULSHED

SURVIVING FIRST YEAR WHILST LIVING ON CAMPUS

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, 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 squatshuffle). 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!

I've got a bad case of lovin' you

BY LISHA LOBO & DAN WHITE

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 is beating fast

concrete jungle, wet dream tomato

A Rural Student's Guide to Sydney

by Ryan Horn

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

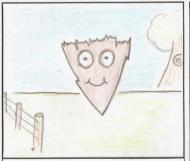
- Your repertoire of names will expand infinitely. I recommend saying someone's name back to them three times after they tell you it, that way they will think you are weird and won't want to be friends.
- Don't waste time telling people where you are actually from. No one knows where the corner of 'Sodomy 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).
- Google Maps and TripView are life. If you plan on venturing out on your own you will need these.
- 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.
- 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.
- 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.
- 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).
- 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.'
- 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.

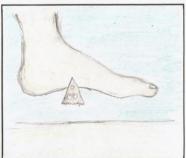
FRANKIE THE FOREIGN BODY GOES TO THE BIG SMOKE

A SHORT WORD AND CARTOON
BY DAYNA AND DAVID (SECOND YEAR REPS)

Congratulations rural students on being accepted into UNSW Medicine! You have a fantastic year ahead of you and we hope you're excited. We've all been in the exact position you're in now, so if you're ever worried, confused anxious or just want a chat, speak to your peer mentors, your wonderful First Year Reps Roshi and Nick, us (the Second Year Reps), or any other older medical student whom you can lasso with your brand new Littman stethoscope! Also, Ute Vollmer-Conna, our Psychiatry lecturer, is the Student Wellbeing Advisor, so you can speak to her about any mental health or personal concerns. All the best, and we really look forward to getting to know all of you:)



Frankie the foreign body lives in the big wide world. He enjoys open spaces, fresh air and the community spirit that comes with rural living.



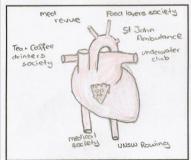
One day, Frankie was stepped on by a giant foot. He found himself thrust into the dermis and surrounded by fibroblasts, macrophages and adipocytes, more cells than he'd ever seen before! It was crowded, dirty, it smelt funny and he could hardly move.



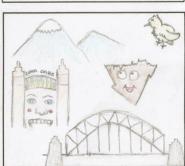
round himself attached to a red blood sclean and found himself attached to a red blood cell, with no idea how he got on, where he was going or how to get off! Luckily, Frankie has his concession opal card with him, and google maps & trip view on his phone, so he arrived safely at the heart.



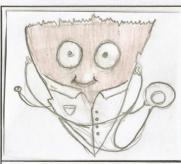
The busy and bustling body is exhausting for Frankie, but the constant noise and traffic of blood cells whirring through the ventricles means he struggles to sleep without earplugs.



Once rested and recharged, Frankie finds that in the body, he can be anything he wants to be, free from the restraints of the outside world. There are over 300 offshoot arteries, otherwise known as arc clubs, in which Frankie can explore his interests and meet like-minded foreign bodies.



Frankie finds that there are also many interesting things to do outside of the blood stream. The body, like Sydney, is an amazing place with hundreds of things to do. Armed with his opal card he can get anywhere, from the distal phalanges to the bregma.



By the end of the circulatory system, Frankie has grown very fond of his new home. He's found some great tips and resources for surviving the body, some relaxing places to chill out when it all gets too much and made some great cellular friends along the way.



INTERNATIONAL PERSPECTIVE

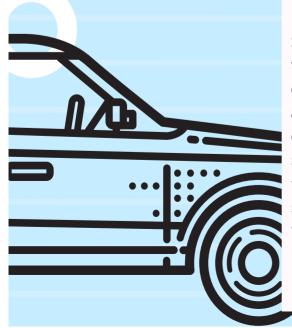
BY SALONEE PHANSE



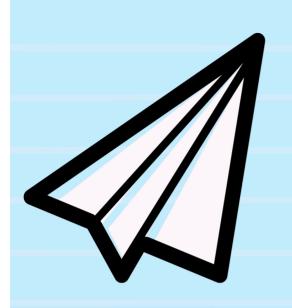
Moving to Australia was, if I may dare say so, like cutting off my umbilical cord. It seemed like a vacation while my parents were there, but the moment they flew back, that was it - my cord had been snipped off and I was to breathe on my own now.

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 (haha). The range of temperatures I experienced in my first year here, with the storm 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 white 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 unaware, 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 something Australian, and always excited to share my knowledge of the Indian, and Singaporean, life. 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.

