

MISSION OF
NNLAMS:

To unify all Latino
medical students into
one organization.

To provide a voice for
underrepresented
medical students.

To actively promote
recruitment and reten-
tion of Latino students
at all levels.

To educate medical
students on Latino
health issues.

To advocate for the
rights of Latinos in
health care.

To provide leadership
opportunities for Lati-
nos.

INSIDE
THIS ISSUE:

Welcome 1

Elections '08 1-2

Our Service 2

G. L. A. S. 3

NNLAMS 3-4
Conference

AMA Policy 4
Update

Health 4
Tips

Regional 5
Updates

N. N. L. A. M. S.

VOLUME IV, ISSUE I

FALL 2008

Welcome from the National Coordinator

¡Bienvenidos!

It is with great pleasure that I welcome new NNLAMS members and greet our established student body to the 2008-09 year. We look forward to a productive year through collaboration among the five regions and other national student organizations. Our regional NNLAMS leadership and delegates are already planning regional conferences to be held early next year. Our participation and collaboration with other organizations began with our representation at the annual AMA Medical Student Section meeting in June and support of AMSA's National Primary Care week in October.

In efforts to improve networking, we plan to make available a new website platform for January 2009 where students and chapters can register in a more streamlined fashion and connect with other students through forums while continuing to receive news updates. We encourage students from all regions to attend the national conference and consider running for national positions.

Unity is the special bond that has turned the concept of NNLAMS into a common denominator for all Latino(a) medical students nationwide. We look to the future and seek new ways to promote the recruitment and education of Latinos and Latinas into medicine. With this vision, NNLAMS strives to equip its student leaders with the right materials to make a positive impact on society and provide a voice for Latino(a) medical students nationwide. With this, I leave you to your creative thoughts and thank you for your support, dedication, and strong work. It is a privilege to serve you.

Ruben Font, Jr.

National Coordinator, NNLAMS 2008-09

Elections '08: Healthcare Positions Compared

The upcoming 56th Presidential elections with no doubt will be a historical event for the United States. It was the 15th Amendment to the U.S. Constitution in 1865, after the Civil War, which gave African Americans the right to vote and the 19th Amendment in 1920, ending the Women's Suffrage movement, which gave women the right to vote. Today in 2008, regardless of the final polling on November 4th, history is again being made with Sen. Barack Obama as the first African American presidential nominee and Gov. Sarah Palin

as the first woman vice-presidential nominee. On the other hand, we are also making history with our current economic and health care crises. With a record of 46.6 million Americans uninsured today, many wonder what our soon to be decided president will do to address the current health care crisis. Whether you side with "change and not more the same" or prefer the "maverick reformers" it is important we all know where each presidential candidate stands in regards to pressing health care issues that will affect our practice and profession as phy-

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-sicians and the lives of our patients. The table below is a comparison of the positions of Sen. Barack Obama versus Sen. John McCain on selected healthcare issues. The information was obtained from an interactive program provided by the Kaiser Family Foundation at www.health08.org. This program allows you to select specific key health care issues and compare the positions of each candidate. I encourage you to use this interactive tool and other sources to learn more about our presidential candidates as we countdown to Election Day. Remember, every vote counts.

Tina Gamboa, MS III
Midwest Region

John McCain

Barack Obama

HEALTH CARE REFORM & IMPROVING COVERAGE

- Remove the favorable tax treatment of employer-sponsored insurance; promote insurance competition; and contain costs through payment changes to providers, tort reform and other measures.
- Provide a refundable tax credit of up to \$2000 (individuals) and \$5000 (families) for the purchase of health insurance.
- Allow insurances to be sold across state lines.
- Work with states to create a federally-supported Guaranteed Access Plan for people who are denied coverage due to pre-existing conditions.
- Require all children to have health insurance, and employers to offer employee health benefits or contribute to the cost of the new public program. Expand Medicaid and SCHIP and create the National Health Insurance Exchange through which small businesses and individuals without access to other public programs or employer-based coverage could enroll in a new public plan, like Medicare, or in a range of approved private plans.
- Provide income-related subsidies to help individuals buy qualified insurance.

RACIAL & ETHNIC DISPARITIES

- Has not addressed
- Collection of racial and ethnic patient data, promoting prevention and public health, implementing health plans and provider performance, and promoting a diverse health workforce.
- Supports research into racial and ethnic disparities in health outcomes.



UIC NNLAMS-LaRaMA
Mayra Cruz registering a voter.



UIC NNLAM-LaRaMA
members and a voter.

Our Service-Voter registration

The Midwest chapter, UIC NNLAMS-LaRaMA, participated in the upcoming presidential elections by outreaching to potential voters in Latino and African American communities of Chicago. Students from NNLAMS La-RaMA joined SNMA in a voter registration drive held in the primarily Latino and Spanish-speaking community of Pilsen and a second held on the southeast side of Chicago at a weekly flea market. Successfully they registered approximately 30 new voters. Their effort to encourage eligible voters to register and vote continued with their participation in two additional drives with The Resurrection Project of Chicago, a nonprofit organization dedicated to creating healthy communities. This time they outreached at local Catholic Churches in Little Village, another prominent Latino community of Chicago, and registered approximately 60 new voters.

G. L. A. S.

This year's annual Garcia Leadership and Advocacy Seminar (G.L.A.S.) took place in San Diego, California at the University of California San Diego, School of Medicine. It was a joint event with our western NNLAMS region, the Latino Medical Student Association (LMSA), during their 2008 Leadership Conference. This leadership seminar was founded in 2000 at the University of Texas Medical Branch Galveston and in the spirit of Dr. Hector P. Garcia, for which G.L.A.S. is named after, NNLAMS leaders from across the country convene each year to sharpen their leadership skills, networking platforms, and discuss current issues affecting Latino health.

The seminar is designed to equip our board members and officers with the proper tools to have a successful year with NNLAMS and beyond. It provides a venue to establish our plans and goals for the academic year.

This summer, NNLAMS' annual projections were assessed by examining the goals of each officer position for the 2008-09 year. The logistical and financial planning of the national conference and the direction of NNLAMS were addressed with great emphasis on improving service,

unity, and leadership. We also discussed our relationship with the National Hispanic Medical Association (NHMA), who has supported us for the national conference since its inception, and drafted a student agenda for the NHMA-NNLAMS committee. Additionally, we addressed regional collaboration through group innovations and emphasis on unified efforts.



We thank LMSA along with the University of California San Diego, School of Medicine for hosting us during this important meeting. Additionally, we thank Mark S. Pecker, M.D., Program Director and Professor of Clinical Medicine at Weill Cornell Medical College, Department of Medi-

cine, for his continued support to our seminar that is aimed at equipping our members with the proper tools to become successful patient advocates and community leaders in the future.

Ruben Font, Jr., MS IV
NNLAMS KU

President Clinton, who became acquainted with Dr. Garcia while registering voters in the Rio Grand Valley in 1972, called him "a national hero."

4th Annual NNLAMS National Conference

In 2009, NNLAMS will be holding its 4th Annual NNLAMS National Conference in partnership with the National Hispanic Medical Association (NHMA) 13th Annual Conference. This landmark event will be held on **March 19th-21th, 2009** in Brooklyn, NY at the *New York Marriott at the Brooklyn Bridge*. Please visit <http://www.nhmad.org> for further details on the NHMA Conference.



Continued on next page

Why should you attend?

- The NHMA conference is attended by over 600 physicians and other health professionals dedicated to Latino health and the issues relating.
- Over 100 medical students attend from across the country for workshops with tips and advice on preparing for USMLE I and 2, residency programs and applying, and much more.
- To hear from nationally



recognized and accomplished physicians on current Latino Health issues such as health access, diabetes, HTN, cancer, HIV and more.

- For the residency fair with representation from programs across the country.
- To have the opportunity to present your research at the NHMA research and poster session.

Details of conference program to come and will be posted on our website soon.

AMA Policy Update

The Higher Education Act (HEA) is a law designed to help medical students finance their education. The average medical student completes their medical education with more than \$139,000 of debt. HEA was designed to create and require “greater transparency on behalf of lenders and give students more information to enhance their

financial literacy and better manage their loans.” In August, HEA was signed by the President. Complimentary actions to this law and to addressing the issue of substantial financial burden on medical students, according to the AMA, is to “seek new loan deferment pathways to assist medical students and residents to better manage their high debt burden during their initial year in residency. The AMA

supports bills currently pending in both houses, S. 2303 and H.R. 4344, that would permanently restore the 20/220 path way, a loan deferment program for eligible medical residents.

This AMA update is brought to you by AMA Newsroom and NNLAMS AMA-CMSO liaison, Mike Lopez.

Tips to Share With Your Patients . . .

In honor of breast cancer awareness month and the millions of women burdened by this disease, I've provided information and tips on breast cancer detection to share with your patients.

How can I find breast cancer early?

The best way to find lumps is to do 3 things:

1. Have regular mammograms (usually every 1-2 years starting around age 40).
2. Have your doctor check your breasts (every 1-2 years beginning in your 20's).
3. Check your breasts yourself every month.



Changes to look for in your breasts:

- Any new lumps (which may or may not be painful)
- Sticky or bloody discharge from your nipples
- Any changes in the skin such as dimpling or puckering
- An unusual increase in size of one breast
- One breast unusually lower than the other.

These tips and more can be found at <http://familydoctor.org>.

Regional Updates

NORTHEAST REGION

The National Boricua Latino Health Organization (NBLHO) held their House of Delegates (HOD) meeting on Saturday, October 25, 2008 at New York University School of Medicine (New York, NY).

Are you a premedical or medical student attending school in the northeast region and interested in starting a NBLHO-NNLAMS chapter at your campus? If so NBLHO has a DVD start-up kit and other resources available to help your organization get started.

Save the Date!

2009 NBLHO REGIONAL CONFERENCE

Date: February 20-22, 2009

Location: University of Pennsylvania School of Medicine (Philadelphia, PA)

www.nblho.org

MIDWEST REGION

The Midwest House of Delegates meeting was held on September 15, 2008 at UIC in Chicago, IL. The following schools were attended: Loyola, U of Chicago, Indiana, Rush, U of Michigan, U of I Urbana Champaign, UIC, Northwestern, and Kansas University.

Save the Date!

2009 MIDWEST REGIONAL CONFERENCE: "The New Faces of Medicine"

Date: January 17, 2009

Location: Medical College of Wisconsin (Milwaukee, WI)

To register: www.nnlams.com/midwest/

The UIC NNLAMS-LaRaMA chapter has had a busy fall celebrating



our culture at their 2nd Annual Hispanic Heritage Month Event which included authentic Mexican food, dancing and karaoke. They have also been active in the community partnering with the Hispanocare organization and providing health screening and exams at over five health fairs in Chicago. In effort to fundraise for their annual Choca Scholarship awarding over \$1000 to entering medical students they have organized Bake sales, Paleta sales, and a Salsa night..

Save the Date!

American Diabetes Association Health Fair November 15, 2008 in Chicago.

For more information: http://www2.uic.edu/stud_orgs/prof/larama/

NNLAMS at Kansas University partnered with Heart 2 Heart International on October 4, 2008 in a health fair that served over 1,000

people in the Kansas City community. Participants received free health screenings and activities such as Zumba aerobic exercise.

SOUTHWEST REGION

The southwest region has been active during the months of September and October with Hispanic Heritage Months events celebrating and health fairs. At Southwestern, NNLAMS students displayed posters explaining the contributions of different Hispanic people in history such as artists, writers, singers and many more. The NNLAMS students at Baylor organized a Dia de la Mujer Latina in September which provided health screenings to hundreds of women in Houston, Texas.

WEST REGION

The NNLAMS west region, LMSA, held their regional meeting at OHSU in Portland, Oregon in conjunction with SNMA Region 1 Inc.'s conference, "Raising Environmental Consciousness in Today's Minority Healthcare Community" on October 24-26, 2008.

In addition, the 8th Annual LMSA-SNMA Pre-health Conference was held at UC Irvine (Irvine, CA) on October 25, 2008.

University of Colorado Denver

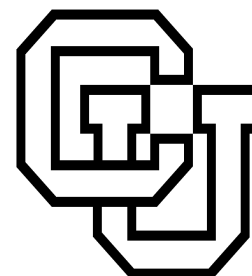
School of Medicine

Department of Pharmacology

and

University of Colorado at Boulder

Institute for Behavioral Genetics



Summer Undergraduate Research Fellowship (SURF) Program for Underrepresented Populations (2009) – Paid Stipends and Travel Expenses

The SURF program is a ten-week program for undergraduate students from underrepresented populations that provides the opportunity to conduct laboratory research; present results; attend seminars; and interact with fellow students, lab members, and faculty. Topics include cellular and molecular pharmacology, signal transduction, neuropharmacology, addiction research, biochemistry, molecular structure, molecular genetics, genomics, and bioinformatics. Applicants should have at least 1 year of college experience. Stipend and travel expenses are provided. The deadline for applications is March 13, 2009. This program is funded in part by the American Society for Pharmacology and Experimental Therapeutics.

For further information or to request an application, please contact:

Melissa Adams, Univ. of Colorado Denver

Ph (303) 724-3286, Fax (303) 724-3663

Department of Pharmacology, Mail Stop 8303

melissa.adams@ucdenver.edu

RC1 North, 12800 E. 19th Ave., P18-6101

For more information or to download an application form, visit website:

Aurora, CO 80045

<http://www.uchsc.edu/pharmacology/summerprog>

Reserve a Space for your Advertisement in Our Newsletter Today!

NNLAMS represents 70% of all Latino medical students from coast to coast.

Advertising in our NNLAMS newsletter can help you reach members in five US regional chapters: Northeast, Southeastern, Midwest, Southwest, and West regions. For more information email fundraising chair *Elizabeth Homan-Sandoval* at elizabeth.homan@gmail.com.

Ad Size and Prices

Quarter page: \$150

Half page: \$300

Full page: \$600

NNLAMS 2008-2009 NATIONAL OFFICERS AND BOARD MEMBERS

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	Mario Teran	Univ. of Arizona

Dear Readers,

It has been a busy Fall for NNLAMS and this year's 2008-2009 NNLAMS board got off to a running start after the newly elected leadership was chosen at the National Conference in Washington, D.C. in April. Many chapters celebrated Hispanic Heritage Months during the months of September and October in their on spirit, others exercised civic duties by registering voters for the upcoming presidential elections, and several of our chapters have already held health fairs in their local community or are planning for such events. I hope you enjoyed the featured article on the presidential hopefuls and their positions. NNLAMS is a bipartisan organization and does not officially support any one candidate. The intent of the article was to make us all informed voters and encourage civic participation. If you would like to make contributions to the newsletter you can email cgambo3@uic.edu. I welcome your ideas and feedback and look forward to the upcoming Winter and Spring newsletters.



Sincerely,

Tina Gamboa, MSIII
 UIC-Chicago COM
 Publication co-chair