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# Synapse

## The UCSF Student Newspaper

Thursday, February 14, 2013 synapse.ucsf.edu Volume 57, Number 19



Photo courtesy of Michelle Meyer/MS2  
(Left to right) Michelle Meyer (MS2), Dylan Isaacson, Garner Kropp, Meredith Bock (MS2), Alexa Glencer (MS1) attended the 2013 UCSF Formal at the Westin St. Francis.

NEWS

## The Annual UCSF Formal

### Lots of desserts, dancing and letting loose

By Jerome Atputhasingam  
Associate Editor

One week before the UCSF Formal, I began my mental and physical training for what I knew would be an uphill challenge. I had to be in the best shape possible to maximize my dessert eating capacity at the annual Formal. It might sound simple to stuff a lot of dessert into your face, but there is a delicate balance between enjoying a gourmet delicacy and overwhelming your

body's capacity for peristalsis. The trick I have found is interval training: in other words, periods of eating divided by short, intense dancing sessions.

The annual UCSF Formal, held at the Westin St. Francis on February 2, was much more than a buffet of desserts. It was a time for students to dress up, dance and let loose.

I knew it would be a fun night as soon as I got on the Muni to head to the Westin. There is nothing that screams fun so much as a bunch of possibly tipsy UCSF students sharing nerdy jokes.

This year's Formal was an improvement on last year's in many ways. For one, the check-in process was more efficient. Students simply showed their Eventbrite tickets and UCSF IDs to gain entry, and more people were on hand to speed people in.

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OPINION

## Sequestration Could Mean Deep Cuts for Biomedical Research

By Brittany Anderton, Florie Charles, Dai Horiuchi, Robert Judson and Nir Oksenberg  
Contributing Writers

UCSF has long benefited from recruiting some of the best and brightest minds in science to carry out cutting-edge biomedical research. We owe our success largely to the abundant federal funding that individual Principal Investigators (PIs) bring in.

Over the past decade, however, the budget of the National Institutes of Health has not increased in real terms, and the buying power of research dollars has declined by 20 percent due to inflation. Additionally, the success rate for a typical extramural NIH grant was at a historic low in 2012, at around 18 percent, according to the NIH. The difficulty in securing independent academic faculty positions and research funding has been discouraging those in training from pursuing academic careers in science.

This already unpromising situation may soon be compounded by an impending, across-the-board governmental budget cut known as sequestration, which is set to go into effect on March 1. The sequestration mechanism was put in place by Congress as part of the Budget Control Act of 2011 (or debt-ceiling deal), as a last resort. It was not originally intended to be implemented.

However, as Congress has struggled to reach a compromise on the budget, sequestration is rapidly becoming a reality. Representative Paul Ryan (R-Wisc.), chair of the House Budget Committee, recently stated that he expects sequestration to take place, and the White House Office of Management and Budget released a memo to federal agencies, including the NIH, instructing them to intensify their planning for sequestration.

What would be the immediate consequences of sequestration? Dr. Francis Collins, director of the NIH, has stated that, under sequestration, the NIH would face a 25 percent reduction of extramural grants in 2013.

Fewer grants mean that PIs will have to start making difficult decisions, not only in prioritizing their research programs but also in managing their laboratory personnel.

Even though sequestration has not yet taken place, budget constraints are already being felt by current and future PIs whose federal grants are under consideration. Given the prevailing fiscal uncertainty, the NIH has been delaying approval of reviewed grants for funding.

Is sequestration unavoidable? No. Congress still has time to negotiate a budget. Now is the time for scientists, one of the groups perhaps least represented before Congress, to become our own advocates, to try to protect biomedical research funding. One way we can advocate for science

**SEQUESTRATION » PAGE 5**

## SPECIAL VALENTINE'S DAY MESSAGE BOARD

**Thursday is Valentine's Day.**  
**As is customary at Synapse, we mark this special occasion with messages of love from the UCSF community.**  
**Visit page 4 to see if a message awaits you.**





# EVENTS

## MISSION BAY EVENTS

### VALENTINE’S DAY CARD MAKING AND PET THE PUP

Thursday, Feb. 14, noon-1:30 p.m., Outside the Student Lounge, Genentech Hall, Mission Bay  
Come make some Valentine’s Day cards, enjoy some sweet treats, and pet Toby, the cutest Goldendoodle you’ve ever seen!  
Sponsors: SSMB & Housing.

### MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, Feb. 15, 1:30-2 p.m., Byers Hall, 212, Mission Bay  
The Muslim Community at UCSF holds regular Friday prayer services (*Jum’a*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

## PARNASSUS EVENTS

### VALENTINE’S DAY CONDOM DISTRIBUTION

Thursday, Feb. 14, 10 a.m.-2 p.m., Medical Sciences Lobby, Parnassus  
There are lots of ways to show your love, and practicing safe sex with your partner is one of them. Come by the Cole Hall Lobby on Valentine’s Day to pick up some free condoms. Sponsors: SNMA.

### HOME PREPAREDNESS IN EARTHQUAKE COUNTRY

Thursday, Feb. 14, noon-1 p.m., C-701, Parnassus  
Matt Springer, associate professor of medicine, will talk about precautions that can be taken to lessen the damage and prevent injury from an earthquake at home and work. This presentation includes photos of preparations in Professor Springer’s own home and suggests measures to prepare for the next temblor. Sponsors: Office of Environmental Health and Safety.

### SYNAPSE NEWSPAPER

Thursday, Feb. 14, noon-1 p.m., MU 123W, Parnassus  
*Synapse* is looking for Mission Bay and Parnassus writers, bloggers, photographers and designers. Come to the lunch meeting, share your story ideas and enjoy a free lunch. For more information, email [synapse@ucsf.edu](mailto:synapse@ucsf.edu).

### CHANCELLOR’S CONCERT SERIES

Thursday, Feb. 14, 12:15-12:45 p.m., Cole Hall, Parnassus  
Looking for a place to study or relax between classes? Campus Life Services’ Arts & Events has just what you need. The Chancellor’s Concert Series on Thursdays is a great place to set up your laptop and study or just take a break from classes while listening to classical music. Seating begins at noon. The Zofo Piano Duet will perform, featuring Eva-Maria Zimmerman and Keisuke Nakagoshi.

### DOG DAYS OF FEBRUARY: FINANCIAL WELLBEING

Friday, Feb. 15, noon-2 p.m., MU 111W, Parnassus  
Take time to de-stress with this week’s visitor from Animal-Assisted Therapy of SPCA. In addition, enjoy snacks, affirmations, information about student services, and fill one whole Student Passport to Wellness card with six stamps.

### MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, Feb. 15, 12:30-1 p.m., S180, Parnassus  
The Muslim Community at UCSF holds regular Friday prayer services (*Jum’a*) for the UCSF Muslim community every week. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

### BENT: LGBTQIQ AT PARNASSUS

Tuesday, Feb. 19, noon-1 p.m., RSVP for location details  
Student Health & Counseling hosts a social/support/informational group called BENT for LGBTQIQ students. The group will feature a variety of topics that impact LGBTQIQ students on campus (i.e. body image, dating and relationships, professional identity, “outness,” etc.). Free lunch provided with RSVP. [larry.lariosa@ucsf.edu](mailto:larry.lariosa@ucsf.edu).

### ASUC FEE REFERENDUM: INFORMATION FORUM

Tuesday, Feb. 19, noon-1 p.m., HSW 300 and Wednesday, Feb. 20, 5-6 p.m., HSW 300  
ASUC is sponsoring a referendum to increase the quarterly membership fee for students in the schools of Dentistry, Medicine and Pharmacy. This fee supports Registered Clubs and Organizations and ASUC campus-wide events. The current fee is \$17 per quarter, and the proposed fee \$28 per quarter. Come to the forum to find out about the proposed increase and its projected benefits for students.

### PARNASSUS FARMERS’ MARKET

Wednesday, Feb. 20, 10 a.m.-3 p.m., ACC, 400 Parnassus Ave.  
Shop the Farmers’ Markets on Wednesdays to pick up locally grown produce and more. Sponsor: Pacific Coast Farmers’ Market Association.

### OVERCOMING PERFECTIONISM

Wednesday, Feb. 20, noon-1 p.m., N 225, Parnassus  
Do you feel your work is never good enough? Does a mistake feel like failure? Is it hard to relax and have fun? Do you procrastinate? If so, you may be a perfectionist. Come to learn ways to create balance, self-acceptance and gain perspective. Led by Felicia De la Garza Mercer, Ph.D. Free lunch with RSVP! Part of the Winter Survival Series. [felicia.mercer@ucsf.edu](mailto:felicia.mercer@ucsf.edu)

### MINDFULNESS MEDITATION

Wednesday, Feb. 20, 12:15-12:45 p.m., MU 111W, Parnassus  
Every Wednesday in February, join a guided mindfulness meditation to manage stress. Beginners and experienced individuals welcome. Please RSVP by 10:30 a.m. on the day of meditation. [Breather.eventbrite.com](http://Breather.eventbrite.com).

### NUTRITION FOR WOMEN: PARNASSUS

Wednesday, Feb. 20, 2-3 p.m., Library, CL 212, Parnassus  
Student Health’s dietitian, Alison Boden, offers a casual, one-hour discussion on popular topics in women’s nutrition, including body image, anemia, reproductive health and bone health. Free refreshments provided with RSVP! [nutrition@ucsf.edu](mailto:nutrition@ucsf.edu)

### SIMMER COOKING CLASS: PARNASSUS

Wednesday, Feb. 20, 5-7 p.m., RSVP for location details

Join Student Health’s dietitian, Alison Boden, in an interactive cooking class with easy and healthy recipes. Students prepare (and eat!) the dishes during class. RSVP required, as seating is limited. [nutrition@ucsf.edu](mailto:nutrition@ucsf.edu)

### UCSF RUN CLUB

Wednesday, Feb. 20, 5:30-6:30 p.m., Millberry Union Central Desk, Parnassus  
Drop by and join UCSF Fit & Rec for a run. Each Wednesday night, the Run Club runs various distances (3-6 miles) at 9 to 11 minutes per mile.

### IHI OPEN SCHOOL PRESENTS ESCAPE FIRE

Wednesday, Feb. 20, 6 p.m., HSW 300, Parnassus  
*Escape Fire* is a documentary about the American health care system. It identifies current problems, such as high costs, over-treatment and over-medication, while proposing the need for novel approaches to improve the system. Dinner provided. Discussion follows on Feb. 21. All students welcome.

### ASUC ELECTION INFO SESSION

Thursday, Feb. 21, noon-1 p.m., S 159, Parnassus  
Come meet the current ASUC board members, learn about the 2013-2014 elections, and find out what positions you can run for. Pizza provided. <http://bit.ly/ASUCwebsite>

## OFF-CAMPUS EVENTS

### OFF THE GRID

Thursday, Feb. 14, 5-9 p.m., Stanyan and Waller, Upper Haight, SF  
Off the Grid is a roaming mobile food extravaganza that travels to different locations daily to serve delicious food, with a free side of amazing music, craft and soul.

### CALIFORNIA ACADEMY OF SCIENCES: YEAR OF THE SNAKE NIGHTLIFE

Thursday, Feb. 14, 6-10 p.m., Cal Academy, Golden Gate Park  
Count down to the start of the Year of the Snake with snake handlers, lion dancers and martial arts demos celebrating Chinese New Year. Be charmed by live snakes and their handlers throughout the building, and see how many of the Academy’s 18 snake species you can find on display. Tickets: \$12. <http://bit.ly/NightLifeTickets>

## ANNOUNCEMENTS

### STUDENT PASSPORT TO WELLNESS

Through Friday, March 22, 5 p.m., Student Activity Center, MU 108W, Parnassus or Student Resource Center, 550 A-2 Gene Friend Way, Mission Bay  
Each week, the Student Passport to Wellness program will raffle off an amazing giveaway. Don’t miss this opportunity to achieve a fuller, more balanced life. Collect six passport stamps and be entered to win. Submit your passports by 5 p.m. on Friday to be eligible to win. Winners are announced the following Monday. <http://bit.ly/passportwebsite>

### LAST LECTURE 2013: VOTING NOW OPEN

Last spring, the inaugural UCSF Last Lecture received a warm and welcoming response. This year, the tradition continues. The winning professor will deliberate and deliver a lecture on the prompt, “If you had but one lecture to give, what would you say?” Expect stories that weave together various dimensions of the winner’s trajectory, including the professional, personal, spiritual and cultural experiences that have influenced the speaker. Voting closes Feb. 15 [https://ucsf.us.qualtrics.com/SE/?SID=SV\\_cSdmGxJW3TZM2MZ](https://ucsf.us.qualtrics.com/SE/?SID=SV_cSdmGxJW3TZM2MZ)

### WALK WHILE YOU WORK IN THE PARNASSUS LIBRARY

The Parnassus Library has installed two new “Walkstations” so you can walk while you work on a computer in the second floor of the technology commons. The library also has more height-adjustable workstations available. [library.ucsf.edu/content/new-walkstations-available-library-tech-commons](http://library.ucsf.edu/content/new-walkstations-available-library-tech-commons)

### NEW OFFICE OF CAREER & PROFESSIONAL DEVELOPMENT WEBSITE

The new OCPD website is live. The improved design features a user-friendly navigation and new resources, including assessment tools, resume samples and information to manage every stage of your career successfully. <http://bit.ly/OCPDwebsite>

### FIFTH ANNUAL LGBTQIQ HEALTH FORUM: REGISTER!

Saturday, Feb. 23, 8 a.m.-6 p.m., Parnassus  
The fifth annual UCSF LGBTQIQ Health Forum is a one-day interprofessional event designed to provide information about lesbian, gay, bisexual, transgender, queer and intersex patients. All health professionals and health professional graduate and undergraduate students, whether LGBTQIQ or not, are warmly invited to attend. UCSF students can also receive elective credit for attending (sign up for FCM 170.01E). Tickets are \$5 per UCSF student and include breakfast, lunch and dinner. [ucsf-lgbtqi-health-forum-2013.eventbrite.com/](http://ucsf-lgbtqi-health-forum-2013.eventbrite.com/)

### LEGENDS OF CHINA: SILK ROAD TO THE FUTURE

This July, travel to China as part of a 13-year tradition between University of California and Legends of China, a nonprofit Chinese foundation dedicated to improving U.S.-Chinese ties and working relationships. Enjoy a variety of cultural experiences and attend the Chinese Traditional Medical Symposium. This all-inclusive trip is open to the entire UCSF community and their families. Registration due April 1. Sponsors: Student Academic Affairs, [www.legendsofchina.com](http://www.legendsofchina.com).

### UCSA STUDENT LOBBY CONFERENCE

Saturday, March 2, 9 a.m.-5 p.m., Sacramento, CA  
Join fellow UC students in speaking with state legislators at the State Capitol about legislation related to higher education issues. Never participated before? No problem! Saturday and Sunday are full of workshops devoted to showing you how. All reasonable costs will be reimbursed by the Associated Students of the University of California and the Graduate Students’ Association. Registration is required, so please sign up in advance. Email [Lawrence.Lin@ucsf.edu](mailto:Lawrence.Lin@ucsf.edu).

### SIXTH ANNUAL CHANCELLOR’S LEADERSHIP PANEL ON DIVERSITY

Tuesday, March 26, noon-1:30 p.m., Cole Hall, Parnassus  
Please join Chancellor Susan Desmond-Hellmann and campus leadership for an interactive discussion on unconscious bias.

### SUBMIT RECYCLED ART FOR THE LIVING GREEN FAIR 2013

Thursday, May 9, Millberry Union Meeting and Event Center  
Join the Visual Arts Club at UCSF for its inaugural art show, featuring recycled and reclaimed artwork by the UCSF community. All artwork must be 99% made of recycled, reused or reclaimed materials. If you are interested in recycled materials, please let Campus Life Services know, and they can put you in contact with the UCSF Recycling Coordinators. [campuslifeservices.ucsf.edu/upload/artsevents/files/Recycled\\_Art\\_Show\\_Application\\_2013.pdf](http://campuslifeservices.ucsf.edu/upload/artsevents/files/Recycled_Art_Show_Application_2013.pdf)



NEWS

# A Pledge to Stay Healthy

By Matt Nordstrom  
Staff Writer

I feel like I have been duped. I have always been told that finding balance between my work and my personal life was the key ingredient for staying healthy and happy. Then I graduate from college. Enter the real world. Get a real job.

Next thing I know, those same people touting balance are giving me 60-hour workweeks. Then comes medical school, where, every waking moment, I have to make the decision whether to study or relax. Unfortunately, both come with some guilt.

So then, how do I attain this elusive balance, when life tries so hard to keep it from me? Well, I have gotten pretty good at reading while in down dog, and sometimes I cook dinner while watching anatomy videos, but I’m pretty sure I’ll be single in no time if I keep that up.

What brought me closer to this balanced lifestyle was not time-saving tricks, but a gentle reminder that my well-being is important and that I do not need to feel guilty about that. My reminder comes in the form of a little apple-shaped pin I have on my UCSF ID badge, which I was given when I signed the UCSF Well-Being Pledge.

The pledge is written for every UCSF employee and student, and acts as a promise you make to yourself to remain committed to improving your health, and the health of your patients and community. The pledge does not ask me to be anything I don’t want to be. It simply encourages me to be mindful of the ways I can lead a balanced, fulfilling life as a health care professional.

I encourage you to sign the pledge online at [meded.ucsf.edu/wellbeing/ucsf-well-being-pledge](http://meded.ucsf.edu/wellbeing/ucsf-well-being-pledge) and wear your apple pin proudly.

Matt Nordstrom is a first-year medical student.

OPINION

# The Fight to Rescue U.S. Health Care

By Kristi Jhangiani  
Contributing Writer

It is pretty well known in the health care field that our system is broken, and needs some serious TLC to turn it around. As Obamacare is slowly being adopted, it is more important than ever to address these changes, and use the momentum to find better solutions for fixing the system.

Obamacare’s expansion of medical services is sure to create even larger gaps in the ratio of primary care physicians to patients. As the system is swamped by these demands, it’s hard to imagine how to resolve the constant tension between the number of patients seen

and quality of the health care delivered. Despite the creation of Accountable Care Organizations and adjustments to Medicare reimbursements under Obamacare, the scale is likely to tip in favor of quantity over quality.

Knowing this, how can we change the system? So many attempts have already been made, what is it really going to take? As health professionals, it is our duty to bring innovative ideas to patient care.

There’s no question that policies are difficult to change and will take a lot of money, manpower and motivation. But if we start making small changes on the local level, we can change the orientation of the system. Honestly, it’s an attitude adjustment that we really need.

If people stepped back and realized that low-cost methods of prevention could drastically reduce the need for higher-cost care, we could start to bring the cost curve down and save a lot of money.

So how do we change attitudes? Where do we start? The answer is,

we start with a system the federal government already controls: Medicare. Sustainable changes that happen under Medicare, such as reimbursements for certain pharmacy services and coverage for mental health patients, will encourage private companies to follow suit. It is going to take a lot of work to transform our current sick-care system into true health care.

If you are interested in finding a way out of this backwards health care system, come to the screening of *Escape Fire: The Fight to Rescue American Health Care* sponsored by the Institute of Health Care Improvement Open School on Wednesday, February 20, at 6:30 p.m., HSW-300. Dinner will be provided. Please RSVP by February 19. at <http://bit.ly/EscapeFireScreening>. There will be a follow-up discussion on Thursday, February 21, at noon, in N 217. Details on these events can be found in the Events section of *Synapse*.

Kristi Jhangiani is a second-year pharmacy student.

OPINION

# A Challenge to Script Your Future

By Tiffany Chung  
Contributing Writer

As a third-year pharmacy student, I’m amazed at how much I have learned over the last few years; how to treat a community-acquired MRSA infection; the name of the hypertension guidelines for treatment; the maximum quantity of pseudoephedrine that can be purchased from a pharmacy in a day.

My knowledge has certainly expanded since that first day of school, when I struggled to say “metoprolol.” And yet it feels as if there’s something crucial lacking in my curriculum, through no fault of my respected professors.

It’s just not something that can be easily taught. It’s the ability to connect with patients to help them realize for themselves how their daily medications can save their lives.

As health care professionals, we know where to look for evidence-based medicine, and we dispense prescriptions and counseling accordingly. However,

we often forget that perhaps the most powerful capability at our disposal lies not in scribbling on our prescription pad or in targeting numbers on a lab printout.

It’s recognizing that in order to truly provide optimal care, we need to find a common language that will help our patients make their own health a priority.

UCSF is participating in its first-ever interprofessional competition, called “Script Your Future.” As part of the 2013 Medication Adherence Team Challenge, we will compete against other pharmacy schools and collaborate with medicine, dentistry, physical therapy and nursing schools across the nation to get our message out.

Our goals are to increase awareness of medication adherence issues through a variety of means: social media, community outreach, person-to-person education and public relations. We’ll be making videos, silly online memes, and getting our voices heard (literally) on the radio. You’ll find us at the Embarcadero every Saturday this

month talking to the community about these goals. At the end of the month-long challenge, select schools or colleges will be recognized nationally for their efforts to improve medication adherence.

All health professional schools at UCSF are welcome and encouraged to join us in our efforts. As future health care providers, we all have a professional obligation to act in the best interests of our patients’ health. Perhaps the first steps we can take are to share this responsibility with patients themselves.

To learn more about our competition, visit [www.scriptyourfuture.org](http://www.scriptyourfuture.org) or contact a member of the UCSF Script Your Future team: Nichol Baxter (P3), Tiffany Chung (P3), Timothy Mok (P2), Tracy Trang (P3), Lien Truong (P1), Charisma Urbiztondo (P1), Stephanie Wong (P1), Yuumi Miyazawa (P1) or our advisors Drs. Jennifer Cocohoba, Pharm.D, and Kirsten Balano, Pharm.D.

Tiffany Chung is a third-year pharmacy student.

# NEWS BRIEFS

## Maternal Exposure to Air Pollution Linked to Low Birth Weights Worldwide

Mothers who are exposed to particulate air pollution of the type emitted by vehicles, urban heating and coal power plants are significantly more likely to bear children of low birth weight, according to an international study led by researchers from the University of California at San Francisco and the Centers for Disease Control and Prevention (CDC).

The study, the largest of its kind ever performed, analyzed data collected from more than 3 million births in nine nations at 14 sites in North America, South America, Europe, Asia and Australia.

Co-principal investigator Tracey J. Woodruff, PhD, MPH, professor of obstetrics and gynecology and reproductive sciences at UCSF, along with Jennifer Parker, PhD, of the National Center for Health Statistics, CDC, found that at sites worldwide, the higher the pollution rate, the greater the rate of low birth weight.

## UCSF Nursing Dean Elected to National Nursing Board

David Vlahov, PhD, RN, FAAN, the dean of the UCSF School of Nursing, has been elected to the board of directors of the American Association of Colleges of Nursing (AACN).

Votes were cast for the positions by member deans and directors of U.S. nursing schools that offer baccalaureate and higher-degree programs.

Vlahov, an epidemiologist who specializes in working with community partners to improve community health, is the first male dean of the UCSF School of Nursing. An expert in infectious diseases, substance abuse and mental health, he joined UCSF in 2011.

## Study Recommends Biennial Mammogram for Older Women

Among older women, getting a mammogram every two years was just as beneficial as getting a mammogram annually, and led to significantly fewer false-positive results, according to a study led by UCSF.

The national study of more than 140,000 women between the ages of 66 and 89 appeared online on February 5 in the *Journal of the National Cancer Institute*.

“Screening every other year, as opposed to every year, does not increase the probability of late-stage breast cancer in older women,” said lead author Dejana Braithwaite, PhD, a UCSF assistant professor of epidemiology and biostatistics. “Moreover, the presence of other illnesses, such as diabetes or heart disease, made no difference in the ratio of benefit to harm.”

From 1999 to 2006, data were collected on 2,993 older women with breast cancer and 137,949 women without breast cancer — “the largest available screening mammography data set in the United States,” according to Braithwaite.



# HAPPY VALENTINE’S DAY!



Honey Pie Sugar Bear (aka Ms. Poulos),  
Thank you for tickling my perineum  
in all the right places!

Simon Ermakov,  
You give me flushing bronchospasms/  
cardiac arrhythmias.  
Cardio Small Group

Mr. Tim,  
Coamear. You’re the best. I don’t know  
what I’d do without you. Lj!  
Mr. Craig

Glen Coco,  
Not a day goes by when I am not  
inspired by you. Be mine?

Dear Schmoopie,  
So glad to have you in my life. Love,  
Schmoopie

JPF,  
May you always keep  
my wink in your heart.

Alex,  
Has anyone ever told  
you that you’re rockin’  
the Joan Cusack as  
principal look?

Jon Phuong,  
You send me into an  
atrial flutter that even  
amiodarone can’t stop.  
From: The guy who is  
waiting to hold your  
hand

Sarra — I love you!!!

Glen Coco — 4 will never be enough.  
Be my Valentine?

To every person who has made  
each day at UCSF amazing, faculty  
and house staff, administrative and



academic, working in the cafeteria or  
behind a desk,  
You are important, you are  
appreciated, and you are loved.  
~ EDL

To the Staff, Fitness Instructors and my  
Group Fitness Classmates at Millberry  
Fitness Center:  
My heart races whenever I’m around  
you ... LITERALLY!!! :)  
I don’t know how I’d make it without  
your smiles and friendship.  
Happy Valentine’s Day!  
~Theresa

You go, Glen Coco — you  
are as memorable as you  
are plot-irrelevant.

I love you, Jeremy Lin.

Can't nobody tell me I'm  
doin’ wrong.

Martin,  
I’m still blushing like  
eosinophilia.

Dawnzies,  
If I ate a slice of tiramisu for every  
time you made me smile, there would  
be a world mascarpone  
shortage. Also, I am  
confused about our  
relationship status,  
please call me ASAP.  
~ Your husband

I love UCSF.

Vincenza,  
My legs flex only for you!

You go glen coco...on a  
date with me?

Amy, Zarah, & Jessica,  
You guys make my day!

Thank you for your support & love.  
Couldn’t ask for better friends.  
~ Vane

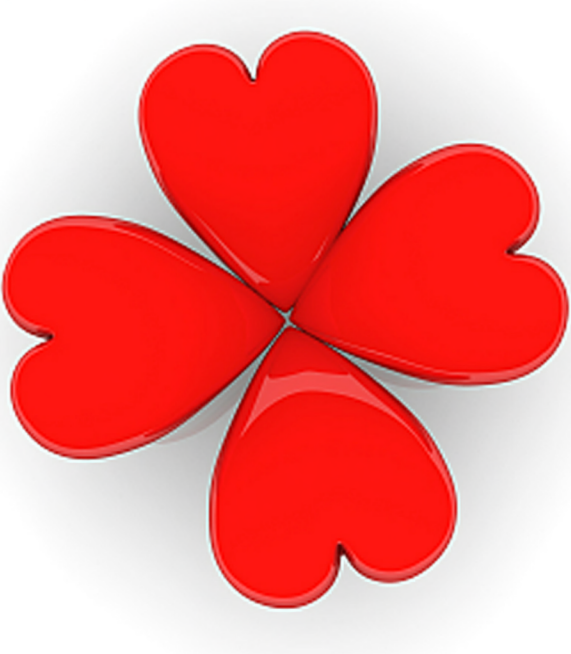
MRCgurl,  
Be my Valentine?

Theresa Poulos,  
I’m a big  
fan of your  
crazy energy  
— every day  
I see you  
is brighter!  
You’re out of  
my world, but  
know I really  
like you!  
~ Your Secret  
Admirer

To Team *Synapse*,  
Your precious *bon mots* leave me  
breathless every week. I am grateful.

Honey pumpkin — where's my paint  
can?

Myrnie,  
I love you more than all the apple  
stickers in the world!



Feeling so much love for all my MS1s!  
LKS MZP JK SF AH LK BH, you girls  
rock.

Dear Prince Charming,  
Still waiting.  
~ Theresa

I love my dog Han!

Valentine reminder: Don’t forget to  
love yourself, and no, I’m not talking  
about Chat Roulette.

Larry Nazareno,  
My husband of 33 years.  
I loved then.  
I love now.  
I will love you tomorrow.  
And I will love you forever.  
Happy Valentine’s Day.  
♥ Bev

Just when I thought I  
couldn't be any happier, I  
met you!  
~ Izzy Real

Dear Maggie,  
To the moon and back,  
babe!

Love, Adam

Her Name is D-Money,  
She’s super-duper funny.  
I tell her ‘Oh you fancy huh?’  
She tells me ‘Word Up means I got you  
... DUH!!’  
She’s teaching me how to swim,  
So when I see Michael Phelps I can  
win,  
I pay her back with desserts,  
Oreo Surprise was our ‘firsts’  
She also really likes banana pie,  
And when we ate that it was gone in  
the blink of an eye  
Next time I’ll make this more sincere  
and less cheesy  
This is your boy, “Fresh Med Student”  
Ucheezy!! (Happy Valentine’s Dizzle!!)

I love you, Amy Higa!

Dear Mayank,  
I love you more than words can say,  
Wish you Happy Valentine’s Day!!  
Love, Amrit

On Tet, my mom wished that I’d find  
a nice boyfriend this year. I think she  
means you! Happy Valentine’s Day.  
~ Miss Hints



# Annual Formal

## » FROM HOME PAGE

Those who forgot to bring their ID, as I did, had to answer a question pertaining to their field of study before they were allowed in. The woman who checked me in asked: “What is the generic name for Lasix?”

I experienced a moment of terror as I tried to sort out the plethora of drug names popping into my head, some real and most imaginary. Then, suddenly, I blurted out “Furosemide,” to which she smiled in agreement. These are the moments that make me confident that I am retaining some knowledge after all.

The Formal had two main dance floors, with two different DJ’s. The music mostly consisted of current hits, although I must admit I was paying more attention to which fancy dessert I should eat next than to what I was dancing to.

The desserts were indeed lavish, allowing broke students to feel indulged, even if momentarily. No sooner had they had been swiped up by hungry students than they were replaced with potato chips, popcorn and brownies — not as sophisticated, perhaps, but equally tasty.

After all the eating and dancing, students could pack into a cramped photo booth and seal the night with a keepsake photo. The four photo booths set up among the dance floors witnessed a lot of kisses and silly faces.

In the fast-paced life of a graduate student, it is rare to have the time to stop and dance the night away with those who make life meaningful. This event gave many of us that much-needed opportunity.

Jerome Atputhasingam is a second-year medical student.

# Sequestration

## » FROM HOME PAGE

research funding is by writing to our representatives. Other ways can be found at [researchamerica.org](http://researchamerica.org), [saveresearch.org](http://saveresearch.org) and [aaas.org](http://aaas.org). If you are interested in getting involved with advocacy at UCSF, please follow the UCSF Science Policy Group page on Facebook to hear about our upcoming first meeting (date to be determined).

The UCSF Science Policy Group is a recently formed registered campus organization dedicated to educating our students and postdocs about

science policy issues, ranging from science education to advocacy to public outreach. Please send inquiries to [UCSFSciencePolicyGroup@gmail.com](mailto:UCSFSciencePolicyGroup@gmail.com). If you want to take action immediately, an easy starting place is the FASEB form found at: [capwiz.com/faseb/issues/alert/?alertid=62385281](http://capwiz.com/faseb/issues/alert/?alertid=62385281).


The UCSF Science Policy Group includes Brittany Anderton, Florie Charles, Dai Horiuchi, PhD, Robert Judson, PhD and Nir Oksenberg.

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](http://healthcare.goarmy.com/hpspmedical).



ARMY STRONG.

# UCSF JOURNAL CLUB

## Recent research presented by UCSF students

By Jenny Qi  
Staff Writer

Metabolism/Cell Biology

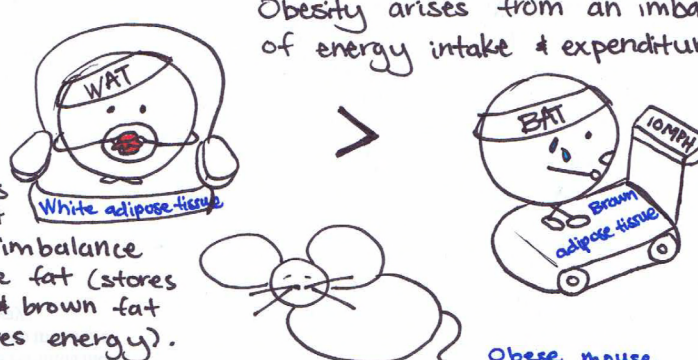
BMS Journal Club

Presenter: Alex Samocha (1st yr)

\*\*Tyk Talk: Better Understanding Brown Adipose Tissue Differentiation\*\*

Obesity arises from an imbalance of energy intake & expenditure.

On a cellular level, this can result from an imbalance of white fat (stores energy) & brown fat (dissipates energy).



The protein Tyk2 is important in regulating energy metabolism.

Normal Tyk2

Tyk2 deficient

obesity ↑ energy expenditure ↓

Tyk2 regulates energy expenditure by regulating brown fat (BAT).

Normal Tyk2

Tyk2 deficient

Get to work fatty!!

Keep that WAT in check!

Brn! It's cold in here!

Where's BAT??

gone dishin'

Can we use gene therapy to correct Tyk2 deficiencies??

**Presentation:** “Tyk Talk: Better Understanding Brown Adipose Tissue Differentiation”  
**Presenter:** Alex Samocha (first-year Biomedical Sciences student)  
**Paper:** Derecka, M. et al. “Tyk2 and stat3 regulate brown adipose tissue differentiation and obesity.” *Cell Metab.* 2012 Dec 5;16(6):814-24.  
**In a nutshell:**

Authorities view obesity as one of the most serious public health issues of the modern world. Obesity increases the likelihood of such diseases as Type 2 diabetes, osteoarthritis, heart disease and some types of cancer. In the United States, the past few decades have seen an astronomical rise in the epidemic, stemming primarily from increasingly sedentary lifestyles and the availability of unhealthy processed foods. Because advising people to lead healthier lifestyles hasn’t been wholly effective, scientists are also turning to metabolic studies to combat this problem. We know that obesity arises from an energy imbalance — if caloric intake exceeds expenditure, people (and mice) will probably gain weight. This imbalance may be observed on a cellular level, such as when energy-storing white fat exceeds energy-dissipating brown fat. The authors of this paper found that the protein Tyk2 is important in regulating this balance. A lack of Tyk2 is associated with obesity and decreased energy expenditure in both mice and humans. This may be because Tyk2 appears to regulate the differentiation of brown fat. For example, Tyk2-deficient mice were unable to shiver (a function of brown adipose tissue or BAT) in response to cold. Furthermore, genetic rescue of Tyk2 deficiency led to improved BAT development, insulin levels and body weight. At present, gene therapy is an unlikely treatment for obesity, but these studies provide insight into its molecular basis. Interestingly, Tyk2 is also involved in inflammation, suggesting another link between metabolism and immunity — not surprising given the latest research on how exercise can help ward off infections. The moral of the story: Stay active and keep your Tyk2 intact.

Jenny Qi is a second-year BMS student who blogs at [bmcartoons.tumblr.com](http://bmcartoons.tumblr.com).



# FOOD

## REVIEW

# Nabe: Inner Sunset's New Hot-Pot Restaurant

By Geraldine Tran  
Staff Writer

Since Nabe opened in January, I've walked up and down Ninth Avenue scoping out this new *nabemono* hot-pot restaurant. It's easy to miss, because steam from the cooking pots clouds the glass windows, while shielding its patrons from the cold night.

We went on a chilly Sunday evening, bleak enough to make the Muni look tempting to the most avid of walkers, and stepped into Nabe's warm interior thinking only of savory noodles and vegetables.

Inside, the décor is simple, smart, and cool. It seats 32 people, with one long communal table and separate tables on the sides. Along the slate-colored walls are display cases full of empty bottles of high-end sake.

*Nabemono* (*nabe* cooking pot + *mono* things, stuff, kinds) or simply called nabe, is a term referring to all varieties of Japanese hot-pot dishes, also known as one-pot dishes.

**Nabe**  
1325 Ninth Ave.  
San Francisco, CA 94122  
(415) 731-2658  
<http://www.nabesf.com/>

**Hours** Open seven days a week  
5-10 p.m. every day  
(415) 775-6818  
Street parking only!

noodles, vegetables, dipping sauce and rice soup (the regular size is \$19, the large \$24). In the Kinoko Nabe, the broth is brimming with several varieties of mushrooms, bok choy, spinach, tofu, carrots and to my great joy, kabocha squash.

One type of mushroom maintained its tough, chewy texture, no matter how long I cooked it. The miso broth is not overly salty, but added flavor to the fresh

Although Nabe opted for a modern design, its small size, focus on DIY hot pots and steamy interior make it an intimate spot for a casual catch-up session with a friend, or a fun date night. On the night we stopped by, couples and small groups of friends occupied the separate tables, while a large family birthday party had reserved the extended center table.

The juxtaposition of comfort food and sleek design make Nabe a unique destination. Our party of four all ordered different nabemono sets, but because I follow a vegan diet, I chose the Kinoko Nabe entrée.

Each set comes with a choice of meat, seafood or tofu, plus broth,



Photo by Geraldine Tran/MS1

The Kinoko Nabe's broth is brimming with several varieties of mushrooms, bok choy, spinach, tofu, carrots and kabocha squash.

produce. Our table also ordered the Kimchi + Kurobuta Pork Belly, Shabu Shabu (Washugyu beef/Kurobuta pork) and the seasonal Kamonanban (duck breast).

For omnivores, I would recommend the Shabu Shabu because of its variety: two dipping sauces, as well as the most impressive plate of vegetables and tofu. As if ramen, udon and soba noodles weren't enough, our waitress came to prepare our Zosui rice soup using Japanese-style rice and our remaining broth.

After simmering the rice, she added green onions, egg (optional) and nori seaweed toppings to the soup and served each of us a hearty bowl. At first I was discouraged from trying my rice soup, but my fellow diner, Carly Govind, gave me the courage by saying, "There's always room for rice!" It was worth the extra cardio-workout during the preceding week. Although Nabe is new, it's already gaining in popularity. Here are some of my tips to ensure you have a good time:

- Go early. Nabe only takes reservations for six+ diners. We waited 40 minutes on a Sunday evening. Probably not the best place for Valentine's Day.
- Have to wait? Grab a drink at Social, across the street.
- Excuse some minor service flops because of the newly trained staff.
- Don't cook the squash too long.
- Bring friends to try different broths!

Geraldine Tran is a first-year medical student.

# Synapse

The UCSF Student Newspaper  
[synapse.ucsf.edu](http://synapse.ucsf.edu)

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## About

*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.

## Submissions

Announcements and letters should be submitted six days before publication. All submissions can be either emailed or mailed. All material is subject to editing. Letters to the Editor must be signed by the author.

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PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Ran a credit card

7 Out like a light

13 Bravo follower

14 Ladies' man

16 Peruses anew

17 Eric Clapton song that repeats "she don't lie"

18 Organ with a canal

19 Eighth planet

21 One of the Bobbsey Twins

22 Greek portico

24 Poker ploy

25 Constrained, with "up"

26 Flip-flop

28 Winter driving hazard

29 Cut a rug

30 Workshop

32 Farm alarm

34 Cut, as grass

35 Knack for comebacks

36 Milky Way ingredient

40 Let loose

44 Tickle pink

45 Nile viper

47 Southwest plant

48 Icy covering

49 Soft shoe material

51 Lowly laborer

52 Little rascal

53 Part of CPU

55 Clothe

56 Where sailors go

58 Create a stir

60 Down greedily

61 Fill-in worker

62 Part of TLC

63 Sawbuck, to a Brit

DOWN

1 Put away, as a sword

2 Strategic planning place

3 Anger

4 Architect's drawing

5 Pillow filling

6 Hopeless feeling

7 Whistle blower

8 Stood out

9 Wedding dress trim

10 Historical period

11 Renowned

12 Sinner's punishment

13 Reaches a peak

15 Lease signer

20 Nervous twitch

23 Bring to life

25 Old-school publishing technique

27 Garden decoration

29 Frilly mat

31 Fill with wonder

33 Part of BYOB

36 Shade of red

37 Sustenance

38 Destructive spree

39 Do the wash

40 Skyward air current

41 Transparent overlay

42 Moped's cousin

43 Closet accessory

46 Volleyball action

49 Suit fabric

50 Scout rank

53 Jack, for one

54 MGM mascot

57 Took the gold

59 Sunbather's goal

SUDOKU Edited by Margie E. Burke

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		6		5			8

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)

OPINION

Time-Wasting Tip #5 for the Overworked Grad Student

By Alexandra Greer  
Science Editor

Got a long incubation time to kill? Waiting for your cells to spin? Bored in between classes? In class? This week we have another game to play, but this time it can actually help your fellow scientist by identifying structures for proteins that have (so far) evaded crystallization studies.

Foldit is a free online game (go to [www.fold.it](http://www.fold.it)) that lets you pinch, pull, twist and tweak protein structures to find the most stable, energetically favorable form. It's super-intuitive, and the game helpfully translates stability into points, so you know when you're approaching a good protein structure.

It's social — you can play as a solo competitor or even in groups — and you can see the high scores of other players and even improve on their designs.

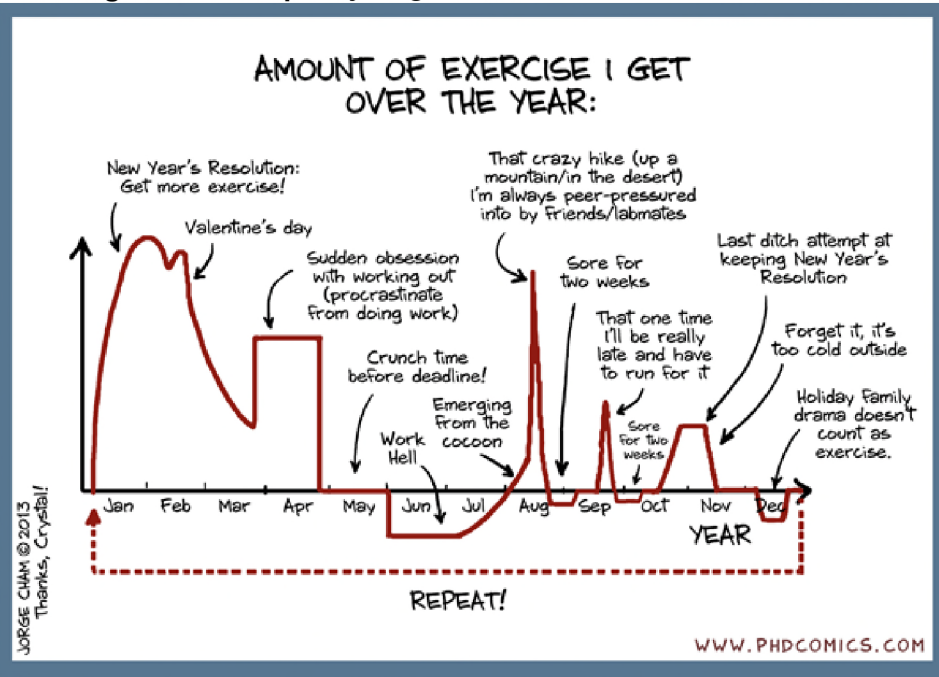
It's also, surprisingly, very addicting. There are lots of proteins to work on, and if you do well, who knows, I might be reviewing your protein structure Nature paper some time soon.

No, really — in 2011, researchers published the structure of a retroviral protease previously unknown to science that had been solved by Foldit players. It was published in Nature Structural and Molecular Biology, and the players who solved it were the authors. So don't feel bad with this time waster — you're doing science!

Check next week for another grad-student approved distraction — suggestions are welcome.

Alexandra Greer is a fifth-year graduate student in the Biomedical Sciences and promises her PI that she doesn't waste that much time when she is in the lab.

Piled Higher and Deeper by Jorge Cham www.phdcomics.com



ST. JOHN OF GOD

Perhaps the smallest, and prettiest, Catholic church in San Francisco was built by the Lutherans. As the original Lutheran community expanded, they needed a larger complex and sold the chapel at the corner of Fifth Avenue and Irving Street to the Catholic Archdiocese of San Francisco. The proximity to the UCSF Hospital created the St. John of God parish and community, to serve those needs.



The parish is unique in that it has no geographic boundaries, attracting parishioners from San Rafael, Antioch, Larkspur, Oakland, San Mateo, Alameda, Pacifica, Daly City, Brisbane, and El Cerrito, as well as San Francisco. Pastors have come not only from traditional American backgrounds, but also from the Philippines, Vietnam, the Middle East, and the current pastor, Rev. Methodius Kiwale, is from Tanzania.

The size of the church contributes to a safe, intimate worship experience, with the opportunity to partake in a variety of social justice activities both locally, and as a Sanctuary community, internationally. The parish motto — "All Are Welcome" — aptly describes the parish's efforts to be an inclusive, enthusiastic and friendly community. Mass services on weekends are at 4:15 Saturday afternoon, and 9:30 and 11:30 Sunday mornings. For more information go to our website at [www.sjog.net](http://www.sjog.net).

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The UCSF Depression and WellNess (DAWN) Program is conducting an NIH-funded study (CHR #10-00825) examining relationships between mood and hormones.

A half-day hospital visit and some home testing are required. Study involves mood questionnaires and collection of blood, saliva, and urine samples. Participants are compensated \$150 for their time. For more information, contact us:

[mood@ucsf.edu](mailto:mood@ucsf.edu)  
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