



# Synapse

## The UCSF Student Newspaper

### START-UP UCSF

#### NEWS

## Trinity Health Reduces Costs of Team-based Care

### An online collaboration care tool for multidisciplinary teams at UCSF

By Geraldine Tran  
Staff Writer

Prior to starting my first year of medical school, I understood that UCSF excels in basic science, clinical, and translational research, the traditionally critical components of a leading academic institution. It wasn't until I attended a mixer hosted by the UCSF Health Tech Interest Group that I learned about UCSF's advances in telemedicine and health care information technology (Health IT).

At one meeting, I learned from Dr. Aenor Sawyer about Trinity Health, a secure web-based platform for clinical collaboration that she and Dr. Pierre Theodore have developed at UCSF. Dr. Theodore, an associate clinical professor, and a cardiothoracic and lung transplant surgeon, and Dr. Sawyer, an orthopedic surgeon and director of the Skeletal Health Service, both saw the tremendous benefits of team-based care



Photo courtesy of Trinity Health

Dr. Aenor Sawyer is co-founder of Trinity Health.

but repeatedly encountered hurdles to providing it in the current health care system. I had an opportunity to sit down with Dr. Sawyer and learn more about Trinity Health.

**TRINITY HEALTH » PAGE 4**

#### NEWS

## Is UC SHIP Sinking?

### Student health insurance plan incurred \$57 million debt over three years

By Jenny Qi  
Staff Writer

Over the past three years, the University of California Student Health Insurance Plan (UC SHIP) incurred a large deficit, projected to reach approximately \$57 million by the end of the 2012-13 plan year.

A small but impassioned group of UCSF students and staff gathered on March 7 to discuss the recently disclosed insurance crisis and its impact on students at UCSF.

Shanni Silberberg, a member of the UCSF Student Health Advisory Committee (SHAC) and neuroscience graduate student, explained that UC SHIP was established in 2010 as a nonprofit insurance plan for undergraduate and graduate students on all UC campuses. Instead of involving an insurance company, the premiums that were collected from students were used to pay claims.

Eliminating an intermediary allowed for low pricing of premiums, but the prices were set far too low, due to allegedly inaccurate claims projections by the consultants AonHewitt. As a

result, UC SHIP has incurred a massive deficit over three years.

Now, premiums must be increased to avoid further debt, and the incurred debt must also be paid back. The UCSF SHAC aims to minimize the premium increase and retain benefits for students.

Importantly, the committee hopes to prevent the Office of the President (UCOP) from adding the prior debt to students' premiums.

The SHAC states that it "[does] not believe it is appropriate for future students to pay the bills of those who have left ... because of underfunded premiums that should have been apparent much earlier." A \$57 million debt translates to a \$400 increase per student per year.

It was further noted that the deficit is not distributed evenly across all campuses. According to Dr. Joseph Castro, Vice Chancellor of Student Affairs, "61% of the deficit ... was attributed to UCs Davis, Irvine and San Diego. UCSF accounted for [only] 2.5% of the projected deficit." UCSF students currently pay much higher premiums (\$2,766 a year), compared to students at larger campuses such as UCSD (\$1,782 a year).

What's the solution? UCOP is taking legal action against AonHewitt to recover losses. But they have not eliminated the possibility of adding the deficit to our premium increases. Immediate action must also be taken to prevent future debt.

The most practical solutions are to increase premiums and adjust the plan structure, which includes premiums, benefits, management and co-pays. But how?

Silberberg stressed that we must consider our values. Are we willing to pay \$4,000 year to recover the funds lost by UC? What about \$3,200 a year to keep all benefits? Can we minimize increases without sacrificing care?

#### NEWS

## UCSF AMCP Chapter Heads to National P&T Competition

By Oliver Ubeda  
Associate Editor

In the annual Pharmacy and Therapeutics (P&T) competition last week, nine teams made up of students from different school years competed locally for a shot to represent UCSF at the National Competition in San Diego.

In real life, a P&T committee determines what medications become approved drugs to be used on patients in a hospital or be covered by an insurance company (meaning the drugs become part of the formulary). All P&T students competing received a file called a monograph on the same particular drug, in this case, Tapentadol (Nucynta), a narcotic pain reliever.

The monograph contains a summary of information of the drug chosen. Student teams were then expected

to research the drug and the disease for which the drug is intended and find out its efficacy. The teams were also expected to look at the budget impact of approving or rejecting the drug and present their findings to a mock P&T committee made up of alumni and faculty from the School of Pharmacy.

"This year's P&T Competition was the strongest it has ever been, both at the local and national level," said Tien Ho, president of the AMCP-UCSF Student Chapter, which hosted the event. "This is a wonderful sign that interest in managed care is growing within our chapter and across our profession."

Ben Parcher, president-elect of AMCP-UCSF Student Chapter, said, "The judges were impressed by each of the teams' countless hours of work, deliberation, collaboration and preparation, and the decision to choose the winning

**P&T NATIONALS » PAGE 3**

**UC SHIP » PAGE 3**



# EVENTS

## MISSION BAY EVENTS

### CHANCELLOR'S CONCERT SERIES

Thursday, March 14, 12:15-12:45 p.m., Genentech Hall Atrium, Mission Bay  
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.

### MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, March 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.

### BIOMEDICAL WORKFORCE BROWN BAG COMMUNITY MEETING

Friday, March 15, noon-1 p.m., Byers Hall, 212, Mission Bay  
What should UCSF be doing differently to better prepare the biomedical workforce of tomorrow? What impacts will the recent NIH Biomedical Workforce reports have on me as a graduate student? How is UCSF going to improve and retain its diversity at all levels? Join campus leaders Keith Yamamoto, Renee Navarro and Elizabeth Watkins. Coffee and cookies provided. Questions: Alexandra.schnoes@ucsf.edu

### RIPS AT MISSION BAY

Friday, March 15, 3:30-5:30 p.m., Genentech Hall Auditorium, Mission Bay  
RIPS is a seminar series wherein 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 wherein refreshments are provided.

### ST. PATRICK'S DAY CLIMBING COMPETITION

Saturday, March 16, 10 a.m.-1 p.m., Fitness & Recreation Center, fourth floor, Mission Bay  
Wear your greenest green and compete or just mingle on the wall this St. Patrick's Day weekend at Mission Bay, This special event will feature top rope and bouldering challenges. Style points will be awarded for the best green costume. The event is open to all ages and skill levels, but registration is required by March 15. Register at either UCSF gym. Cost: Free to Rec Pass holders. Sponsors: UCSF Outdoor Programs. Questions: ben.obanion@ucsf.edu

### INTERNATIONAL HAPPINESS DAY @ MB

Wednesday, March 20, noon-1:30 p.m., Gene Friend Way, Mission Bay  
Need a break during finals? Take a moment to focus on yourself during International Happiness Day with a variety of happiness-inducing offerings. Spend some time with our fluffy and loveable Animal Assisted Therapy dog and relax with a seated chair massage. Enjoy a crafts table, music, and free ice cream from Mr. and Mrs. Miscellaneous. Even if you can't make it to the event, you can still submit your favorite recipe and be entered into a raffle. Email recipes Larry.Lariosa@ucsf.edu.Sponsors: Student Health, SSMB, ISSO, and Housing.

## PARNASSUS EVENTS

### SYNAPSE NEWSPAPER

Thursday, March 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.

### VOCAL CHORDS OPEN REHEARSAL

Thursday, March 14, 6:30-8:30 p.m., Health Sciences West, 300, Parnassus  
Vocal Chords is a co-ed a cappella group involving students, staff, and affiliates of UCSF that shares their musical enjoyment with the greater community.

### SACNAS MEETING

Friday, March 15, noon-1 p.m., Multicultural Resource Center, MU 123W, Parnassus  
Join SACNAS for their semi-monthly organizational meeting where they discuss and plan upcoming events and social/academic/professional/outreach opportunities. All are welcome!

### MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, March 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.

### RACE AIDS REGISTRATION

Monday, March 18, noon-1 p.m., Med Sci Lobby, Parnassus  
If you are interested in registering for the Race Aids to Face Aids 2013, stop by the FACE AIDS' table in Med Sci lobby every Monday in March to learn more!

### LUNCH N' LEARN

Tuesday, March 19, noon-1 p.m., Medical Sciences, 214, Parnassus  
Living Well at UCSF presents a nutrition and healthy eating lecture by RN, Nutritionist, and Therapeutic Chef, Kristin Doyle. Come learn the components of a healthy meal, why its important to eat healthy and then you get to try some of Kristin's favorite recipes.

### PARNASSUS FARMERS' MARKET

Wednesday, March 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.

### UCSF RUN CLUB

Wednesday, March 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.

### OPPORTUNITIES IN DIGITAL HEALTH

Wednesday, March 20, 5:30-7:30 p.m., UCSF Library, Room CL Room 221-222, Parnassus  
Abhas Gupta, partner at Mohr Davidow Ventures, a leading venture capital firm that makes seed and early stage investments,

will share his analysis of the digital health landscape. An MD with a background in health care strategy consulting and computer science, Abhas embraces a vision of health care that effectively harnesses technology to create scale, improve quality and reduce costs. He'll explain key trends, opportunities, business models and challenges in changing consumer behavior. Come network, eat pizza, and learn something about this hot area for health care ventures. RSVP: <http://marchclub.eventbrite.com/>

## OFF-CAMPUS EVENTS

### OFF THE GRID

Thursday, March 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: PI NIGHTLIFE

Thursday, March 14, 6-10 p.m., Cal Academy, Golden Gate Park  
Celebrate the glory of *pi* and pie with a night of mathematical merriment, and pie tastings and demonstrations. Get irrational in the "*pi* zone" with fun math activities from Mathematical Sciences Research Institute, then grab a hula hoop and contemplate the ratio of its circumference to its diameter as you gyrate.

### 2013 ST. PATRICK'S DAY PARADE

Saturday, March 16, 11:30 a.m.-5 p.m., Howard and 2nd Streets, SF  
Attracting some 100,000 revelers, the annual St Patrick's Day Parade & Festival is one of the city's most popular events. The St. Patrick's Day Parade celebrates and showcases our Irish community, Irish culture and character in all its forms.

### 2013 ST. PATRICK'S DAY FESTIVAL

Saturday, March 16, 11 a.m.-5 p.m., Civic Center, Larkin and Grove Streets, SF  
The all day festival before, during and after the St. Patrick's Day Parade provides a great opportunity for attendees to learn more about Irish history and culture while having fun. Civic Center Plaza and on Grove Street, Polk to Larkin Street with live music from The Gas Men and The Hooks.

## ANNOUNCEMENTS

### UCSF EXCLUSIVE: CALIFORNIA ACADEMY OF SCIENCES NIGHTLIFE!

March 21, 6-9 p.m., 55 Music Concourse Drive, Golden Gate Park, San Francisco  
Enjoy a memorable evening with your colleagues and friends at this UCSF exclusive event. In addition to admission to view the wonderful exhibits of the beautiful California Academy of Sciences, UCSF guests can unwind and enjoy no-host cocktails in the private West Garden Lounge. Cost: \$10. For info: [campuslifeservices.ucsf.edu/artsevents/29.1425](http://campuslifeservices.ucsf.edu/artsevents/29.1425)

### STUDENT PASSPORT TO WELLNESS WEEK NINE: CLS FIT & REC PASSES

Through Friday, March 22, 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>

### PARNASSUS LIBRARY OPEN LATE DURING MARCH FINALS

The Parnassus Library will have extended

hours during March finals. The library will stay open until midnight Monday, March 11 through Thursday, March 14, and Sunday, March 17 through Thursday, March 21.

### SIXTH ANNUAL CHANCELLOR'S LEADERSHIP PANEL ON DIVERSITY: SAVE THE DATE

Tuesday, March 26, noon-1:30 p.m., Cole Hall, Parnassus  
Please join Chancellor Susan Desmond-Hellmann and the UCSF leadership team for an interactive discussion on Unconscious Bias. [http://bit.ly/DiversityEvent\\_2013\\_3\\_26](http://bit.ly/DiversityEvent_2013_3_26)

### LAST LECTURE: SAVE THE DATE

Thursday, April 25, 5:30-6:30 p.m., Cole Hall, Parnassus  
Students have spoken and hundreds voted for Dr. Daniel Lowenstein to deliver the Last Lecture. Immediately following the lecture, enjoy a reception and network with UCSF alums at the Zero Year Reunion. Sponsors: SAA, ASUC, GSA and AAUCSF.

### 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>

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

This July, travel to China as part of a 13-year tradition between the 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).

### 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)

### 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. Need materials, contact CLS. [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)

### UCSF GLOBAL HEALTH SCIENCES MASTER'S DEGREE PROGRAM

Deadline to apply has been extended to March 31, 2013  
The Global Health Sciences (GHS) MS degree is a one-year, four-quarter program designed for students or practitioners in a health science profession or related field who wish to achieve mastery and leadership skills in the emerging field of global health. Graduates are prepared for leadership careers in international health policy, health care, research and development. [globalhealthsciences.ucsf.edu/education-training/masters-program](http://globalhealthsciences.ucsf.edu/education-training/masters-program)



# P&T Nationals

» FROM HOME PAGE

team was not easy. In the end, the judges selected the team composed of Tien Ho (P3), Judy Wu (P3), Tiffany Nguyen (P1), and Clint Owens (P1) to represent UCSF. They were very humbled by the opportunity.”

Tien competed two years ago when she was a P1 Student and her team took second place at the National P&T Competition. When asked how it compared to winning this year’s local competition, she said: “I felt that as a P3 winning the local competition and a shot at the national competition represented more the work and knowledge that I now have, as opposed to when I worked with two P4 students and another P1 student in the past competition.

“Back then as a P1, I did what the P4s told me and directed me to do. I knew they had more experience and knowledge than I did, so I followed their lead. This year when we won the local competition, I felt more deserving because my contribution to the team was more about what I have come to know, and Judy and I were the P3s now teaching and guiding the P1s in our team. We had the pleasure and opportunity to work with very capable and committed P1s, Clint and Tiffany,” said Ho.

This year, 34 schools submitted materials to nationals, but only eight were chosen to compete at the AMCP annual conference in San Diego. UCSF was selected as one of the top eight teams. The other universities selected



Photo by Eunice Kim/PS2

AMCP local P&T competition winners (left to right): Tiffany Nguyen, Tien Ho, Clint Owens and Judy Wu. They have been selected out of 34 different pharmacy school teams to be one of the eight teams that will compete in the AMCP National P&T Competition next month in San Diego.

were Ohio Northern, Florida, Illinois at Chicago, Maryland, Minnesota, University of Southern California, and Washington. The P&T teams will present on April 4-5 at the conference in San Diego. Pharmacy students are welcome to attend the conference and support their team.

“The competition at the Kanbar Center this year was videotaped for the first time by the Learning Technologies Group,” Parcher added.

AMCP-UCSF recognized all the finishing teams who put in countless hours of work to reach the finish. In random order, the participating teams were:

- 1. Askar Nadjafov, Latonia Luu, Chad Rockwell, Hyojin Sung

- 2. Jennifer Tran, Tom Zhao, Erin St. Angelo, Adele Feng
- 3. Tien Ho, Clint Owens, Judy Wu, Tiffany Nguyen
- 4. Lena Yoo, Thomas Lee, Jian-ya Lin, Matt Cummings
- 5. Tiffany Chung, Blaise Hamel, Vanessa Shih, Vicky Yu Cao
- 6. Randal Du, Leann McDowell, Raymond Ngo, Kathyryn Salvador
- 7. Vivian Chen, Yoo Yi Kim, Amanda Sugay, Peter Trong
- 8. Nicha Tantipinichwong, Phyllis Wang, Mike Blatt, Elizabeth Nguyen
- 9. Lisa Lam, Linda Chen, Gregory Balani, Kit Wun Kathy Cheung

Oliver Ubeda is a third-year pharmacy student.

# NEWS BRIEFS

## UCSF Chancellor Chosen for Facebook’s Board of Directors

UC San Francisco Chancellor Susan Desmond-Hellmann, MD, MPH, is joining Facebook’s board of directors.

The Menlo Park-based social networking company announced this week that Desmond-Hellmann has been elected to the board.

“I’ve always been drawn to organizations that do groundbreaking work,” Desmond-Hellmann said. “Facebook has an ambitious mission and long-term vision of innovation that is transforming how people connect with one another. I’m proud to be part of a company that is serving such an important purpose in the world.”

Facebook founder and CEO Mark Zuckerberg welcomed her to the board.

“Sue has a great track record of building and managing a diverse set of organizations, so her insights will be valuable as we continue to expand into new areas,” Zuckerberg said. “Her experience shaping public policy and operating public companies fits well with the rest of the board and will make us an even stronger company.”

## New Strategy to Turn Off Genes Shows Promise

Scientists at UC San Francisco have found a more precise way to turn off genes, a finding that will speed research discoveries and biotech advances and may eventually prove useful in reprogramming cells to regenerate organs and tissues.

The strategy borrows from the molecular toolbox of bacteria, using a protein employed by microbes to fight off viruses, according to the researchers, who describe the technique in the current issue of *Cell*.

Turning off genes is a major goal of treatments that target cancer and other diseases. In addition, the ability to turn genes off to learn more about how cells work is a key to unlocking the mysteries of biochemical pathways and interactions that drive normal development, as well as disease progression.

## New Chef at Mission Bay Showcases Diversity, Sustainability on Menu

The UCSF Mission Bay campus has welcomed a new chef to shape the daily menus at the Pub and the Mission Bay Conference Center, located inside the Rutter Center.

Executive Chef John Finley, who joined the culinary team in December, aims to cater to UCSF’s ethnically diverse population with specialties in Turkish, Moroccan, South American and Central American cuisines. And as a native of Louisiana, he also brings his Southern background, with traditional Creole and Cajun dishes.

With more than three years as executive sous-chef at the Oakland Coliseum, Finley has delighted the palates of many high-profile guests from the sports industry, catering to large crowds there.

# Is UC SHIP Sinking?

» FROM HOME PAGE

A student at the forum suggested aggressive negotiation with UC medical centers, where UC students are most often referred.

Several others present emphatically agreed, saying: “We want to know that our medical center, that we invest so much of ourselves into, is there to support us.”

Suggested changes to the plan benefits included increasing co-pays to slightly offset increases in premiums. Silberberg brought up the possibility of increasing the \$100 emergency room co-pay, for instance, since that is generally an infrequent occurrence.

Another option was the addition of a \$100 co-pay for MRIs and CT scans, but students objected that an accident or prolonged illness could necessitate several scans in a short period.

Carrie Schiff, a nurse practitioner student, explained that even with a “less expensive chronic condition” such as diabetes, in-network co-pays are already \$200 a month, and that does not account for an unexpected illness.

Students at the forum agreed that benefits must be retained, particularly since their elimination will not result in significantly lower premiums. Dependent coverage and leave-of-absence coverage, for instance, do not affect the majority of UC students. But, as some argued, they are critically important for the individuals who do require this benefit.

Quite apart from the deficit, attendees at the meeting also voted for removal of the annual pharmacy and lifetime medical caps, which will cost an additional \$30 a month.

Currently, UC SHIP members have a \$10,000 maximum pharmacy benefit per year, and the lifetime maximum is \$400,000.

Many students argued vehemently for a removal of both of these caps, citing the pharmaceutical expenses of chronic illnesses such as diabetes, lupus or rheumatoid arthritis. Insulin test strips alone are \$1.23 per strip, and diabetic patients such as Schiff test at least 8-15 times per day.

The rheumatoid arthritis drug Enbrel costs up to \$1,903 a month. The lifetime medical maximum, according to providers, would barely cover an unexpected cancer diagnosis or prolonged hospitalization.

“UCSF students with chronic and mental health needs ... struggle with health expenses,” said Kate Darling, a doctoral candidate in sociology, adding that questions about whether or not these students can access health care “reflect the values of our campus community.”

The UC SHIP Advisory Board will meet on March 22 to formulate a plan for the future of UC SHIP. The final deadline for making financial changes to the program for the 2013-14 year is April 1.

As Dr. Susan Rosen, SHC primary care provider, emphasized during the

forum, “Stay tuned. Thousands of student voices will make a difference.”

Please send suggestions to your UCSF SHAC representatives:

**Iveta Markova/ASUCSF**  
iveta.markova@ucsf.edu

**Nancy Chang/GSA**  
nancy.chang@ucsf.edu

**Shanni Silberberg/Graduate Division**  
shanni.silberberg@ucsf.edu

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Jenny Qi is a second-year BMS student.



# Trinity Health

» FROM HOME PAGE



### How did the collaboration between you and Dr. Theodore begin?

**Sawyer:** Dr. Theodore and I were participating in a UCSF discussion group focused on mobile health technology. We quickly identified our common interests in improving care through collaboration, striving for the “triple aims” (increasing population health, enhancing patient experience and decreasing costs), and utilizing digital technology where beneficial.

He had been doing some work on how to improve Tumor Board communication, so we joined efforts to build Trinity Health into a care collaboration tool for multidisciplinary teams or for any patient that would benefit from multi-provider input.

### What are the drawbacks of the current method of managing complicated patient cases?

**Sawyer:** Team-based care is of proven benefit for a variety of chronic and complex disease states, but it is expensive and time-consuming, so usually not provided. However, in one specialty, it still persists, and that is as Tumor Board in Cancer Centers. In a typical tumor board meeting, 20 professionals from different disciplines leave their clinical duties to sit in a room and review an average of four cases in an hour.



Homepage of the Trinity Health website.

The important clinical, radiologic, laboratory and pathology data are presented, followed by a discussion amongst the team members. Although the in-person communication and dynamics are valuable, not all team members can make it to the meeting. Unfortunately, the coalesced pertinent data unfortunately fragments when the meeting ends. Also, the important input, reasoning and decisions which happen during the Tumor Board meeting are not recorded, and more or less disappear once the hour is over.

### What advantages does Trinity Health provide?

**Sawyer:** It is a physician-derived tool, purposely designed to facilitate and ease the provider’s workflow, not add to it. We have designed it to be simple to use, accessible from anywhere, anytime and yet secure.

Trinity Health is a web-based platform, so it allows members of a patient’s multi-disciplinary team to interact simultaneously or at different times (synchronously or asynchronously). The patient’s health records, imaging studies and all discussions between involved health care professionals are stored and accessible on Trinity Health’s HIPAA-compliant secure platform.

The team members can thus contribute around their schedule and yet still access the pertinent data and the threaded conversation, which makes for rapid decision-making and minimizes delays in diagnosis and treatment.

### What results are you really excited about?

**Sawyer:** Usually, in-person Tumor Board meetings take two to three weeks to schedule, a week to build the case and up to two weeks for treatment plans to formulate. In a preliminary pilot with Trinity Health, multidisciplinary teams involving doctors across several divisions have come up with solutions within 48 hours.

Based on our use of Trinity Health to date, we can offer the benefits of multidisciplinary decision- making to more patients at lower cost. In addition, we have already demonstrated the ability to gain input from specialists outside of UCSF — and even the country — on complex cases. Dr. Theodore has also used Trinity Health to support case discussions on patients he cares for in Haiti.

### What are your guiding principles as you bring Trinity Health to the forefront of Health IT?

**Sawyer:** We are striving, like all providers in health care, to deliver better care at lower cost. What we don’t want to do is reproduce the EMR! We want to have a simple collaboration tool, interfaced with the EMR, that facilitates rapid, accurate decision-making. We believe Trinity Health’s ability to provide “barrier-free” collaboration will contribute to improved care of individuals and populations right now. Looking to the future, this collaborative technology will play a critical role as the new care models of Accountable Care Organizations evolve.

### Do you and Dr. Theodore have plans to upscale Trinity Health and with that, generate revenue?

**Sawyer:** Yes, in order for Trinity Health to continue providing doctors and health care professionals a convenient way to work with one another and giving patients the advantages of multi-disciplinary team collaboration, our platform seeks to be self-sustainable.

We plan to continue developing and implementing Trinity Health at UCSF, but to also build it into a commercializable product which will serve many more patients inside and outside of UCSF. There will always be a model for the under-served, be they U.S. citizens or in international communities.



Patient page of the Trinity Health website.

### How can we get involved with Trinity Health?

**Sawyer:** We are always looking for interested medical students to participate. We are starting a new pilot soon and are doing ongoing UI (user interface) testing. It is an opportunity to start your journey towards becoming a “clinician innovator,” which will be critically needed in this new health care era.

Contact Dr. Sawyer at Aenor.sawyer@ucsf.edu for more information about Trinity Health or other Digital Health initiatives and innovation opportunities at UCSF.

Geraldine Tran is a first-year medical student.

## NOW IS THE TIME TO MAKE YOUR MOVE IN REAL ESTATE

"With Kevin’s real estate and legal expertise combined with his infectious enthusiasm and strong client dedication, one couldn’t ask for better representation."

– Marie S.,  
Buyer, Duboce Triangle

"I felt a lot of confidence throughout the process knowing I was working with someone who knew their stuff inside out"

– Joanna S.,  
Buyer, Noe Valley



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## MIND &amp; BODY

# Mindfulness Meditation: Key to a Longer, Stress-Free Life?

By Oliver Ubeda  
Associate Editor

During my first year of pharmacy school, I attended an alternative medicine Saturday elective where Dr. Dean Ornish spoke about the benefits of meditation and the effect it has on lengthening our chromosomal telomeres.

Telomeres are portions of repetitive DNA at the ends of our chromosomes that protect our chromosomes from deteriorating.

Meditation was the focus of research at UC Davis and UCSF by Nobel Prize winner Elizabeth Blackburn, PhD, and others as part of the Sharnatha project.

The 2011 study found that meditation increased activity of telomerase — enzymes that can rebuild and lengthen our chromosomal telomeres — when meditation was conducted twice a week for three months. It is currently believed by some researchers that telomere lengthening can increase the lifespan.

In my second year of pharmacy school, I turned to meditation as an outlet from the stress of school. Neesha Patel, who worked for Student Health at the time, was conducting mindfulness meditation sessions at the library. While I never considered myself the “meditation type,” I was so stressed out I was willing to try anything. Patel

had also promised to have snacks. The mindfulness meditation was a simple, but eye-opening experience. Patel turned off the lights in the room and encouraged us to get into a comfortable position. There was no need to do any kind of lotus position or anything like that. I just emptied my pockets, sat on a chair and took my shoes off to be more comfortable.

As she spoke to us, we closed our eyes and she guided us to focus on our breathing (the anchor, or recurring focus). She then asked us to focus on the room temperature, on sounds we heard, and then back to the breathing. One of the great things about mindfulness meditation was that there was no expectation that we must have a blank mind.

“If you find yourself thinking about something, it’s OK,” Patel would say. “Think about it and why it came to mind, study it and when possible, get back to focusing on the breathing.”

It was then that I realized I didn’t need to be a master of blocking out preoccupying thoughts. I just needed to try my best to focus on the present. At one point, she directed us to imagine we were at a train station, but we were not going anywhere. We were just there looking at trains come and go.

Usually mass transit can be a stressful experience, but it was nice to

MEDITATION » PAGE 10



**THE STRENGTH TO HEAL**  
*And learn lessons in courage.*

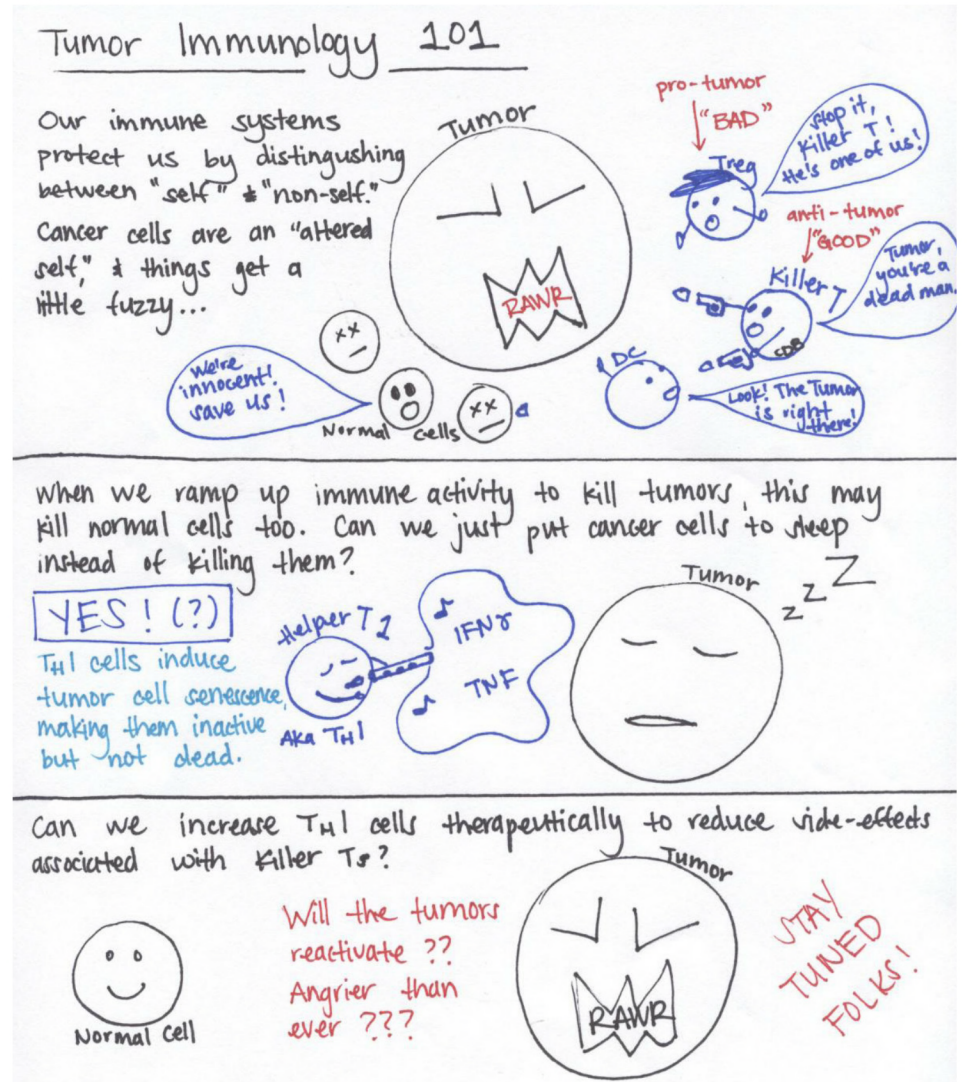
Thanks to a paid scholarship from the U.S. Army, Capt. Ana Morgan, MD, Internal Medicine Resident and Army Scholarship recipient, Brooke Army Medical Center, Texas, became the internist she is today. Her medical school tuition was fully covered and now the Army's providing her with unparalleled trauma 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).

**U.S. ARMY**  
ARMY STRONG.

# UCSF JOURNAL CLUB

Recent research presented by UCSF students

By Jenny Qi  
Staff Writer



## Tumor Immunology/Senescence

**Presentation:** “Putting cancer to rest: Th1 cytokines induce tumor cell senescence.” **Presenter:** Adriana Muijal (2nd year BMS student) **Paper:** Braumüller H, *et al.* “T-helper-1-cell cytokines drive cancer into senescence.” *Nature*. 2013 Feb 3.

### In a nutshell:

Our immune systems maintain a delicate balance, protecting our own cells (“self”) while attacking foreign invaders (“non-self”). What do they do with cancer cells, an “altered self”?

Traditionally, we think of CD8 “killer” T-cells as anti-tumor, and we therapeutically try to increase their killing activity. Too much killing activity, however, can lead to autoimmunity. Regulatory T-cells (Tregs) keep killer T-cells in check and can be pro-tumor by suppressing too much killing. Cancer immunotherapy can involve suppressing their activity.

The authors of this paper approach this from a new angle, by looking at the effect of helper T-cells, specifically the Th1 subset. These cells enhance immune responses. The authors find that Th1 cells don’t kill cancer cells, but can induce tumor senescence both *in vitro* and *in vivo*, a permanent resting state in which cells can no longer divide. They do this through production of the cytokines IFN-gamma and TNF, which act via the p16 and Rb pathway.

Can this be used therapeutically? Can we increase Th1 cells to induce tumor senescence? Is it enough to put tumors to sleep instead of killing them? TBD.

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

# Last Lecture 2013



The votes are in! This year’s speaker is:

*dr. daniel lowenstein*

**Save the Date**  
5:30 p.m.  
Thursday, April 25  
Cole Hall  
513 Parnassus Ave.



# ASUC ELECTION

## Candidate Statements

The main purpose of ASUC is to develop, promote and regulate professional student governments and activities. ASUC functions as a resource for funding and assists in the coordination of activities and events sponsored by RCOs. ASUC also sponsors a variety of social, cultural and educational events throughout the year. **Online voting takes place April 1-12 for dentistry, pharmacy and medical students.**

### Austin Walker CANDIDATE FOR PRESIDENT



To represent the students of the UCSF campus and have their voices be heard. That is both the fundamental mission of and my number one goal for ASUC.

My name is Austin Walker, and I am a first-year medical student running for ASUC president.

My drive to run stems from the core desire to enhance the educational and life experiences each student takes away from his/her time at UCSF.

Further, I firmly believe that as students of the best health care institution in the nation, we have the exciting opportunity to be the change we would like to see in education and health care reform. I would like to represent the change that you would like to see. I have already taken steps to represent the student voice on campus by serving as

a student representative of the UCSF Transportation Advisory Committee, and separately as a representative for the first-year medical class.

In order to best embody the student voice, I would like to continue to build upon the interprofessional collaboration between the schools of pharmacy, dentistry, medicine, nursing and physical therapy that was established last year.

Whereas currently, ASUC only represents the schools of dentistry, medicine, and pharmacy, a constitution was drafted for a new student government to incorporate all UCSF students. I would like to promote this drafted constitution in order to allow the students of UCSF to have a more united and powerful voice both on and off campus. This development would allow the organization to have more influence over decisions related to overall development of UCSF campus, to housing concerns, to transportation issues, and more. Further, a current area I would like to improve is the number and diversity of interactions between students of the different schools. To better integrate the various schools, I will build upon old traditions such as the inter-school prom, Trivia Night, and BBQ by developing new traditions for the schools to unite around. I believe that these gatherings are a great way to foster campus cohesiveness and overall pride in UCSF.

Beyond that and carrying out the expected duties of ASUC president, I would work with the ASUC team to appropriately survey the students of each school. This would allow us to best understand the student voice on current topics, and gauge what projects the individual student wants his/her representatives to work on. This way, we can work together to improve the education and experiences that you take away from your time at UCSF.

### Harjus Birk CANDIDATE FOR VICE PRESIDENT, ACADEMIC AFFAIRS



My name is Harjus Birk, and I am a first-year medical student at UCSF running for Vice President of Academic Affairs. As the Vice President of Academic Affairs, I will strive to ensure that we can continue to make proud the UCSF Mission Statement of “Advancing Healthcare Worldwide.” Currently, the Dentistry, Pharmacy, and Medicine programs are part of the ASUC, whereas the Nursing and Physical Therapy Programs are considered separate and operate under the Graduate Students Association (GSA).

The ASUC committee from last year has proposed the idea merging the five UCSF graduate programs under one constitution, and I promise to make it my top goal to unite the Medicine, Dentistry, Nursing, Physical Therapy and Pharmacy programs so that we can all operate as a interprofessional team. Other crucial goals of mine include: 1. to increase the number of single and group study rooms with whiteboards and computers available for occupancy by students; 2. to enable Kanbar Center access on the weekends so that students can practice clinical skills; and 3. to promote increased Kalmanovitz Library hours especially before midterm and final examinations.

I graduated from Stanford University in 2012 and was fortunate enough to witness the unity that existed between the undergraduate and various graduate programs at Stanford. Considering that UCSF is solely a graduate institution, it

is concerning to me that we have not yet fully unified the Dentistry, Pharmacy, Medicine, Nursing, and Physical Therapy programs under one constitution.

The fact that the first three programs operate under the ASUC and the last two by the GSA creates a literal and also intangible separation among these student programs that is not conducive to unity. Events such as the UCSF Formal have shown that when all the graduate programs at UCSF unite, great things can be achieved on a grand scale. As the Vice President of Academic Affairs, I will work to bridge this gap between the graduate programs at UCSF and foster interprofessionalism by promoting the collaboration of the ASUC and the Graduate Students Association so that all five of UCSF’s graduate student programs can vote together under one constitution and as a cohesive unit. Another issue I will work to resolve is the limited access we have as students to study/meeting rooms both in the medical center and in the library, especially during the evening and over the weekends. As a chief liaison with the faculty and you the students, I can serve as a messenger and will strive to increase student access to classrooms campus-wide.

Furthermore, many students at UCSF are intrigued by the Kanbar Center but rarely get to make use of it because it is often closed on the weekends. If elected, I will promote opening the Kanbar Center on the weekends so that we students can practice our clinical skills whenever is most convenient for our schedules.

In summary, as the Vice President of Academic Affairs, I will work tirelessly to ensure that our voices as students will be heard and that most importantly, we will become a unified graduate campus composed of Dentistry, Medicine, Pharmacy, Nursing and Physical Therapy programs. I will also push for increased classroom and computer access, so that as students, we will have more rooms available to study. Last but not least, I will do my best to push for longer Kalmanovitz Library hours, especially on the weekends and before midterms and finals, so that we can have more accessible library time. I am confident that all of these goals are achievable in the span of one year, and I look forward to acting as a catalyst for positive change at UCSF. Thank you for supporting me in my campaign for Vice President of Academic Affairs, and I look forward to a great and healthy upcoming year for us all.

### Polina Pulyanina CANDIDATE FOR VICE PRESIDENT, COMMUNITY HEALTH

The responsibility of the Vice President of Community Health (VPCH) within ASUC is threefold: to monitor all aspects relating to Student Health Services, to oversee ASUC-sponsored health fairs, as well as to provide assistance with other community health fairs.

As your ASUC VPCH, I will not only continue the work of the current Board in addressing issues of student health insurance, but I will also collaborate with the professional schools on campus to organize new interdisciplinary health fairs, allowing UCSF students to join forces on patient education.

The financial shifts within the UC system affect our own Student Health Services. The UC Student Health Insurance Plan (UC SHIP) projects a \$57 million deficit that will result in increasing premiums for UC Student Health Insurance in the 2013-2014 plan year. With UCSF providing a smaller and older pool of insurance beneficiaries to the blanket UC SHIP, our campus may be disproportionately affected. I will diligently represent UCSF professional schools’ voice at the Student

Health Service Advisory Committee to communicate our needs for balanced insurance premiums and benefits. Health professions students today are practicing in a time of extensive health care reform, which requires expansion of interprofessional collaboration to provide effective patient care. I see this reform as an opportunity to engage students of the different branches of health care at UCSF to increase cohesion and deliver joint health fairs for the benefit of our community.

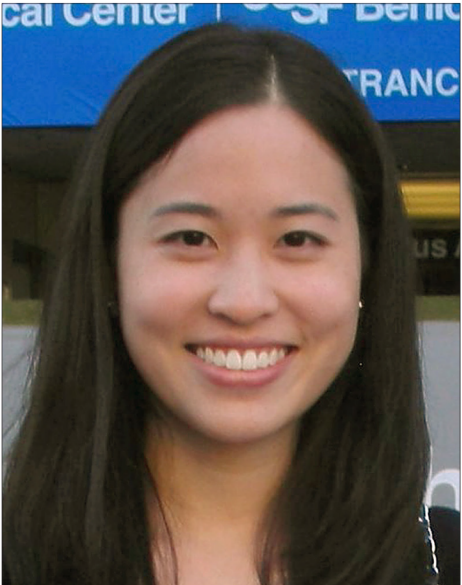
Through my experience in community service, project management, teamwork and efficient communication, I will earnestly serve the UCSF student body during the year as the ASUCSF Vice President of Community Health.





# Joy Chang

## CANDIDATE FOR VICE PRESIDENT, COMMUNITY RELATIONS



My name is Joy Chang, and I am a second-year dental student at UCSF. I am writing for consideration for the position of Vice President of Community Relations in ASUC.

For the past two years, I have had the privilege of calling UCSF my home. Whether being a part of the student body or actively leading a student group, I have enjoyed the exchange of ideas and knowledge among students from diverse backgrounds.

As future health care providers and leaders in the community, I have found this immensely important for interprofessional collaboration and communication. I wish to have the opportunity to foster such an intellectual exchange at UCSF as the Vice President of Community Relations.

I believe I possess the qualities and experience to successfully fulfill this role. I am currently the Editor-in-Chief of the John C. Greene Society, which is the

dental research society. Under my guidance, our publication won an award for the best newsletter from the American Association of Dental Research.

This experience has given me the skills to communicate effectively across various media with the community, which will prepare me to act as a liaison with the Synapse newspaper and write reports on any ASUC updates. In addition, as the President of the American Association of Women Dentists' chapter at UCSF, I was in charge of coordinating and promoting various events to the student body. Through this, I have demonstrated my ability to publicize student activities, and encourage participation from as many from the student body as possible.

I am passionate about my goals, and I always work my hardest to exceed my expectations. Should I be elected as the Vice President of Community Relations, I will strive to achieve the following goals.

Firstly, I wish to increase student involvement in interprofessional activities from each school. We would inevitably work closely alongside one another in the future, due to the multi-faceted and more interdisciplinary nature of health care today. By closer interaction with each other, either to exchange ideas or to network, we can better prepare for our future.

Secondly, I plan to improve transparency between ASUC and the student body, through increased communication. I would ensure that all students are informed of executive decisions and plans through the Synapse, emails or by updating the website. I would also ensure that all voices and opinions are heard by ASUC, by starting an open forum where students could express their ideas, in order to better serve all students.

Thank you for your time and consideration. I look forward to the opportunity of being more involved with the ASUC, and I sincerely hope you will consider me for the position of Vice President of Community Relations.

# William Kim

## CANDIDATE FOR VICE PRESIDENT, EXTERNAL AFFAIRS

My name is William Kim, and I am currently enrolled as a second-year dental student at UCSF School of Dentistry. I am interested in becoming the upcoming year's Vice President of External Affairs.

I have been granted an opportunity to become involved with the external affairs branch of the ASUC by serving as the Regents' Liaison for this year. This position allowed me to keep in close touch with the Regents Office via bi-weekly conference calls with other Regents' Liaisons in other UC campuses.

I have come to the conclusion that UCSF is much more different from other UC campuses when it comes to dealing with external affairs: we are uniquely composed of professional students and only professional students. We do not have any undergraduate students, who may have completely different needs regarding their health insurance policies, various health outreach programs, cultural programs and many more alike.

Unlike other UC campuses, where the majority of the members are undergraduate students who have similar needs and ideas, at UCSF, the professional

disciplines are very distinctly divided and different from one another, causing us to have more diversified points of view on many matters, depending on our specialized health disciplines.

I believe it is crucial for the other UC campuses, the Regents Office as well as the President's Office to know exactly what UCSF students need and where we come from. It is important to have our voices be heard in the grander spectrum of the UC system. I plan to expand my function as a past Regents Liaison to become next year's Vice President of External Affairs and get more involved with the financial assistances and the fee adjustments for our students. I would be extremely honored to be able to take part in this endeavor.



CANDIDATES' STATEMENTS » PAGE 8

# Legends of China

Silk Road to the Future  
July, 2013

Join UCSF on an academic & cultural journey to China

Open to all UCSF Students, Staff, Faculty & Alumni

2013 Program Highlights:

- Chinese Traditional Medical Symposium
- Exclusive access to premier hospitals and universities
- Great Wall of China, the Forbidden City, Tiananmen Square & more!

# Register Now!

saa.ucsf.edu/legendsofchina

# ucsf v.i.p. room... take a right at the rainforest

**UCSF Exclusive: California Academy of Sciences NightLife!**  
March 21, 2013, 6:00–9:00 pm, Golden Gate Park  
Tickets available online February 22, 2013.  
Log onto <http://clsonlinestore.ucsf.edu> (Click-on Icon: A&E Special Events)

**Get your science & music on**  
Enjoy a memorable evening with your colleagues and friends at this UCSF exclusive event. In addition to admission to view the wonderful exhibits of the beautiful California Academy of Sciences, UCSF guests can unwind and enjoy no-host cocktails in the private West Garden Lounge.

**Get your foodie on**  
Your ticket purchase entitles you to an exclusive UCSF discount on a prix fixe dinner for Social Kitchen & Brewery, only \$16 (reg. \$35)

**Get it for one low price**

- Admission to California Academy of Sciences Night Life (exhibits, live DJ music, no-host cocktails)
- UCSF exclusive private lounge area with No-Host Bars
- Free "UCSF Night at the Academy" keepsake photo
- Drawing for your chance to win selected 2013 SF Giants Tickets & authentic autographed memorabilia
- Discount dinner coupon entitling each guest to purchase a prix fixe dinner at Social Kitchen Brewery

**Get your tickets today**  
UCSF Students - \$10 with valid UCSF ID  
UCSF Staff/Faculty/UCSF Fitness & Recreation Center Members - \$13 with valid UCSF/Member ID (Must be 21+ to attend)  
Tickets are limited! For more ticket information please log onto <http://campusliveservices.ucsf.edu/artsevents>

\*Redemption of this coupon is good for one UCSF exclusive \$16 dinner special: Choice of one appetizer, house-made cup of soup or chili, your choice of one of the following entrees: Cheeseburger, Turkey Burger or Potobello Sandwich. Each comes with house cut kanebec fries or mixed greens salad. PLUS one beverage of your choice: Beer, Well Cocktail, Soda. Reservations are strongly recommended. \$16 dinner special excludes tax and tip. Voucher expires 5/21/2013.



# Candidates' Statements

» FROM PAGE 7

## Justin Becerra

CANDIDATE FOR VICE PRESIDENT, STUDENT AFFAIRS



As an active member of the UCSF Dental School community, I am continually looking for new ways to become involved in the day-to-day workings of the UCSF community. To date, one of my most important positions is held with the Student Health Committee, where I hold the title of Dental School Representative.

My petition to hold the position of Vice President of Student Affairs stems directly from this position, as it will serve to enhance my abilities within this vital student group, by granting me true voting power and the ability to work not only with the UCSF community but with the entire UC system. This voting power will allow me to use my

18 months of experience on this board to better the health care initiatives and health insurance plans granted to students under the UC SHIP program.

However, this is not my only goal. I also plan to work exclusively on the duties held by the ASUC Student Affairs representative. Luckily, I am married to a wonderful woman who, for seven years, has worked for Starwood Hotels, and specifically, for two years at the Westin St. Francis Hotel. As many of you are likely aware, this is the traditional venue for the UCSF annual Formal. It is my intention to use the relationships I have built with the managers and coordinators at this venue to create the most memorable UCSF Formal yet.

Furthermore, as an active community leader, I have a great deal of experience in organizing and implementing student activities. I intend to use this experience for two further events. Firstly, I intend to continue with the traditions of our school by hosting an annual Incoming Student BBQ, which will allow first-year students from every school to socialize in the first weeks of class and become comfortable with their transition into UCSF.

Secondly, it is my intention to organize and oversee a 5k/10k run for all of the schools at UCSF. In my experience, friendly competition is one of the best ways to create and strengthen bonds between people. In the last year, I have had the privilege of organizing events such as these, and I vow to use the experience I have gained, and the wisdom of others in the UCSF community, to create a new, memorable and enriching event for our student body.

It is my hope that, together, we can continue the fine traditions that make our school the finest of its kind in the nation. By voting for me, I can promise you without reservation that I will work tirelessly in my capacity to oversee and implement my proposed events and, in addition, I will work to strengthen our community by finding innovative ways to improve our student health care plans.

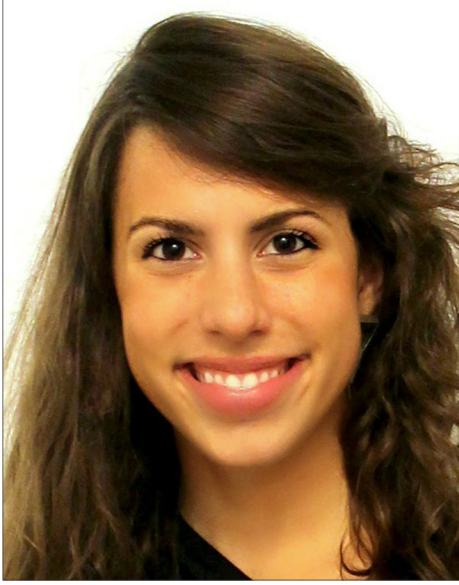
As a final caveat, many of you are likely aware of the increasing concerns surrounding the state of the UC SHIP student health insurance program. It has recently been made public by our committee that the current plan is running a \$54 million deficit. This is due, in part, to overuse of benefits by a handful of UC campuses with inadequate premiums to justify this utilization.

By holding an ASUC position, I will be able to use my extensive experience to find ways to keep our premiums to a minimum while retaining many, if not all, of our current benefits. A vote for me is, in a way, a vote for lower tuition and greater health care benefits for all.

I wish to thank you for taking the time to read my petition, and I look forward to the opportunity to serve as an integral member of our community. If you have any questions for me regarding the events that I have proposed or the state of affairs of the UC SHIP insurance program, please do not hesitate to contact me.

## Nicole LaMa ntia

CANDIDATE FOR VICE PRESIDENT, STUDENT AFFAIRS



Attending the University of California San Francisco is a privilege that allows students the opportunity to interact with many other health care professionals all in one location. As UCSF students, we have all been exposed to the importance of IPE, or Interprofessional Education.

Through these IPE sessions, I have realized my passion for connecting professionals together to create a safer, more effective treatment program for all patients.

It seems clear that building a strong interprofessional relationship between health care providers requires a strong foundation of understanding, respect and professionalism. Luckily, IPE has taught us this value in the professional world, and I wish to extend it to students' social lives.

It is all too easy to interact with our classmates, and restrict ourselves from reaching out to other schools. However, many times, students admit that they do not know how to, or do not feel comfortable reaching out to others, especially when their schedules are so hectic.

I wish to aid in constructing events for students to socialize and network in a comfortable environment. I value the opportunities that ASUCSF has given me to form friendships with others, such as the UCSF Formal, and the Taste of San Francisco Picnic. As Vice President of Student Affairs, I would love to be a part of organizing these events, as well as incorporating others into the school calendar.

Lunch and Learns or evening guest speakers regarding interprofessional synergy are a few possibilities for creating more events and reminding students about the value of networking between professions, as well as maintaining previously established relations throughout the year.

Representing ASUCSF on the student service advisory and campus event planning committees would allow me to demonstrate the organization's ambition to connect the school. ASUCSF unites the university, which essentially provides a backbone for many other organizations.

As VP of student affairs, I would voice the opinion of not just the School of Dentistry, but the entire UCSF Community. I believe that it is vital to have students' desires and concerns heard and addressed, whether regarding social events or legislative affairs.

I strive to maintain organization, efficiency, and all-around balance in ASUCSF. Hopefully, I can help fuel ASUCSF to continue to provide structure and support for interprofessional networking, education and social events.

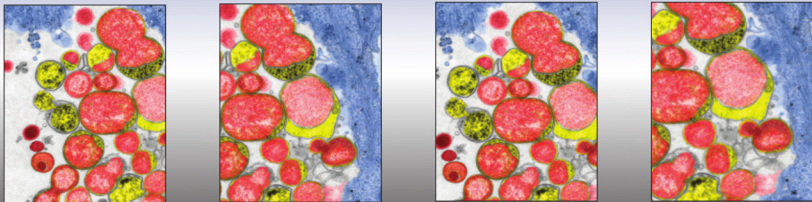
## ST. JOHN OF GOD

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 Phillipines, 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).



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



# ARTS&CULTURE



Photo courtesy of CAAMFEST

Evan Jackson Leong’s *Linsanity* documentary will premiere on opening night of CAAMFEST on March 14.

## CAAMFEST – March 14-24

### A Festival of Asian American Film, Music and Food

By Akshay Govind  
Staff Writer

Each March since 1982, the Center for Asian American Media (CAAM) has put on a festival presenting stories illustrating the richness and diversity of the Asian American experience. This year’s event, *CAAMFEST*, is immediately notable for its name change from the previous years’ *San Francisco International Asian American Film Festival*.

Organizers decided it was most appropriate for the name to reflect the inclusion of all media that contribute to their mission. While both long-form and short films will still be highly featured throughout the 11-day celebration, other media represented include live music performances, demonstrations and tastings by chefs, and conversations with

historians and community leaders. As this year’s festival features over 250 works presented at 10 different theaters and venues, organizers have done much better than to simply post a list of all the pieces in chronological order. They have keenly constructed waves of culture, deemed *CAAM Tides*, which highlight works that have common thematic elements; some examples of these Tides include women in the media, societal repercussions of the Korean War, and a re-interpretation of the process of creative adaptation.

The opening night will feature Evan Jackson Leong’s *Linsanity*, a documentary of the basketball and cultural phenomenon surrounding NBA point-guard and Bay Area native Jeremy Lin.

Leong started following Lin during his time at Harvard University, at times without Lin’s whole-hearted permission, and the film examines racial stereotypes in sports and society while taking the viewer through Lin’s unexpected and exhilarating rise to fame. Further, Lin

and Leong comment on the utility of using public platforms for community service, the importance of family relationships, and the role of religious faith in their experience.

Other films that caught my eye include *Astro Boy*, the story of a young robot-hero whose powers are based in science rather than magic and who values peace over justice. Created in Japan in 1952, this was in fact the first anime to be officially released in the United States, and the exhibition will feature rare items from video games, toys, a TV series and manga, in addition to screening the 2009 rendition of this film.

Debbie Lum’s documentary *Seeking Asian Female* follows the story of Steve, a 60-something year-old man who has spent years chatting with Asian women on the Internet. When he meets 30-something year-old Sandy and she moves to California from China to marry him, Lum follows this relationship to comment on issues surrounding love, culture, immigration, diversity and open-mindedness.

Other media include *Directions in Sound*, a live music performance featuring Asian American bands, solo artists, and DJs presenting cutting-edge music fusing cultures and styles.

And then there’s the food — (*Bitter*)*Sweet: Cook Salon* will be a conversation and tasting demo with two local chocolatiers, Mixing Masala will give insight on how to create unique spice mixes, and *Dosa Hunt* follows a group of Indian American artists as they search New York City for the perfect South Indian savory crepe.

Ticket information and schedules are available at [caamfest.com](http://caamfest.com). Prices vary based on the expected demand for individual pieces but tend to run between \$12 and \$15. Six-packs of tickets can be purchased for \$60, and some exhibits have modest student discounts and/or rush tickets. There does appear to be something for just about everyone, and I know I’ll be watching for *CAAMFEST* every March for as long as I’m in the Bay Area.

Akshay Govind is a second-year medical student.

### BOOK REVIEW

## Drop Dead Healthy: Striving for Bodily Perfection

By Nicole Croom  
Staff Writer

As one of the hundreds on campus struggling to maintain their New Year’s resolution to be “healthy,” I repeatedly find myself asking, “What does that really mean, anyway?” A.J. Jacobs, editor at large at *Esquire* and author of several books on *The New York Times*’ best-seller list, attempts to answer this in his next round of self-experimentation tales, *Drop Dead Healthy: One Man’s Humble Quest for Bodily Perfection*.

Even if you haven’t read any of his previous works, it is abundantly apparent from the title and cover that *DDH* promises to provide a humorous take on all things related to nutrition, exercise and mental health.

Jacobs does the work for the reader, sussing out the latest scientific

research and putting the theories into practice. He tries everything from the current barefoot running craze to the as yet undiscovered (and based on Jacobs’ experience, perhaps, never to be popularized) laughter therapy.

When Jacobs commences a project, he never does it halfway. As he states in the “Prologue,” “My quest isn’t just to lose a couple pounds. My quest is to turn my current self — a mushy, easily winded, moderately sickly blob — into the embodiment of health and fitness.”

*DDH* is much more than the chronicles of a man who begins exercising and eating right. He goes system by system — from “The Stomach” to “The Skull,” covering every body part chapter by chapter — adding new habits each month to an exhaustive list of daily to-dos that will guarantee bodily perfection. Included on that list were these interesting scientifically-



based suggestions: humming to prevent sinus infection; chewing sugar-free gum after meals to slow tooth decay; performing hand exercises courtesy of George Irwin’s Finger Fitness, which include “flipping the bird” as a stretch; and working on his makeshift treadmill desk — on which he wrote nearly the book — because even if you are exercising an hour each day, if you are sitting the entire rest of the day, it’s just as bad as if you didn’t work out at all.

The book is not only an entertaining read, with Jacobs going in depth about

how his new regimen affects not only his own outlook on life but also the people he shares his life with, but it provides the factual and anecdotal results of hundreds of the different ways people attempt to become “healthy.”

It also includes helpful appendices for those readers who want to make some changes in their own lives after being inspired by Jacobs’ journey.

Nicole Croom is a first-year student in the School of Medicine.



# FOOD

## RECIPE

# Sweet Potato Gnocchi



Photo by Nicole Croom/MS1

Mix the gnocchi with your favorite sauce, or simply add more olive oil and parmesan cheese, and serve.

By Nicole Croom  
Staff Writer

This vitamin-loaded spin on the classic potato noodles is surprisingly simple. The only downside is the prep time, but that can be cut down by inviting friends over for some pasta-making fun. Best thing is: these can be frozen before being boiled, so you can enjoy them throughout the week and they won’t get spoiled.

- Ingredients:**
- 1 pound sweet potatoes
  - 2 pounds russet potatoes
  - 2 egg yolks
  - Salt and pepper to taste
  - ¼ cup grated parmesan cheese
  - 1½ cups flour plus extra for dusting
  - Olive oil
  - Sauce of your choice

# Synapse

The UCSF Student Newspaper  
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.

### Subscriptions

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1. Poke holes in the potatoes with a knife and soften them either in the oven (400° F for 45 to 60 minutes) or in the microwave (10 to 15 minutes), until a blade can pierce them easily.
  2. While still warm, peel the potatoes and pass them through a potato ricer, or grate them on a cheese grater, into a large bowl.
  3. Make a mound with the potato and make a crater in the center. Put eggs (yolks only!), salt, pepper, and cheese into crater. Thoroughly mix.
  4. Add 1½ cups flour and knead the dough for 4 to 5 minutes until it is smooth but slightly sticky.
  5. Dust a cutting board with flour. Divide the dough into pieces, rolling each piece into a rope the width of your pinky. Cut the rope into ½ inch pieces, lightly dusting them with flour to keep them from sticking together.
  6. Bring a stock pot full of water and salt to a boil (it should taste like salty soup). Lower the temperature to a simmer. Add gnocchi a handful or two at a time. Remember to keep adding water as it evaporates, otherwise it will become too salty.
  7. When the gnocchi begin to float, they are done! Remove them and put them on a tray or in a bowl. Drizzle with enough olive oil to prevent them from sticking together.
- Just mix the gnocchi with your favorite sauce, or simply add more olive oil and parmesan cheese, and serve.

Nicole Croom is a first-year student in the School of Medicine.

# Meditation

» FROM PAGE 5

be there and not worry about traveling. She finished the meditation session with a soft gong that lingered as we opened our eyes again. Patel shared a meditation website from UCLA’s MARC, or Mindfulness Awareness Research Center.

I made it a point to learn more about this topic because it had made me feel so relaxed — not sleepy or tired — just simply relaxed.

Diana Winston, a former Buddhist nun, and presently the MARC’s director, conducts free weekly mindfulness meditation sessions at the Hammer Museum, and she podcasts the sessions.

If you have iTunes, go to the App store, type in UCLA Meditation, and the podcasts come up right away. If you have an iPod or mp3 player, I recommend downloading these podcasts (<http://marc.ucla.edu/body.cfm?id=22>).

They are different lengths — ranging from 3 to 19 minutes. Meditation can be tailored to the available time and can be taken on the go. If there is any waiting time or travel time, it can be time used to meditate.

A mindfulness clock app can also be downloaded from that site, and it can be set to gong at whatever time you wish to end your meditation. One of my favorite audio files is “Body Scan for Sleep.” After I have spent many hours going over class notes and my mind is racing, I have a hard time winding down to fall asleep. Listening to “Body Scan” relaxes me to the point that I fall asleep before I know it.

Student Health and Campus Services conduct the “Know Your Numbers” workshops every quarter, and I remember that my blood pressure was measured at 133/80. It had never been that high before.

After I went to a couple of mindfulness meditations sessions, I rechecked my blood pressure, and it was 117/79. I checked again after following UCLA’s guided meditations by Diana Winston, about once or twice a week, for several weeks, and I saw my blood pressure drop to 108/79.

I emailed Diana Winston because I felt that my very short personal meditation experience was remarkable,

and I wanted to thank her and ask her to tell me about her views on meditation.

“Mindfulness has scientific support to reduce stress and emotional reactivity, and promote mental health and emotional well-being,” she wrote. “It can be done by anyone of any background, and it’s free! Mindfulness is an incredible way to create more connection and joy in life.”

In *Meditation for Dummies*, Stephan Bodian and Dean Ornish, MD, say:

“Meditation is an age-old practice that can help relieve a host of ills brought on by the fast pace of modern life. All you need to meditate is a quiet place to sit, the ability to direct your attention, and a simple meditation technique. As long as you give it a well-intentioned try, you can’t go wrong.”

Neesha Patel now works for the Dean of Diversity, but she has been volunteering her time to conduct meditations every Wednesday in February. She recently took more workshops with Diana Winston, and will be glad to help anyone interested in learning more about the practice. She can be reached at [Neesha.Patel@ucsf.edu](mailto:Neesha.Patel@ucsf.edu) starting on April 3.

I know many of us are stressed out about school, about our patients, our families and daily lives. I know that mindfulness meditation is a way to overcome anxiety, stress and other issues that affect our health. Give it a try.

Mindfulness Meditation podcasts: <http://marc.ucla.edu/body.cfm?id=22>

Diana Winston TED talk: [www.youtube.com/watch?v=oMlaSCxZPN4](http://www.youtube.com/watch?v=oMlaSCxZPN4)

Oliver Ubeda is a third-year pharmacy student.

## GOT A KILLER RECIPE?

SHARE IT WITH *Synapse*

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PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Robin Cook classic

5 Winter wear

10 Scissors sound

14 Declare

15 Snorkeler's sight

16 Commotion

17 Growing business?

18 Protective mask

20 Optional course

22 Cantina wrap

23 Compassionate

25 Arachnoid work

26 Asparagus unit

29 Gyro ingredient

31 French Riviera city

34 Burdensome

36 Told a whopper

38 Trail the pack

39 Kazoo's cousin

41 Type of paper

43 Relax, slangily

44 Breathe hard

46 Picturesque cavern

47 Thus

49 Calendar row

51 Check the fit of

52 Die down

54 Order taker

56 Cashless trade

59 Type of error

63 Induct into office

65 Rotunda feature

66 Development sites

67 Compare (to)

68 Bad sign

69 Dummy's perch

70 Nail-file material

71 Pull apart

DOWN

1 Sidewalk eatery

2 Face shape

3 No more than

4 Kind of

5 Theater curtain

6 Contemporary

7 Weapons cache

8 Jay-Z's genre

9 Move like a butterfly

10 Pollen producer

11 Distinction

12 Star with a following

13 Sweat spot

19 Like sushi

21 Root vegetable

24 Give off

26 Potbelly, for one

27 AMC model from the 70's

28 Blow out of proportion

30 Arctic floater

32 Part of a long poem

33 Encourage

35 Nibble

37 Perch-like fish

40 From the top

42 Hallway

45 Scone relative

48 Slow to learn

50 Off-\_\_\_\_\_ (awry)

53 Panhandle

55 Pint-sized

56 Swindle

57 Soon, poetically

58 Occupy the throne

60 Command to Fido

61 Cry from the pews

62 Extend credit

64 Crater edge

SUDOKU Edited by Margie E. Burke

Difficulty : Easy

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	2				1	5		
		1				7	6	
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				7	6		5	
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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)

Student Inside Guide UCSF Resources & Services

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OPINION

Time-Wasting Tip #9 for the Overworked Grad Student

what if?

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 tak a break by checking out xkcd's blog "What If?" at what-if.xkcd.com — a weekly treatise on how to estimate the answers to ridiculous, somewhat scientific questions.

Now, the webcomic xkcd deserves a time-waster of its own, but that's for another time. In addition to posting comics every Monday, Wednesday and Friday, every Tuesday, xkcd

answers questions, such as "From what height would you need to drop a steak to have it cooked when it hits the ground?" or "Can you make a jetpack out of downwards-firing machine-guns?" with what are called 'Fermi approximations.

Apparently these are a big thing in engineering and physics — basically, in addition to being known for being a Nobel-winning physicist, Enrico Fermi was also very good at approximating values for complicated questions with limited data.

For example, he approximated the power of a nuclear detonation — and was off by only an order of two — while only knowing the distance that some pieces of paper drifted following the explosion. Fermi approximations aren't necessarily accurate, but they're a good way of identifying and consolidating variables, and getting an idea of the magnitude of whatever the ultimate answer is.

"What if?" demonstrates that they're also good for finding out how much energy we'd save if cows were photosynthetic.

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

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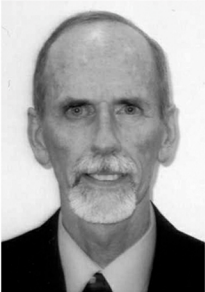
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