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Synapse

The UCSF Student Newspaper

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NEWS

UCSF Pharmacy School Hosts Sumo Smackdown!



Photo by Luong Thai/P3

Second-year pharmacy student Yifan She (left) is declared the winner over Francisco Ibarra (P3) by referee Dave Troelstrup (P3) at the Pharmacy School's first Sumo Smackdown!

By Oliver Ubeda
Associate Editor

The first-ever UCSF School of Pharmacy Sumo Smackdown came to the world-famous — well, at least, UCSF-famous — Cole Hall arena last week. This hallowed place has been witness to a lot of student carnage throughout the years, but usually in the form of brutal midterms and mind-blowing finals administered by the different professional schools.

Ladies and gentlemen, this year, the carnage became physical, as 10 bold contestants representing all three pharmacy-school classes came ready to rumble.

Donning inflatable sumo suits, the students took to the mat for fun, the thrill of competition and class bragging rights. Music — including songs like “Eye of the Tiger” and “Beat It” — blared all evening, pumping up the fighters and the audience.

“I’m going to use mind games and the intimidation factor — all 5 foot 7 inches and 140 pounds of me,” Mike Yang (P2) joked before his match.

The rules, enforced by David “The Ref” Troelstrup (P3), were to shove the opponent out of the ring or knock him down, each for a point, for as many times as possible in two consecutive 45-second rounds. In the event of a tie, a third round would be fought.

The first round of five matches got under way with Francisco Ibarra (P3) fighting Paul Mello (P2), and what a fight it was. Both wrestlers battled with power and intensity through three exciting rounds, with Ibarra emerging the victor by a narrow margin.

The second fight, between Polina Pulyanina (P1) and Justin Barca (P2), was more fun and less fight, involving dance, pushing and shoving. Pulyanina did at one point “go for the legs” to take down Barca and win her match.

The second intense match-up of the evening was between Yifan She (P2) and Mike Yang (P2). She came out swinging from the get-go, as he showed off

SUMO SMACKDOWN! » PAGE 4

NEWS

Nighttime Orthodontic Clinic Opens at the Dental School

By T. Booth Haley
Editor

A new evening dental clinic at UCSF is offering orthodontic care to low-income patients at nearly one-tenth of the typical cost.

The UCSF Orthodontic Night Clinic, which was launched at the UCSF Dental School this month, will be held once a month. The first night was already busy, as orthodontic residents and dental students attended to the steady stream of new patients, most of whom were getting pre-treatment impressions and photographs

“I thought it was a really great learning experience,” said Abraham Tang, a third-year dental student and one of the volunteers. “Also, it gives students who are interested in orthodontics a chance to learn more about the field.” Rather than using braces to move teeth, this community orthodontic model

instead uses all-removable devices, primarily retainers, with springs and wires that exert force on the teeth.

This approach is a simple and efficient way to correct many serious orthodontic problems and has one notable advantage: It does not require that an orthodontist be available full-time for emergency adjustments.

“The goal is not for aesthetic purposes,” said Dr. James Chen, who started the clinic. “The primary goal is to help in functional improvements for the patients who most need it.”

Patients might have, for example, either badly aligned teeth or a bite that prevents proper functioning of the teeth, whether when eating or speaking. In more extreme causes, abnormal dentition can be a constant source of trauma to soft tissue, can aggravate the temporomandibular joint

ORTHODONTIC CLINIC » PAGE 3

Chinese New Year Parade



Photo by Mason Tran/DS3

Tens of thousands of people — sometimes standing five deep — gathered in San Francisco Saturday to watch the annual Chinese New Year parade. This parade celebrates the Year of the Snake, which began on February. 10. The parade featured more than 100 dance troupes, marching bands, and floats, as well as a 258-foot dragon carried by more than 100 people.

EVENTS

MISSION BAY EVENTS

MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, March 1, 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.

RIPS AT MISSION BAY

Friday, March 1, 3:30-5:30 p.m., Genentech Hall Auditorium, Mission Bay
RIPS is a seminar series where two speakers per week present their current research. Talks are generally given by one student and one postdoc per week, and are 15 minutes in length with five minutes for questions. A 20-minute social proceeds the talks and refreshments are provided.

UNWIND: STRESS MANAGEMENT FOR WOMEN AT MISSION BAY

Monday, March 4, noon-1 p.m., Student Health, Rutter Center, third floor, Mission Bay
Take a breather! Student Health and Counseling offers this stress management workshop to teach you helpful techniques to relax and manage your stress, with Felicia De la Garza Mercer, PhD. Free lunch with RSVP. felicia.mercer@ucsf.edu

DAUGHTERS OF EVEREST SCREENING & Q&A WITH THE DIRECTOR

Wednesday, March 6, 6-7:30 p.m. Genentech Hall Auditorium, Mission Bay
In celebration of Women's History Month and International Women's Day, the International Students & Scholars Office and UCSF Multicultural Resource Center is hosting a free screening of *Daughters of Everest*. The documentary follows the first-ever expedition of five charismatic Sherpa women to climb Everest in 2000. Ironically, Sherpa women have long been discouraged from climbing the powerful and daunting Everest, relegated instead to more traditional roles as homemakers or into support roles in the prestigious climbing industry of Nepal. Film director Sapana Sakya, will be in attendance for an introduction and Q&A.

PARNASSUS EVENTS

SYNAPSE NEWSPAPER

Thursday, Feb. 28, 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.

LAPS DIABETES SPANISH LUNCH TALK

Thursday, Feb. 28, noon-1 p.m., HSW 303, Parnassus
Philip Chan, Pharm D., will be discussing his experience of treating diabetes within the Latino community. His talk will be followed by a lesson in the Spanish vocabulary for diabetes terminology, taught by members of the Latino Association of Pharmacy Students. Cultural cuisine will be provided, and the lecture is open to all UCSF schools and members.

CHANCELLOR'S CONCERT SERIES

Thursday, Feb. 28, 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. Pianist Sujeeva Hapugalle performs.

OPTIONAL PRACTICAL TRAINING WORKSHOP

Thursday, Feb. 28, 2-4 p.m., S 22, Parnassus
This session is for international students at UCSF on an F-1 visa who are interested in pursuing a year of Optional Practical Training (OPT). The session is hosted by Kevin Long, F-1 student adviser at the UCSF International Students and Scholars Office.

FILM SCREENING: THE BLACK POWER MIXTAPE 1967-1975

Thursday, Feb. 28, 5:30-7:30 p.m. Multicultural Resource Center, MU123W
In celebration of Black History Month, the MRC will screen *The Black Power Mixtape 1967-1975*. The film examines the evolution of the Black Power Movement in the black community and Diaspora from 1967 to 1975. The film combines music, startling 16mm footage, and audio interviews with leading African-American artists, activists, musicians and scholars. Seating is limited. Please RSVP. www.tinyurl.com/BE869FC

MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, March 1, 12:30-1 p.m., S180, Parnassus
The Muslim Community at UCSF holds weekly Friday prayer services (*Jum'ah*) for the UCSF Muslim community. Come join your fellow brothers and sisters for prayer, lunch and socializing. All are welcome.

ASUC MEETING: DENTISTRY, MEDICINE & PHARMACY STUDENTS

Monday, March 4, 5:30 p.m., Library, CL 220, Parnassus
Meet your executive board members at the monthly ASUC meeting and be a part of the discussion on topics relating to student priorities. Visit the ASUC website for more details and to RSVP. <http://bit.ly/ASUCwebsite>

AHC/AADP BONE MARROW DRIVE

Wednesday, March 6, noon-4 p.m., Medical Science Lobby, Parnassus
The Asian Health Caucus, in collaboration with the Asian American Donor Program, will be holding the annual Bone Marrow Drive at UCSF. The goal of the drive is to recruit donors to the Be the Match Registry, in hopes of increasing the availability of potential stem-cell donors for patients with life-threatening diseases that are curable by a stem-cell transplant.

STUDENTS OF COLOR: PARNASSUS

Tuesday, March 5, noon-1 p.m., RSVP for location details
Student Health & Counseling offers students of color a discussion group to build community and talk about experiences at UCSF. Topics may include issues around identity, professional relationships, community and support. Free lunch provided with RSVP. larry.lariosa@ucsf.edu.

PARNASSUS FARMERS' MARKET

Wednesday, March 6, 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.

ARE YOU BURNED OUT?

Wednesday, March 6, noon-1 p.m., N 225, Parnassus
This one-time workshop for graduate and professional students focuses on how to cope with professional burnout. The discussion will include recognizing patterns that lead to burnout and identifying strategies to avoid professional burnout. Free lunch with RSVP. Part of the Winter Survival Series. larry.lariosa@ucsf.edu

UNWIND: STRESS MANAGEMENT FOR WOMEN AT PARNASSUS

Wednesday, March 6, 2-3 p.m., Library, CL 212, Parnassus
Take a breather! Student Health and Counseling offers this stress management workshop to teach you helpful techniques to relax and manage your stress, with Felicia De la Garza Mercer, PhD. Free lunch with RSVP. felicia.mercer@ucsf.edu

SIMMER COOKING CLASS: PARNASSUS

Wednesday, March 6, 5-7 p.m., RSVP for location details
Join Student Health's dietitian, Alison Boden, in an interactive cooking class demonstrating easy and healthy recipes. Students prepare (and eat!) the dishes during class. RSVP required, as seating is limited. nutrition@ucsf.edu

UCSF RUN CLUB

Wednesday, March 6, 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.

OFF-CAMPUS EVENTS

OFF THE GRID

Thursday, Feb. 28, 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: OUT OF AFRICA NIGHTLIFE

Thursday, Feb. 28, 6-10 p.m., Cal Academy, Golden Gate Park
This week, NightLife celebrates "Human Odyssey," a dramatic new addition to the Academy's Tusher African Hall. Hear from a trio of Academy scientists who conduct fieldwork in Africa. Paleoanthropologist Zeray Alemseged will discuss studying human evolution in Ethiopia's Great East African Rift Valley, known as the "cradle of mankind," and the making of "Human Odyssey." Tickets: \$12. <http://bit.ly/NightLifeTickets>

ANNOUNCEMENTS

STUDENT PASSPORT TO WELLNESS WEEK SEVEN: ACADEMY OF SCIENCE TICKETS

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>

UCSF SCHOOL OF DENTISTRY TOILETRY DRIVE

Through March 11, Med Sci Lobby & Nursing Mezzanine, Parnassus
The Community Dental Clinic has begun its annual toiletries drive for the homeless population staying at the Multi-Service Center, SF. Any soap, toothbrushes, toothpaste, combs, etc. would be greatly appreciated. No sharp or used products.

UNIVERSITY COMMUNITY PARTNERSHIPS SERVICE LEARNING PARTNERSHIP GRANTS: APPLY

This year's grants program will focus on service learning activities that combine service with learning objectives, preparation, and reflection. Grants will be awarded to partnership projects that bring together at least one UCSF affiliate and one community affiliate focused on promoting health equity. Download the Grants Program RFP and submit by March 1 deadline. bit.ly/UCP_GrantApplication

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 UCSF community and their families. Registration due April 1. Sponsors: Student Academic Affairs, 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. 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.

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

2013 SUSTAINABILITY AWARDS: CALL FOR NOMINATIONS

The Chancellor's Advisory Committee on Sustainability invites you to nominate a green champion — whether a student, staff or faculty member, or a team — who deserves recognition for working to promote sustainability. You may also consider nominating yourself or your team. Nominations due by March 22. <http://bit.ly/UCSFSustainabilityAwards>

2013-2014 ASUC BOARD: APPLY TODAY

ASUC wants you to run for office! Visit the ASUC website to download the current candidate application. Applications are due on March 8. asuc.ucsf.edu

Orthodontic Clinic

» FROM HOME PAGE

(TMJ) or cause the teeth to be ground away rapidly.

The patients are recruited through the San Francisco Dental Public Health Group and during screening days around The City. For example, when the School of Dentistry held its annual Give Kids a Smile Day recently, people who had serious orthodontic needs were informed of the new clinic.

Some patients are from families that cannot afford treatment at the regular UCSF daytime orthodontic clinic. Another large group of patients have teeth that are basically functional but cosmetically unusual enough to cause social embarrassment.

The typical treatment requires one to four different removable appliances to be made for each patient and takes at most a year and a half to complete. Some cases, however, can be treated in just a few months. “Eventually, at each monthly clinic night, I want to have a three-hour schedule with six new consults, six new starts and 15 to 20 adjustments,” said the indefatigable Dr. Chen.

Dr. Chen, who received his DDS and PhD at UCSF in 2005 and 2011 respectively, has made the efficacy of community orthodontics the focus of his research as a new UCSF faculty member. He is modeling his clinic on a similar program at La Clinica de La Raza in Oakland. UCSF orthodontic residents do regular rotations there, and Dr. Chen still volunteers there himself, as part of his research. The La Clinica community orthodontic program was started in the early 1980s, when public-minded dentists noticed an unmet need for orthodontics among its patient population. The program’s



Photo courtesy of Wint Wint Tun/IDP

Dr. Wint Wint Tun, an international dental program student, and Dr. James Chen take a break during Give Kids a Smile Day, where they screened kids for the first UCSF Orthodontic Night Clinic.

first chair was donated by the UCSF School of Dentistry.

One change Dr. Chen envisions for the UCSF clinic is to teach dental students the basics of case selection and appliance design, so that they can help provide the care alongside more experienced orthodontic residents. The night clinic therefore not only benefits patients, but also enhances students’ knowledge and skills.

“I really want to make orthodontics a bigger part of the education for dental students here at UCSF,” said Dr. Chen. “Ideally, I’d like to set up each dental

student with a patient whom they would follow to the completion of treatment.”

In modern America, having straight teeth and a nice bite confers a certain class status. By increasing access to orthodontic care, the UCSF night-time clinic provides a service that only the wealthy can typically afford. In this respect, the new clinic is not just providing access to health care, but access to greater opportunity.

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

LGBTQI Health Forum: Transcending Heteronormativity in Health Care

By Jenny Qi
Staff Writer

Despite all the challenges faced by the LGBTQI community, doors are opening, according to Stuart Gaffney, a policy analyst at the UCSF Center for AIDS Prevention Studies.

As proof of this, on Monday, nearly 300 participants attended UCSF’s fifth annual LGBTQI Health Forum to learn how to better support an often mistreated community in the clinic and beyond. Just five years ago, this health forum was a small group of people uncertain whether anyone would show up for their event.

The daylong conference explored the pressing health issues pertaining to the lesbian, gay, bisexual, transgender, queer and intersex (LGBTQI) community.

Shane Snowdon, founder of the UCSF Center for LGBTQI Health and Equity and a current leader of the Human Rights Campaign, delivered the keynote address. With palpable passion (sprinkled with wry humor), Snowdon introduced the challenges and health care disparities faced by LGBTQI patients, noting that nearly 30 percent of LGB and 73 percent of transgender individuals in a 2010 Lambda Legal study reported fears of being treated differently by medical personnel who knew of their sexual orientation or gender identity.

The statistics are not surprising in the context of the verbal and/or physical abuse and rejection experienced by the majority of LGBTQI people. Snowdon gave the poignant example of Janice Langbehn, who, along with her three adopted teenage children, was not permitted by hospital

officials to visit her partner of 18 years as she lay dying of an aneurysm at age 39.

A panel of patients later described their own experiences of discriminatory treatment. The panelists, including a former UCSF Biomedical Sciences student, also gave suggestions on how to interact with LGBTQI patients with greater sensitivity — using gender-neutral pronouns when asking about loved ones, for instance, and asking patients in good faith to explain unfamiliar terminology.

Subsequent discussions focused on specific topics in LGBTQI health, such as the health care concerns unique to particular subgroups, legal issues in treatment of intersex patients and supporting LGBTQI youth.

Archimedes Pacheco, education manager for the Trevor Project, expanded on the subject of supporting LGBTQI youth, which has gained prominence in recent years as a result of suicides associated with bullying.

The evening ended with an uplifting address by John Lewis, JD, and Stuart Gaffney. Leaders of the freedom-to-marry movement for nearly a decade, they have been partners for over 25 years.

This year’s LGBTQI Health Forum was organized by Marcus Ferrone, Richard Kowalski and Maher Abdel-Sattar (School of Pharmacy); Jerome Atputhasingam, Sai-Wing Chan, Mark Dela Cruz, John Paul Farala, Brandon Perkovich and John Phuong (School of Medicine); Pardis Esmaeili (Department of Neurology); Tina Novero (Multicultural Resource Center); and Paul Day (Office of Diversity and Outreach). For more information, check out lgbt.ucsf.edu.

Jenny Qi is a second-year BMS student.

NEWS BRIEFS

New Website Helps Parents Manage Children’s Pain After Surgery

When a young child has surgery, parents rely on doctors and nurses for advice on how to prepare and support their children during the procedure and immediately afterwards. But once that child gets home, parents are left with little guidance on how best to help their children cope with pain.

A new website aims to give parents a framework to make them more effective caregivers for their children after surgery. Created with Linda Franck, RN, PhD, chair of Family Health Care Nursing in UC San Francisco’s School of Nursing, the website *My Child Is in Pain* is intended to assist parents of children between the ages of 2 and 6 who want to know how to help manage their child’s post-operative pain.

CME Credits Now Available for UCSF’s Online Courses

UCSF has started offering continuing medical education (CME) credits for select Massive Open Online Courses — known as MOOCs — making it among the first universities in the nation to do so.

“We are thrilled to provide health care professionals, from throughout the nation and the world, with a new opportunity to access online UCSF courses that offer continuing medical education credit,” said Joseph I. Castro, PhD, vice chancellor for UCSF Student Academic Affairs. “This is the beginning of many exciting new online education initiatives planned by UCSF over the coming months and years.”

In the United States, health care professionals are required by the state in which they practice to earn a minimum number of continuing medical education credits each year. California requires at least 50 hours of training every two years.

Secrets of Human Speech Uncovered

A team of researchers at UCSF has uncovered the neurological basis of speech motor control, the complex coordinated activity of the regions in the brain that control our lips, jaw, tongue and larynx as we speak.

Described this week in the journal *Nature*, the work has potential implications for developing computer-brain interfaces for artificial speech communication and for the treatment of speech disorders. It also sheds light on an ability that makes humans unique among living creatures but is poorly understood.

“Speaking is so fundamental to who we are as humans — nearly all of us learn to speak,” said senior author Edward Chang, MD, a neurosurgeon at the UCSF Epilepsy Center and a faculty member in the UCSF Center for Integrative Neuroscience. “But it’s probably the most complex motor activity we do.”

Sumo Smackdown!

» FROM HOME PAGE



Photo by Luong Thai/P3

The second fight, between Polina Pulyanina (P1) and Justin Barca (P2), was more fun and less fight. Pulyanina goes for the "takedown."

his high-school wrestling skills and overpowered Mike “The Destroyer” Yang. At one point, She flipped the 140-pound Yang, slamming him to the mat as if he was playing with a pillow.

Nicha Tantipinichwong (P3) and Ashley Aqueche (P3) brought on the “girl fight,” but not before exchanging pleasantries and “I love you’s.” They battled and danced around each other as gracefully as anyone in a large plastic sumo suit can do. Aqueche prevailed after three rounds in what can best be described as a polite and artistic fight.

Jeff Moss (P3), who took Dave Truong (P2) down in his first match, faced Francisco Ibarra in his second match and lost. At one point in the match, Ibarra knocked down Moss, flopped on top of him and balanced — inflated belly stacked on inflated belly — as they posed for a photo opp.

Ashley “The Ruthless” Aqueche, fired up from her win against Tantipinichwong, fought Pulyanina in her second fight. No more pleasantries here, as Aqueche danced victorious into her semifinal match.

Then, Yifan She fought Aqueche by slowly — and kindly — pushing her out of the ring. As the match grew less intense, the wrestlers showed off some fun sumo dancing and twirling. She eventually eliminated Aqueche.

In between rounds — as sumo suits were deflated, exchanged and

inflated — the audience was treated to a dance-off competition and a joke competition. Winners received gift cards to Starbucks or Jamba Juice.

The title fight of the evening came down to Francisco “Iron Bar” Ibarra vs. Yifan “The Wall” She. These two great contenders, who had dominated their previous opponents, would finally face off on the mat, *mano a mano*, adorned in sumo suit splendor.

What was Ibarra’s strategy?

“Not to get flipped over,” said Iron Bar. “But I may need two helmets for this one.”

As a precaution, both fighters started on their knees, so that their match-up would be safer for the small Cole Hall arena. The grueling fight went on for the full three rounds, and at one point, Ibarra did get flipped by She.

Due to the intensity and tight scoring, the referee called for a fourth and deciding final round. Brute strength versus brute force, Yifan “The Wall” She eventually prevailed and was crowned the first-ever UCSF School of Pharmacy Sumo Smackdown Champion. For his efforts, he received a UCSF School of Pharmacy medium-sized sweatshirt, the better to showcase his muscles.

Oliver Ubeda is a third-year pharmacy student.



Photo by Luong Thai/P3

School of Pharmacy students celebrate the school’s first-ever Sumo Smackdown!

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/hpsmedical.

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saa.ucsf.edu/legendsofchina

Student Academic Affairs

NEWS

School of Pharmacy Hosts Student-Faculty Breakfast



Photos by Luong Thai/P3

(Clockwise left to right) Tanvi Shah, Dr. Brian Alldredge, David Truong, Allison Komirenko, Raymond Ngo, Pin Xiang, Dr. Giselle Knudsen, Kimberly Krisman, Katherine Gruenberg.

By Oliver Ubeda
Staff Writer

The School of Pharmacy’s annual Student-Faculty Breakfast was held on February 21, giving students of each graduating class the opportunity to socialize with faculty members in a casual atmosphere.

“I am looking forward to networking and talking with faculty, I really haven’t done much yet,” said Sunny Chen, a second-year student. “I want to know more about internships and rotations.”

Dr. Brian Alldredge, who coordinates the CP 120 Therapeutics class, said he enjoys the event because “It’s a chance for me to connect with students on a personal level, especially given the course I coordinate. It is a chance to interact with students as people in a more relaxed atmosphere.”

The breakfast consisted of Noah’s bagels, various flavors of cream cheese, pastries, muffins, coffee and juices, as well as fresh fruit. Nadya Hristeva, vice president of Student Affairs for the Associated Students School of Pharmacy, was in charge of planning.

Oliver Ubeda is a third-year pharmacy student.

16TH ANNUAL

BAY AREA MICROBIAL PATHOGENESIS SYMPOSIUM

8:30 am to 5:00 pm
Reception to Follow

SATURDAY, MARCH 16, 2013

Genentech Hall, Mission Bay Campus
University of California, San Francisco

KEYNOTE SPEAKER

Raphael Valdivia, PhD
Duke University

UCSF JOURNAL CLUB

Recent research presented by UCSF students

By Jenny Qi
Staff Writer

Evolution/Population Genetics

Presentation: “The Population Bomb: Explosive population growth and the excess of rare, deleterious variation within the human genome”
Presenter: Raul Torres (second-year Biomedical Sciences student)
Paper: Fu W, *et al.* Analysis of 6,515 exomes reveals the recent origin of most human protein-coding variants. *Nature*. 2013 Jan 10;493(7431):216-20.

BMS Journal Club

Speaker: Raul Torres (2nd yr)

“The Population Bomb: Explosive population growth & the excess of rare, deleterious variation within the human genome”

Recently in human evolutionary history, we experienced a huge population explosion.

BOOM

All those cell divisions mean a lot more mutations... (which can become population-specific as groups segregate/migrate)

everybody yeah! changes

These recent gene variants are also rarer because they haven't had time to settle into the genome (or get eliminated)

Using fancy equations, researchers determined that younger variants were more likely to be deleterious & disease-associated.

Nyah nyah can't catch me evolution!

You just wait! I'll eliminate you, stinky!

As we uncover more & more disease genes, perhaps gene age can help prioritize the ones to look into.

(P.S. Don't end on a preposition at home, kids.)

In a nutshell:

You may sometimes wonder, “Gee, with all these scientists doing research, why don’t we have more treatments and cures for diseases?”

Part of the difficulty lies in the complexity of disease: There are often a huge number of genetic and environmental components that are difficult to separate out. Regarding the former, humans have a great deal of genetic diversity, and individuals have a lot of gene variants that may or may not predispose them to disease.

Evolution is usually pretty good at selecting against deleterious, disease-causing variants, but humans experienced a massive population explosion pretty recently (keep in mind that in evolutionary terms, “recent” is on the scale of thousands of years ago). Because of this, evolution probably hasn’t had time to catch up.

The authors of this paper determined that most deleterious and/or disease-associated gene variants tend to be on the younger side. Furthermore, the younger the variant is, the rarer it is likely to be in the population. This is pretty intuitive, but being able to base this on mathematical algorithms allows scientists to more confidently prioritize genes to target.

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

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FOOD

The Scoop

\$11.50 Pint of Ice Cream: Worth It?

By Dawn Maxey
Food Editor

While perusing groceries at the Haight Street Market, The Scoop staff spied a travesty in the freezer aisle: a pint of ice cream that cost a whopping \$11.50 (by comparison, a pint of Ben and Jerry’s costs about \$4.50). Could ice cream that cost the equivalent of seven Carmelina’s tacos really be that spectacular? The Scoop staff set out to test the claim.

We pitted four other name-brand flavors of vanilla (Double Rainbow, Häagen-Dazs, Three Twins and Ben and Jerry’s) against the most expensive ice cream we’d ever seen, Jeni’s Ugandan Vanilla Bean. Jeni’s Ice Cream is made in Ohio and has apparently won several prestigious awards.

A blind taste-test complete with water for palate-cleansing was set up. While each member tasted, his/her comments on flavor, texture and overall satisfaction were noted.

It should be mentioned that none of The Scoop staff was particularly refined in ice cream taste-testing. Several members attempted to swirl the ice cream on

Synapse Vanilla Ice Cream Rankings

Rank	Product	Cost per oz	Per gram of ice cream		Comments
			Sugar (g)	Calories	
1	Three Twins	\$0.36	0.18	2.1	Smooth, balanced vanilla flavor. “It’s got a little sweet aftertaste.”
1	Double Rainbow	\$0.36	0.22	2.3	Mellow vanilla flavor with consistent texture. “Not overpoweringly sweet.”
3	Häagen-Dazs	\$0.53	0.18	2.4	Melted quickly, solid flavor. “Tastes like vanilla extract smells.”
4	Ben and Jerry’s	\$0.53	0.19	2.2	Very sweet and creamiest of the bunch. “Tastes like atherosclerosis in the best possible way.”
5	Jeni’s	\$0.72	0.3	2.6	Strange aftertaste, subtle flavors. “I can’t tell if it’s real or artificial vanilla.”

Synapse

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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

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Photos by Dawn Maxey/MS2

description.

Five points were assigned for a first-place ranking, four for second place, and so on. After tallying up our three preferences, the results were as follows: Three Twins and Double Rainbow tied for first place, Häagen-Dazs for third place, Ben and Jerry’s fourth, and Jeni’s came in last.

This final ranking came as a real shock to our staff, especially one who had previously scoffed at Double Rainbow ice cream and was mortified to discover that she had ranked it as No. 1.

We were also surprised to discover that the horribly expensive Jeni’s had landed in dead last, especially given that the original ice cream creator, Jeni, won a famed James Beard Cookbook award for her ice cream recipes.

After looking at the package, we noticed that it described its own contents as having “notes of tobacco and leather,” which upon reflection, was surprisingly accurate. In the wine world, that might be a refined description, but in frozen dessert? Who wants to be reminded of an old shoe while eating vanilla ice cream?

Jeni’s Vanilla also contained about one-third more sugar per gram than any of the others, perhaps contributing to its strange texture and aftertaste, as well as to the fact that it didn’t really freeze very well. We ultimately decided that we wouldn’t be buying this vanilla again — at any price.

Bottom line: Pricier doesn’t always mean better, at least when it comes to store-bought vanilla ice cream.

Dawn Maxey is a second-year medical student.

RECIPE

Veselka’s Cabbage Soup

By Matthew Nordstrom
Staff Writer

During my last trip to New York City, I learned two very important lessons. The first is to never look up and take in the sights while walking, because you will step in an absurd amount of dog poop. The second is that I have not been eating enough sauerkraut. I will not tell you how many Reuben sandwiches I ate, but I will say that I realized on Reuben number four that the tangy, salty crunch of the sauerkraut really made the sandwich.

In my hopes of sharing my newfound love of sauerkraut, I bring you Veselka’s Cabbage Soup. It is a very simple dish that takes a pretty straightforward pork and vegetable soup and turns it into something beautiful.

The sauerkraut brightens up the soup, while the hours of simmering add a fantastic depth to the dish. Just as a heads up, it takes about three-and-a-half to four hours to make from start to finish. The majority of the time is inactive, which gives you plenty of time to study while it bubbles away on the stove.

Veselka’s Cabbage Soup (Adapted from *New York Magazine*)

- 1 pound pork butt, fat trimmed and cut into small cubes
- 1 1/2 quarts chicken stock
- 4 cups water
- 3 allspice berries
- 3 bay leaves
- 1 tablespoon dried marjoram



Photo by Matthew Nordstrom/MS1

- 1 cup sauerkraut, plus around 4 tablespoons juice
- 1 large potato, peeled and diced
- 2 carrots, minced
- 3 stalks celery, minced
- 1 small onion, diced
- 2 cups fresh cabbage, shredded thin

This makes enough for a main course for 6 to 8 people. Toss the pork in a large stockpot with the chicken stock, water, allspice berries, bay leaves and marjoram. Bring it to a boil and then simmer on low heat for about two hours. Remove the pork and set aside on a plate to cool. Skim fat from stock, leaving a few droplets of fat for flavor.

Add the sauerkraut and simmer for 20 minutes. Add the potato and simmer for five minutes. Add the carrots, celery, onion and cabbage and simmer for 20 minutes. Add the pork and simmer for 10 more minutes. Season with salt and pepper to taste. Add the sauerkraut juice just before serving.

Matt Nordstrom is a first-year medical student.

PUZZLES

The Weekly Crossword

by Margie E. Burke

ACROSS

1 Swirling current

5 Fiber follower

10 Short message

14 Tackle box item

15 Ship's freight

16 Tied, as a score

17 Little bit

19 Dime division

20 Tidal movement

21 Suspect's story

22 Short and to the point

23 Skeleton site

24 Fall blossom

25 Kind of US bomber

28 Bearded bloom

30 "Peggy Sue" singer

31 Early comic strip "Happy _____"

35 Iridescent gem

36 James Dean's final film

38 Fiddle with a fiddle

39 Regretful

41 Ziti or rigatoni

42 Neuter a horse

43 Biker's wear, often

45 Dried coconut

48 Big chill of long ago

50 Out in the sticks

51 Social level

52 Urban transit

55 Situated on

56 Male attendant

58 Fly swatter material

14

17

20

25

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35

39

45

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55

58

61

59 Playful water animal

60 Wild about

61 Mice, to owls

62 Flashy flower

63 Kitten's cry

DOWN

1 Ultimatum ender

2 Empty-headed

3 Lackluster

4 Up to now

5 Leopardlike cat

6 Louisiana region

7 "Survivor" team

8 Car starter

9 Gear tooth

10 Require

11 In plain sight

12 Stressed

13 Computer key

18 Running total

22 Lobster serving

23 Fancy lettering

25 Hit the mall

26 Drink like a fish

27 Enthusiasm

29 Go bad

31 Stetson product

32 Overdo the praise

33 Start the pot

34 Within reach

36 Hair product

37 Point to

40 Bluish-green

41 Cell phone precursor

43 Diminish

44 Diner or bistro

45 Swimmer's bane

46 TV classic, "The _____ Limits"

47 Novel or essay

49 Poem division

52 Source of misery

53 Do _____ others...

54 Put away

56 Shaggy locks

57 Vigor's partner

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SUDOKU

Edited by Margie E. Burke

Difficulty : Medium

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	8	4						

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)

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OPINION

Time-Wasting Tip #7 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 I got a tip from a fellow graduate student (who, as I can attest, doesn't waste any time in the lab at all) who suggests spending some looking at weliveinthefuture.tumblr.com, a visually oriented blog that showcases examples of awesomely futuristic technologies that already exist.

Every couple of days it features an invention — often in the medical field — that serves as a reminder of just how far technology has taken us. Of course, you can find examples of amphibious vehicles, robotic prosthetic limbs and personal jetpacks, but how about shoes that can show you the way home?

What about Google's autonomous Prius? Google glass? We may not drive flying cars, but who cares about that when you can have autonomous flying quadrotors?

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

YOUR CONFERENCE PRESENTATION

HOW YOU PLANNED IT:

INTRODUCE YOURSELF

DESCRIBE OUTLINE OF TALK

MOTIVATION

METHODOLOGY AND EXPERIMENT DESIGN

RESULTS

CONCLUSIONS

APPLAUSE

ENGAGING Q&A

START

15 MINUTES

HOW IT GOES:

PREVIOUS SPEAKER RUNS LATE AND EATS INTO YOUR TIME.

TECHNICAL DIFFICULTIES CONNECTING YOUR LAPTOP.

FORGET INTRODUCING YOURSELF.

MOTIVATION

ANNOYING AUDIENCE MEMBER INTERRUPTS WITH SELF-AGGRANDIZING QUESTION.

REALIZE YOU ONLY HAVE 3 MINUTES LEFT.

POWER THROUGH THE REST OF YOUR 30 SLIDES.

AWKWARD SILENCE Q&A.

START

15 MINUTES

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