



# Synapse

## The UCSF Student Newspaper

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NEWS

### UCSF Hosts Second Annual All-School Alumni Weekend

By Jason Nagata  
Staff Writer

Approximately 2,000 alumni from the Schools of Dentistry, Medicine, Nursing and Pharmacy, as well as other programs, converged at the Palace Hotel and throughout the UCSF campus for the second annual All-School UCSF Alumni Weekend from April 25 to 27.

The festivities began on Friday, April 25, with The Last Lecture, delivered by Professor Dan Lowenstein of the Department of Neurology. This annual lecture series, started in 2012, asks a professor nominated by the student body to reflect upon the prompt, “If you had but one lecture to give, what would you say?”

Lowenstein advocated for “great compassion and great concentration” in his lecture, and illustrated the



Photo by Mason Tran/D3

Alumni attended lectures, concerts and panels, and wrapped up the weekend with separate school galas at the Palace Hotel.

principle of justice by recounting a story about the “Basement People” (janitors, nursing aides and cafeteria workers) at UCSF, who were some of the first advocates for civil rights on campus.

Many of the original Basement People were in attendance at the lecture and were acknowledged during the talk. The lecture was attended by over 600 people and was simulcast online and around the UCSF campus.

“Dr. Lowenstein did a phenomenal job addressing our audience, which consisted of students, faculty members, patients, alumni and the larger UCSF community,” said medical student Neha Joshi, founder of the Last Lecture series.

“His ability to captivate and engage the audience with carefully selected poignant stories was remarkable. Dr. Lowenstein’s lecture had the audience

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NEWS

### Personal Connection Is the Key to Leadership for Surgery Chair

By Geraldine Tran  
Staff Writer

During the White Coat Ceremony for the School of Medicine’s Class of 2016, Dr. Nancy Ascher, Chair of Surgery, delivered the keynote speech. Not only was it our first UCSF White Coat Ceremony, but it was Dr. Ascher’s as well.

We learned that before coming to UCSF to start the liver transplant program, Dr. Ascher served as Chief of Transplantation at the University of Minnesota and that under her leadership in the 1980s, the university dramatically improved its transplant survival rate.

After hearing this, I became curious as to what made Dr. Ascher such an effective leader. How did she accomplish such a feat?

At our White Coat Ceremony, Dr. Ascher seemed like a distinguished and distant professor, out of reach and out of sight to first-year medical students.

Now, several months into medical school, during which Dr. Ascher has offered her time and her home to support medical students, I have discovered that Dr. Ascher is an effective leader because although she holds executive and big-picture responsibilities as Chair of Surgery, she stays directly connected to her community, to her colleagues, to students and to patients.

In 1988, UCSF recruited Dr. Ascher and Dr. John Roberts, her husband and UCSF’s current Chief of Transplantation, to start a liver transplant program. Dr. Ascher created a foundation for the transplant program by working closely with her colleagues and team members. Her colleagues describe her as someone with “the vision to stay one step ahead.”

Part of what Dr. Ascher foresaw in

**SURGERY CHAIR » PAGE 3**

OPINION

### May 9 Is Bike To Work Day

By T. Booth Haley  
Editor

San Francisco loves biking, and one of the most fun and rewarding days to bike is the annual Bike to Work Day celebration. Next Thursday, May 9, join the two-wheel revolution along with hundreds of thousands of others who will be biking to work on this great day.

Energizer Stations, sponsored by the San Francisco Bicycle Coalition, will be set up in neighborhoods across the city to offer free coffee, snacks and other goodies and mechanics. The nearest station to UCSF will be on the Pan Handle bike path.

Bicycle ridership is fast increasing in San Francisco. A recent survey



Photo by Synapse

(Left to right) Renee Chow, Candace Lee and Nancy Le, all third-year dental students, plan to use their bikes on May 9.

by the San Francisco Metropolitan Transit Authority (SFMTA) found a 7 percent rise in bicycle use in the last five years. Roads are being retrofitted with safe bike lanes, and more and

more people, both young and old, are feeling comfortable riding across town. Organizations like the San Francisco Bicycle Coalition now have strong

**BIKE TO WORK DAY » PAGE 6**



# EVENTS

## MISSION BAY EVENTS

### HOW TO FIND A POSTDOC SEMINAR

Thursday, May 2, 2-3 p.m., Genentech Hall Auditorium, Mission Bay  
Ever wonder how you will find the right lab for your postdoc? Do you have questions about interviewing for a postdoc position and securing the job? Are you worried about the transition from being a graduate student to a postdoc? If so, come to this seminar given by Christine Des Jarlais, Assistant Dean for Postdoc Affairs & Career Development at UCSF, and have all of your questions answered. Part of GSA's Career & Research Days.

### VOCAL CHORDS AT UCSF SPRING CONCERT

Thursday, May 2, 7:30-9:30 p.m., Genentech Hall Auditorium, Mission Bay  
Spend an evening with the Vocal Chords at UCSF, and listen to classic songs both old and new. Sing along or just tap your feet. These concerts are fun for all. Bring your friends and co-workers. Light refreshments will be served. Sponsors: The Performing Arts Fund and CLS Arts & Events.

### QUALS SUPPORT BROWN BAG LUNCH

Friday, May 3, noon-1 p.m., Student Health, Rutter Center 3rd floor, Mission Bay  
Are you studying for your qualifying exams and wish you had an open space to talk with other students are going through the same thing? James Lyda, Ph.D., from SHCS is offering a weekly drop-in Qualls Support Brownbag at Mission Bay. The brownbag is an informal place to vent your fears and anxieties, get moral support from people who know what you're going through, set goals and sustain your motivation. So bring your lunch and connect with your peers. Free dessert provided for students with RSVP. James.Lyda@ucsf.edu

### UNWIND: STRESS MANAGEMENT SKILLS FOR WOMEN AT MISSION BAY

Monday, May 6, noon-1 p.m., Student Health, Rutter Center, third floor, Mission Bay  
Take a breather! SHCS offers this stress management workshop designed specifically for women who are students at UCSF. Learn helpful techniques to relax and manage your stress from Felicia De la Garza Mercer, Ph.D. felicia.mercer@ucsf.edu.

### BAGEL TUESDAY

Tuesday, May 7, 8:30-10 a.m., outside the Student Lounge, Mission Bay  
Come get a jump-start on your Tuesday. Meet new friends, learn about campus events and share a cup of coffee with others in the Mission Bay community. Sponsor: SSMB.

### UCSA BOARD MEETING AT MISSION BAY

Friday, May 3-Sunday, May 5, Byers Hall, Mission Bay  
Every month, the UC Student Association (UCSA), a coalition of UC students and student governments, meets at a UC campus to collectively discuss the important pending issues involving student education. In May, this will be held at UCSF Mission Bay. All students are invited to attend and learn about what the UCSA does for students and UC campuses. Free to students. For more information, you

can contact: Lawrence Lin, External VP, GSA; Lawrence.Lin@ucsf.edu; Steven He, Co-External VP, ASUC, Steven.He@ucsf.edu, Jay Rajan, Co-External VP, ASUC, Jay.Rajan@ucsf.edu.

### MUSLIM FRIDAY PRAYER SERVICES: MISSION BAY

Friday, May 3, 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.

### MISSION BAY FARMERS' MARKET

Wednesday, May 8, 10 a.m.-2 p.m., Gene Friend Way Plaza, Mission Bay  
Shop healthy, shop fresh, shop California-grown at the UCSF Farmers' Market every Wednesday (rain or shine). Sponsor: Pacific Coast Farmers' Market Association.

## PARNASSUS EVENTS

### UCSF INTERPROFESSIONAL POST-BAC RESEARCH SYMPOSIUM

Thursday, May 2, 10:30 a.m.-1 p.m., Medical Sciences, 214, Parnassus  
This first-ever event invites you to check out research done by the post-bac students in Med, Pharm and Dentistry. This work may be their stepping stone to UCSF, and they can sure use the feedback and support you can offer. saa.ucsf.edu/iphe-postbac.

### SYNAPSE NEWSPAPER

Thursday, May 2, 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.

### CHANCELLOR'S CONCERT SERIES SPRING 2013

Thursday, May 2, 12:15-12:45 p.m., Cole Hall, Parnassus  
Looking for a place to study or relax between classes? We've got 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.

### ASIAN FILM FESTIVAL: JAKE SHIMABUKURO: LIFE ON FOUR STRINGS

Thursday, May 2, 5 p.m., Cole Hall, Parnassus  
APASA invites you to the Asian Pacific American Heritage Celebration at UCSF. Enjoy a pre-show reception at 5 p.m., followed by the screening and a post-show Q&A with guest speakers. Free.

### UIHS MENTORSHIP DINNER SERIES: YOURS, MINE AND OURS: COLLABORATING ACROSS THE HEALTH SCIENCES

Thursday, May 2, 6-8 p.m., Health Sciences West, 300, Parnassus  
The Underrepresented in Health Sciences (UIHS) Mentorship Dinner Series is open to students and faculty across all UCSF

schools. The series is an opportunity for underrepresented students and faculty to discuss various career development topics and plan one-on-one mentoring opportunities. Please RSVP by April 26. Sponsors: MRC, OCPD, IPE, LMSA, SNMA, FG2C, PRIME. eventbrite.com/event/5858084689/eorg.

### CINCO DE MAYO CELEBRATION

Friday, May 3, noon-1 p.m., Millberry Union Food Court, Parnassus  
Join CLS Arts & Events, Retail Services and Carmelina's Taqueria for their annual Cinco de Mayo celebration, featuring the Bay Area's own Salsa Caliente, who will perform rich and spicy music. Bring your dancing shoes. Free food will be served while supplies last.

### MUSLIM FRIDAY PRAYER SERVICES: PARNASSUS

Friday, May 3, 12:30-1 p.m., S180, Parnassus  
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.

### ASUC MEETING: DENTISTRY, MEDICINE AND PHARMACY STUDENTS

Monday, May 6, 5:30 p.m., Library, CL 220, Parnassus  
Meet your newly elected executive board members at the monthly ASUC meeting and become 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.

### VOCAL CHORDS AT UCSF SPRING CONCERT

Monday, May 6, 7-8:30 p.m., Health Sciences West, 303, Parnassus  
Spend an evening with the Vocal Chords at UCSF. Listen to classic songs both old and new. Sing along or just tap your feet. These concerts are fun for all. Bring your friends and co-workers. Light refreshments will be served. Sponsors: The Performing Arts Fund and CLS Arts & Events.

### STUDENTS OF COLOR: PARNASSUS

Tuesday, May 7, noon-1 p.m., RSVP for location details, Parnassus  
SHCS offers a monthly Students of Color Discussion Group for graduate and professional students. It is designed for students of color to build community and talk about their experiences at UCSF. Topics may include issues around identity, professional relationships, community and support. larry.lariosa@ucsf.edu

### BAWDY TALK: ENHANCING SEXUAL COMMUNICATION & INTIMACY

Wednesday, May 8, noon-1 p.m., Health Sciences West, 303, Parnassus  
Let's talk about sex! Learn how to become more comfortable talking about intimacy both in and out of the bedroom and how to make your sex life more playful and fun. Topics include how to bring up sensitive subjects with partners, dirty talk 101 and enhancing relationship communication. Part of SHCS's Spring Hump Day Student Wellness Series. Free lunch with RSVP, felicia.mercer@ucsf.edu

### PARNASSUS FARMERS' MARKET

Wednesday, May 8, 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.

### UNWIND: STRESS MANAGEMENT FOR WOMEN AT PARNASSUS

Wednesday, May 8, 2-3 p.m., Clinical

Sciences, 517, Parnassus  
Take a breather! SHCS offers this stress management workshop designed specifically for women who are students at UCSF. Learn helpful techniques to relax and manage your stress from Felicia De la Garza Mercer, Ph.D. felicia.mercer@ucsf.edu.

### UCSF RUN CLUB

Wednesday, May 8, 5:30-6:30 p.m., Millberry Union Central Desk, Parnassus  
Please drop by and join UCSF Fit & Rec for a run! Each Wednesday night the Run Club runs various distances (3-6 miles) at a 9-11 minute per mile.

## OFF-CAMPUS EVENTS

### OFF THE GRID

Thursday, May 2, 5-9 p.m., Stanyan and Waller, Upper Haight, San Francisco  
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: CREATURE CARNIVAL NIGHTLIFE

Thursday, May 2, 6-10 p.m., Cal Academy, Golden Gate Park  
Step right up for a night of circus fun inspired by the Academy's marvelous menagerie of creatures. Play good old-fashioned carnival games amongst roaming jugglers and gymnasts from Velocity Circus, and animal-themed Burning Man sculptures including Dusty Rhino. http://bit.ly/NightLifeTickets, http://bit.ly/CLSDiscounts.

## ANNOUNCEMENTS

### INTEGRATIVE MEDICINE FORUM

Saturday, June 1, 8 a.m.-6 p.m., Cole Hall, Parnassus  
Come hear Dr. Elson Haas and Dr. Dean Ornish speak. This event provides valuable information on other forms of healing (yoga, traditional Chinese medicine, acupuncture and more) that suit you or your future patients' needs. The forum can either be a one-day workshop, or students may receive 1.0 unit credit for attending. Attendees will choose one of the three small group sessions throughout the day that most interests them. The forum is open to all schools, and a light breakfast and lunch will be provided. Cost: \$15. Registration required by April 19. http://tinyurl.com/ucsfimn.

### VOLUNTEER OPPORTUNITY FOR GRADUATE STUDENTS!

Student Services at Mission Bay is looking for volunteers on the Mission Bay campus to give small groups of high school and undergraduate students a quick look into your lab and to provide some insight into life as a graduate student at UCSF. Tours will be offered on Thursdays from May 30-August 29. If you are interested in getting involved or learning more specifics, please do not hesitate to contact us at ssmb@ucsf.edu, or call us at (415) 476-9654.

### CALL FOR NOMINATIONS: CHANCELLOR DIVERSITY AWARDS

The Chancellor Diversity Awards highlight the contributions our campus community makes in the advancement of Disability Service, Diversity, GLBT Leadership and Women. Three individuals—one faculty member, one staff member and one student/resident/postdoctoral scholar—will be selected in each category and will receive an award at a special ceremony on Wednesday, October 16. Information on awards, including the nomination form, can be found on the Diversity website. Nominations are due at 5 p.m. on Thursday, May 23. diversity.ucsf.edu/diversityawards.



# Alumni Weekend      Surgery Chair

» FROM HOME PAGE

laughing in some moments, in tears in others, and left with great reflection on his life lessons.”

The Last Lecture was followed by the inaugural Zero Year Reunion, a student-alumni mixer honoring the UCSF Class of 2013, in the Millberry Union Gymnasium.

The School of Medicine Class of 2013 elected to volunteer throughout Alumni Weekend as part of their class gift to the university. Musical entertainment for alumni included a live performance by percussionist Pete Escovedo and his Latin Jazz troupe at the All-Alumni Kickoff Reception on April 26. Following the reception, alumni were invited to hear Christoph Eschenbach conduct the San Francisco Symphony at Davies Hall.

Chancellor Susan Desmond-Hellman hosted a breakfast on Saturday, April 27, where she provided alumni with updates on the state of the school and recognized distinguished alumni across all disciplines. Alumni were also treated to campus tours of the Mission Bay and Parnassus campuses.

Service opportunities included donation of unused medical supplies through the REMEDY (Recovering Medical Equipment for the Developing world) program, training of GLIDE Health Services clinicians, and advising undergraduate students interested in pursuing careers in health sciences.

Each school scheduled several lectures, panels and continuing education events. One such event included Discovery Talks, where UCSF innovators, including Mark Anderson, Jeff Bluestone and Victoria Hale, discussed their transformative work.

Alumni weekend culminated with school and reunion year galas at the Palace Hotel, where alumni were able to reconnect with fellow classmates, faculty and students.

“I’ve enjoyed seeing old friends and classmates this weekend,” said Phil Sapunor, an alumnus from the School of Medicine Class of 1958. “I ran into one of my original anatomy lab partners today, and we both agreed that the current anatomy labs are much cleaner than they were back when we were in medical school.”

Jason Nagata is a fourth-year medical student.

» FROM HOME PAGE

1988 and what is a reality today is a transplant program filled with “people really dedicated to one thing.”

“We have experts in surgery, liver disease, transplant and nursing,” she said, “all of whom are interested in one thing — the best experience and life expectancy for our patients.”

By 2011, UCSF had achieved a survival rate for a one-year post-transplant of 93 percent for those who had received an implant from a deceased donor, and 94.7 percent for living donor transplants. These values are well above the expected rate of 88.4 percent for both.

Dr. Ascher notes that her programs’ successes were not built overnight. She remembers how demoralizing it was to deal with survival rates as low as 20 percent, but over time, incremental changes contributed to great outcomes. Dr. Ascher describes UCSF as having “a critical mass of people and patients that attract research and continues to build upon itself.”

She emphasizes that a great medical service needs health care providers working together and connecting over the most important subject, the patient’s experience.

Dr. Ascher excels as Chair of Surgery, not only for her inexplicable foresight, but because she stays connected to trainees and students. This year, Dr. Ascher received the Francis Moore Excellence in Mentorship in the Field of Transplantation Surgery Award from the American Society of Transplant Surgeons.

Residents and fellows noted that Dr. Ascher is an effective mentor because she treats them like colleagues and not just trainees. Residents and fellows felt “immersed and integral in the program which empowered them and helped their growth.”

Dr. Ascher emphasizes that a meaningful mentor-mentee relationship allows an honest exchange about the student’s career path and the mentor’s willingness to be that student’s advocate.

But how personal can a mentorship be, or is it strictly a professional relationship? Dr. Ascher believes that “elements of caring, friendship come from a good mentorship.” However, she acknowledges the fine line that exists to protect the privacy and separate



Photo courtesy of Dr. Nancy Ascher

Dr. Nancy Ascher, chair of the UCSF Department of Surgery, has devoted her career to organ transplants and transplant research.

personal lives of the mentor and mentee. The role of an effective mentor is not to judge the mentee but to get to know the student, so that the mentor can advise the student appropriately. Opening up to a mentor helps students understand what’s realistic and reasonable for them.

So, what should students do when they meet a potential mentor for the first time? Tips from Dr. Ascher include: “This is your time to give your ‘elevator speech,’ a two- to three-minute introduction to what’s unique about you. Then, it’s completely fine to ask questions about their general experience in their field, work-life balance, and how they got from A to B.”

Furthermore, mentors can guide students by encouraging them to learn from mistakes. This may be a surprise to people not in surgery, but the culture of surgery embraces opening up about their struggles.

For example, regular Mortality and Morbidity conferences bring together surgical teams to reflect on recent mistakes made. By acknowledging areas of improvement in front of trainees, mentors and attendings create an environment that encourages learning from mistakes.

Although it’s expected that “you don’t make the same mistake twice,” when we fail, we have an opportunity to change and become a better doctor, according to Dr. Ascher.

One of the reasons UCSF excels at patient care is that our physicians do not forget what it’s like to be a patient.

Dr. Ascher effectively directs the Department of Surgery by staying connected to her colleagues and her students. However, she continues to be a thoughtful leader by staying connected to patients, no matter how high she ascends in the administration.

Not only is Dr. Ascher ranked in the top 1 percent of transplant surgeons in the nation, but she is a living donor as well.

Three years ago, her older sister urgently needed a kidney transplant. Initially, her brother stepped up to be the donor. But because of complications, Dr. Ascher was the only sibling compatible with her sister.

“My motivation was to help my sister,” she said. “But I also feel that those of us in transplant advocate for live donor transplant all the time. I felt that if I’m giving that advice, I should be willing to take that advice.”

Geraldine Tran is a first-year medical student.

# NEWS BRIEFS

## Three UCSF Scientists Elected to American Academy of Arts and Sciences

Three UCSF scientists have been selected to join the 2013 class of one of the nation’s most prestigious honorary societies for top scholars, scientists, writers, artists and civic, corporate and philanthropic leaders.

The American Academy of Arts and Sciences announced Wednesday the election of 198 new members, including UCSF neuroscientist Arturo Alvarez-Buylla, PhD; UCSF pediatric neurologist Donna M. Ferriero, MD, MSc; and Regis B. Kelly, PhD, director of the Institute for Quantitative Biosciences (QB3).

The new UCSF inductees join more than 50 existing members representing the University. The academy is also a leading center for independent policy research. Members contribute to the academy’s publications and studies covering a variety of areas, including science, technology global security, humanities and education.

## UC Expands Child Care Benefits to Graduate Student Researchers

The University of California will help graduate student researchers cover the cost of child care, starting fall 2013.

The university’s new child care benefit will provide financial aid and support for GSRs. Depending on the campus, GSRs will be offered a grant or will be reimbursed up to \$600 per quarter or \$900 per semester for child care costs.

All UC campuses will offer the child care benefit starting this fall and fund it at their location. UC already offers this child care benefit to union-represented academic student employees, such as teaching assistants, tutors and readers.

## Innovative Coalition Creates Model for Community Health

Despite San Francisco’s advances in biomedical research, high-tech innovation and cutting-edge thinking, the city contends with significant health challenges and disparities across its diverse population, ranking 23rd in health outcomes among California’s 57 counties.

Since 2011, UCSF has been a part of a coalition working under the banner of San Francisco Health Improvement Partnerships (SF HIP) that has been trying to close this gap and achieve measurable improvements in health.

In support of SF HIP’s mission and goals, nearly 150 community, civic, academic and private champions of community health from across the city gathered at the Women’s Building on March 28 in the city’s Mission District to recognize and celebrate the group’s initial successes, and lay the groundwork for efforts of partnership working in five prioritized health areas:

- physical activity and nutrition
- hepatitis B
- alcohol policy
- children’s oral health
- breastfeeding/lactation

# Gay-Straight Dental Alliance



Photo by Mason Tran/D3

The Gay-Straight Dental Alliance held its annual Open Hearts Open Minds spring social mixer, promoting diversity awareness during Alumni Week with opportunities for networking.



MIND&BODY

# May Is Lyme Disease Awareness Month

## Tips on avoiding ticks, which carry the disease

Staff Report

Lyme disease is a cruel illness, brought on in the United States by a spiral-shaped bacterium called *Borrelia burgdorferi* and usually transmitted to humans and animals by the bite of infected ticks.

May Lyme Disease Awareness month brings national attention to the springtime emergence on vegetation and wood of nymph ticks, the second life-stage of ticks. As small as a period at the end of this sentence, they can be very hard to spot! That is why everyone needs to pay attention to this spreading health danger to our pets and us.

According to the Centers for Disease Control, “Typical symptoms include fever, headache, fatigue and a characteristic skin rash called erythema migrans, or EM rash. If left untreated, infection can spread to joints, the heart and the nervous system.”

The key to managing the disease is early detection; the CDC says many cases, if caught early, can be successfully treated with a heavy dose of antibiotics. But prevention remains the best course to follow: You can’t get sick if you don’t have the disease.

The CDC website ([www.cdc.gov/lyme](http://www.cdc.gov/lyme)) has several helpful methods to help you prevent catching Lyme disease. While not as prevalent as they are on the East Coast and Upper Midwest, ticks are a major risk factor in California, particularly because of our mild climate and large amounts of wooded areas populated by wildlife. However, birds and small animals such

as mice, rats, squirrels and others, can carry and deposit ticks anywhere, including in parks and yards.

Symptoms of Lyme disease are divided into early and late symptoms. Early symptoms, usually starting within a few days of exposure, may include an expanding red rash called a bull’s eye rash, flu-like symptoms, fatigue, numbness and tingling, or pain. Early symptoms may fade away or persist.

Later symptoms may not develop for weeks or months, and may even be the first indications that someone has Lyme disease — i.e., some people have no initial symptoms for awhile.

Later symptoms, also called chronic Lyme disease, include fatigue, difficulty sleeping, mood swings, hormone irregularities, soft tissue and joint pain, muscle twitching, sensitivity to light and sound and chemicals, difficult digestion, difficulties with concentration and memory, heart problems and more.

Since not everyone has symptoms right away, anyone with a known tick bite is encouraged to get triage antibiotics of a sufficient dosage to knock out any chance of a Lyme infection. It’s important to see Lyme-literate medical professionals who are used to treating Lyme patients. Referrals to Lyme-literate medical professionals can be obtained at [www.lymenet.org](http://www.lymenet.org); post for referrals in the Seeking a Doctor section.

Tests are not always accurate. There is a culture test available now through Advanced Laboratory Services in Pennsylvania. If the test is able to grow

the bacteria from the blood sample, that’s 100 percent indicative of Lyme disease. A negative result, however, does not mean someone doesn’t have Lyme — it could mean there weren’t any Lyme bacteria in the blood sample.

Antibody tests will test positive only 60-70 percent of the time, even when someone has Lyme disease. This can happen if there are no bacteria in the blood sample, if there are not enough antibodies, or the bacteria have gone into cyst form, etc.

That is why experienced Lyme-literate medical professionals treat clinically, based on history and symptoms. Often a person will test positive after some antibiotic treatment, when they have a stronger antibody response. Many other kinds of treatments may also be done.

Ticks can also transmit other infections, including Babesia, Bartonella, Ehrlichia and others. Anyone is encouraged to look up symptoms of these infections as well. Testing is not perfect for these other infections, so treatment for them is often clinical as well.

Our pets can get these infections too, as well as bring ticks inside. Vets are familiar with these illnesses and treatments for them.

The California Department of Public Health and the Centers for Disease Control offer suggestions to minimize your exposure to ticks and tick-borne infectious disease:

- Avoid wooded and grassy areas, particularly in the summer months, or areas such as fields that have wild rodents (ticks often live on these animals).
- Wear appropriate clothing—always wear long pants with tall socks, if possible tucking your pants into your socks, long-sleeved shirts that are tight at the wrist and a hat. The hair is the most difficult place to find a tick.
- Spray clothing with insect repellent.
- Always check yourself for ticks immediately following possible exposure.

If you have pets, check them for ticks after being outdoors. If you see a tick on your pet, do not remove it with your bare hands; use tweezers or go to a health facility for immediate removal.

In addition to the above-listed instructions, it is also a good idea to have skin tick repellent on, such as various essential oils. And it is very important to have tick repellent on pets, for their health’s sake and so they won’t bring ticks inside. Vets and pet stores offer options.

Even though May is recognized as Lyme Disease Awareness Month, ticks in California are active year-round, with nymph ticks biting in the spring and summer, and adult ticks active November through June. Thus we all need to be careful throughout the year.

The best prevention is to know what to look for. Go online to see what ticks look like and how to remove a tick that you find. Being pro-active and careful during time spent outdoors can have a significant impact on your ability to avoid a run-in with an infected tick.

**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/hpspmc](http://healthcare.goarmy.com/hpspmc).



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— Joanna S.,  
Buyer, Noe Valley



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**Take the IT Security Challenge!**  
**Go to <http://awareness.ucsf.edu>**  
**EVERYONE WINS A PRIZE!**

**You didn't lose your smart phone.**



**You lost private information for 8,273 people.**

**The average electronic data breach costs a healthcare organization over \$2,000,000.**

**That's a lot of resources that could be better spent on patient care, research and education.**

**Be smart – go to [security.ucsf.edu](http://security.ucsf.edu) and use our free tools to protect the UCSF community**  
**Together, we can advance health worldwide - securely.**



OPINION

# On Guns and Passion

By Yi Lu  
Staff Writer

On Wednesday, April 17, the United States Senate voted down a series of bills aimed at strengthening federal gun control laws, including a bipartisan compromise expanding background checks for gun buyers. Although the political conversation in the aftermath of the Newtown shootings seemed to indicate a renewed willingness for Congress to tackle gun control, hopes for any federal action on the issue were thoroughly deflated by the bills’ defeats.

Reaction from the bills’ supporters was swift and forceful. In an op-ed piece in *The New York Times*, former U.S. Representative Gabrielle Giffords, herself a recent victim of gun violence, wrote: “Speaking is physically difficulty for me. But my feelings are clear: I’m furious.”

President Barack Obama, flanked on national TV by relatives of the children killed last December in Newtown, Conn., put it as bluntly: “So all in all, this was a pretty shameful day for Washington.”

These proponents of expanded gun control measures sure didn’t lack in passion. But in the collective post-mortem analysis of these bills, passion was also singled out as a crucial factor in their demise. How else to explain the failure of the bipartisan measure to expand background checks, an issue receiving support from 91 percent of Americans in a January Gallup poll? (I should note here that a host of other important factors contributing to the Senate’s vote have been cogently discussed, including compelling arguments about the demographics of gun-rights majorities in the 50 states.)

“Passion is the sine qua non of politics ... the number of people who prefer more gun control rather than less don’t — by and large — feel that way with a deep burning desire in their soul,” wrote Chris Cillizza of *The Washington Post*.

On the other hand, the passion of individuals involved with gun rights groups such as the National Rifle Association has been a political force to behold.

A *Washington Post*-ABC News poll found that while only 43 percent of adults reported living in a gun-owning household, one in five of gun owners reported having called, written or emailed a public official to express their views on gun control. This figure is double the percentage of non-gun owners who have done the same. According to Vice President Joe Biden, this passion gap figured into the political arithmetic of his former colleagues in the Senate, who expressed concern not about the indifferent 90 percent in support of expanded background checks, but about the impassioned 10 percent who would doggedly work to vote them out of office.

How then can we understand the role of passion in the American political process today? Where does it originate? How is it sustained? Who can wield it? These questions, I think, cut across not just the recent political tides of gun control, but broadly apply to other issues that have inflamed the passions of different pockets of American civic life.

Particularly interesting work can be found in the field of political theory, too extensive to do justice here, which has examined the history, ethics and philosophy of passion in political life. (I can direct interested readers to the November 2002 issue of *Philosophy and Social Criticism*, which ran an entire issue on this question.)

While the congressional debate over gun control may be on hold for now, I cannot get Ms. Giffords’ impassioned words in her *New York Times* op-ed out of my mind: “I will not rest until we have righted the wrong these senators have done ...” Her passion was not enough to tip the scale of the Senate’s vote. How this passion will match up against the impassioned 10 percent remains to be seen.

Yi Lu is a first-year medical student.

# Bike to Work Day

» FROM HOME PAGE

public voices to advocate for these positive changes. They envision a city with a comprehensive network of safe bike lanes. Bikes are a healthy and clean transport option, which make public spaces much more inviting than polluting automobiles. Also, a bicycle is usually the fastest way to travel in the core of The City.

Even the SFMTA, on its website, supports biking: “More and more San Franciscans are riding bicycles every year. The increased bicycle ridership indicates a healthier city, a reduction in auto dependency and a much-needed movement towards sustainable transportation.”

UCSF must recognize the growing importance of bikes to students and employees. Every day the bike cage on Irving Street — the only covered bike parking on campus — quickly fills to capacity. The simplest way to facilitate bike commuting to UCSF would be to provide more covered bike parking on both Parnassus and Irving streets. At the entrance to the Dental School, for example, there is a large covered area where bike racks could and should be installed. Hopefully UCSF, which pledges to support healthy and environmentally conscious living, can make these biking improvements soon.

T. Booth Haley is a third-year dental student

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

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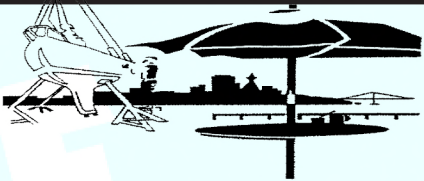
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PUZZLES

The Weekly Crossword by Margie E. Burke

ACROSS

1 Recipe instruction

5 Search party

10 Actress Sheedy of "The Breakfast Club"

14 Novice

15 SAG member

16 In \_\_\_\_ of; in place of

17 "The Iliad", eg.

18 Disgrace

19 Elliptical

20 Annoying

22 Fade away

23 Jacket material, sometimes

24 Wild hog

26 Sudden attack

28 Separate by kind

31 Will-reading attendee

32 Pub fare

35 Stately old dance

36 Blunder

37 High school subj.

38 Unknown author, briefly

39 Radiant

41 Yesteryear

42 Cold War missile

43 Soft murmur

44 Opposed

46 Stage scenery

47 \_\_\_\_ have you

48 Compass heading

49 Experience

50 Wing chair or recliner, eg.

51 Mature

54 Place for small dogs

56 Armstrong or Bass

60 Smell

61 Essential

63 2006 Stephen King novel

64 Rude person

65 Battery cell

66 Sayer and Tolstoy

67 Catch sight of

68 Plains Indians dwelling

69 Advantage

5 Dance step

6 Dark yellow

7 Take a \_\_\_\_ at; attempt

8 Guadalajara hat

9 Before, in poems

10 Audibly

11 Current-carrying

12 Main role

13 Christmas

21 Long ago

23 1967 film, "To \_\_\_\_ With Love"

25 Diplomat

27 Larry Jordan's alter ego in comics

28 Pile up

29 Aretha hit, "\_\_\_\_ You've Been Gone"

30 Muzzle

31 Spartan serf

32 Separated

33 Cattle catcher

34 Penetrate

37 Grand exhibition

40 Scoring target

45 Calf meat

47 Scalp cyst

49 Transport boat

50 Gardening tool

51 Judge's garment

52 Altar declarations

53 Break down, with "out"

55 Upon

57 Require

58 Plumber's job

59 Otherwise

61 Wine tank

62 Big name in jeans

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SUDOKU Edited by Margie E. Burke

Difficulty : Easy

		3	6					
8		2			5			3
		5	8		4			
5								
				1				5
					3	8	2	1
	4							1
			5			7		
9			1	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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PATHWAYS TO DISCOVERY

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OPINION

Time-Wasting Tip #13 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've decided to finally dust off the official list of grad-student approved webcomics for your time-wasting pleasure. They're all a bit goofy, esoteric, somewhat vulgar but safe for work; most importantly, they are all very, very nerdy.

1. **PhD Comics** You should already be familiar with this comic from Synapse's weekly print edition. If you are not, you need to go to [PhDcomics.com](http://PhDcomics.com) and catch up. It'll take a while, considering the comics have been around for almost 10 years. There's a handy list of the 200 most popular comics on the lefthand side of the page.

2. **Xkcd** Many of you are also likely familiar with this. Like Phd Comics, xkcd is heavily science-oriented, with more of a computer science and math focus. Some of the comics go over my head, but I still check every Monday, Wednesday and Friday for a new one ([xkcd.com](http://xkcd.com)).



Make sure to mouse over the image for a secret message in each comic!

3. **Abstruse** **Goose** ([abstrusegoose.com](http://abstrusegoose.com)) I hadn't heard of this one until a grad student friend pointed it out to me, but it also has a scientific humor about it. The most recent comic, all about penultimate authors on journal articles, hit particularly close to home. I have a feeling the author isn't foreign to scientific publication...

4. **Saturday Morning Breakfast Cereal** ([SMBC-comics.com](http://SMBC-comics.com)) Perhaps my favorite webcomic of all. SMBC is updated daily and pretty much exclusively covers science and philosophy. Like xkcd, there's always a secret extra panel if you mouse over the red button at the bottom (it took me a year or so to notice it!).

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

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





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