

## PRE-HEALTH NEWS June 2008

Welcome to Health News 2008! This monthly newsletter is compiled by the Pre-health Science Center in the Office of Academic Advising (364 Oregon Hall). The newsletter consists of announcements, articles, and items of interest to pre-health students. If you would like an announcement or meeting posted in the pre-health newsletter, please email your submissions to [loric@uoregon.edu](mailto:loric@uoregon.edu). The newsletter is sent at the beginning of each month. To get your announcement in on time, please email Lori no later than the 20th of the month prior.

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## ANNOUNCEMENTS

**1. AADSAS and AMCAS:** both the Associated American Dental Schools Application Service (<https://aadsas.adea.org/>) and the American Medical College Application Service ([www.aamc.org/students/amcas/](http://www.aamc.org/students/amcas/)) have begun accepting applications for Dental and Medical School, respectively. Check out the websites for more information.

**2. UO Testing Center** is offering the MCAT! Prospective dates are June 13, July 8,10,18, August 5,7,15,22,26, and September 3,5,12. It is still necessary to go to the AAMC website to register for these test dates before they fill up, which are available at the Testing Center located in the Counseling Center in the Health Center.  
<http://www.aamc.org/students/mcat/registration.htm>

**3. International Service Learning** Interested in being a part of an international health care team overseas? International Service Learning offers medical missions/internships for 2-3 weeks in Belize, Costa Rica, Nicaragua, Panama, Tanzania, Kenya, Uganda, and Mexico. Experience with direct patient care can be gained in the areas of general medicine, optometry, dental, pharmacy, nursing, physical therapy, women's care, and veterinary services. ISL is the only health care provider that offers this level of hands on experience for pre-health students, health related seminars, and financial aid.

(islonline.org) Contact ISL representative: Lindsey Shrier at [ls Shrier@uoregon.edu](mailto:ls Shrier@uoregon.edu) for more information.

## STUDENT ORGANIZATIONS

### *Asklepiads Pre-Medical Society*

If you are interested in medical field, join the Asklepiads Pre-Med Society! Contact Asklepiads via e-mail at [premed@uoregon.edu](mailto:premed@uoregon.edu), or visit their website at <http://gladstone.uoregon.edu/~premed>.

### *Pharmacy Club*

The pharmacy club is designed to help students achieve their goals related to any area of the pharmacy field. Contact the pharmacy club via e-mail at [prepharm@uoregon.edu](mailto:prepharm@uoregon.edu), or visit their website at <http://www.uoregon.edu/~prepharm>.

### *Dental Club*

The dental club is organized to help students learn more about professions related to the dental field. If you have any questions, please send your e-mails to [dental@uoregon.edu](mailto:dental@uoregon.edu).

### *Physical Therapy Club*

If you're pre-PT, this is where you should be! Contact Katelyn Bell ([kbell@uoregon.edu](mailto:kbell@uoregon.edu)) or Kaylie Smith ([ksmith12@uoregon.edu](mailto:ksmith12@uoregon.edu)) for more info about the PT Club.

### *UO Students for Global Health*

This group seeks to raise awareness about health inequity worldwide. Meetings: Thursdays 7pm, 122 Knight Library. Contact: [uoglobalhealth@gmail.com](mailto:uoglobalhealth@gmail.com)

### Health Related Volunteer Opportunities

#### Lane County

**White Bird:** Contact Christel Thomas, New Volunteer Coordinator at 342-8255.

[www.volunteersolutions.org/uwlane/org/217223](http://www.volunteersolutions.org/uwlane/org/217223).

**Volunteers in Medicine:** Call 685-1920, email: [dmeashintubby@peacehealth.org](mailto:dmeashintubby@peacehealth.org), [www.vim-clinic.org](http://www.vim-clinic.org).

**American Red Cross:** Contact Karen Schneider at 344-5244 or e-mail to [schneiderk@oregonpacific.redcross.org](mailto:schneiderk@oregonpacific.redcross.org).

Visit [www.oregonpacific.redcross.org](http://www.oregonpacific.redcross.org).

**Children's Miracle Network:** <http://www.peacehealth.org/oregon/Foundation/CMN/default.asp>.

**Sacred Heart General Hospital:** call 686-6884 [www.peacehealth.org](http://www.peacehealth.org).

**McKenzie Willamette Volunteer Connection:** Contact Thelma Clemons, 741-4606.

[www.mckweb.com/phsect7.html](http://www.mckweb.com/phsect7.html).

**CNA Certification:** Lane Community College, Call 726-2252. Nursing Quest, Call 541-602-9567 and ask for Judy.

Pinnacle Healthcare's Nursing Assistant Training Program, call (541) 746-1020 or (866) 744-1020,

**Phlebotomy Courses:** Lane Community College, Visit [www.lanec.edu/ce/phlebotomy/index.html](http://www.lanec.edu/ce/phlebotomy/index.html), Oregon Medical Training, Visit [www.orphleb.com](http://www.orphleb.com)

**Lane County Mental Health Outpatient:** Contact: Mary Gent, (541) 682-7585

**Riverstone Clinic:** Contact Selene Jaramillo, 682-3561. <http://www.co.lane.or.us/HSC/CHCLC.htm>

**Greenhill Humane Society:** Contact Sandy Rusby, 689-1503, Ext. 114 or e-mail [volunteer@green-hill.org](mailto:volunteer@green-hill.org). For more information visit <http://www.green-hill.org>.

**American Cancer Society:** Contact: Sandy Stafford, Office Manager, 541-484-2211

**United Way:** <http://www.unitedwaycc.org/volunteer.htm>.

**Planned Parenthood:** [volunteers@pphsso.org](mailto:volunteers@pphsso.org)

HIV Alliance: <http://www.hivalliance.org/getinvolved.html>.

Portland, Oregon

**Outside In:** [www.outsidein.org](http://www.outsidein.org)

**The American Red Cross Oregon Trail Chapter** [http://www.redcross-pdx.org/volunteer/volunteer\\_positions.shtml](http://www.redcross-pdx.org/volunteer/volunteer_positions.shtml)

**OMSI:** <http://www.omsu.edu/info/volunteer/>

**Coalition of Community Health Clinics:** [www.coalitionclinics.org](http://www.coalitionclinics.org)

**Hospitals in Portland-Metro Area:**

*Providence Medical Center:* <http://www.providence.org/oregon/Volunteers/default.htm>

*Legacy Health System:* <http://www.legacyhealth.org/body.cfm?id=72>

*Adventist Health:* <http://www.adventisthealthnw.com/Volunteers.asp>

*Doernbecher Volunteer Services:* <http://www.ohsu.edu/health/page.cfm?id=13416>

*OHSU:* <http://www.ohsu.edu/volserv/ohsuvolinfo.html>

**Ronald McDonald House:** [http://www.rmhcOregon.org/pages/help\\_volunteer.php](http://www.rmhcOregon.org/pages/help_volunteer.php)

U.S. Options

**Teach for America:** <https://www.teachforamerica.org/index.htm>

International

**Child Family Health International:** [www.cfhi.org](http://www.cfhi.org).

**International Education, Experience, Employment (IE3):** <http://ie3global.oregonstate.edu/>

**International organizations seeking volunteers:** [globalservicecorps.org](http://globalservicecorps.org), [Intercultural volunteer Programs: afs.org](http://Interculturalvolunteer.org),

[International Medical Volunteers Association: imva.org](http://InternationalMedicalVolunteers.org), [peacecorps.gov](http://peacecorps.gov), [International Service Learning:](http://InternationalServiceLearning.org)

<http://www.islonline.org/>, [Unite for Sight: http://uniteforsight.org/](http://UniteforSight.org)

Check out our website for more options at [http://advising.uoregon.edu/AA\\_Pages/AA\\_PreProfAdvising.html](http://advising.uoregon.edu/AA_Pages/AA_PreProfAdvising.html)

## HEALTH CAREER PROFILE

Each month we will choose a health profession to profile which will provide basic information about the profession and resources where you can get additional information.

HEALTH CAREER PROFILE: D.O.'s (Doctors of Osteopathic Medicine).

### An Explanation of D.O.s

D.O.s are similar to medical doctors in that they prescribe medications, perform surgery, and provide a variety of other services. However, what makes a D.O. different from medical doctors is their approach and philosophy. D.O.s take a whole person approach to practicing medicine when making a diagnosis, rather than only focusing on symptoms. They believe that all parts of the body work together and influence each other. In addition D.O.s focus more on preventing illness by teaching patients how to maintain a healthy lifestyle through diet and exercise.

### A Brief History

Osteopathic medicine was developed in 1874 by Dr. Andrew Taylor Still because he was dissatisfied with the effectiveness of 19<sup>th</sup> Century medicine. He was one of the first people who studied the relationship between health and the absence of disease in the

human body. Dr. Still was a pioneer in the concept of wellness and the identification of the musculoskeletal system as a key element of health.

### Pre-Professional Training

The path to a D.O. degree is similar to an MD degree. After completing a Bachelor's degree, D.O.s complete four years of specialized training at an osteopathic medical school. While at the osteopathic medical school students get additional training in osteopathic manipulative treatment, OMT, which involves using the hands to diagnose, treat, and prevent illness and injury. Then students complete an internship for one year during which they are exposed to all areas of primary care medicine, such as, family practice, internal medicine, pediatrics and obstetrics and gynecology. Next, D.O.s complete their residency designed to last between two and six years allowing D.O.s to specialize in an area of medicine. Lastly, prior to practicing, a D.O. must complete a state licensing exam and these can vary from state to state.

### A Few Interesting Facts

- Approximately 65% of all osteopathic physicians practice in primary care.
- Applicants to both D.O. and M.D. medical colleges typically have a four-year undergraduate degree with an emphasis on science.
- D.O.s are one of the fastest growing segments of health care professionals in the United States. By the year 2020, it is estimated that at least 100,000 osteopathic physicians will be in active medical practice.
- D.O.s represent 6% of total U.S. physicians and over 8% of all military physicians.
- Each year, more than 100 million patient visits are made to D.O.s.

### Student Profile

- About 20% of applicants are non-traditional students who are considering a new career in osteopathic medicine later in life.
- Almost all applicants have a bachelor's degree.
- Many applicants have earned a master's degree or doctorate in another subject.
- For the 2006 entering class:
  - The average MCAT scores were 8.41 verbal, 8.13 physical and 8.74 biology.
  - The average overall grade point average was 3.45 and the average science grade point average was 3.37. Please note that MCAT scores and grade point averages are slightly higher for matriculating students than scores reported for the overall applicant pool.
- Personal characteristics that osteopathic schools are looking for in potential students:
  - well-rounded
  - good communication and interpersonal skills
  - a record of community service
  - a record of leadership

- some clinical experience
- participated in a variety of extracurricular activities
- diverse backgrounds
- motivated to pursue a career in osteopathic medicine
- knowledge of osteopathic medicine
- shadowed an osteopathic physician

#### References

American Osteopathic Association [www.osteopathic.org](http://www.osteopathic.org)

American Association of Colleges of Osteopathic Medicine [www.aacom.org](http://www.aacom.org)

#### For Additional Information

The History of Osteopathic Medicine Virtual Museum <http://history.aoa-net.org/>

The Student Doctor Network [www.studentdoctor.net/do/index.asp](http://www.studentdoctor.net/do/index.asp)

### *PRE-HEALTH ADVISERS*

If you need to talk to an adviser please see the following people for information the following professions:

Nursing, Pharmacy, Podiatry PT/OT

Lori Manson, Office of Academic Advising, 364 Oregon Hall

Dental, Optometry, Physician Assistant, Medicine, Veterinary, and Medical Technology

Karen Cooper, Office of Academic Advising, 364 Oregon Hall

### LISTSERVE INFORMATION

If you know someone who is interested in also receiving this newsletter, send an e-mail to Norma, the Pre-health Assistant, at [nkehdi@uoregon.edu](mailto:nkehdi@uoregon.edu). Please list your e-mail account in the e-mail.

If you ever want to remove yourself from this mailing list, you can send an e-mail to [<majordomo@lists.uoregon.edu>](mailto:<majordomo@lists.uoregon.edu>) with the following command in the body of your email message: unsubscribe uo\_pre\_health