



Synapse

The UCSF Student Newspaper

NEWS

San Francisco Celebrates Its World Series Champs



Photo by Yi Lu

Giants closer Sergio Romo strolls along the parade route on his way to the Civic Center.

By Yi Lu
Staff Writer

After a gripping postseason performance, the 2012 San Francisco Giants took to Market Street to thank their fans one last time before the long, cold baseball-less winter. Although comparisons will undoubtedly be made to the 2010 victory parade, the franchise's first in San Francisco, this year's parade did not disappoint in its design, execution

and in the pure elation of an estimated one million fans.

Running down Market Street and turning onto McAllister Street to the Civic Center and City Hall, the players rode in open-top convertibles with their family and loved ones, confetti streaming down from buildings. The parade, held on October 31, also featured past Giants greats (including the undefeatable Willie Mays), the front office staff and their families, and local pols such as Mayor Ed Lee,

GIANTS PARADE » PAGE 5

NEWS

Self-Sampling for Cervical Cancer Screening Shows Promise

By Chemtai Mungo
Contributing Writer

Most of us have heard of the pap smear, an annual test that is part of gynecological care for women, whose goal is early detection and prevention of cervical cancer. Have you ever considered collecting your own sample for testing in the comfort of your house?

One of the most exciting research findings unveiled at the recently

concluded 20th World Congress of Obstetrics and Gynecology involves a field trial of cervical cancer screening using self-collected samples.

This study, involving 20,461 women from India, Nicaragua and Uganda, found that the sensitivity of a self-collected human papillomavirus (HPV) sample (69.6 percent) was significantly better than the pap smear (58.4 percent), and almost equal to that of a health worker-collected cervical

SELF-SAMPLING » PAGE 5

OPINION

Caring for the Dying

UCSF clinicians share personal reflections

By Akshay Govind
Staff Writer

Last week in the Medical School's *Foundations of Patient Care* course, second-year students attended a panel discussion on death and dying staffed by an intensive care unit pediatrician, a fourth-year medical student, a gynecologic oncologist, a critical care anesthesiologist and a psychiatrist. They each shared personal and powerful stories of their own clinical experiences with death.

To protect the privacy of the patients about whom they were speaking, as well as the clinicians themselves, the specific details of their stories will not be recounted here, but themes included how death could be a meaningful, spiritual and tender experience for physicians, patients and families, and how support within medical teams is essential for working through the emotions of caring for the dying.

After the large group discussion, students broke into smaller groups and wrote about their own experiences with death. My own group is not often a very emotional one, but as we read our entries to one another, we shared tears, moments of thoughtful silence and the knowledge that in recounting these heavy memories, we had created human bonds together. My classmates' stories are their own to keep or tell, but I would like to share two of my short stories of dying.

CARING FOR THE DYING » PAGE 4

Halloween Parties Across UCSF



Photo by Jeremy Horst

At Millberry Union, the "best costume" group prize for students went to Snow White and the Seven Dwarves, all dental students and faculty on a pediatric rotation. Read more about Halloween at UCSF on page 4.

EVENTS

MISSION BAY EVENTS

SELF-PETITIONING FOR PERMANENT RESIDENCY

Thursday, Nov. 8, 2-3:30 p.m., N114, Mission Bay
This is an informative session for students and scholars who may not have the option of obtaining an UCSF-sponsored permanent residence (PR) application. The session will cover the materials required to build strong self-petition PR cases, a better understanding of the immigration procedure and process and other self-petition PR options. Sponsor: International Students & Scholars

MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, Nov. 9, 1:30-2 p.m., Byers Hall, 212, Mission Bay
The Muslim Community at UCSF holds regular Friday prayer services (*Jum'ah*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

TEDXSf 7 BILLION WELL: REIMAGINING GLOBAL HEALTH

Saturday, Nov. 10, 9 a.m. -10 p.m., Mission Bay Conference Center, Mission Bay
Join GHS Executive Director Jaime Sepulveda and other leaders in global health for an informative and innovative day of discussion, performance and idea sharing. Purchase tickets at tedxsf7billionwell.eventbrite.com/#. A (free) live web stream of the conference will also be available. Check tedxsf.org for information.

STUDENTS OF COLOR: MISSION BAY

Monday, Nov. 12, noon-1 p.m., RSVP for location details
Student Health and Counseling Services' (SHCS) Students of Color Discussion Group is designed for graduate and professional students of color to build community and talk about their experiences at UCSF. Topics may include issues around identity, professional relationships, community and support. Free lunch is provided with RSVP. larry.lariosa@ucsf.edu.

E=MC2 (EMPOWERMENT=MAKING CONNECTIONS AND COMMUNITY)

Tuesday, Nov. 13, 5:30-7:30 p.m., Genentech Hall, N114, Mission Bay
Connect with your peers! E=MC2 at Mission Bay is an ongoing support series aimed at helping students and postdocs adjust to life at UCSF. This workshop will feature a panel of international students and postdocs sharing their stories of their transition to San Francisco and UCSF. Free pizza and beverages with RSVP. larry.lariosa@ucsf.edu

MISSION BAY FARMERS' MARKET

Wednesday, Nov. 14, 10 a.m.-2 p.m., Gene Friend Way Plaza, Mission Bay
Shop healthy, shop fresh, shop California-grown at the UCSF Farmers' Market, every Wednesday (rain or shine). Sponsor: Pacific Coast Farmers' Market Association.

BENT: PARNASSUS

Wednesday, Nov. 14, noon-1 p.m., RSVP for location details
Are you an LGBTQQI student? BENT is a social/discussion group where LGBTQQI students can meet others and discuss a variety of topics that impact LGBTQQI

students on campus. Free lunch provided with RSVP. larry.lariosa@ucsf.edu

MANAGING YOUR RELATIONSHIP WITH YOUR PI

Wednesday, Nov. 14, 2-3 p.m., Student Health, Rutter Center, third floor, Mission Bay
SHCC offers this workshop on how to have substantive conversations with your PI and to provide some ways to initiate and discuss difficult issues with people who have direct authority over you.

BMS SEMINAR SERIES: MISSION BAY

Wednesday, Nov. 14, 4-5:30 p.m., Genentech Hall, S271, Mission Bay
The weekly Seminars in Biomedical Sciences attract renowned faculty from all over the world to present cutting-edge research related to human health and disease. The seminars are open to the entire community. For weekly topics, go to bit.ly/BMSwebsite

PARNASSUS EVENTS

SELF-PETITIONING FOR PERMANENT RESIDENCY

Thursday, Nov. 8, 10-11:30 a.m., S214, Parnassus
This is an informative session for students and scholars who may not have the option of obtaining an UCSF-sponsored permanent residence (PR) application. This session will cover the materials required to build strong self-petition PR cases, gain a better understanding of the immigration procedure and process, and other self-petition PR options. Sponsor: International Students & Scholars

CONNECT: DISCUSSION/SUPPORT GROUP FOR WOMEN @ PARNASSUS

Thursday, Nov. 8, noon-1 p.m., CPR Center, H006, Millberry Union, Level P8, Parnassus
SHCS offers a bimonthly support/discussion group for graduate and professional women, facilitated by Felicia De la Garza Mercer, Ph.D. This group aims to offer a supportive space for women to discuss relevant concerns such as identity, work-life balance, relationships, empowerment and cultivating community. Free refreshments with RSVP. felicia.mercer@ucsf.edu

HEALTH CARE DELIVERY IN THE CENTRAL SAN JOAQUIN VALLEY

Thursday, Nov. 8, noon-1 p.m., N217, Parnassus
Dr. Dominic Dizon will familiarize students with the profound health care disparities prevalent in the Central Valley and the shortage in health care providers and in primary and specialty care there.

J-1 ORIENTATION

Thursday, Nov. 8, noon-2 p.m., S22, Parnassus
J-1 immigration regulations mandate that all new J-1 visa holders who have started their appointment at UCSF must attend one orientation. You will learn about traveling during your program, employment and reimbursement policies, extending your program, and other helpful information. Bring your passport, your DS-2019 and I-94. Sponsor: International Students & Scholars

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SELF-CARE 101: PARNASSUS

Tuesday, Nov. 13, noon-1 p.m., Library, CL 216, Parnassus
Are you at the end of your rope? SHCS offers Self-Care 101, a crash course in physical and emotional wellness. This one-hour workshop incorporates cognitive behavioral techniques and educational tips you can use at home and at school. Free lunch with RSVP. larry.lariosa@ucsf.edu

SIMMER: PARNASSUS

Thursday, Nov. 13, 5-7 p.m., RSVP for location details
Join Student Health's dietitian, Alison Boden, in an interactive cooking class featuring easy and healthy recipes. Students prepare (and eat!) the dishes during class. RSVP is required, as seating is limited. nutrition@ucsf.edu

PARNASSUS FARMERS' MARKET

Wednesday, Nov. 14, 10 a.m.-3 p.m., ACC, 400 Parnassus Ave.
Shop the Farmers' Markets on Wednesdays to pick up locally grown produce and more.

MUSIC IN THE LIBRARY

Wednesday, Nov. 14, noon-1 p.m., Library, Lange Reading Room, fifth floor, Parnassus
Join CLS for an acoustic performance by Scissors for Lefty. This San Francisco band's style combines elements of indie, yesteryear and Dirty Glam. Free chair massages are available, and light refreshments will be served. Sponsor: Sarah B. Childs.

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UCSF RUN CLUB

Wednesday, Nov. 14, 5:30-6:30 p.m., Millberry Union Central Desk, Parnassus
Please drop by and join UCSF Fit & Rec for a run. Each Wednesday night, the Run Club runs various distances (3-6 miles) at 9-11 minutes per mile.

OFF-CAMPUS EVENTS

CALIFORNIA ACADEMY OF SCIENCES: PLANETARIUM PARTY NIGHTLIFE

Thursday, November 8, 6-10 p.m., Cal Academy, Golden Gate Park
In celebration of the 60th anniversary of the Morrison Planetarium, see a mini-marathon of planetarium shows, space specimens from the Academy collections and the lunar topography carvings of Craig Dorety. Then watch a new TED film, "Brain

Power: From Neurons to Networks" with commentary by the filmmakers. Tickets: \$9 online with UCSF's discount. (user name= UCSF; password= alligator) bit.ly/CalAcademyEtickets

ANNOUNCEMENTS

WIN A BACKPACK WITH TECH GOODIES

To celebrate the launch of its new website, *Synapse* is holding a raffle for students who subscribe to its weekly e-newsletter. Just go to synapse.ucsf.edu to subscribe. On Monday, December 3 at noon we will randomly choose a winner. The prize, provided by Golden 1 Credit Union, is a Puma backpack, along with USB computer speakers, a 2GB flash drive and other goodies. Must be a UCSF student to win.

LION KING MUSICAL TICKETS

Discounted *Lion King* tickets for Nov. 28, 8 p.m. and Nov. 30, 8 p.m. shows at the Orpheum Theater are available at UCSFSOPmusicals.webs.com. Tickets are limited, so hurry before they've sold out! Questions? Contact Ekaterina Kurdyukova at Ekaterina.Kurdyukova@ucsf.edu.

GSA OPEN POSITIONS FOR GRAD, NURSING AND PT STUDENTS

The Graduate Students' Association is looking for students to fill three co-chaired positions: External Affairs Committee, Student Affairs Committee and Student Events and Publicity Committee. If interested, please attend the election, which will be held at the next GSA meeting on November 13 at 5:30 p.m. in Millberry Union. gsa.ucsf.edu

WHY SMART PEOPLE SUFFER FROM THE IMPOSTOR SYNDROME

Wednesday, November 14, 5 p.m. (see locations below)
Do you chalk your success up to luck, timing or a computer error? Do you think it is a matter of time before you are "found out"? Even at UCSF, these questions are real. They have a name. You are not alone. Join one of the viewing locations listed below for free food, a discussion and a chance to win a free book or watch it online. Viewing locations:

Health Sciences West 301, Parnassus
No RSVP necessary

Multicultural Resource Center, Parnassus
RSVP by November 12 (space is limited) bit.ly/ImpostorSyndrome_2012_11_14_RSVP

Helen Diller 160, Mission Bay, No RSVP necessary

Online, Begins at 5:15 p.m. Register at bit.ly/ImpostorSyndrome_2012_11_14

STUDENT INSIDE GUIDE IPHONE APP: DOWNLOAD TODAY

The UCSF Student Inside Guide App provides quick and easy access to campus resources, services and the inside scoop. Find out what's happening on campus, who is serving up free food, where you can find study space and more.

UCSF INCLUSION SURVEY

Through Monday, November 19, online
Think your opinion doesn't count? Think again. Coming soon to your ucsf.edu email — the UCSF Inclusion Survey. It will make your voice count, so make your voice heard! All students, trainees, staff and faculty are encouraged to participate. Responses are strictly confidential. Win an incentive (iPad, \$50 Bear Hug and more!) at campusclimate.ucop.edu

NEWS

Latino Student Groups Offer Support and Services



Photo provided by Ruben Espinoza

Maricela Salcedo-Prado provides oral health education to children at the Cesar Chavez Elementary School, October 13, as part of *Muevete*, an inter-professional outreach event represented by *Voces Latinas*, HSDA, LSMA and LAPS.

By Ruben Espinoza
Contributing Writer

Every year, National Hispanic Heritage Month celebrates and recognizes the generations of Hispanic Americans that have contributed so much to the United States and positively enriched our society. In honor of this past month, the Hispanic-affiliated organizations at UCSF wanted to share details of their respective missions and their upcoming events.

DENTAL

The Hispanic Student Dental Association (HSDA) is a student-run organization at UCSF dedicated to serve as the leading voice for Hispanics’ oral health. Our mission encompasses a myriad of community outreach opportunities, including providing service, education, advocacy and leadership for the elimination of the disparities in oral health in underserved communities, specifically amongst the Hispanic population.

We welcome into the organization anyone who would like to share their time and knowledge to better the local Hispanic community. To minimize the language barrier, we offer interactive and engaging Spanish classes throughout each quarter to help teach dental students basic conversational Spanish so they can better communicate with their prospective patients. In addition, we advocate for and support policies that benefit Hispanic patients at the UCSF Dental Clinic. Please join our HSDA Chapter on the UCSF Page on Facebook: facebook.com/HispanicStudentDentalAssociationhsdaChapterAtUcsf

MEDICINE

The Latino Medical Student Association (LMSA) is a nationally-recognized non-profit organization dedicated to representing, supporting, educating and bringing together Latino(a) medical students.

LMSA is devoted to the cause of diversity in medical education through the strengthening of ties between Latino communities and the professional schools, as well as the improvement of Latino health at an individual and community-wide basis. At the local, regional, and national levels, LMSA offers Latino students, as well as those students dedicated to the Latino community, an opportunity to expresses their creativity and develop their leadership.

At UCSF, members of LMSA are active participants in Clinica Martín-Baró, a student-run clinic dedicated to serving day-laborers in San Francisco’s Mission District. Members also serve as student advocates in admissions committees, organize outreach panels for high school students as well as students from the University of San Francisco, San Francisco State University and the University of California, Berkeley, and assist in the activities of the newly opened Multicultural Resource Center at UCSF.

Finally, LMSA students work to promote inclusivity on campus by hosting culturally themed events, including the *Dia de los Muertos* at UCSF.

PHARMACY

The Latino Association of Pharmacy Students (LAPS) is a culturally diverse group of students devoted to providing health care services, education and outreach to the underserved.

Our mission is twofold: we are committed to serving the Latinos in our local communities and to provide valuable health education and services. LAPS also strives to broaden students' understanding of and exposure to diversity, by teaching students about the Spanish language and Latino cultures and offering interactive experiences in local communities.

NEWS BRIEFS

SCHOOL OF MEDICINE

Molecular Lung Cancer Test Identifies Patients at High Risk of Death Even After Surgery

One of the toughest issues facing patients who have surgery for very early-stage lung cancer is uncertainty: Despite complete removal of their small lung tumors and no evidence of metastasis, at least one quarter of patients harbor tiny, undetectable clumps of cancer cells that have already spread outside their lungs that are likely to kill them within a few years.

Doctors have no way of telling which cancers will recur, and, as a result, none of these patients receives chemotherapy that might otherwise reduce their chance of dying from the disease.

A new molecular test developed by doctors at the University of California, San Francisco (UCSF) may give doctors the ability to better predict post-operative early-stage lung cancer mortality. This week in the *Journal of American Medical Association (JAMA)*, the team reports that the test effectively identifies patients with a high likelihood of recurrence even of this very early form of cancer, which is called “T1a node-negative non-squamous, non-small cell lung cancer.”

SCHOOL OF DENTISTRY

UCSF’s ASDA Chapter Goes International

“Relieved, grateful, well-fed!” These were some of the thoughts expressed as 54 international dentists parted after attending the UCSF American Student Dental Association (ASDA)’s Second International Pre-Dental Interview Day, held on Sunday, October 14.

ASDA’s International Pre-Dental day is an event primarily intended to prepare international dentists for upcoming Fall interviews, and to provide additional information regarding the application process to international professionals hoping to further their dental education.

Highlights of the program included presentations conducted by current International Dental Program (IDP) students Stalinjeet Gill and Wint Wint Tun (ID3), giving an overview of what to expect on interview day, on interview etiquette and suggesting tips for achieving a successful interview. Student Q&A panels, mock interviews and a dinner social were also provided by the current students of the International Dental Program. The event offered an invaluable opportunity for the interviewees to interact with the student body and receive constructive feedback.

UCSF GLOBAL HEALTH GROUP

Leaders Envision Malaria-Free Asia Pacific Region

The Australian government, with support of UCSF’s Global Health Group, hosted a conference, “Malaria 2012: Saving Lives in the Asia-Pacific,” in Sydney, Australia, from October 31 to November 2, to celebrate the recent progress throughout the Asia Pacific region in controlling and eliminating malaria.

The conference brought together Ministers of Health and Foreign Affairs from many of the 22 countries in the region battling malaria, as well as regional and international partners including the U.S. government and UN Special Envoy for Malaria. The intent was to invigorate and promote international action to achieve the ultimate goal of eliminating the disease from the entire region.

Malaria continues to be a major public health threat in the Asia Pacific region, killing an estimated 43,492 people in 2010 and causing a major drain on productivity and family incomes due to illness and lost work.

Thanks to significant global, regional and domestic investment and intensive efforts in many countries, however, malaria is being brought under control. For example, from 1994 to 2010, Bhutan’s malaria program achieved a 98.7 percent reduction in cases — a success attributable to strategically targeting interventions for higher-risk populations.

SCHOOL OF MEDICINE

School of Medicine Receives AAMC Outstanding Community Service Award

The AAMC, the Association of American Medical Colleges, awarded national recognition to the UCSF School of Medicine and nine individuals for their outstanding contributions to academic medicine. The awards were presented on November 3 at the association’s annual meeting in San Francisco.

The UCSF School of Medicine received the Spencer Foreman Award for Outstanding Community Service, which recognizes exceptional programs that go well beyond the traditional role of academic medicine and reach communities whose needs are not being met through the traditional health delivery system. The award was renamed in 2007 to honor Spencer “Spike” Foreman, MD, who established the award in 1993 while serving as chair of the AAMC. To read about the individual winners, go to the AAMC website.

NEWS

Celebrating Halloween at UCSF

By T. Booth Haley
Editor

In San Francisco — aka Costume City, where every civic event seems to be an excuse to dress up in crazy outfits — it’s no surprise that UCSF held Halloween parties at every campus branch. The largest gathering with almost 300 people was in Millberry Union, while smaller parties met at Mission Bay, Mt. Zion and other locations. Most people came in costume in hopes of winning the grand prize — awards were given to best individual, for staff and student, and best group, also for staff and student. The Millberry Union party offered partygoers DJ’ed music and a nacho bar. Costume contest participants paraded across the stage before a panel of judges.

The winning costumes for individuals were Mr. T and E.T. — similar in name but quite different in stature. The group prize for students went to Snow White and the Seven Dwarves and a handsome Indonesian Prince (yours truly) — all dental students and faculty on a pediatric rotation. However it was obvious that the most fantastic costumes of the day were worn by the staff group prize winners: the Red Queen and the White Rabbit. The duo looked like they had just walked off a Disney set, every detail perfect. They collaborate in various guises every chance they get — keep on the look-out for the creative pair at the next San Francisco costume party, which is bound to be soon!

T. Booth Haley is a second-year dental student.

Caring for the Dying

» FROM HOME PAGE

My younger sister Arathi was born in 1984. Roughly a year later, my mother, father and I were on our way to India to introduce her to our extended family. She was the first and only granddaughter on my mother’s side, and everyone was very excited to meet her.

We learned of my grandfather’s passing when we landed in Bangalore. He had died while shaving just hours before we arrived, his final journal entry reading, “About to meet my granddaughter Arathi. Happy happy happy.” We like to say he died of happiness.

When we arrived at the home he had built in memory of his late wife, Saroj, his body had already been placed in the vehicle that would take him away to be cremated. I hadn’t previously been faced with a real death, and I don’t remember all my thoughts. I do remember the one suggestion I made to my mother in hopes to lighten a situation that I understood was very somber. I tugged at my sobbing mother’s leg, and when she kneeled down, I whispered, “If they took the cotton out of his nose, at least maybe he could breathe.” The vehicle pulling away from the house is my last memory of that visit to India.

Grandpa Mike and Grandma Bess (obviously not biological grandparents of mine) had been married since November 19, 1929. They set their hopes and dreams during the Roaring Twenties, wed in the wake of the great Stock Market crash, and raised their five children through the Great Depression and World War II. They moved west to Los Angeles after farming in South Dakota and Minnesota proved unsustainable, and they lived together until Grandma Bess passed away in 1998.

It was not a surprise to anyone — her health had been deteriorating during her final year of life. Visits to her house would include the same four stories told over and over again, an ever-increasing tremor of her hands and the occasional smell of urine.

Her funeral was where she would have wanted it, in a church with flowers, family and generations of friends. Seemingly everyone had something wonderful to share about Grandma Bess, and in the front row sat a frail Grandpa Mike, almost 93 years old, listening — quiet, reserved, blank.

When the hall began to clear, Grandpa rose slowly to his feet, hunched over his cane, struggling but determined to make his way to the casket. When he reached her, he looked lovingly at his bride of almost 70 years for the final time, leaned over slowly, kissed her on the forehead and cried.

He went on to live another two years, but I knew as I watched him kiss Grandma goodbye I had watched him die.

Akshay Govind is a second-year medical student.

WIN A PUMA BACKPACK WITH TECH GOODIES

Subscribe to the **SYNAPSE** e-Newsletter for a chance to win

Just go to synapse.ucsf.edu (bottom of page) to subscribe. On Monday, December 3 at noon we will randomly choose a winner.

The prize, provided by Golden 1 Credit Union, is a Puma backpack, USB computer speakers, a 2GB flash drive and other goodies. Must be a UCSF student to win. Questions? Email synapse@ucsf.edu

NEWS

UCSF Hosts 5th Annual Managed Care Pharmacy Roundtable



Photo by Amy Higa

Pharmacy students mingling with managed care pharmacists.

By Amy Higa
Staff Writer

The Academy of Managed Care Pharmacy (AMCP) hosted the 5th Annual Managed Care Pharmacy Roundtable on Monday, October 29, at the Millberry Union Golden Gate and City Lights Room.

Pharmacy students had the opportunity to meet with representatives of pharmaceutical companies and insurance companies. Students said they learned how these pharmacists made their decisions to work in managed care companies and also learned about the job opportunities and responsibilities.

Following the networking event, participants were treated to a wonderful dinner sponsored by Novartis.

Some of the companies participating included Salix Pharmaceuticals, Blue Shield of California, Novartis, Health Net, Amgen, Hill Physicians Medical Group, Kaiser Permanente, Roche and Genentech.

Roundtable events are great opportunities for students to interact with phamacists, from different backgrounds, learn about managed care pharmacies, and open new doors in their careers.

Amy Higa is a third-year pharmacy student.

THE STRENGTH TO HEAL
And learn lessons in courage.

Thanks to a paid scholarship from the U.S. Army, **Capt. Ana Morgan, MD, Internal Medicine Resident and Army Scholarship recipient, Brooke Army Medical Center, Texas**, became the internist she is today. Her medical school tuition was fully covered and now the Army's providing her with unparalleled trauma training and experience with some of the world's most advanced equipment. There's strong. Then there's Army Strong. Apply today for a scholarship; call 800-553-8867 or visit healthcare.goarmy.com/hpspmedical.

ARMY STRONG.

Self-Sampling

» FROM HOME PAGE

sample (81.5 percent), for detection of precancerous cervical lesions.

This is phenomenal news for women in resource-limited countries, who account for more than 80 percent of the 500,000 annual cases of cervical cancer, yet have little or no access to cervical cancer screening. Pap smear-based screening involves multiple provider visits, a trained pathologist and equipped laboratories — infrastructure that is only found in an established health system.

As a result, alternatives to the pap smear have been investigated for use in developing countries, such as the above study, which used careHPV, is a rapid molecular-based HPV test that can be run by a health care worker with minimal lab training in any setting — neither running water nor electricity is required.

While it may not be suitable for San Francisco, the use of self-sampling for cervical cancer screening is exciting because many women in developing countries live far from established clinics and hospitals, are served by weak health systems with inadequate human resources and may have cultural barriers that preclude them from presenting for gynecological examinations.

If a self-collected sample can have results that are comparable to that of a health care worker-collected sample, cervical cancer screening in resource-limited communities can be performed at home, through outreach programs that can reach millions of women. This would begin to turn the tide of mortality from cervical cancer in developing countries, even as we await strengthening of health systems in these countries.

In opening the most recent Congress, held in Rome, the United Nations Population Fund Executive Director Dr. Babatunde Osotimehin noted that “women are still not all valued as they should be,” and called for greater adoption of a rights-based approach to addressing the challenges affecting women’s health globally. In addition to cervical cancer, other women’s health issues discussed included progress towards achieving Millennium Development Goals 4 and 5, targeted at reducing child mortality, improving maternal health and access to safe abortion, HIV prevention and obstetric fistula.

UCSF, whose Department of Obstetrics and Gynecology is highly involved in global women’s health, was well represented at this forum. Together with my presentation on access to cervical cancer treatment for HIV-infected women in Kenya, Dr. Okeoma Mmeje, a reproductive infectious disease fellow in the OB/ GYN department, presented work on methods of safe conception among HIV discordant couples (one partner HIV-positive and the other HIV-negative) desiring pregnancy in Kenya.

UCSF also organized a panel discussion, led by Suellen Miller, PhD, on the role of an anti-shock garment in the management of hypovolemic shock in obstetric hemorrhage in resource-limited settings, including India, Egypt and Nigeria. More information on self-sampling and other exciting advances in global women’s health is available at FIGO2012.org.

Chemtai Mungo is a fourth-year medical student/Doris Duke International Clinical Research Fellow (2011-2012).

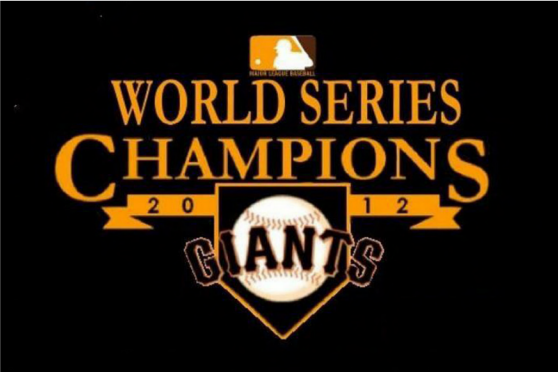
Giants Parade

» FROM HOME PAGE

Congresswoman Nancy Pelosi and Lt. Governor Gavin Newsom.

Also notable were cameos from San Francisco 49ers coach Jim Harbaugh, who was driving Brandon Belt, and quarterback Alex Smith, who chauffeured Matt Cain and his wife, Chelsea. While Harbaugh looked like he was having a great time playing to the crowds, Alex Smith seemed to want to fly under the radar, pulling his baseball cap over his eyes and ignoring the crowds chanting his name.

Much has been made about the starting lineup of the 2012 Giants, which looked so different from the “misfits and castoffs” of the 2010 World Champions. Although the main cast may have changed, the Giants’ staff of superlative pitchers formed the core of the franchise’s championships in 2010 and 2012, and similarly underpinned both victory parades.



Indeed, it was the Giants’ newest closer-extraordinaire Sergio Romo who seemed to carry the parade with his exuberance, humor, and the pointed message on his T-shirt that read, “I Just Look Illegal.”

At the end of the day, after the witches finished sweeping the roofs of Muni bus stops (the parade had the happy circumstance of coinciding

with another orange and black holiday), entrepreneurs packed up their World Series shirts and pennants of questionable provenance. As the last breathing-room-only light rail left the Civic Center station, this fan surely could not have been alone in thinking, “How are they going to top this next year?”

Yi Lu is a first-year medical student.

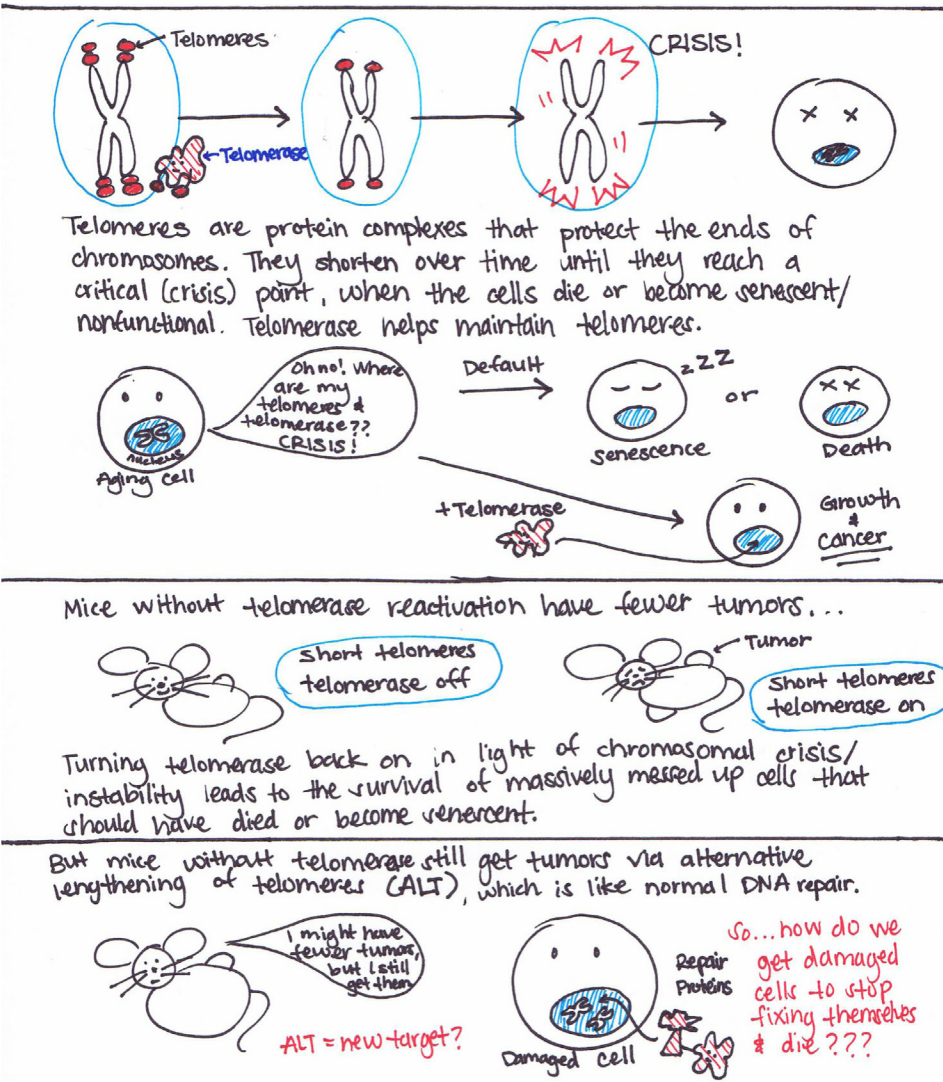
UCSF JOURNAL CLUB

Recent research presented by UCSF students

By Jenny Qi
Staff Writer

CANCER BIOLOGY

Presentation: "Multiple Roads to Cancer Immortality," Presenter: Brad Stohr, MD, PhD, Paper: Hu J, *et al.* Antitelomerase therapy provokes ALT and mitochondrial adaptive mechanisms in cancer. *Cell.* 2012 Feb 17;148(4):651-63.



In a nutshell:

Cancer is largely a game of chance. Cells become cancerous when they acquire certain mutations, and the probability of acquiring these mutations rises with the number of cell divisions, which increases with age. This is why cancer is more prevalent among older people.

Our cells, however, have developed a number of ways to deal with the mutations that arise from our mistake-prone DNA replication machinery. They have multiple DNA repair mechanisms, for instance, and they have telomeres to protect the ends of chromosomes.

This is where our replication machinery blunders the most, each time failing to copy a small portion of our genetic material at the ends. Our telomeres shorten over time as a result, sacrificing themselves for the more important genes. When telomeres become too short, our aged cells reach a point called crisis, and they either die or become senescent, which is suggested to be a permanently non-dividing state.

Telomerase is an enzyme that adds a bit of DNA sequence back onto the ends of telomeres to keep them from shortening too quickly. Telomerase is more active in stem cells and rapidly or regularly dividing adult cells, such as those in the gut or immune system. Increasing telomerase activity in adult cells can also potentially lead to cancer, as it can allow the cells to escape senescence indefinitely and become immortal.

In this paper, the authors found that reactivating telomerase indeed promoted tumorigenesis. Mice with short telomeres and reactivated telomerase had more tumors and tumors that were more aggressive. (Specifically, if telomerase was reactivated in tumors, it could promote increased malignancy.)

The authors then maintained telomerase loss over several generations, which they described as genetic extinction of telomerase. This initially inhibited tumor growth, reinforcing the idea that telomerase can promote the development of cancer. But alas, cancer cells are pretty smart and manage to evade just about anything given enough time.

So eventually, over subsequent generations of mice, the authors saw a re-emergence of tumor growth. They determined that these cancer cells without telomerase had developed another survival mechanism, called alternative lengthening of telomeres (ALT), which is similar to normal DNA repair mechanisms. More importantly for us, ALT appears to be a mechanism used by some human cancers, hinting at another possible therapeutic approach.

Jenny Qi is a second-year BMS student who blogs at bmscartoons.tumblr.com.

FOOD

RECIPE

Matt’s Brined Thanksgiving Turkey

By Matthew Nordstrom
Staff Writer

Adapted from The New Best Recipe, by The Editors of Cook’s Illustrated and Ad Hoc at Home by Thomas Keller.

OK, folks. The days are short, the pumpkins are melting, and all the stores have Christmas decorations. This can only mean one thing — Thanksgiving! In honor of those goofy little birds, I am breaking my normal scheduled broadcast to bring you what I believe to be the most delicious turkey recipe. I will say right up front that it is a lot of hard work that starts two to three days before you actually cook the bird, but it is well worth it.

That being said, there are a few ways to save time if you are in a pinch. First, you can skip boiling the brine. It is much better to not boil the brine than put a turkey into warm brine. Second, reduce the brine time. Even brining for four to six hours is enough to make the difference, so don’t skip it.

The one thing you really should not skip, besides cooking it, of course, is drying it overnight. It allows for the skin to brown, which seals in the turkey juices, making for the perfect bird. Lastly, you will notice that this turkey does not have any stuffing in it. That is intentional. If you add stuffing to this turkey, it will become very salty, due to the brine juices, and the cooking times will all increase. Thus, I really do not recommend stuffing the bird. I truly hope you enjoy this recipe and have a great Thanksgiving!

- 1 turkey (12–16 pounds)
- 3 medium onions, chopped coarse
- 2 medium carrots, chopped coarse
- 2 celery ribs, chopped coarse
- 3 tablespoons unsalted butter, melted
- 8 lemons, halved
- 24 bay leaves
- 1 bunches of flat-leaf parsley
- 2 bunches of thyme, separated
- 1 cup of clover honey
- 2 heads of garlic, halved through the equator



Photo by flickr/sliceofchic

- ½ cup of whole black peppercorns
- 2 cups of kosher salt
- 3 large heavy-duty trash bags

This should be done the day before you plan on placing the turkey in the brine. Combine the lemons, bay leaves, parsley, honey, garlic, peppercorns, kosher salt and all the thyme (except for six sprigs) in a large pot of water and bring to a boil, stirring until the salt is dissolved. Remove from heat and allow to cool, then chill before using.

If you don’t have enough time to boil the brine, do not fret, just combine all the ingredients cold and follow the next steps. Open all three trash bags and place one inside the other so you have a brining bag that is three layers thick. Wash the turkey in plenty of cold water, making sure to remove the giblets inside, then place the turkey in the brining bag. Fill the bag with your brine mix, then add water until turkey is almost submerged. Seal each of the three bags one at a time, minimizing the amount of air in each one by slightly lifting the bag and sealing it as close to the turkey as possible. Place in refrigerator and let brine over night.

The next day, remove the turkey from the brine and rinse off to remove any extra salt or brining contents on the skin or inside the cavity. Pat the turkey dry, inside and out. Place on a sturdy flat rack over a cookie sheet breast side up and put back in refrigerator uncovered for 8 to 24 hours.

Adjust oven rack to the lowest position and preheat oven to 400 degrees. Toss one-third of the onions, carrots, celery and two sprigs of thyme with 1 tablespoon of melted butter. Place this mixture into the body cavity and tie the legs together so as to prevent the mixture from falling out.

Scatter the remaining vegetables and thyme in a shallow roasting pan, and pour 1 cup of water over them. Set a V-rack in the pan. Brush the entire turkey with the remaining melted butter and place breast side down.

Roast for 45 minutes. Remove the pan from the oven, making sure to close the door behind you, and baste with the juices from the pan. Safely turn the turkey onto its side with one leg/thigh side up. If the pan has become dry, add half a cup of water to the pan. Return to oven and roast for 15 minutes. Remove from oven, baste, flip to other leg/thigh side and return to oven for another 15 minutes. Remove the turkey from the oven, baste, turn it breast-side up and roast until the breast is about 165 degrees and the thigh is 170 to 175 degrees. This should be about 30 to 45 minutes. Remove the turkey from the pan and let it rest on the carving board for at least 20 minutes.

Note: If you don’t have a V-rack, don’t sweat it! Just place the bird in the pan on top of the vegetables instead. Then follow the recipe as written except for the two middle rotations. Instead of roasting it on its side, the first flip should be breast-side up, and the second flip should be breast-side down, and then the third and last flip should end as written with the breast-side up.

Matthew Nordstrom is a first-year medical student.

Synapse

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Synapse is the UCSF student-run weekly newspaper which runs on Thursdays during the academic year and monthly during the summer. Synapse seeks to serve as a forum for the campus community. Articles and columns represent the views of the authors and not necessarily those of the Board of Publications or the University of California.

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Latino Students

» FROM PAGE 3

Every quarter, we organize a variety of cultural and community outreach events. For example, this quarter we have planned a Salsa & Salsa night in November, combining a salsa-making competition with a salsa dancing lesson. We also hold lunch talks to teach students basic vocabulary and phrases in Spanish related to diabetes and acid reflux diseases; and a health fair in the Mission District in December, among other events.

As one of the organizations under the Chicanos/Latinos in Health Education (CHE) umbrella, we also offer interprofessional events throughout the year. For more information about upcoming events, contact us at LAPS@ucsf.edu.

NURSING

As Voces Latinas, we aim to represent our Hispanic heritage on campus, reach out to the community, and support each other throughout our academic journey. We invite any nursing students on campus to join us for our meetings. We will be having a mixer on November 14 for anyone who is interested.

Ruben Espinoza is co-president of the Hispanic Student Dental Association and a third-year dental student.

PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Brooklyn island

6 Aesop's race loser

10 Kid's claim

14 Join forces

15 Reunion goer, briefly

16 Think tank output

17 Argue against

18 Berth place

19 Textile factory

20 1987 film "Death Before ____"

23 Autumn mo.

24 Barracks locale

27 Deserving mention

29 "Much ____ About Nothing"

30 Jan Morris sci-fi novel

31 Ashton's ex

32 Pewter component

33 Lead the bidding

35 Drum sounds

39 Lift up

41 Wine choice

43 Moxie

44 Ford model

46 Bath powder

48 Prepare to fire

49 Large crucifix

51 Suit accessory

52 Upper limit

53 Bakery box liner

57 Cooped, with "up"

58 Tankard filler

59 Create a likeness of

61 Mocking remark

63 Kind of package

64 Strong dislike

68 Do as directed

69 Many a moon

70 Dissect, in a way

71 Courteous

72 Bruce and Brenda

73 Winter weather

DOWN

1 Mangy mutt

2 1300 hours

3 Pen point

4 Piano piece

5 Bigfoot's cousin

6 Discuss in detail

7 Divvy up

8 Beyond repair

9 Give authority to

10 Soften, as lighting

11 Birdbrain

12 Sir Toby of Shakespeare's "Twelfth Night"

13 Like pretzels, usually

21 Go bananas

22 Nora Roberts' genre

24 Scrub in the tub

25 Felipe's farewell

26 Former Seattle hoopster

28 Baptism, for one

30 Drag racers

34 URL ender

36 Smidgen

37 Bird-related

38 Dangle a carrot

40 Like bad losers

42 Alone on a Saturday night, perhaps

45 Like some anesthetics

47 Former Italian coin

50 Adjustor's assessment

53 Pioneer's wheels

54 Suspect's story

55 Old sailing ship

56 Blender button

57 Bike part

60 Motown Four

62 CBS logo

65 Anger

66 Walk all over

67 Big Apple attraction, with "The"

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SUDOKU Edited by Margie E. Burke

Difficulty : Easy

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HOW TO SOLVE:

Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9; and each set of 3 by 3 boxes must contain the numbers 1 to 9.

(Answer appears elsewhere in this issue)

REVIEW

Fists of Confusion



Photo courtesy of The Man with the Iron Fists

By Adam Schwab
Staff Writer

I go to movies to be entertained. I feel that, no matter the genre, entertainment should be the main component of any good movie. So when I heard that RZA, of Wu-Tang Clan fame, had written, directed and starred in a New Age kung fu movie, *The Man with the Iron Fists*, about a blacksmith forging weapons for rival clans involved in an all-out battle royale, I thought it would be a shoo-in for 90 minutes of pure, balls-to-the-wall entertainment. Instead I got 90 minutes of wishing-I-was-doing-something-else, like my taxes or memorizing the U.S. Constitution.

I wasn't expecting to see the type of movie that wins Oscars. In fact, I was expecting just the opposite. I was expecting a hilarious, campy, action-packed B movie that knows its premise is absurd and runs with it for the sake of entertainment. Think *Snakes on a Plane* or *Shoot 'Em Up* or *Planet Terror*. No one would ever confuse those movies with good cinema, but I'll be damned if anyone can say they weren't entertaining. So when I found myself bored out of my mind for 87 of the 96 minutes, it's safe to say something went wrong.

I don't really want to get into the plot too much, but the story here is a mess. It is rumored that the movie was originally shot to be four hours long, and then was cut down to 90 minutes. If this is true, boy, does it show.

As it stands, the movie feels like a bunch of side stories that intertwine throughout. There doesn't even really seem to be a main character. RZA's character, "The Blacksmith," has about as much screen time as four or five other characters. In the end, the whole thing feels jumbled and rushed, which leaves the audience confused.

The biggest problem with this movie is that it's a B movie that doesn't know it's a B movie. A good B movie is self-aware and never takes itself too seriously. Even the "serious" parts are filled with goofiness to keep it from seeming like it's trying to be anything more than pure entertainment.

This movie mixes and matches serious and cheesy with disastrous results. It's as if RZA started out trying to pay homage to the outrageously cheesy kung fu movies of the 1980s, and then once filming started, decided that he wanted to win an Academy Award.

The acting is absolutely atrocious. Nearly all dialogue delivered by anyone not named Russell Crowe had me writhing in my seat. Half of this cast wouldn't even make the cut to play Chuck E. Cheese. Again, it's the fault of the movie for not knowing its own identity. Had they abandoned the grim tone and gone for something a little more playful, the bad acting would have fit in perfectly, but they didn't, so we were left with serious scenes played out with comically bad acting.

Russell Crowe's character, Jack Knife, is the lone bright spot in this movie, and he certainly steals every scene he is in. There are plenty of fight scenes, as expected, but the movie is so poorly edited that you can't tell what is going on half of the time. For example, the entire opening sequence of the movie is one big fight scene. This seems like a good idea on paper, but there are so many quick cuts, pans and fades during the fighting, that it's impossible to tell who is who.

Finally there is the soundtrack, composed by RZA himself. I was actually excited about this, because I was expecting some sweet kung fu with brand new 36 *Chamber*-esque beats blaring in the background. Instead it's just rehashed Wu-Tang songs — nothing new here.

And it turns out hip-hop is not the best background music for kung-fu battles. It just ends up feeling out of place, like so much of the rest of the movie.

Adam Schwab is a first-year dental student.

Piled Higher and Deeper by Jorge Cham

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Q: HOW MANY PH.D.'S DOES IT TAKE TO GET A POWERPOINT PRESENTATION TO WORK?

ANSWER: (n+1)

WHERE n = THE NUMBER OF ACADEMICS IN THE ROOM WHO THINK THEY KNOW HOW TO FIX IT, AND 1 = THE PERSON WHO FINALLY CALLS THE A/V TECHNICIAN.

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