



The Latino Informant

Volume 9

Spring Issue, 2016



Welcome!
From the LMSA Midwest Executive
Board



From the Editor

¡Hola LMSA familia!

We have had such an exciting year! It gives me great pleasure to share this spring edition of the Latino Informant with you. LMSA Midwest has done a wonderful job and it could not have been done without all of your amazing hard work and dedication! We have come a long way from our House of Delegates meeting at Loyola. The regional conference in Cincinnati, OH was a success and I am looking forward to seeing many of you at the National Conference in Pomona, CA. In this issue I will provide some highlights of the regional conference. In addition, you will meet your incoming executive board for the 2016-2017 year. I will be moving on as your Chief Development Officer of the LMSA Midwest. At the end of this issue you will meet your next Regional Policy Chair, Salvador Delgado Fernandez.

I would also like to thank all of the amazing students that participated in the Research Symposium. We had 27 poster presentations thanks to your help! Please continue presenting your research, as it is an invaluable experience.

It's been a great year mi familia. Let's continue the progress and change for a better future tomorrow! If you are interested in participating in any committee to continue with progress, please email me @ policy.midwest@lmsa.net. As always, we appreciate any feedback, comments or questions. Looking forward to hearing from you soon!

In health,

Jessica Ocampo, MS3

LMSA Midwest Regional Policy Chair

Loyola University Chicago Stritch School of Medicine

In this Issue:

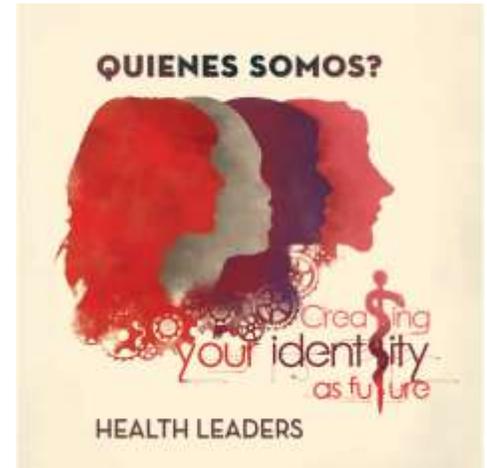
- Highlights from the LMSA Midwest Regional Conference and Research Symposium
- Leadership Transitions
- Health Policy-Single Payer
- LMSA Policy Summit 2016
- NHMA Conference
- Salsa Night hosted by Hispanocare
- Immigration Caucus
- LMSA Chapter Updates
- Match Day 2016

Rising M3's, Crush Step 1!!
Happy Studying!



26th Annual LMSA Midwest Regional Conference “¿Quienes Somos? Creating your identity as future Health Leaders”

The 26th Annual LMSA Midwest Regional Conference was held on February 26-28th at the University of Cincinnati College of Medicine. The theme of our conference reflected leadership and how medical students can create their identity as future health leaders. We heard from many wonderful speakers who shared their journey in finding their identity as a health leader. They also provided participants with advice on how to become effective leaders in their position. Our first keynote speaker, the Assistant Dean of Diversity and Inclusion and Associate Professor of Family Medicine at UC-COOM, Dr. Lewis, gave an inspirational and motivational talk on “Creating a Professional Identity in Medicine” via a global example. Later we heard from our next keynote speaker, Dr. Correa, on “What Does It Take to be a 360 Degrees Leader”. She outlined the essential list of characteristics in becoming a well-rounded leader. As ophthalmologist, she had been involved with Curso de Liderazgo on behalf of the Pan American Association of Ophthalmology. Lastly, we were left in awe after hearing closing remarks from our last keynote speaker, Dr. Peiró. He is currently the Endoscopic fetal surgery Director of the Cincinnati Fetal Center. His talk dared us to be fearless of perfection and to continue exploring the innovative changes in medicine. He taught us to have a curious mind as we explore our journey in medicine.

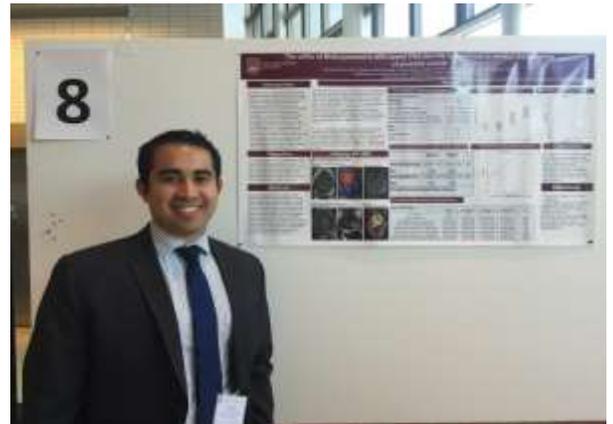


Winners of the 2016 Annual Research Symposium

First Place: Lezigo Obiyo (Loyola) for research on “**The influence of literacy and education on online health information seeking behavior in cancer patients**”

Second Place: Abriella Stone (UIC-Urbana Champaign) for research on “**Using Evidence Based APHASIA Therapy to Develop an iPad Program to Treat Language Impairments**”

Third Place: Omar Diaz (UIC) for research on “**#IAMAMinorityInScience: Addressing the Shortage of Underrepresented Minorities in Healthcare**”



Above: Honorable Mention-Ever Arias (Loyola) for research on “Multiparametric MRI based PSA density calculations accurately predict the presence of clinically significant prostate cancer prior to MRI/Ultrasound fusion biopsy.”



Congrats to all those who participated in the Research Symposium!

This year’s symposium was hosted a variety of research ranging from Health Policy and Advocacy to Translational Research. Thank you UC-COM for providing such an amazing space. Special thank you to all the student scientists for presenting such amazing and innovative research. You are all doing a great job and we encourage you to come back and present at future conferences. We look forward to the future submissions for next year’s conference!

Leadership Transitions

This year, the LMSA-MW Region was fortunate to have received such dedicated energy and teamwork from all the Executive Board members. Co-Presidents Ana Mauro and Valeria Valbuena have shown exceptional leadership for our organization both regionally and through representing us at the national level.



At our Regional Conference in Cincinnati, we had an amazing turnout of students from our member-LMSA institutions. We are happy to announce the election of our new Executive Board, which includes some continuing members. The new e-board will continue its pursuit of excellence in programming, advocacy, and representation for its members under the direction of our re-elected Co-President, Valeria Valbuena and newly elected Co-President, Grace Keeney. Congratulations to our new leadership team!



Letter from our New Midwest Regional Policy Chair

Salvador Delgado Fernandez

I'm an M1 at University of Illinois College of Medicine in Urbana this year, but in Rockford next year. I ran for policy chair because I want to be more involved in both LMSA and in advocating for the myriad of issues we face in medicine, especially as future Latino physicians. Fun fact: I danced Ballet Folklórico in undergrad, and wish there was a studio near me to keep dancing.

From our school (the Urbana campus), the on-campus mentorship program we started to help pre-meds has expanded to 65 undergrad-med student pairings. We're also helping to finalize planning for our annual Med Day for pre-meds to visit our med school building, and are partnering with Campaña de Salud, an annual health fair by our students.

Health Policy: Why we need Single Payer

In case you missed the presentation by Dr. Susan Roger on “So, Why single payer?” at the LMSA Regional Conference, here is a little summary of the data and information that support why single payer would be beneficial to our country.

What is Single Payer?

Single-payer national health insurance is a system in which a single public or quasi-public agency organizes health financing, but delivery of care remains largely private. It is essentially “Medicare for all.” Under a single-payer system, all Americans would be covered for all medically necessary services, including: doctor, hospital, preventive, long-term care, mental health, reproductive health care, dental, vision, prescription drug and medical supply costs.

Our Current System...

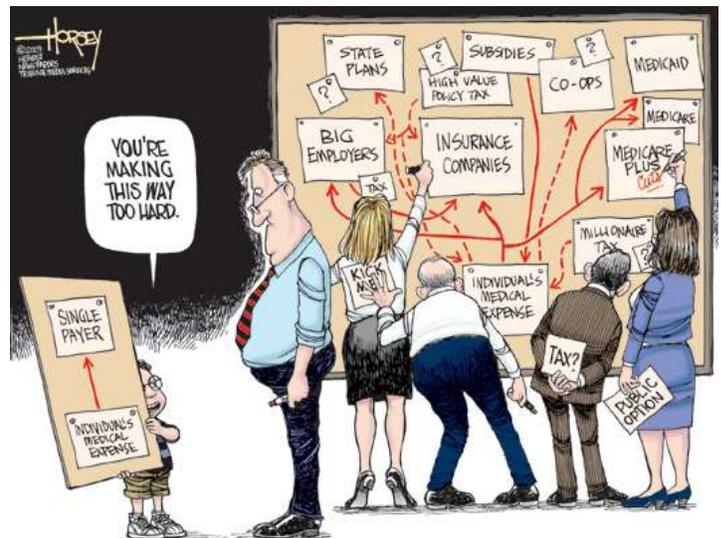
The U.S. public spending per capita for health is greater than total spending in other nations. We spend 17% GDP compared to only 8% in the UK. The US spends more on technology and drugs, and yet we cover fewer of our citizens. Although we might be at the forefront of medicine, we still are lacking in terms of life expectancy (compare US average age 78.8 to 82.8 in Italy), infant mortality, and maternal mortality. Prices for hospital and physician services, pharmaceuticals and diagnostic imaging vary within cities, regions, and countries as the market forces decide the price. We are not the only country that finances health care through market-driven insurance, but we are the only country that allows prices to be set through the private marketplace. For that reason, our healthcare is currently being driven by pharmaceutical companies and private insurance companies.

How much could the states save on administrative waste by adopting a statewide single-payer program?

Data on total health expenditures by state (excluding administrative spending) is available at: http://www.cms.hhs.gov/NationalHealthExpendData/05_NationalHealthAccountsStateHealthAccountsResidence.asp#TopOfPage

The Challenges

Access to care, choice, benefits and costs are some of the



current challenges our country is facing in our health care system. Although recent data show that uninsured rate is now less than 10% we still need a system that includes everyone regardless of part-time work status or legal status. Medicaid enrollment has increased due to ACA; however, recent data show that many specialists will not see kids with Medicaid (Blagaler J, Rhodes KV. N Engl J Med 2011;364:2324-2333). Therefore, Medicaid does not solve all the access problems patients have. Furthermore, there are restricted choices with private insurances as you are limited to a network and must pay more to go out of network.

Single Payer-Medicare for All

Through this system, there would be automatic enrollment so as to keep everyone in and nobody out. There would be a federal guarantee and all RESIDENTS of the US will be included, regardless of legal status. Single payer would also expand choice for everyone and not limit to a restricted network of providers, hospitals or formularies.

What can we do?

Ask your congressman to **support HR 676 “Improved & Expanded Medicare for All.”** Which would include automatic enrollment of a comprehensive benefit package, full choice of physician and hospital, no copays or deductibles. There will be progressive tax financing and costs will be contained through budgeting, capital planning with an emphasis on primary care.

Save the Date!!

LMSA POLICY SUMMIT

October 21-23rd, 2016

Join medical and other health professional students in Washington, D.C. to discuss and debate healthcare topics that affect our Latino community.



Hosted by:

George Washington University School of Medicine

- Opportunities to network with Latino physicians, congressional leaders and fellow medical students.
- LMSA Congress of Delegates
- Workshops on health policy including resolution writing and much more

Interested in Policy? Consider obtaining the LMSA Policy Certificate

The LMSA Policy Certificate was designated to stimulate medical students to practice and develop crucial skills in policy, including analysis, research, writing, public speaking, presentations, and policy planning. This will enable them to appropriately integrate Latino health inequities of quality, access, and cost with the associated political, social, and economic factors of the Hispanic patient population. The LMSA national policy team believes that this certificate helps to address the critical need for politically responsive medical students, preparing them to become effective Latino health advocates and leaders as they move forward in their careers. This certificate is ideal for those medical students interested in pursuing a profession involving Latino health policy, and additionally provides formal recognition of one's accomplishments in this arena.

For more information, visit <http://lmsa.net/policy/delegates/policy-certificate/>.

Join us at the 20th Annual Joint National Conference!

A Joint Conference on Advancing Hispanic Health: *the Next 20 Years*



leading the way

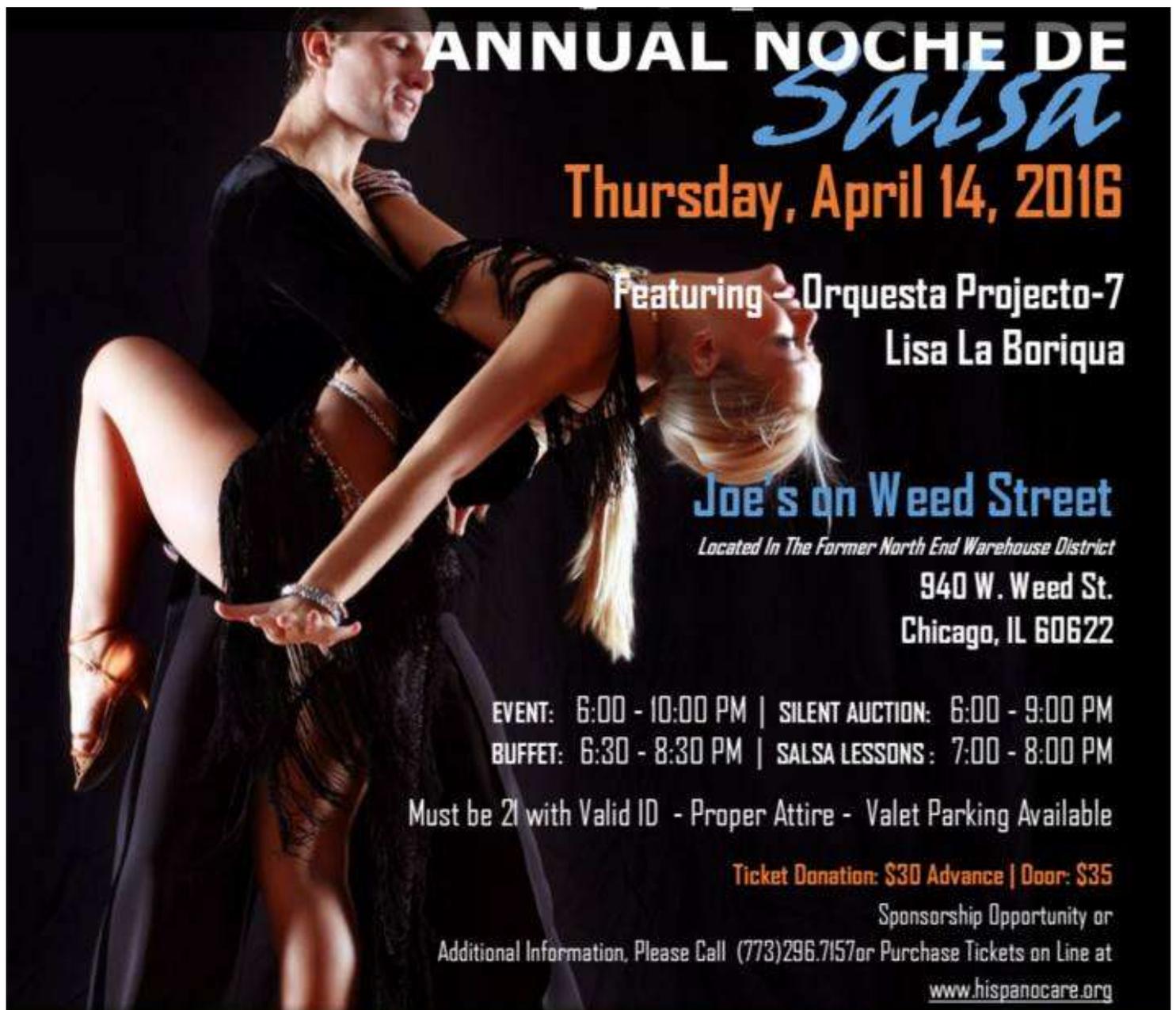
April 21-24, 2016
Renaissance Hotel
Washington, DC



Salsa Night! Sponsored by Hispanocare

Hispanocare was formed in 1988 by Illinois Masonic Medical Center. It is a not-for-profit PPO network of nearly 100 bilingual and bicultural providers representing almost 100 office locations in the city and surrounding suburbs. **Hispanocare** considers itself a benefactor to the community, not just a provider of healthcare. For example, Latino students entering the health field benefit from sponsored scholarships that range from \$1,500 to \$7,000 each. To date Hispanocare has awarded an excess of \$512,000 to 177 Latino students.

Salsa Night is the first of two fundraising events where proceeds raised directly benefit the scholarship fund. The cost per ticket is \$30 and the event includes pizza, wing and salad buffet, salsa lessons, live music, silent auction and much more.



ANNUAL NOCHE DE SALSAS
Thursday, April 14, 2016

Featuring – Orquesta Proyecto-7
 Lisa La Boriqua

Joe's on Weed Street
Located In The Former North End Warehouse District
 940 W. Weed St.
 Chicago, IL 60622

EVENT: 6:00 - 10:00 PM | SILENT AUCTION: 6:00 - 9:00 PM
 BUFFET: 6:30 - 8:30 PM | SALSA LESSONS: 7:00 - 8:00 PM

Must be 21 with Valid ID - Proper Attire - Valet Parking Available

Ticket Donation: \$30 Advance | Door: \$35
 Sponsorship Opportunity or
 Additional Information, Please Call (773)296.7157 or Purchase Tickets on Line at
www.hispanocare.org

LMSA National Immigration Caucus

Who we are:

The Latino Medical Student Association (LMSA) serves to represent, support, educate, and unify US Latino medical students on the unique health challenges faced by Latino communities. In response to the persistent marginalization of a certain subset of the Latino population, the undocumented community, LMSA medical students established this Immigration Caucus to further evaluate the needs of this particular community.

Purpose:

The LMSA Immigration Caucus was created with the goal of serving as a forum for student leaders to engage current policies that are closely intertwined with disparities in health care and health outcomes faced by the undocumented subset. This caucus will serve as a source of knowledge for future Latino physicians regarding immigration issues, raising awareness of immigrant health issues specifically affecting the Latino population and creating a social network of immigrant Latino pre-medical student, medical students, residents, physicians, and allies.

Goals:

In addition, we will work with the student mentorship regional and national committees to increase awareness and support for undocumented students pursuing a medical education. Within this demographic there are a number of college graduates who are DACA eligible and wish to serve their community as physicians. Medical schools that have opened their doors to DACA-eligible students are improving minority representation within the medical profession to better reflect the demographics of diverse patient populations, a vital component in the goal of reducing disparities in health care and health outcomes. The LMSA Immigration Caucus will continue to pressure medical schools to expand admission eligibility to DACA medical students in order to meet the increasing demand for language and cultural concordance within patient-physician relationships.

Overall, we hope to provide a platform of support and advocacy for the underserved immigrant communities through the various resources and networks LMSA has to offer.

Meet the Executive Board at the LMSA Policy Summit in Washington D.C.!

- **Chair:** Jake Begres, M1, Loyola Stritch
- **Vice-Chair:** Manuel Bernal, M2, Loyola Stritch
- **External Liaison:** Michael Hipp, M1, University of Michigan
- **Recruitment Chair:** Cesar Montelongo, M1, Loyola Stritch
- **Policy Mentor:** Nelly Gonzalez, M1, Loyola Stritch
- **Secretary:** Marcela Zhou, M1, David Geffen School of Medicine at UCLA
- **Networking/Communications:** Ana Ortiz, M2, UCSD School of Medicine

Physician Chair: Orlando Solas, MD, Mount Sinai Hospital

Faculty Vice-chair: Lucia Garcia, Center for Community and Global Health, Loyola Stritch

Faculty Advisor: Mark Kuczewski, Bioethics Department, Loyola Stritch

LMSA Chapter Updates!

Great work UIC-LMSA!

Their LMSA chapter had a bake sale to raise funds for the Choca Scholarship. In addition they organized a blood drive, and helped in a Health Equity Symposium. In an effort to promote interprofessional networking, they held a joint social Salsa night with the UIC Hispanic Student Dental Association. Finally, they ended their year of hard work with the annual LMSA Gala!



Loyola LMSA has also been working hard to raise funds for scholarships exclusively for students with DACA status. Here they are shown at Salsa Night fundraiser!



Share your chapter updates at policy.midwest@lmsa.net! We'd love to see what other chapters have been doing over the year. This also helps existing chapters think of creative ways to fundraise and to continue increasing the diversity at our schools.

Have updates? Send photos with your chapter name to be included on the next newsletter!

Match Day: March 18, 2016

Congrats to all those who matched this year!!

As we transition from leadership, we bid a special farewell to Ana Mauro who has been deeply involved with LMSA throughout her medical school career. We wish her the best of luck as she embarks on her Med-Peds journey at UIC!! Congrats Ana!



Thank you Readers,

It has been a pleasure serving as your Regional Policy Chair for LMSA-MW! I look forward to continue working with you and the e-board as your Chief Development Officer for the 2016-2017 year. I hope you enjoyed this newsletter. Any questions, comments, or feedback is always appreciated @ policy.midwest@lmsa.net.

Sincerely,

Jessica Ocampo, MS3

Additional health policy resources for further reading:

<http://www.politico.com/p/pages/sequestration/>

www.americanhealthline.com

www.insidehealthpolicy.com