

From One President . . .

Dear UAAMSA members,

It's been a pleasure serving as president of UAAMSA for the 1999-2000 school year. We've accomplished many great things this year. Particularly, as an organization we have made a successful effort to be more involved in Asian health issues in the community. Through volunteering at an Indian-run free clinic in Detroit and doing blood pressure and glaucoma screenings for Chinese immigrants in the community, UAAMSA has shown its compassion for the surrounding community. I commend all of you for your efforts to utilize the skills you have to help others. After all, isn't that what we are trying to do for the rest of our lives?

I would like to wish the new



Kiran Khanuja (M2, right) passes the presidency over to Alice Lin (M1, left) at the UAAMSA Faculty-Student Reception.

board success in their upcoming year. They have already started their tenure off well... with the **MOST SUCCESSFUL BAKE SALE IN UAAMSA HISTORY!** Congratulations!

I would also like to extend a big THANK YOU to my board. Thanks for being so productive and patient throughout the whole year. I wish you all the best of luck in the future!

-Kiran Khanuja

. . . To the Next President

Spring has finally decided to stay in Ann Arbor...gorgeous weather, students not studying, ice cream, and the end of classes! But it wouldn't be complete without a Spring edition of the UAAMSA newsletter to celebrate the end of the year and the beginning of the 2000 UAAMSA board year!

So far I have been both impressed and excited about the enthusiasm and creativity of this board. We have been setting goals for ourselves that we hope will continue to strengthen and unify UAAMSA. I personally hope that by this time next year, each UAAMSA member will

feel as if UAAMSA has made some impact on his or her life and in turn, that our members will reach out and make a difference in the lives of others. I know that our board is ready and willing to provide the events, knowledge, and of course, food and fun to help make that happen so I hope you will participate in and contribute to our efforts!

We've already started strong with a long night of cooking that led to a very successful Bake Sale that ought to be renamed "C.J.'s Feast of the East!" We've got a lot more planned for next fall (more details at our first mass meeting of the year at noon,

August 24, West Lecture Hall) including bigger and better versions of the mentorship program, community activities, events tied to theme months, and an awesome trip out to Santa Monica, CA (Think BEACH!!!) for the national APAMSA conference!

Of course, UAAMSA would not be UAAMSA without rockin' social events (Vijay and Rajiv would kill me if I left that out!), starting with our Welcome Back Picnic on August 25 at Island Drive Park. We'll be firing up the grill at 5 pm and blowing off some steam! See you all there!

- Alice Lin

Spotlight On UAAMSA's Mentorship Program

An Evening With Our Mentorship Family

This fourth installment of a series of mentor profiles focuses on a mentorship family, consisting of several UAAMSA mentors and mentees.

A few weeks ago, Alison Gehle (M1), Akiko Kurachi (M1), Mani Sharma (M1), Kiran Devishetty (M1), Monisha Shetty (M2) and Erin McKean (M2) enjoyed an intimate evening with their mentors at Dr. Kumagai's home. Mentors included Dr. Chardpra-Orn "Joy" Ngarmukos, Dr. Arno Kumagai and his wife Meiko Yoshihama, and Dr. Vivian Lin and her husband James Riddell. The students and mentors alike shared many interesting and humorous stories, in addition to a delicious home-cooked meal. As students, we thoroughly enjoyed the opportunity to interact with and get to know our mentors in a casual, non-academic setting. Our mentors shared with us many insightful comments and observations about their past experiences in medical school and their respective residency programs. As students, we truly appreciate their efforts to help make our journey through medical school and beyond a little bit more fun and easier to handle.

-Alison Gehle (M1)

Spring Mentorship Dinner at Kai Garden

On March 7, 2000, UAAMSA members braved the confusion of Ann Arbor's one way streets to attend the annual Mentorship Dinner at Kai Garden. At first, it appeared that the night might be doomed as one student ended up at Saigon Garden, and another student (me) stubbornly (and stupidly) continued her quest for a non-parking garage parking spot. Meanwhile, another student resorted to walking to Kai Garden from her apartment, and a mentor got lost on Main Street.

These hardships were all overcome, however, and UAAMSA's Mentorship Dinner was quite a success. This year, during a delicious Chinese dinner, M1s and M2s had the opportunity to talk with Drs. Dave Lin, Voravit Ratanatharathorn, Grace Su, and Arno Kumagai. According to Erin McKean (M2), the coordinator of this event, "The purpose was to get to know the mentors personally in an informal setting. We like to provide the opportunity to interact on a 'fun' level!"

The response from the students was quite positive. PaoLin Chi (M1) said, "I really enjoyed getting to know my mentor better (it was Dr. Su's birthday!) and hearing about the other mentors as well. The conversa-

tions gave me a lot of new things to consider, and the food was excellent!"

Many of the dinner topics illuminated the mentors' various quirks. Subjects included the wonders of Ebay and tales of Dr. Kumagai's dog, a rather unusual animal who has two brand name dog beds but is afflicted with thyroid problems and neurosis. Alice Lin (M1) said, "The conversation was so educational – I learned more than I could have thought about on-line Internet shopping! And of course the food was great – the person who chose the menu did an excellent job! We should have mentorship dinners more often!"

With such great conversation and food, the Mentorship Dinner was definitely a fun and worthwhile experience. Many thanks to Erin McKean (M2) for coordinating the event! Also, thanks to the mentors for taking time out of their busy schedules to talk with us. For those who were unable to attend the Mentorship Dinner but whose interests have been aroused by this article, be sure to look for other opportunities to meet with your mentor or with other mentors involved in the UAAMSA program!

-Yvonne Lee (M1)

Chinese for Docs

This past year, UAAMSA continued holding Chinese for Docs classes throughout the year. Chinese for Docs was started last year by Kim Haglund (M3) and Shane Tsai (M3) to teach medically relevant Chinese to medical students.

We held two classes for beginners and advanced speakers. The beginners class, which focused on fundamentals and useful phrases in Chinese, was taught by Ali Thomas (M2), Ruth Chang (M2), and Beatrice Chen (M2). The advanced class, taught by Cynthia Fan (M2) and Wayne Wu (M2), covered medical terms and conversational Chinese. Chinese for Docs began with a strong start in the fall, but unfortunately attendance fell throughout the year. However, attendance for delicious dinners at Chinese restaurants remained high!

Chinese for Docs also participated in a recruiting drive for

the Healthy Asian American Project's Breast and Cervical Cancer Control Program. On April 14th, Cynthia Fan, Wayne Wu, Yvonne Lee (M1), and Beatrice Chen spoke to women at China Merchandise, a local Asian grocery store, about the cancer screening project for women over 40 as well as the Women's Day health screening program sponsored by HAAP, using newly learned medical terms. Wayne was most successful in getting the attention of and recruiting women "who don't look older than forty!"

Chinese for Docs is searching for teachers for both the beginning and advanced classes for next year so we can continue this valuable program. If you're interested in teaching, please contact Terri Kim (M1), the 2000-01 UAAMSA Programming Chair.

- Beatrice Chen (M2)



Chinese for Docs members (right to left) Wayne Wu (M2), Cynthia Fan (M2), Yvonne Lee (M1), and Ali Thomas (M2) recruiting Women's Day participants outside of China Merchandise.

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UAAMSA Events for Fall 2000

*Be on the look out for these
exciting events!*

Welcome Picnic

Mentorship Potluck

***UAAMSA M-1
Liaison Elections***

Pan-Asian Food Night

***National APAMSA
Conference in
Santa Monica, CA***

***Fall Food
Extravaganza***

***Community Service
Events***

*Feel free to contact
us via e-mail at
uaamsa.board.2000@umich.edu
with your suggestions and
ideas!*

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Food Extravaganza

Sets Upbeat Tone for New Board

On Thursday, April 27, the new UAAMSA board members hosted their first major fundraising event, the food sale. Due to all UAAMSA members' efforts and the support of many Asian restaurants around Ann Arbor, this year's fundraiser was one of the most successful food sales ever. Net profits totaled over thirteen hundred dollars, which will be used to fund UAAMSA programs and activities such as a minority bone marrow registration drive, hepatitis B education and health screenings.

The 2000 UAAMSA board members were eager to start their new terms in office, and their contribution to this fundraiser showed their determination to carry on the success of previous UAAMSA board members in their efforts to make the medical community aware of UAAMSA's functions and programs. Preparations for the fundraiser went under way three weeks prior to the event. Members visited restaurants in Ann Arbor to obtain food donations for the sale, and more than eight restaurants were willing to lend a hand. Flyers were designed and web advertisements were posted a week prior to the sale. As people in the University of Michigan Medical School were made aware of the UAAMSA food sale, the board members worked harder to make the event

a success.

The Wednesday night before the sale, approximately ten UAAMSA members gathered at Phi Rho, a medical fraternity at the University of Michigan, to cook and bake food for the next day's sale. From 6:30 pm until well past midnight, the members cooked everything from Korean Spicy Chicken and sushi to lemon bars and chocolate chip cookies. All in all 30 pounds of rice were washed, 140 pieces of chicken were baked, 20 pounds of meat were cooked, and an enormous amount of baked goods were prepared for the food sale.

Needless to say, Thurs-

day was hectic. Although tired and weary from the massive amount of food preparation the night before, UAAMSA members prepared two sites for the sale early in the morning, one in the Med Sci II building and the other in the Towsley Center of the UM Hospital. As some members manned the tables, others supervised food pick-up and clean up. Most of the food was sold out before 12:30 pm. In short, the food was a huge hit, and the food sale a great success.

As fundraising chair for the 2000-01 UAAMSA board, I would like to thank all of the board for their effort and congratulate our success.

-C.J. Lee (MI)



Standing behind a formidable array of food at the UAAMSA Food Extravaganza, Akiko Kurachi (MI) is ready to sell to all the hungry people passing through Towsley Center.

"Life On the Wards" Helps Prepare Students for Clinical Transition

On March 28, 2000, UAAMSA's annual Life on the Wards forum opened with a potluck dinner at the home of Dr. Grace Su (Gastroenterology) and Dr. Stewart Wang (Trauma/Burn). Approximately forty students were in attendance as well as Dr. Arno Kumagai (Endocrinology), Dr. Eleanor Sun (Internal Medicine), and Dr. Lynn Chen (Plastic Surgery) and a number of M3s and M4s including Ellen Song, Rex Wang, Mike Evers, Grace Lin, and Dennis Tong.

Life on the Wards (LOTW) was created to give Asian-American medical students early exposure to the clinical part of the curriculum. Traditionally, Asian-American students excel in the first two years of medical school but do not perform as well on rotations. It is felt that part of this problem stems from cultural differences, misunderstood expectations of medical students' role in health care, and stereotypes of Asian-Americans in general.

***Congratulations
to the 2000 Lotus
Award Winners!***

**Dr. Mei-Yu Yu
Dr. Namita Sachdev**



UAAMSA members from all four classes gathered at faculty advisor Grace Su's home to discuss life in the third and fourth years of medical school

LOTW was a combination question & answer session and presentation of different doctors' opinions on what makes a good medical student. The medical student evaluation process was explained from the different perspectives of medicine versus surgery. They were quite similar. The key commonalities were working as a team player, demonstrating clinical understanding, upholding responsibility, and having enthusiasm. The myth of the medical student needing to know everything was dispelled. However, the attendings emphasized the need to learn and to learn quickly during the rotation.

M3s and M4s relayed advice on what they did during the rotations. Learning during third and fourth year is proportional the medical student's effort. To summarize, rotations are difficult but enjoyable. They are the reason we are at medical school.

LOTW was again successful in providing feedback from the other side. Special thanks go to the attendings and upperclassmen who came to share, Drs. Su and Wang for hosting UAAMSA in their home, and Erin McKean (M2), our outgoing Programming Chair, for organizing yet another successful event.

-Koy Thanaporn (M1)

*Newsletter compiled and edited by
Kimberly Yee (M2) and Yvonne Lee (M1).*

Sixth Annual Faculty-Student Reception

On April 25, faculty and members of UAAMSA joined together in a celebration of fond memories and tasty delicacies in the Towsley Center lobby. The annual faculty-student reception is a time not only for reflection on the past year's events, but also, for insight into UAAMSA's future.

The reception is a chance for students and faculty to strengthen and foster relationships with one another. Certainly, samosas, spring rolls and pad thai can become wonderful conversation pieces. Much laughter, advice and stories were passed along at this UAAMSA gathering. Notably, a lucky few were amused by Dr. Arno Kumagai's story of his dog who only recently became diagnosed with hypothyroidism. (Dr. Kumagai, an endocrinologist, was quite unsuspecting of his dog's condition despite the obvious symptoms.)

Traditionally, the leadership transition from old to new takes place at the reception. Kiran Khanuja (M2), the 1999-2000 president, spoke on behalf of the old board to recognize the accomplishments of this past year. Events highlighted included the MAPI clinic volunteer opportunities, the Food Sale fundraising efforts, Life on the Wards, and UAAMSA's most recent involvement in the Healthy Asian American Project (HAAP). Special thanks were given to UAAMSA's faculty advisors: Dr. Kumagai, Dr. Grace

Su, and Dr. David Humes. Dr. Humes was honored for his dedication to the organization, though sadly, he will no longer be acting as faculty advisor for UAAMSA. Alice Lin (M1), the new 2000-2001 president, followed with her thoughts and visions for the upcoming year. The enthusiasm and eagerness of the new board was apparent to all. Finally, as a token of appreciation to the old board, the 2000-2001 board made a donation to the Corner Health Clinic of Ypsilanti.

Every year, Lotus Awards are presented to two physicians, house officers, mentors or faculty for their outstanding leadership qualities and dedication to medical students and the community. The recipients this year were each given a plaque and a gift certificate to Borders Bookstore. Hong Pham (M2) presented the first Lotus Award to Dr. Mei-Yu Yu, Assistant Research Scientist, School of Nursing. Dr. Yu has

been instrumental in increasing community service opportunities for UAAMSA such as HAAP's Women's Health Screening Program. She graciously accepted the award and delivered a few words regarding the progress being made by the HAAP and her hope that UAAMSA will continue to be involved in educating the Asian American community on healthy living. Dr. Namita Sachdev, Department of Medicine and Pediatrics, was also a recipient of the Lotus Award. Although unable to attend the award presentations, Dr. Sachdev and her contributions were spoken of highly by Erin McKean (M2), who had the opportunity to learn clinical skills from Dr. Sachdev at the East Ann Arbor Clinic.

This year's reception proved to be an enjoyable evening for everyone. Thanks to all who helped to make it a success!

-Linda Yang (M2)



The 2000-2001 Board (L to R) Back: Vijay Saluja, C.J. Lee, Rajiv Pai, Mani Sharma, Terri Kim, Tara Chang, Koy Thanaporn; Front: Amit Singal, Hien Duong, Yvonne Lee, Alice Lin, Akiko Kurachi

Candidates Speak on Health Care Reform

On Friday, April 7, 2000, the University of Michigan's Program in Society and Medicine Forum on Health Policy presented the following: "What the Presidential Candidates are Saying About Health Care Reform." Students, faculty, and local citizens gathered at the School of Public Health, as representatives from the Bush, Bradley, and Gore campaigns were present to discuss each candidate's proposals.

James Haveman, MSW, spoke on behalf of Governor Bush. He stated that Bush's vision for health care was universal access, with a patient driven, rather than a government controlled system. Mr. Haveman indicated that these systems would be under the control of each state, with support from the government. This would give states the freedom to formulate their own specific policies to best accommodate the needs of their citizens. Other points that were mentioned in accordance to Governor Bush's proposals were:

- Government subsidies for the poor
- Streamlining Medicare, without additional infusion of funding
- Tax incentives for employers and small businesses
- Medical savings accounts
- Doubling NIH research funding

Margy Heldring, PhD, represented Bill Bradley. She introduced his health care policy, a policy focusing on universal coverage, easier access, and an increased focus on supportive and preventive services. Emphasis was placed on investing in our future, by insuring universal coverage for all children. Bradley proposes a life stages approach to medicine, with separations coming solely from what stage patients are in life and health, with no separation by race, class, or wealth. The following were also mentioned as part of Senator Bradley's plan:

- *A new institute of public health to examine psycho/socio/economic factors in health and health care delivery*
- *\$55-65 billion annual health care budget, with \$2 billion allotted for public and community health care centers*
- *Establishment of "Social HMO's" that would serve as alternatives to nursing homes for senior citizens, integrating medical and social services to make it easier for seniors to live independently*
- *Increase funding for both Medicare and Medicaid, and relaxing requirements to qualify for these programs*
- *Patient Protection: restoring*

decision-making back to the patients and physicians

Richard Boxer, MD, spoke on behalf of Vice-President Gore. He stated that Gore's policy would be, "realistic and fiscally responsible, with an incremental approach." This policy would strive for universal coverage, by beginning with insuring coverage of every child by 2005. Dr. Boxer also said that patient rights would be a primary focus, with a goal of producing a Patient Bill of Rights that includes as many as possible. Additional details presented in accordance with Gore's policy were:

- *Increasing funding for Medicare to preserve it until at least 2027, and allowing citizens to buy in at an earlier age*
- *Introducing drug benefits and catastrophic drug coverage to Medicare*
- *Doubling NIH and cancer research funding*
- *Offering a 25% tax credit to small businesses to participate in a national coverage program.*

The forum proved to be informative for those in attendance, and provided an opportunity to ask questions and to begin to formulate opinions for the election in November.

-Alex Lin (M2)

check out our website at
www.umich.edu/~uaamsa/

Celebrating the Year of the Dragon

In Korea, Solnal is the first day of the first month of the new year. This year, according to the lunar calendar, the year of the dragon began on February 5th. While many Koreans celebrate New Year's Day on January 1st of the Gregorian calendar, the Lunar New Year is still popular today. In many Korean communities, New Year's Day is celebrated twice. This year, UAAMSA welcomed the year of the Dragon with a special group of people.

Our special guests, adopted Korean children and their families from the Detroit metro area gathered on Saturday, February 9, 2000, at the children's center in St. Joseph Hospital to

see NEW YEAR page 12



UAAMSA members Wilson Cui (M1) and Hae-Won Kim (M1) help several children decorate their origami creations with glitter and crayons as parents look on and admire their work.

HAAP

continued from page 1

them. Since many of the participants were without health insurance and a regular physician, the participants found these sessions very informative. Specifically, UAAMSA member Wayne Wu (M2) talked about Hepatitis B, Cynthia Fan (M2) talked about glaucoma, and Beatrice Chen (M2) talked about self-breast exams.

After the conclusion of the educational program and a lunch break, UAAMSA members offered blood pressure screenings and glaucoma screenings to the participants. The blood pressure screenings were

performed entirely by medical students with cuffs provided by the nursing school. Due to the language barrier between medical students and participants, participants were given pieces of paper with their blood pressure results on them and a written and/or verbal explanation in Chinese. The glaucoma screenings were organized and performed by AMSA Glaucoma Screening Task Force, along with help from UAAMSA members. Also present were ophthalmologists Terry Bergstrom, M.D. and Sunir Garg, M.D., who conducted ophthalmic exams on the patients after the initial screenings. Participants and organizers of the HAAP Women's Day alike were

happy to interact with UAAMSA medical students and appreciative of the health screenings that UAAMSA was able to provide. It is also notable that organizer Mei-yu Yu, M.D., Ph.D., was recently awarded the annual Lotus Award by UAAMSA in recognition of her role as a leader of HAAP and for her efforts to involve UAAMSA in this valuable community service project. In the coming year, HAAP is planning a series of health promotion events for various Asian sub-populations, and UAAMSA looks forward to continuing and expanding its participation in these events.

- Mani Sharma (M1)

Photos from the Spring Semester



New Year

continued from page 10

observe the Lunar New Year. Children as young as 3 months old came to experience a little bit of Korean tradition during the few hours they were there. UAAMSA members, along with members from two Korean student organizations from the University of Michigan, KISA (Korean International Student Organization) and Shinaboro (a traditional Korean Music Group), aided in organizing the event.

Koreans focus on the family as they celebrate the beginning of the New Year, and it was exactly the family spirit that enlightened the celebration on that Saturday. Customarily in Korea, children put on new traditional clothes called hanbok. They kneel and bow to their ancestors and elders. Some children had actually come to the party dressed in traditional hanbok, and members from KISA took part in demonstrating the customary bow. With the bow, family members wish each other prosperity and good fortune. Then they exchange gifts. Children receive lucky money, candy and fruit from the elders. Although money wasn't handed out, a lot of good will, tasty food and traditional toys like Je-Ki (a Korean hackey-sack) were distributed. Children were introduced to special New Year games like Yut (a board game) and various paper-folding crafts.

In the countryside of Korea, people usher in the New Year with a ritual called Jishin Balpgi

(translated stomping the spirits). Loud drums and gongs are played to scare off evil spirits of the old year. The Shinaboro group prepared a concert for the children in the spirit of Jishin Balpgi. Thirteen members of Shinaboro with a variety of traditional drums representing wind, lightning, cloud and rain, played rhythms reminiscent of a traditional Korean countryside. Everyone was mesmerized by the sound and the fury of the Shinaboro's playing. Even though the sounds were loud enough to be felt on one's chest, the young children were not afraid, but avidly looked on, seemingly lost in the beat of tradition. After the concert, the children were able to play the instruments themselves, guided by the big brothers and sisters of Shinaboro.

Sol is a celebration of family, good friends, and community. Through smiling faces, excited screams, and the genuine interest of kids and parents, the spirit of Sol was shared and illuminated on that Saturday.

The adopted Korean children are raised in a culture different from their native land thousands of miles away. The children have assumed a different nationality as Americans. Although this may be a difficult reality for the children and their parents as the children grow and mature, members of UAAMSA, KISA, and Shinaboro assured that the Korean children's native heritage and culture will pass on beyond boundaries of land, time, and nationality.

-C.J. Lee(MI)

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***A big
THANK
YOU***

*to our generous
Spring Food
Extravaganza
donors:*

***Afternoon Delight
Angelo's
Bagel Fragel
Earthen Jar
Manali Cafe
Manna Grocery
Roly Poly
Sandwich Shop
Seoul Corner
Seoul Garden
Siam Cuisine***

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your thanks by
bringing them your
patronage!*
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