Cover Artist
Diana Torres

Diana C. Torres, a native of Bogota Colombia, immigrated to the US to study visual arts at The Interlochen Center for the Arts in Michigan. She then moved on to receive her bachelors degree in fine arts with an emphasis in painting and drawing at The School of the Art Institute of Chicago (SAIC), where she was honored as a Merit Scholar. She is currently working on her Masters of Fine Arts with an emphasis in animation at SAIC, while also working as the main 3D artist for the creative PHSCologram design company (art)n Laboratories.

Much of Diana’s solo work explores themes of political conflict in the developing world. She is now working on her thesis animation, Anonymous, a piece that focuses on violence against women during armed conflicts.

Her solo work has been exhibited internationally in Australia, Bosnia and Herzegovina, the United States, Italy, and her native Colombia.
About the LMSA Midwest Region

Our History

The Latino Medical Student Association - Midwest was originally founded as the Latino Midwest Medical Student Association (LMMSA) in 1990 at the University of Illinois. It later joined with other regional organizations as the National Network of Latin American Medical Students (NNLAMS)- Midwest, which as of July 2009, was renamed to the Latino Medical Student Association (LMSA). It is a student run organization dedicated to issues of advocacy, access and education of Latino and Latina students in medicine and health care.

The LMSA Midwest consists of dedicated medical students from Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Ohio, and Wisconsin.

This regional group is a part of a non-profit larger national organization who is working to network students from across the country.

Our Mission

♦ Unify all Latino Midwest medical students into one organization
♦ Provide a unified voice for under-represented medical students
♦ Actively promote recruitment and retention of Latino students at all levels
♦ Educate medical students on Latino health issues
♦ Advocate for the rights of Latinos in health care
♦ Provide leadership opportunities for Latinos
♦ Promote volunteerism in the Latino community

Our House of Delegates Conference

Upcoming Event — Fall 2012

Every fall semester LMSA Midwest hosts a House of Delegates Conference, where representatives from each chapter meets in one location to discuss opportunities for regional development. This past HOD was hosted by Rush University and was attended by over twenty chapters from various states of the Midwest.

If your chapter would like to host next year’s HOD Conference please email LMSA.Midwest@gmail.com for more information.

About our host: ISCHA

The Instituto Del Progreso Latino (IDPL) created the Instituto Health Sciences Career Academy, a new charter high school that will pave the way for the next generation doctors, nurses, informatics professionals, and bio-technicians. The high school serves 600 Chicago youth in grades 9 to 12.

Our Host is the city’s first charter health science career academy and it was designed to address the shortage of Latinos in the healthcare field and to support Chicago’s efforts to provide high-quality education options. Located in Chicago’s Pilsen neighborhood, Instituto Health Sciences Career Academy is an unique facility that fully integrates health sciences into an general studies curriculum to provide students with a rigorous college prep curriculum so they can succeed in competitive colleges and universities. The school also offers the opportunity for students to earn professional certification for high-wage entry-level positions in the healthcare field.

Photograph above from this year’s HOD at Rush University
It is with great pleasure that we welcome you to the 22nd Annual Latino Medical Student Association Midwest Regional Conference “Academic Medicine: Educating Tomorrow’s Doctors”. During this conference and throughout the year, we have put the focus on accomplishing our core missions. These goals include unifying all Latino Midwest medical students, providing a voice for underrepresented medical students, actively promoting recruitment and retention of Latino students at all levels, educating the public, our peers, and our members about Latino health issues, advocating for the rights on Latinos in health care, providing leadership opportunities for Latinos, and promoting volunteerism in the Latino community.

We have worked diligently in honor of the more than two decades of service since we were established as the Latino Midwest Medical Student Association (LMMSA) in 1990 at the University of Illinois at Chicago - College of Medicine. Consisting of dedicated medical students from the Midwest, our region is growing fast. We are proud that every year, we send the largest number of students to the National Conference, and have the most students on the National Board.

This year we were able to expand our membership, strengthen our chapters, deepen our funds, and commence innovative ideas from our members. This year we have included in our program what we started at our two years ago: Research Poster Symposium, a LMSA MW Mentor of the Year Award, and a community service projects. This year we are introducing a new component of our regional conference: high school student workshops. This year the participants are students at our host school, Instituto Health Sciences Career Academy. In the fall, we hosted our House of Delegates meeting at Rush University in Chicago, IL. The Keynote Speaker was U.S. Assistant Surgeon General James M. Galloway, MD, FACC, FACP, FAHA and all participants left the event feeling empowered by him and our other speakers.

We encourage each of you to run for a regional position today. It is only with your help that we can accomplish our core missions.

Thank you for being a part of this organization, working together with us towards our goals of increasing underrepresented minorities and Latinos in Medicine, and decreasing health disparities in Latino Community. Thank you for taking advantage of this conference and the ample opportunities for learning and networking.

Siempre adelante,

LMSA Midwest Executive Board 2011-2012
March 1, 2012

Greetings, my friends:

As the Regional Health Administrator for Region V and U.S. Assistant Surgeon General, it is with great pleasure that I extend my warmest greetings all those gathered for the Latino Medical Student Association (LMSA) 22nd Midwest Regional Conference "Academic Medicine: Educating Tomorrow’s Doctors." I commend the Midwest Regional Executive Board for organizing this important annual event and bringing dedicated health professionals and students together to discuss issues such as health care advocacy and health disparities.

I would like to extend a warm welcome to the hundreds of students who have traveled throughout the Midwest Region to attend this conference in Chicago, Illinois. It is wonderful to hear that this conference will not only include pre-medical and medical students, but high school students and residents as well.

The LMSA Midwest’s commitment to providing a platform for development of minority students and promoting volunteerism in the underserved community ensures a brighter future for us all.

Best wishes for a successful conference and a successful career in health care.

All the Best!

Warm Regards,

RA DM James M. Galloway, MD, FACP, FACC, FAHA
Assistant U.S. Surgeon General, USPHS
Regional Health Administrator,
U.S. Department of Health and Human Services, Region V
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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| 08:00 – 08:45 AM | Registration  
Continental Breakfast Co-Sponsored by Kaiser Permanente and ExamKrackers |
| 09:00 – 09:10 AM | Welcome Address by LMSA Midwest by Co-Presidents Emma Olivera and Stacey Pereira  
Welcome Address by NHMA Council of Residents by John Franco, MD |
| 09:10 – 10:00 AM | Latin America Health Care System: Implications of Health Care in the U.S.  
*Keynote Speaker - Aida L Giachello, PhD* |
| 10:00 – 10:50 AM | Latinos in 2020: Where will we be? What will you do?  
*Guest Speaker - Jorge Girotti, PhD* |
| 11:00 – 11:50 AM | Workshop I  
**High School**  
Neuroanatomy Demonstration *(Commons)*  
**Undergraduate**  
Social Responsibility in Medicine *(203)*  
**Medical Student**  
Preparing Your Success for USMLE Step 1/ Step 2/ ERAS *(118)*  
**Resident**  
America’s Health Centers: One of the Nation's Great Success Stories *(119)*  
**All levels**  
1. Strategies for Achieving Cultural Competency *(114)*  
| 12:00 – 01:00 PM | Networking Lunch *(Lunchroom)*  
*Exhibitor Fair (12:00 — 03:00 PM)* |
| 01:00 – 02:00 PM | Research Symposium  
*Dance Presentation by Corazon Bolivia* |
| 02:00 – 02:50 PM | Workshop II  
**High School**  
The Paths in Medicine are Limitless *(Commons)*  
**Undergraduate**  
1. The Application Process (MD vs DO) *(203)*  
2. Medical Students’ Perspective to Success *(118)*  
**Medical Student**  
1. Single Payer Healthcare and Physician Advocacy *(210)*  
2. Handling Financial Debt *(211)*  
**Resident**  
Building the Next Generation of Academic Physicians Initiative *(119)* |
| 03:00 – 03:50 PM | Workshop III  
**High School**  
The Road to College -Scholarships and More *(Commons)*  
**Undergraduate**  
1. The Application Process (MD vs DO) *(203)*  
**Medical Student**  
1. Guest Panel of Mentors in Specialty Fields *(118)*  
2. Handling Financial Debt *(211)*  
**Resident**  
NHMA COR: Meet and Greet Information Session *(119)*  
**All Levels**  
Choosing a Career in Academic Medicine *(114)* |
| 03:50 – 04:15 PM | Addressing Health Disparities in Chicago  
*Closing Guest Speaker Joe G.N. Garcia, MD* |
| 04:15 – 05:00 PM | Midwest Regional Business and Elections: *(Commons)*  
All Medical Students: please join us in choosing next year’s regional leadership. If you are interested in being a part of LMSA Midwest Executive Board please see position descriptions available on page 27. |
| 06:30—8:30 PM | Cocktail Networking Dinner Event: *Medical District Marriott Hotel* *please register limited availability* |
| Sunday March 25 | Highschool Health and Fitness Day: IHSCA High School  
Please Join us in volunteering for Midwest Latino Healthcare Day (details pg. 18) |
Dr. Giachello is a Professor at the Department of Preventive Medicine, Feinberg School of Medicine, Northwestern University. Prior to joining the faculty at Northwestern University, she was on the faculty of Jane Addams College of Social Work, University Of Illinois-Chicago (UIC), for 25 years and established the Midwest Latino Health Research, Training and Policy Center. There she conducted health disparities research in the areas of chronic diseases such as diabetes and cardiovascular using community participatory action research methods.

Dr. Giachello did her undergraduate work at the University of Puerto Rico in Social Sciences (Psychology and Sociology); her master’s degree in community organizing, planning and policy work from the University Of Chicago School Of Social Services Administration, and her Ph.D. in Medical Sociology with a specialty on minority/Latino health, also from the University of Chicago.

Aida L. Giachello, PhD
Northwestern University

**Latin America Health Care System:**
**Implications for Health Care Reform in the U.S.**

In 2008-2009, under the a fellowship of the Chicago Community Trust, several Latin American countries were visited with the intention to develop a better outstanding of their health care systems. This presentation will briefly describe the system of some selected countries and discuss their implicatons for US health care reform and services delivery to Hispanics/Latinos.

Dr. Girotti is an Assistant Professor in the Department of Medical Education and serves as Associate Dean and Director of Admissions and Special Curricular Programs at the UIC College of Medicine. Additionally, he directs the Hispanic Center of Excellence in Medicine (HCOE). As Director of Admissions, he manages all admissions processes for the College. As Dean of Special Curricular Programs, he oversees the Baccalaureate/MD program and the Urban Medicine curriculum. His role as Director of the HCOE is wide-ranging, from developing a competitive pool of Latino applicants for the college, to improving the hiring and retention of Latino faculty. The focus of his educational and research work is on cultural issues that impact the physician-patient relationship, and the provision of quality medical care.

He earned a doctorate in Educational Administration and Policy from UIC in 1990, and a Master of Arts in Counseling and Guidance in 1983 from Northeastern Illinois University. His professional activities include: member of the Illinois State Board of Health; member of the Board of Governors, Institute of Medicine of Chicago; treasurer of the Hispanic Serving Health Professions Schools; member of the Board of Directors, National Hispanic Medical Association, and Aspira, Inc. of Illinois.

Jorge Girotti, PhD
University of Illinois at Chicago

**Latinos in 2020:**
**Where will we be? What will you do?**

Overview of trends that impact both the number and also the responsibility of Latino health care professionals to address disparities that burden Latino communities.

Dr. Joe G.N. "Skip" Garcia, the Vice President for Health Affairs at the University of Illinois Hospital & Health Sciences System is a leading authority on lung biology and disease, and the genetics, prevention, and treatment of inflammatory lung injury especially in susceptible populations such as African Americans and Latinos. Dr. Garcia is an accomplished physician scientist with nearly 400 peer-reviewed publications and an expansive research portfolio of NIH sponsored research. He is internationally recognized for his expertise on the genetic basis of lung disease and the prevention and treatment of inflammatory lung injury. His research focuses on understanding biochemical and the molecular basis of lung inflammation, especially vascular leak.

Dr. Garcia is a passionate advocate for the training of physician scientists and is an active supporter of minority medical and science students. He has nurtured many minority students at UIC, Johns Hopkins and the University of Chicago, guiding them into M.D. and Ph.D. programs.

Joe G.N. Garcia, MD
University of Illinois at Chicago

**Addressing Health Disparities in Chicago**

In this talk, Dr. Garcia will discuss the challenges that face academic medical centers that serve the medically underserved, explain the health care disparities that exist in Chicago, and highlight the importance of a diverse medical workforce. Attendees will also gain insights into the application of emerging technologies in the reduction of health care disparities.
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Kaiser Permanente Northern and Southern California Residency and Fellowship Programs
Neuroanatomy Demonstration

This session will introduce high school students to the wonders of the Human brain! We will discuss the basic brain cell, also known as neurons, their cell-to-cell communication, various functions of the cerebral cortex, and how dysfunction causes symptoms specific to different neurological diseases. This session may examine the origin and symptoms of seizures, strokes, depression, and Alzheimer disease.

The Paths in Medicine are Limitless — P. Melissa Hernandez

A panel of students from various paths in the health field will discuss their journey into their respective studies, how they serve their communities, and answer questions about what it is like to be in their position as a current student.

The Road to College (Scholarships and More)

This is an interactive workshop where you will learn about making a smooth transition to the college of your choice. During the session you will learn how to navigate the post-secondary educational system. Get tips on the application process, types of degrees you can pursue and more importantly about how to pay for it!

The session will cover: Admissions, Academic Resources (IL residents and undocumented students), Financial Aid, Scholarships, and 2 year vs. 4 year institutions, Private vs. Public, Campus life and more.

Presenter: Alicia J. Rodriguez is a Program Coordinator for the Hispanic Center of Excellence (HCOE). She currently manages the Medicina Scholars Program at the University of Illinois at Chicago (UIC) – College of Medicine. The initiative is a three year pre-medical program that serves undergraduate students. Prior to joining HCOE, she served as the pre-health advisor with the Latin American Recruitment and Educational Services (LARES) program. She holds a BA in Sociology from Loyola University Chicago and a MEd from the University of Illinois at Chicago. She has worked with the Latino community throughout her career and has been at UIC since 2004 where she currently serves on the Executive Committee for the Chancellor’s Committee on the Status of Latinos (CCSL). Alicia also is a member of the DREAM Gala committee working to support undocumented students in higher education.

Co-Presenter: Annette De La Torre graduated from the University of Illinois at Chicago, received a B.A degree in Applied Psychology, and Sociology. She also received her certification as a nursing assistant for the state of Illinois. She is currently working on her pre-requisite courses for a master’s degree in nursing.

Annette is currently an Academic Advisor and Admissions Counselor for the Latin American Recruitment and Educational Services program (LARES) at the University of Illinois at Chicago. She advises undergraduate students who are interested in pursuing a degree in the health field such as pre-medicine, pre-nursing, pre-physical therapy, pre-occupational therapy etc. Annette is also co-chair of special events for the organization Latino Committee on University Affairs (LCUA) at the University of Illinois at Chicago.
<table>
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<th>High School Workshop Moderator and Student Panelists</th>
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| **Moderator, P. Melissa Hernandez, MA**  
UIC College of Nursing |
| Melissa has been at UIC for 11 years working on special programs funded by HRSA grants. Her passion is working in higher education and working with underrepresented minority students. She is passionate in working on reducing disparities in education and health care settings, especially with the Latino population. She has devoted and volunteered a lot of time and energy to many projects including health screenings, health fairs, Latino initiatives on and off campus for student recruitment and has taken on leadership roles in committees regarding these initiative. Her master's degree is in education and leadership development. |
| **Denistry Student, Yasmin Farid, D3**  
UIC College of Denistry |
| Yasmin is a third year dental student at the University of Illinois College of Dentistry. Along with her passion for dentistry is her passion to service in the community. Yasmin has been an active dental student in the community through her participation in various dental organizations. She is currently servicing as the fundraising chair for the American Association of Public Health Dentistry, the President & Founder of the Illinois Academy of General Dentistry and the President of the Hispanic Student Dental Association at UIC College of Dentistry. As president of the HSDA, Yasmin has spearheaded philanthropic events through El Valor Community Center, La Esperanza Medical Clinic, and YMCA Black and Latinos Achievers Program. Through these experiences, she was able to teach the community about the importance of oral health as well as teach high-school students how to pursue a career in dentistry. Yasmin is also a current member of national organizations, such as the American Dental Association, Chicago Dental Society, Illinois Dental Society, and American Student Dental Association. |
| **Nursing Student, Adriana M. Sandoval**  
UIC College of Nursing |
| Adriana is currently in the Graduate Entry Program at UIC CON. It is an accelerated program for those who chose nursing as a second career and consists of two parts - the first is a 15-month equivalent to a BSN and the second is a continuation into a Master's program. At the end of the day she will have an MSN and is specializing to become a Pediatric Nurse Practitioner. Prior to entering nursing she obtained her BA from Brown University in Anthropology. |
| **Nursing Student, Victoria Lopez**  
UIC College of Nursing |
| Victoria was born in Chicago and lived in Little Village until she moved to Berwyn in December 1999. She attended high school at J. Sterling Morton West and graduated in 2006. She completed her undergraduate prerequisites at UIC in order to apply to the College of Nursing. Currently, she is enrolled at UIC College of Nursing and will be graduating in May. She has completed rotations in medical-surgical (adult), pediatric, psychiatric, and obstetric (women's health) nursing. She is also involved in College of Nursing's Student Council and working as a research assistant with a faculty member. |
| **Emergency Medicine Technician (EMT) Student, Jonathan Velez**  
UIC College of Nursing |
| Jonathan was born in Chicago. After working as a lifeguard for Chicago Park districts for three years he knew he wanted to help others in the time of an emergency situation. He graduated in August 2010 and immediately started classes in Malcolm X College for a six-month EMT course. It was not until he did a “ride along” with Chicago Fire Department (CFD), performing CPR, and visualizing the pre-hospital advanced life support that his ambition was fueled to continue his education in medicine. He completed the program on the top of my class and desired to learn more. He obtained his CPR and first-aid instructor certifications, is currently in a 12-month paramedic program which widely recognized consisting of seven months didactic and five months ride along with Chicago fire department. Jonathan is currently employed at Swedish hospital as an ER technician and have experience on a private ambulance company know as ATI. Once his 12-month course is over he will continue on as a paramedic and possibly go further into his studies. |
### Undergraduate Workshop Descriptions

**Social Responsibility — Rudy Montero, JD**

Recognizing that many have come before us and many more will follow, this presentation focuses on the responsibility that Latino professionals have with regard to their families, schools, and communities at large.

**The Application Process (MD vs DO) — “Sunny” Gibson and Jill Harman, M.Ed**

Hear tips and advice about the preparation and application to medical school. Tips cover course work, AMCAS, MCAT, interviewing, professionalism, and choosing a medical school. Ask your questions about the process and how your application is reviewed. To how many schools should you apply? How many MCATs is too many? What can I do to make my application more competitive? What are the regulations governing the background checks?

Our co-presenter during this session will discuss the similarities and differences of the osteopathic medical school application process.

**Medical Students’ Perspective to Success — Current Students**

Panel of current medical students will discuss their journey to medical school and give advice on lessons learned. We’re here to answer your questions! Topics will include the application process itself, the MCAT, and what it’s like to be in medical school and succeed.

This will be primarily a Q & A session.

### All Levels Workshop Descriptions

**Strategies for Achieving Cultural Competency at the Health Care System Institutional Level**
— Aida Giachello, PhD (Keynote Speaker)

These presentation will define some key terms in the field of cultural competency and proficiency and then will describe specific policies and action steps to be implemented by health administrators/policy-makers to gradually change health care delivery institutional norms, policies and practices in an effort to increase cultural competency in services delivery.

**“Life Death and Politics in Chicago’s Public Hospitals” — David Ansell, MD**

Dr. David A. Ansell Author of “County” will be discussing his experience from Intern to Attending Physician for Cook County Hospital know as “Stroger” — the most notorious public hospital in the nation. Gain perspective on the historic battle between public and private hospitals through the 80’s and 90’s, and how Cook County served Chicago’s most needy for nearly 50 years. Ask questions on what its like to practice in a public hospital, how you can make a difference, and where America’s hospital systems are now with regards to serving the under served. Dr. Ansell now serves and Chief Medical Officer at Rush Medical Center among other current and past titles. He is available for Q & A.

**Choosing a Career in Academic Medicine — Joe Garcia, MD (Closing Speaker)**

A discussion of the challenges and benefits of a career in academic medicine, from the position of physician, physician-scientist, and educator. Dr. Garcia currently serves as the Vice President for Health Affairs at the University of Illinois Hospital & Health Sciences System.
Undergraduate / All Levels Workshop Speakers

Social Responsibility

Son of immigrant parents, Rodolfo Monterrosa hails from sunny Southern California. He received his bachelor’s degree from Stanford University and graduated from the Notre Dame Law School in 2001. As a solo practitioner, he practices in the areas of criminal, immigration, personal injury and family law. He serves part-time as one of two bilingual deputy public defenders for St. Joseph County. Honored in the Michiana’s 40 under 40 Class of 2011, Attorney Monterrosa volunteers his time as president of the Board for La Casa de Amistad and Vice-Chair for Recruitment for the Hispanic Alumni Board of the University of Notre Dame. He serves as an adjunct assistant professor of law at the University of Notre Dame Law School.

The Application Process (MD vs DO)

Presenter: Sunshine “Sunny” Gibson, originally from Portland, Oregon, is the director of the Office of Diversity at the Feinberg School of Medicine at Northwestern University. She works with student, faculty, resident, staff, and community constituencies to address issues of underrepresentation in medicine, cultural humility, institutional belonging, educational partnership, and health inequities. Her focus for the past four years has been to design and integrate programs using a model of diversity as a driver of institutional excellence. She has worked on diversity at the national level with the Association of American Medical Colleges (AAMC) and is a member of two AAMC bodies, the Group on Student Affairs Committee on Diversity Affairs and the Group on Diversity and Inclusion. Sunny is currently finishing a doctorate degree in Higher Education at Loyola University Chicago.

Co-Presenter: Jill L. Harman, M.Ed. graduated from Glenville State College in 1993, receiving a B.S. degree in Behavioral Science and a minor in Music. She received a Master of Education from Ohio University in 2001 and she is also working on her Ph.D. in Higher Education at Ohio University. Her research interests include identifying success factors of first-generation, Appalachian medical students as well as factors of influence on specialty choice. Jill has presented nationally to both the AAMC and AACOM on the use of electronic communications in student recruitment and communicating with the Millennial Generation. She has served nationally as vice-chair of both the AACOM Council of Medical School Admissions Officers and Alumni/Development Professionals. While at the Ohio University Heritage College of Osteopathic Medicine, Jill has served as associate director of admissions and director of alumni affairs. She currently serves as the OU-HCOM director of admissions.

“Life Death and Politics in Chicago’s Public Hospitals”

David Ansell, MD, MPH, is Vice President for Clinical Affairs and Chief Medical Officer, Associate Dean for Medical Affairs and Professor of Internal Medicine at Rush University Medical Center in Chicago, Illinois. Prior to coming to Rush in 2005, he was the Chief of Internal Medicine at the Sinai Health System in Chicago, Illinois from 1995 to 2005 and Executive Vice Chairman of the Department of Internal Medicine at the Chicago Medical School. At Sinai, he was responsible for the establishment of the Sinai Urban Health Institute, a leading health disparity research and intervention center.

Dr. Ansell received his medical degree from the State University of New York Upstate Medical Center at Syracuse in 1978, after matriculating at Franklin and Marshall College (1974). He trained in Internal Medicine at Cook County Hospital from 1978-1982 and served as an attending physician there until 1995 holding a number of positions including Division Chief of General Internal Medicine and Primary Care. He was the founder of the Breast and Cervical Screening Program at Cook County Hospital in 1983. Dr. Ansell has a Masters in Epidemiology from the University of Illinois, School of Public Health.

Dr. Ansell is Board Chair of the Metropolitan Chicago Breast Cancer Taskforce, a not for profit agency that is looking at metropolitan Chicago interventions to improve the quality of breast care and reduce breast cancer mortality disparity in the region. He is also a Director and Chair of the Quality and Patient Safety Committee for the Cook County Health and Hospital System. He is a member of the Association of American Medical Colleges Integrating Quality Steering Committee. His research interests include access to health care, health disparity reduction, quality and patient safety and he has lectured widely on these subjects. Dr. Ansell has recently published a book based upon his experiences at Cook County Hospital entitled, “County: Life, Death and Politics at Chicago’s Public Hospital.”
Preparing Your Success for Step 1/Step2/ ERAS — Current M3’s and M4’s

Hear from a panel of current medical students who were just in your shoes! They will give their tips, tricks, and the DL on how to prepare for your board exams and residency applications.

This session will be primarily Q & A

Single Payer Healthcare and Physician Advocacy — Anne Scheetz, MD

Healthcare reform is a major topic of national debate; few people are satisfied with the healthcare system we have. At the end of the workshop participants will be able to answer the following three questions: What specifically is wrong with the current US healthcare system; what kind of healthcare system do we need; how are physicians (and medical students) working to move our society from where we are to where we should be.

Handling Financial Debt — Andrew Franger

It’s no secret medical school is expensive. In this presentation, learn how to best manage your financial debt in way that fits with your lifestyle and career path. Various types of financing and payback options will be explored as well as strategies to minimize your debt throughout your training.

Guest Panel of Mentors in Specialty Fields — Current Physician Specialists

Not sure what specialty to choose? Hear the perspectives of mentors in various fields to help you decide.
*see next page for details

Orthopedic Surgery
Internal Medicine/ Heme-Onc
Plastic Surgery
Emergency Medicine
Psychiatry
Medical Student Workshop Speakers

**Single Payer Healthcare and Physician Advocacy**

**Speaker:** Anne Scheetz, MD, FACP, retired from the practice of medicine in September 2010 to work full-time as a volunteer for single-payer national health care. She earned her medical degree from the University of Illinois and completed a residency in Internal Medicine at Cook County Hospital, Chicago. Her thirty years of active medical practice included primary care general internal medicine in private office and hospital-based clinic settings; continuity care to the homebound through physician home visits; Emergency Department and office based teaching of medical students and residents; and ten years’ experience on her hospital’s Pharmacy and Therapeutics Committee and Institutional Review Board. She is Board Certified in Internal Medicine with Added Qualifications in Geriatric Medicine. She is a frequent speaker for single-payer national health care through Physicians for a National Health Program and the Illinois Single-Payer Coalition.

**Handling Financial Debt**

Andrew Franger is a representative for GL Advisor. GL Advisor is a unique service designed to help professional graduates navigate financial issues and make the best decisions regarding debt. With expertise in the management of repaying student loans, GL Advisor assists clients with lowering the cost of their student loan debt through structured repayment strategies and the utilization of federal student debt relief programs, as appropriate. Our service also spans beyond student debt and provides clients with comprehensive financial planning, tax preparation services and professional investment advice.
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<th>Medical Student Specialty Physician Speakers</th>
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<tr>
<td><strong>Pedro Rodriguez, MD - Plastic Surgery</strong></td>
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<tr>
<td>OSF Saint Anthony Medical Center, Rockford, IL</td>
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<td>Dr. Rodriguez earned his medical degree from Michigan State University College of Human Medicine, in East Lansing, Michigan. He completed a five-year general surgical residency at SUMMA Health Systems in Akron, Ohio, which ultimately led to his Board Certification in General Surgery. During his time at SUMMA, Dr. Rodriguez performed many operations on all body systems, from trauma to breast cancer surgery. His energy and skills led to his position as chief trauma and surgical resident. He was then accepted to the University of Illinois at Chicago Plastic Surgery program, where he received extensive training and became proficient in plastic and reconstructive surgery also leading to his Board Certification in Plastic Surgery. Dr. Rodriguez continues his educational career by lecturing and attending plastic surgery meetings around the country. Dr. Rodriguez has been published in several medical journals and has received the Chicago Society of Plastic Surgeons Research Award (2007) as well as the Andrew Kerr Outstanding Research Award (2004). Dr. Rodriguez had a private plastic surgery practice in San Juan, Puerto Rico from 2007 to 2009.</td>
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| **Mark H. Gonzalez, MD - Orthopedic Surgery** |
| University of Illinois                      |
| Dr. Gonzalez is currently the Riad Barmada Professor and Chair of Orthopedic Surgery at the University of Illinois. He is also an adjunct professor of mechanical engineering. Previously he was Chairman of Orthopedic Surgery at Stroger Hospital. His areas of research and publication are in peripheral nerve regeneration and biomechanics. |

| **Sylvia Jaramillo, MD—Internal Medicine, Hematology/Oncology** |
| Mayo Clinic                                           |
| Her family never let her forget what being Colombiana was all about: the music, the food, the language, and passion for everything I do. Her parents ingrained in her the pride of being an American citizen, an unwavering ambition for education, and the belief that if she worked hard enough, she could become anything she wanted. She grew up in Los Angeles, and completed her undergraduate studies in Biology at the University of California, Irvine. She completed medical school at the University of Utah School of Medicine. In 2009, she moved to Minnesota where she is currently completing her last year of internal medicine training. She will be moving to Houston, Texas this June to begin a Hematology Oncology fellowship at MD Anderson. The evolving ethnic make-up of our country necessitates further awareness of, and participation within, cancer prevention, detection, and research efforts within minority populations. As a Latina physician she sees this as her calling and will devote her career to improving the medical care our communities deserve. She has been involved in LMSA from the beginning and has served on the executive LMSA board. She passionately believes in the power of mentorship. She will continue to mentor pre-medical undergraduates and medical students as they navigate their own path into medicine. **Adelante!** |

| **Liza Pylch, MD, MBA — Emergency Medicine** |
| Dr. Liza Pilch MD, MBA Assistant Professor teaching all four years at Rush Medical College and is involved with the ACEP Teaching Fellowship offered by the American College of Emergency Physicians, Emergency Medicine Physician and Physician Advisor for Accretive Health, a Chicago consulting firm. |
WORKSHOP I

*America’s Health Centers: One of the Nation’s Great Success Stories*
Overview of the history and characteristics of Federally Qualified Community Health Centers and their role as the safety net for the underserved poor populations of the USA.

If time permits, and Q & A session afterward to dialogue about striving for balance in a career as a physician.

Frank M Castillo, MD, MA, FAAFP
Northwestern Feinberg School of Medicine
Erie Family Health Center–Humboldt Park

Castillo is a graduate of the University of Notre Dame, in 1981 with a BA in Sociology and in 1990 with an MA in International Peace Studies. In between those two degrees from Notre Dame, he attended medical school at the University of Wisconsin—Madison and received his MD in 1988. He completed his specialty training in 1993 in Family & Community Medicine, also through the Medical School of the University of Wisconsin—Madison.

In pursuit of his mission, he has practiced with the underserved Latino populations of northeastern New Mexico, South Bend, Indiana, the Pilsen community of Chicago, and currently at Erie Family Health Center–Humboldt Park, taking care of a predominantly Latino population in the near northwest side of Chicago. His clinical interest is diabetes mellitus, which is one of the most prevalent diseases affecting the Latino population.

WORKSHOP II

*Building the Next Generation of Academic Physicians Initiative*
Toolkit to aid medical Students and residents in their pursuit of an academic medicine career

John Paul Sanchez MD, MPH
Clinical Instructor, Montefiore North ED
Steering Committee Investigator,
Building the Next Generation of Academic Physicians Initiative (BNGAP)

WORKSHOP III

*National Hispanic Medical Association, Council of Residents, Meet and Greet Information Session*

John Franco, MD
Family Medicine Resident, Northwestern McGaw
Research Symposium Participants

**First Place**
George K. Gallardo, Medical College of Wisconsin
“Survival in Patients with Classic Hypoplastic Left Heart Syndrome vs. Double Outlet Right Ventricle Variants”

**Second Place**
Elise Heeringa, Mary Calderone, and Karla Bernardi, Loyola Stritch School of Medicine
“Trends in Participation in a Peer-Led Medical Spanish Program for Medical Students”

**Third Place**
Elise Madrid, University of Chicago Pritzker School of Medicine
“Breastfeeding Disparities and Opportunities for Improvement Nationally and Locally”

**Honorable Mention:**
Kimberly Jerdan, University of Illinois College of Medicine at Rockford
“Acral Lentiginous Melanoma in Minorities”

Robert Sanchez, University of Chicago Pritzker School of Medicine
“The Costs of ‘Free’ Clinics: Challenges and Solutions at the Pritzker School of Medicine”

Chris Castaneda, University of Chicago Pritzker School of Medicine,
“Mental Health Disparities: A South Side Chicago Perspective”

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**“Midwest Latino Healthcare Day”**

Please Join Us!

Sunday, March 25th starting at 8AM

LMSA-MW regional community service event titled "Midwest Latino Healthcare Day" involves working closely with up to 100 Latino high school students from throughout the Chicago Metro-area. Our goals are to **promote health awareness and recruitment into the health professions for Latino high school students!**

Students will be rotating through various interactive sessions that cover health issues that disproportionately affect the Latino Community (hypertension, diabetes, obesity, and teenage pregnancy), using lectures, wet pathology specimens, and clinical skills instruction.

**We need chaperones and instructors for the groups as the rotate through interactive stations throughout the day.** Please join us as you are able, for a morning or afternoon! Your presence and enthusiasm are key to the success of this community event.
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-Joseph A. Flaherty, MD
1971 Alumnus, UIC College of Medicine

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The University of Michigan Health System offers a diverse and comprehensive learning experience in an exciting setting. We are dedicated to building a community that is broadly diverse and mutually supportive. We are committed to nurturing those individuals who wish to serve underrepresented patient populations.

Located in Ann Arbor, near Detroit, Michigan is a modern hospital in a vigorous, leading medical school. Here our residents have constant contact with not only the newest technologies but also leaders in many fields from Anesthesiology to Surgery. While the University of Michigan Hospital is our primary training site, we also offer a variety of experiences in many settings outside of Ann Arbor including primary care in both urban and rural settings and subspecialty rotations in many sites in Southeastern Michigan. Fellowship opportunities are available for post-residency training in many subspecialty areas.

The City of Ann Arbor offers advantages that are not usually found in a city of its size. There are many recreational and sporting activities in the area and a rich cultural life including museums, art fairs and concerts of all types. And, of course, there are the activities of the Wolverines. Ann Arbor has the “feel” of a small town with the cosmopolitan nature of a “big city.”

Residency and Fellowship Programs at The University of Michigan

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WEB SITES
How to Use This Guide

On behalf of the 2011 National LMSA Executive Board, we would like to introduce to you the LMSA “Residency Guide.” Our inaugural 2007 residency guide has become a mainstay of our conference. We are continuing to build on the original guide and working to provide you with more information and resources to approach the residency application process. In order to help you get the most out of the guide we have some tips on how to use it.

The guide has the following main components: choosing a residency, how to apply for residency, tips from residents and 4th years, advice about specialties, and finally a compilation of key resources that are numbered and referenced in the appendix. Of course, we also have advertisements from residency programs that help us to publish the guide.

Your medical school will be instrumental in helping you to determine precisely what the key deadlines and dates are for you. You should take advantage of your school’s career and residency guidance services. By starting early with your planning you will have a better idea on how to successfully negotiate the residency application process.

Don’t hesitate to contact LMSA’s alumni to get any of your questions answered and to give you a rundown of their experiences with the application process. Our alumni may be at programs you are interested in or may have friendly advice to offer.

How to Choose a Specialty

Once you have your medical degree you need to complete supervised training in the field of your specialty in order to obtain your certifications and medical license. This is referred to as your graduate medical education (GME) and more commonly known as residency training. Before you begin your medical residency you will do a lot of exploration to determine which field is best for you.

Typically, you need to start narrowing down your choice of specialization by the end of your third year. Meet with your medical school faculty, advisors, and deans to get feedback on your choice(s) along the way. The choice of residency is a highly personal one and no one can tell you what is best, except you. However, there are many factors that may help you decide along the way.

There are many resources that you can take advantage of to further explore your options. The Association of American Medical Colleges offers a website for helping you to assess your potential suitability for different careers in medicine (Resource #1).

Once you have picked a field, then you can start searching for accredited residency training programs. The accrediting body for U.S. residency programs is the Accreditation Council on Graduate Medical Education (ACGME). When commencing your search for programs, and before you apply, you will want to ensure that the program is ACGME accredited (Resource #2).

The American Medical Association (AMA) hosts a searchable online database of accredited Graduate Medical Education programs called Fellowship and Residency Electronic Interactive Database (FREIDA, Resource #3 & #4). The Graduate Medical Education Directory, also called the “green book”, is a hard copy publication that lists accredited residency programs published by the AMA. You can also find detailed information and stats on the residency match process at the National Residency Matching Programs website (NRMP, Resource #5).

How to Choose a Residency

In general, successfully matching into a residency program requires the completion of the following three components: The Application, The Interview, The Match

We will describe each of these components and point out key information for you to know about. In brief, the overall approach for applying to residency includes an application, interview, and the match. The application generally begins with a common electronic application that you complete online. Once you have decided what programs you are applying to you will need to submit your application to those programs. Residency programs will start offering you interviews after you submit your application.

After you have completed your interviews, you will rank your programs. Likewise, the residency programs will rank their applicants. This ranking process is part of the match and is administered by the National Residency Match Process (NRMP). After the match process has received all ranks from both programs and applicants they match students to programs and announce the results on Match Day. You will match into a program and this will be where you will complete your residency training. Usually residency programs begin in either June or July.
The Electronic Application

The application process for residency will require seven major materials in support of your application: Application Form, Personal Statement, Curriculum Vitae, Letters of Reference, The Dean’s Letter (Student Performance Evaluation), U.S. Medical Licensure Exam Transcripts, Medical School Transcripts.

All U.S. medical students applying for residency will need to submit an application to the residency programs of their choosing and most programs utilize the Electronic Residency Application Service or the ERAS.

The ERAS is an Association of American Medical Colleges (AAMC) sponsored service that transmits residency applications and supporting materials between applicants and residency programs. It is your responsibility to determine if a particular residency program utilizes ERAS. You should visit the ERAS website (Resource #6) to view their current list of participating residency programs. If there is any doubt it is always best to contact the residency program directly. The ACGME has an online search tool available to search by state and/or specialty (Resource #3).

The manual for ERAS is posted in mid-June on the ERAS website and has the detailed instructions for using the application service. Your medical school will distribute a “My ERAS” Token in Late June which you will use to access the “My ERAS” Application. Once you receive your token you will be able to register on My ERAS.

ERAS call their application form the Common Application Form (CAF) or “My ERAS” application. The ERAS application becomes available on July 1. It will be your responsibility to complete the My ERAS application and ensure that your application and supporting materials are received by residency programs. You will use the ERAS to fill out your applications, select residency programs, and transmit your application to those programs.

Application materials will be submitted to the ERAS Post Office by you, your Dean’s Office, or a third party such as the National Board of Medical Examiners (NBME). You can start sending your completed application to residency programs on September 1. The deadline for submitting your application is determined by each individual residency program and not the ERAS. You will have to make sure that you are aware of the deadlines for all the programs to which you are applying by contacting those programs directly.

The ERAS uses a central database to store your application and supporting material on what is called the ERAS Post Office. This is where residency programs will download your complete application file. The ERAS Post Office will also be where application materials from your Dean’s Office and from the NBME (Resource #7) will be uploaded upon your request.
The Match

You will need to register for the National Residency Match Program (NRMP) Main Residency Match (Resource #5) process separately from completing your residency application. The registration for the match should be done early and starts in August of your senior year.

The NRMP is a private, not-for-profit corporation that oversees the appointment of positions in U.S. Graduate Medical Education. In other words, they match residency programs with medical student applicants. You should understand that the NRMP is not an application service. Instead, the NRMP is a matching service. They act as an unbiased third party that take preferences that you indicate for residency programs at which you interview and preferences that those same residency programs place in you. The method they utilize to determine preference is a ranking process, whereby you and the programs rank each other in order of most desirable.

The deadline for submitting your ranking and certifying it is in February. All rankings must be completed by the February deadline, effectively ending the application/interview season (See Time line). Once the rankings are completed the results are announced by the NRMP on Match Day, around mid-march. These results are binding and only in rare cases will program or applicants be able to waive the results of the Match, as per the agreement you enter once you register for the Match. Some applicants may need to Match using an additional Match Service other than the NRMP. Those wanting to match in Urology will need to register for the American Urological Association Match Service (http://www.auanet.org/).

Those who want to match in child neurology, neurosurgery, plastic surgery, or ophthalmology will need to utilize the San Francisco Match Service (http://www.sfmatch.org/). These residency positions are for positions as 2nd year residents (Post-graduate Year 2) or above positions and do not match you into your first year of residency. Therefore, you will need to do two separate matches: one for your first year of residency (sometimes called preliminary year) and one for your particular specialty starting PGY2 or above. Furthermore, both the AUA and SF Match have their own application forms and timelines.

How Does Match Work?

The NRMP matching algorithm uses the preferences expressed in the rank order lists submitted by applicants and programs to place individuals into positions. The process begins with an attempt to place an applicant into the program indicated as most preferred on that applicant’s list. If the applicant cannot be matched to this first choice program, an attempt is then made to place the applicant into the second choice program, and so on, until the applicant obtains a tentative match, or all the applicant’s choices have been exhausted.

An applicant can be tentatively matched to a program in this process if the program also ranks the applicant on its rank order list, and either:

- **The program has an unfilled position. In this case, there is room in the program to make a tentative match between the applicant and program.**

- **The program does not have an unfilled position, but the applicant is more attractive to the program than another applicant who is already tentatively matched to the program. In this case, the applicant who is the least preferred current match in the program is removed from the program, to make room for a tentative match with the more preferred applicant.**

Matches are “tentative” because an applicant who is matched to a program at one point in the matching process may be removed from the program at some later point, to make room for an applicant more preferred by the program, as described in the second case above. When an applicant is removed from a previously made tentative match, an attempt is made to re-match that applicant, starting from the top of his/her list. This process is carried out for all applicants, until each applicant has either been tentatively matched to the most preferred choice possible, or all choices submitted by the applicant have been exhausted. When all applicants have been considered, the match is complete and all tentative matches become final.

Reference:

www.nrmp.org- How the Match Algorithm works
Are you looking for a unique family medicine residency program? A program that offers training in community hospitals and an academic, tertiary care medical center. A program where you can truly begin to help people and develop into a skilled physician. Then perhaps the **Cook County-Loyola-Provident Family Medicine Residency Program** is exactly for you!

The **Cook County-Loyola-Provident Family Medicine Residency Program** is committed to preparing Family Medicine Residents for the unique experience of urban, community-based practice. Our mandate is to provide academic, comprehensive, longitudinal training that equips the resident with the understanding, attitude and skills as effective patient advocates and potential leaders in designing successful care systems for traditionally underserved and indigent populations across the life cycle.

Rotations are designed to facilitate learning in a community setting; while having access to the latest medical technology. You will experience a mixture of a busy medical center with many other residents to an unopposed environment with one-to-one precepting.

This program provides training at three health facilities: John H. Stroger, Jr. Hospital of Cook County (formerly named Cook County Hospital), Provident Hospital of Cook County and Loyola University Health System. The program also focuses training in three community-based health centers that are located in underserved communities, which are: Dr. Jorge Prieto Health Center, Noria South Health Center and Englewood Health Center.

For more information please visit our website at [www.luhs.org/fammedresidency](http://www.luhs.org/fammedresidency) or call 312.572.2643.
The president exercises general supervision over all affairs of LMSA-MW and acts as the official spokesperson for the organization as well as the liaison between the Executive Council and the National Board. The president also sets the agenda, convenes and presides over all meetings of the Executive Council and exercises final review of the annual and Executive Council operating budgets. Other duties include actively networking and reach out to new peoples, organizations, and resources as well as representing the organization at conferences (such as Midwest House of Delegates, Regional and National conferences, NHMA, USHLI).

Vice-President of Budget and Finance
The VP of Budget and Finance is responsible for all affairs and meetings of the Budget and Finance Board and represent the Budget and Finance Board at the Executive Council meetings. The VP is in charge of maintaining the bank account of the organization and giving budget updates to the Executive Council. The VP is in charge of paying the non-profit taxes to Delaware yearly. While planning the yearly conference the VP is in charge of keeping track of all sponsor donations, what they have purchased, and following up with sponsors to ensure all payments are made timely.

Vice-President of Community Affairs
The VP of Community Affairs is responsible for all affairs of the Community Affairs Board and represents the Community Affairs Board at the Executive Council meetings. The VP also is in charge of organizing the community service event for the Midwest Regional Conference as well as organizing the regional Latino Health Care Day service event.

Vice-President of Academic Affairs
The VP of Academic Affairs is responsible for all affairs of the Academic Affairs Board and represents the Academic Affairs Board at the Executive Council meetings. The VP is responsible for overseeing the call for abstracts and presentation of academic work at the regional conference. The VP also keeps the Executive Council informed of the current academic events and opportunities which may serve the Network’s purpose and objectives and presents proposals for new ideas to the Executive Council.

Vice-President of Networking
The VP of Networking is responsible for all affairs of the Information and Networking Board. The VP is also responsible for notifying the Executive Council members of meetings and official events for which LMSA-MW may be interested in participating. The VP maintains membership list and updated contact information for all of the LMSA-MW chapters. The VP maintains the e-mailing lists of current members and friends of the organization. The VP also is responsible for overseeing fundraising and sponsorship committee for the regional conference.

Parliamentarian
The parliamentarian advises officers’ procedural questions relating to procedure and the organizational constitution for phone meetings and business meetings at the House of Delegates and Regional Conference. The parliamentarian also maintains the Regional Constitution takes notes at meetings and provides minutes from the previous meeting. The parliamentarian is also responsible for the running Regional Elections.

Webmaster
The webmaster is in charge of maintaining the LMSA Midwest Regional website as well as conference registration via the site, calendar and social networking including Facebook, Twitter, and various Google Groups.

Director of Communications
The Director of Communications serves to communicate with all Midwest members by drafting sending out all emails as needed from LMSA Midwest. The Director of Communications keeps the LMSA Midwest email account organized so that the current and following years’ executive boards are able to utilize prior communications. Further, he or she must forward any incoming emails to the correct executive board member to be sure every email is answered promptly. The Director of Communications maintains the email contact lists for the Midwest along with the Director of Networking, adding any new members to the email lists.

Pre-Medical Student Liaison
The Pre-Medical Student Liaison serves as regional voice and advocate for pre-medical students and LMSA Plus chapters in each region. The Pre-Medical Student Liaison also keeps LMSA Plus chapters abreast of the regional and national affairs of LMSA, coordinates activities with regional LMSA Plus chapters and serves as a resource to local LMSA Plus Coordinators at the regional and local level. The Pre-Medical Student Liaison maintains and update regional database of all LMSA Plus chapters in each region and selects annual LMSA Plus chapter of the year for the region.

Regional Conference Coordinator
The Regional Conference Director is responsible for the execution of the MW Regional Conference. This includes setting the agenda, convening and presiding over all meetings of the Regional Conference Planning Committee and reporting on the status of these proceedings of the regional conference to the executive board.
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Highlighted Speakers:

The Honorable Salomon Chertorivski Woldenberg (confirmed)
Mexico’s Minister of Health

Richard H. Carmona, M.D., M.P.H., FACS (confirmed)
17th Surgeon General of the United States (2002-2006)
Vice Chairman, Canyon Ranch
President, Canyon Ranch Institute
Distinguished Professor, Zuckerman College of Public Health,
University of Arizona

Vice Admiral Regina M. Benjamin, M.D., M.B.A. (invited)
18th Surgeon General of the United States

Thomas Frieden, M.D., M.P.H. (invited)
Director, Centers for Disease Control and Prevention

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- Hispanic Center of Excellence (University of Illinois at Chicago)
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- Ohio University Heritage College of Osteopathic Medicine
- Cook County-Loyola-Provident, Family Medicine Residency Program
- National Hispanic Medical Association
- Society for Vascular Surgery
- University of Michigan Medical School
- Boston University School of Medicine
- University of Missouri School of Medicine
- ICLA da Silva Foundation
- U.S. Navy
- Kansas City University of Medicine & Biosciences
- University of Chicago, Pritzker School of Medicine

Conference Committee
Emma Olivera
Stacey Pereira
Thalia Torres
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Sarah Rocha
Danny Del Campo
Gabriel Moreno
Peter Ureste
Leticia Flores

In particular Jazmine Salgado and all the staff and students of our wonderful host, and our champion, Jose Morales, of IHSCA.

Community Service Event
Coordinator: Peter Ureste