

Our History and Mission

For over thirty years, Latino medical students have been organized in regional organizations from coast to coast in pursuit of the goals of eliminating disparities in health care. In 1987, regional Latino medical student groups formed NNLAMS -- an organization comprised of five regions. These regions include the West (Latino Medical Student Association, LMSA), the Southeast, the Midwest, the Southwest, and the Northeast (National Boricua Latino Health Organization, NBLHO). Together, these five regions represent active Latino medical students in the medical schools of the United States with a mission to:

- Unify all Latino medical students into one organization
- Provide a voice for underrepresented 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

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N.N.L.A.M.S

National Network of Latin American Medical Students

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Summer 2006

"Making Historia- 1st Annual NNLAMS National Conference"

This past March, in the midst of the immigration reform debate and budget cuts, hundreds of Latino medical and health professional students from across the nation descended upon Washington, DC to attend the landmark NNLAMS event. In conjunction with and support from the National Hispanic Medical Association (NHMA), NNLAMS made history and proudly hosted its 1st Annual National Latino Medical Student Conference. Over 200 medical and health professional students from across the nation, representing our five regions, attended. The purpose of this two day event was to provide our members with an educational conference and a

means to unite as a familia. The conference days were filled with Latino health and medical student workshops, student panels, chapter poster sessions, and presentations from distinguished speakers.

Our Keynote Speaker was Dr. Joxel Garcia, Deputy Director of the Pan-American Health Organization (PAHO). Internationally renowned, he delivered a powerful address that began our historic event on the right note. In his remarks, Dr. Garcia emphasized the important role that students have in improving health care and its delivery to all, both nationally and internationally. In addition, he discussed PAHO's history, objectives, and accomplishments which served well in informing our members of the opportunities available at PAHO.

After Dr. Garcia's enlightening remarks, the conference divided into multiple workshops. One workshop entitled, "Needs and Leadership Opportunities to

Increase Latino Representation in the Medical Profession," provided attendees with insight about specific programs at Stanford, UCSF, and UMDNJ aimed at increasing the pipeline of students pursuing careers in health care and health policy. With regards to this workshop, Aide Perez, MS IV, from the University of Illinois at Chicago stated, "It is important to be knowledgeable about the existence of these programs to share the information with students that would benefit from them, and to gain ideas as to how we may assist in alleviating the dire need for physicians from underrepresented groups."



1st Annual NNLAMS National Conference '06

Another NNLAMS member, Melissa Cruz, MS II, from Drexel University- COM; found the workshop on the residency application process informative and helpful. She stated, "It was great to hear from students who had just gone through the application process. Not only did I gain insight into the process, but I also learned different ways to approach it!" The following workshops were also included in this event: "Policy and Politics in the Health of Latinos," "Improving Latino Health Through Academic Careers," and "Tips and Advice for USMLE Step 1 and 2." In addition to the workshops, conference attendees also took advantage of the various historical and cultural landmarks surrounding Washington, DC, from the historic monuments to the vibrant Latin nightlife.

In summary, Tony Oliva, MSIV- PhD, from the University of Colorado, said it best by stating, "NNLAMS continues to

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move forward, strengthening its position as the national voice for Latino medical students and as advocates for our future patients; as well as the students in the pipeline with the goal of becoming physicians. We should be proud of this accomplishment and strive to improve upon it.”

Indeed, with the generous support of our conference sponsors and partners, the First National Latino Medical Student Conference proved to be the monumental event that we envisioned (please see our conference program at www.nnlams.com for a list of our sponsors and partners). The conference’s success was a testament to the vision and determination that our members have in improving the health care needs of Latino communities and other medically underserved populations.

Together, one step at a time, we are

striving to meet NNLAMS’ goals. With our sponsors and partners, including the NHMA, NNLAMS will build on this year’s conference and deliver once again another empowering conference next year. Please visit, www.nnlams.com, for the latest on next year’s conference, other NNLAMS events, and to learn more about us!

Lastly, if you would like to receive more information on how you can support NNLAMS, 501 c (3) non-profit, please contact our Fundraising Chair, Vanessa Salcedo, salcedov@gwu.edu.

Nos vemos en 2007 at our 2nd Annual National Latino Medical Student Conference!

Contributing writer:

Gerardo Solorio, MS IV

NNLAMS National Coordinator



Keynote Speaker Dr. Joxel Garcia, Deputy Director of the Pan-American Health Organization (PAHO)

The Business of Medicine: Dispelling “The Dark Side” Myth

A 65yo, Spanish-speaking only, man with pmhx CHF, HTN, DM presents to you for routine follow-up. Sadly, you find the patient’s medical conditions poorly controlled. He comments “el Medicaid me mando este papel, diciendo algo de Medicaid D, y ahora desde febrero no me dan mis medicinas.” Another terrific example of the U.S healthcare system at work, right? Like it or not “managing” patient care nowadays is as much about knowing what meds and studies to order; as it is about understanding how the tests’ costs will impact your patient’s pocket-book. If you find the situation above all too familiar and want to do your part improve the U.S. healthcare system, look beyond the stethoscope and get an MBA (Masters of Business Administration).

The days of practicing medicine in a financial bubble are long gone. In their place you find managed care, DRGs, healthcare quality, prescription drug coverage, and CMS to name just a few. Unfortunately, medical training leaves physicians ill prepared to engage in the business of medicine. An MBA changes all that. In contrast to the fact-based, independent learning emphasis of clinical training, business school focuses on developing teamwork and leadership skills while imparting core competence in accounting, finance, marketing and operations. More specifically, MBA training provides physicians greater insight into issues of healthcare economics, employer-based health insurance, healthcare evaluations, provider reimbursement, and government-sponsored programs

such as Medicare, Medicaid, and SCHIP.

Since 1986, with the start of the first MD-MBA dual-degree program at Northwestern, medical professionals have grown increasingly interested and excited in the business of medicine, resulting in 48 of 125 medical schools in the U.S now offering joint MD-MBA programs. Requirements for each program differ but they all seek to develop the healthcare leaders of tomorrow by integrating medical and business school teachings into a 5 year curriculum. Years 1 through 3 are spent obtaining a strong grounding in the medical sciences as well as clinical experience in the hospital/clinic setting. In year 4 you transition over to business school where you acquire managerial skills in finance, statistics, competitive strategy, and leadership. Most programs require that graduates spend the summer between 4th and 5th year doing a healthcare related internship at an organizations like the FDA, CDC, Pfizer, Leap Frog or Kaiser Permanente. The final year of most programs is very flexible, allowing time to pursue personal academic interests and residency interviewing.

Most programs remain quite small graduating anywhere from 1-6 students each year. Yet the demand for healthcare leaders with business savvy skills continues to grow at a rapid pace. For in the end an MD-MBA graduate is left with a wealth of managerial knowledge and tools, which when coupled with clinical skills and experiences as a physi-

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“...conjures up images of Luke Skywalker and Darth Vader and this idea of going over to the dark side...”



Dr. Elena Rios, President of National Hispanic Medical Association

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cian, make him or her an ideal candidate for a variety of healthcare careers. These include that of clinician, hospital administrator, policymaker, or healthcare consultant to name a few.

Finally, for many of you the mere mention of business probably conjures up images of Luke Skywalker and Darth Vader and this idea of "going over to the dark side" to work for big pharma or an HMO. Such thoughts are just plain wrong. They have served no role other than to cloud the thinking of medical professionals for years leaving them to play a catch-up role in the ever changing landscape of the U.S. healthcare system. But alas for those of you now pon-

dering an MBA, but still worrisome about its acceptance amongst your medical peers, give it some thought and let passion guide your way!

Contributing writer:

Eddie Machado, Jr. MD, MBA

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For More Information:

www.md-mba.org

www.aamc.org



NNLAMS Midwest Region

Regional Updates

NORTHEAST REGION

This year, we at Jefferson Medical College were proud to host the 33rd annual National Boricua Latino Health Organization conference in Center City Philadelphia on April 2006. The torrential downpours of the day may have dampened our clothes but not our spirits. The theme was "Advocating for Optimal Healthcare in the Latino Communities".

The conference participants consisted of medical students, pre-med undergraduates, and high school students. The conference was divided into three tiers of workshops which featured topics pertaining to each group of participants. Medical students were presented with workshops on national board exams, residency programs, financing loans, etc. Undergraduate students were taught about the medical school admissions process and were able to gain hands on experience in the anatomy lab. High school students were given an introduction to different types of health professions and they also participated in the anatomy labs.

We were fortunate to have an array of charismatic speakers who motivated us to follow our dreams and reminded us of why we chose to be health professionals. We invited representa-

tives of various Latino community health organizations in Philadelphia to participate in a panel discussion on "Working for a Healthy Community." Highlights of the conference included inspiring opening remarks by Philadelphia Councilman Juan Ramos, followed by the keynote address by Aida Giachello Ph.D., Founder and Director of the Midwest Latino Health Research, Training, and Policy Center at the University of Illinois in Chicago and who, in 2005, was named TIME Magazine's one of the top 25 most influential Hispanics in America in 2005. Dr. Giachello engaged us on issues near and dear to her heart.



Finally, for the hardy souls who stayed for dinner, there was a relaxing evening of food, dancing, music, and awards. We extend our most heartfelt congratulations to the BLHO at Yale for winning the Chapter of the Year Award for outstanding community service and outreach activities. We sincerely thank everyone who attended and helped to make this conference a

success! (If you are interested in conference photos, please contact me at Deirdre.Smith@Jefferson.edu)

NBLHO looks forward to reaching out to many more individuals at our next conference at Johns Hopkins School of Medicine in February 2007. Visit us at www.nblho.org for more details. For questions regarding the 2007 Conference, please contact: Conference

Chair Michelle Santoyo mimasantoyo@yahoo.com. Also check our site for updates on our House of Delegates meeting held in the Fall.

Contributing Writer: Deirdre Smith, MS II, Co-President of Jefferson BLHO

SOUTHEAST REGION

Stay tuned for the Dr. Hector P. Garcia Leadership and Advocacy Skills Seminar. A seminar in which Latino medical students and alumni physicians from all over the United States come together to enhance their careers with skills essential to community leaders.

MIDWEST REGION

PAST

Nearly 400,000 people marched through downtown Chicago, on May 1st, chanting, "Si, se puede!" in support of Immigrant rights. NNLAMS Midwest members from the regions medical schools, including Loyola University, the University of Illinois, University of Chicago, and others marched in solidarity, not only for immigrant rights, but for adequate healthcare as well. NNLAMS Midwest will continue to support any efforts, which seek to ensure better health care access to the Latino community and to serve as advocates for our patients!

PRESENT

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Regional Updates

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The Midwest will be collaborating with Hispanocare, Inc. throughout the summer, providing volunteers for a series of health fairs in the Chicago area. Volunteers will conduct diabetes, cholesterol, and hypertension screening, as well as assist in immunizations. Additionally, the 34th annual Fiesta Del Sol, a Latin street fest hosted by the Pilsen community, will be held on July 28th-30th. There will be health fairs throughout the weekend and we need volunteers!!! If you are interested, please contact Yessenia Castro (ycastr2@uic.edu).

FUTURE



We will be hosting a House of Delegates meeting early in the coming semester where we will meet with representatives from our regions medical schools and discuss the direction our region will take in the coming year. Lastly, please mark your calendars: The Annual NNLAMS Midwest Regional Conference will be held at the University of Michigan on January 13-14, 2007. Last year there were over 100 premed and medical students in attendance, and this year promises to be a huge success! More details to come.

Contributing Writer:

Mayra Mendoza, MS III

NNLAMS Midwest Vice-president

SOUTHWEST REGION

NNLAMS Chapter Update for Baylor College of Medicine (Houston, TX)

Our chapter is run primarily by first and second year medical students. Our new officers for 2006 are part of the second year class: Christine Casas

and Jose Diaz-Miron (Co-Chairs); Anita Hernandez (Secretary); and Sofia Olivarrez (Treasurer). Our faculty sponsor is Dr. Graciela Villarreal, a Baylor pediatrician who helps us all in all aspects of running the group, particularly with event planning and fundraising. We've accomplished the following this spring:

- The second annual Cinco de Mayo Lunch Celebration on the Baylor campus. We sold tickets for Mexican food plates (served nearly 100 people), brought in a mariachi band, and raffled prizes (iTunes gift cards).

- The second annual Ben Taub Mother's Day Gift Basket Project. We arranged twenty baskets with lotion, bibs, diapers, and bilingual publications on childcare and delivered them to the postpartum ward of the Ben Taub General Hospital (a county hospital with large Latino population).

- Anita, Christine, and members Natalia Maani and Eugenia Legarda participated in Houston's April 10 march for immigrant rights.

- Anita, Jose, and Christine received funding from Baylor to attend the NHMA/NNLAMS Conference in Washington, DC in March.

- Jose led the group's Spanish dictionary fundraiser. We sold over 50 dictionaries (Medical Spanish Pocket: Spanish for Medical Professionals, ISBN# 1591032032) to fellow medical students and plan to continue the fundraiser this fall.

- Anita used the Spanish dictionaries as part of a curriculum she designed for our "Spanish Lunch" sessions. We held four one-hour, lunch-time (food provided) Spanish sessions, during which 20+ students divided into groups and practiced pronunciation, conversation, and history-taking in Spanish.

- Sofia made contact with Lantrip Elementary School (Houston ISD) and arranged for her, Natalia, and Christine to speak to students about medicine on their May 12th Career Day. We hope to visit the school on future Career Days.

- Our chapter has begun a relationship with the Hispanic American Medical

Association of Houston (HAMAH). Jose arranged for the group's president, Dr. Franz Schneider, to give a June 9th presentation at Baylor about liver disease in the Hispanic population. We plan to maintain contact with HAMAH in the future and are planning for another presentation by a HAMAH member in August. The topic is HIV/AIDS in the Hispanic population.

Contributing Writer:

Christine Casas, MS II

NNLAMS Secretary

WEST REGION

This past April 7-8,th Stanford University in Palo Alto, California hosted the 22nd Annual LMSA Regional Conference. The theme of this year's conference was "Creating Leadership: Striving to Improve Latino Health Care." The conference drew over 600 attendees, including high school students, undergraduates, medical students, and healthcare professionals. The high school and undergraduate component



was held on Friday, with students participating in various workshops covering topics in admissions, SAT and MCAT preparation, financing higher education, as well as student panels. Friday night also included LMSA's first ever Alumni Cocktail Social, which allowed current medical students to network and meet many former LMSA members who have gone on to work in our communities. Friday night closed with the traditional regional board meeting and elections that went late into the evening.

Saturday's program was for medical students and featured workshops covering academic careers in

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Regional Updates

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medicine, health policy, NIH & CDC Programs, residency applications, and many others. The program also featured motivational speakers that reminded all of us why we chose the path in medicine. We finished the night with our traditional graduation banquet honoring those LMSA students who have worked so hard to earn the title M.D. Over 400 family and friends attended the event, which featured an inspirational talk by keynote speaker Dr. Jorge R. Flores, M.D. of the California Endowment, as well as speeches from some of our graduating medical students. The night could not be complete without music and lots of dancing. A live Salsa band entertained the audience and gave

everyone the opportunity to strut their stuff and practice their salsa moves.

This year's conference was a culmination of another successful year for LMSA. The conference could not have been possible without all the hard work and efforts of our wonderful Coordinators and Conference Committee. All of their hard work and dedication was on display and it definitely showed throughout the conference. This 22nd LMSA Regional Conference was truly unique and unforgettable. We are already in the process of next year's Regional Conference, which will be held on April 6- 7th 2007 and hosted by the University of Southern California in Los Angeles, California. We hope you

will join us and celebrate another successful year. Please visit www.lmsa.net for more details.

Contributing writer:

Eric Sandoval, MS IV

NNLAMS West (LMSA) Southern Coordinator



Congratulations Class of 2006!

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Editor's Note

Dear Readers,

As a minority student, one of the biggest challenges facing me was the lack of knowledge in the process of pursuing and later applying to the medical profession. I was fortunate that a close friend introduced me to medicine. However, many students do not have access to the same guidance.

I believe the medical community can recruit more minorities by implementing programs which not only acquaint the student with medicine, but with information about the process of pursuing a medical career. We need to provide direction for these students. There is a lot of potential in the minority population. They are students who are culturally sensitive and can defy language barriers.

National Network of Latin American Medical Students is an organization catering to minority students and their recruitment. Through this organization, we have exposed students to

medicine and demonstrated to them that the undertaking of a medical career is not impossible. It means a lot for a minority undergraduate to see someone like him or herself in medical school. I know I am inspired when I see people with a similar background as my own pursuing leadership positions. I have met inspirational leaders from the Latino community through NNLAMS. I have also made friends that I know will continue to be esteemed colleagues throughout my medical career.

I would like to thank all of those who contributed to this issue of the newsletter. I appreciate all your support. I would like this newsletter to be one that includes articles that you can relate to. I encourage all of you to contribute articles and ideas for future publications. Please do not hesitate to email me at sindy_amarillo@yahoo.com.

On behalf of NNLAMS, I welcome the incoming classes of 2010 and

congratulate the graduates of 2006. Let us all remember the quote.. "A doctor, like anyone else who has to deal with human beings, each of them unique, cannot be a scientist; he is either, like the surgeon, a craftsman, or, like the physician and the psychologist, an artist. This means that in order to be a good doctor a man must also have a good character, that is to say, whatever weaknesses and foibles he may have, he must love his fellow human beings in the concrete and desire their good before his own." W. H. Auden

Sincerely,

Sindy Amarillo, MS IV
New York College of
Osteopathic Medicine
NNLAMS Publication Chair
2006-2007



Sindy Amarillo, MS IV
NNLAMS Publication
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National Network of Latin American Medical Students

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NNLAMS represents roughly 70% of all Latino medical students from coast to coast. Advertising in our NNLAMS newsletter can help you reach members in five US regional chapters: Northeastern, Southeastern, Midwestern, Southwestern and Western regions. For more information email our fundraising chair Vanessa Salcedo: salcedov@gwu.edu.

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