Workshop Descriptions
High School Students

College Made Simple: Options, Admissions and Timeline
Courttni Salinas, MSI, UCSD School of Medicine
With the right tools, applying to college can be a simple and satisfying process. This workshop will teach you about community colleges versus 4 year universities, the admissions process for each, and provide you with a preparatory timeline to help keep you on track. Vital school and community resources to help the decision process and ensure your success will also be highlighted.

Financial Aid Workshop
Kathleen Hallisy
Are you a high school student wondering how to pay for college? This workshop will strengthen your understanding of higher education funding resources. Learn about completing the FAFSA application online, the different types of grants and loans available, in-state vs. out-of-state tuition, financial aid for undocumented students, and the requirements to apply for financial aid. Kathleen Hallisy from the office of financial aid at the UCSD School of Medicine will lead the workshop and answer any questions that you may have.

Community Health and Empowerment: How to Empower and Mobilize Communities to Take Action Against Environmental Injustices
Ruth M. Heifetz, MD, MPH, Co-founder of the Environmental Health Coalition, Senior Lecturer Dept Family and Preventive Medicine, UCSD School of Medicine; Carolina Martinez, BA Urban Planning, Toxic Free Neighborhoods Policy Advocate; Leticia Ayala, Childhood Lead Poisoning Prevention Program and Our Healthy Homes Campaign
The Environmental Health Coalition (EHC) is a community-based social and environmental justice organization that has worked in San Diego's south bay communities that face serious health challenges. We will discuss how we incorporate community involvement in achieving social and environmental justice and will highlight some of our campaigns: ending childhood lead poisoning and promoting healthy homes, ending the location of toxic business near homes and schools. We will discuss ways to effectively advocate for and empower communities. EHC: Empowering People. Organizing Communities. Achieving Justice.

Pharmacy School Panel
UCSD School of Pharmacy Students: Mayra Guzman, Michelle Hughes-Fowler, Lily Wong, Trina Hyunh, Gina Moratto, Juan Toledo
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Want to learn more about public health and career options in this field? What is public health? Then come to this informative workshop, we will discuss the need for public health professionals and the role of public health professionals in our communities. We will discuss career tracks for physician and non-physician in public health.

Mental Health in the Latino Community: Stigma, Barriers and Opportunities

Andres Sciolla, M.D., Psychiatry Department, UC Davis School of Medicine

This interactive presentation will provide you with an overall picture of the most prevalent mental health issues among Latinos, including recent immigrants. You will understand and discuss stigma of seeking mental health in terms of cultural and historical context. You will learn about the role of childhood and socioeconomic adversities in increasing the risk for mental disorders in the course of the acculturation process. You will be expected to contribute from your experience and learn from other members of the audience about opportunities to intervene and foster resilience.

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Using a case-based learning format, you will familiarize yourself with two cases of sexual minority Latinos: an HIV-positive behaviorally bisexual man in his 40s and a 19 year-old male undecided about his sexual orientation. Using their cases as exemplars, you will deepen your understanding and ability to help those who struggle with issues of gender identity, self-acceptance, social rejection, interpersonal abuse and violence, depression and self-injurious behavior, substance abuse and HIV risk behaviors within the larger contexts of the Latino and mainstream cultures.

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Irma Covarrubias-Lugo, MD  Physician Dept. Family Medicine, Kaiser Permanente, Health Care Team Leader, Chair, Family Violence Prevention Program, Associate Clinical Professor, UCSD School of Medicine; Gail R. Knight, MD Division of Neonatology, Chief of Staff, Rady’s Children’s Hospital; Martha Sosa-Johnson, MD, HS, Associate Clinical Professor of Medicine, Division of Internal Medicine Assistant Dean of Diversity and Community Engagement at UC Irvine School of Medicine; Lindia Willies-Jacobo, MD, FAAP, Professor of Pediatrics, Assistant Dean for Diversity and Community Partnerships at UCSD School of Medicine and Director, PRIME-HEq.

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Workshop Descriptions
Undergraduate/Pre-Medical Student Workshops

Medical School Admissions
Carolyn J. Kelly, M.D., Associate Dean for Admissions and Student Affairs, UCSD School of Medicine
Do you have questions for the Dean of Admissions here at UCSD? Our wonderful Dr. Carolyn Kelly will be presenting on the medical school admissions process, what UCSD looks for in an applicant and how you can make your best case when applying to medical school. Don't miss this rare opportunity to have your questions answered directly by the Dean!

Kaplan MCAT Prep
Every pre-medical student must take the MCAT before applying to medical school and it is not uncommon to be wondering what to expect during your undergraduate years. Come join Kaplan Test Prep for an interactive workshop to introduce you to the MCAT and provide you with an idea of the strategies involved in good test taking. A free MCAT course will be raffled off to one lucky student!

Personal Statement Workshop
Liz Roderick, MSI, UCSD School of Medicine
Are you applying to college, professional or grad school? Are you having trouble writing your personal statement? Don't even know where to start? The personal statement is one of the most important aspects of any application, but it can also be one of the most challenging. Come learn the "Do's and Don'ts" of statement writing, common pitfalls to avoid and tips to make your statement shine. Start working on your personal statement today!

Networking in Medicine: How to use networking to advance your career and create new connections.
Dr. Dorothy D. Sears, Ph.D. Associate Professor of Medicine, UC San Diego; Chair, UC San Diego School of Medicine Recruitment & Admissions Committee; President, AWIS San Diego; President, San Diego Area American Diabetes Association Community Leadership Board
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Radiology I Workshop-Intro to Radiology  
*Dr. Haydee Ojeda-Fournier*

A radiologist is a physician who utilizes imaging to diagnose and manage patients and provide therapeutic options. Imaging modalities include X-ray, radionuclides, ultrasound, and magnetic resonance. In this first session you will learn what it takes to become a radiologist, the residency training requirements and what life as a radiologist is like.

Your Road to Medicine,  
*Marco Angulo, MD, MA, Family Medicine Resident PGY-2, PRIME-LC*

There are many paths toward medical school. Learn to avoid and overcome the common obstacles that every pre-med student will face.

Career Opportunities in Public Health  
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Finding, Providing, and Maintaining Mentorship Connections
Sarah Rojas, Medical Student, UCSD School of Medicine

One of the most important keys to success in any field is finding mentors and building strong relationships with them. A mentor is an invaluable resource, guiding you at each step in your journey. Moreover, as your career advances, others may look to you as a mentor. This workshop teaches you how to find a good mentor, how to be a good mentor, and how to sustain that vital connection.

MD, DO, and ND degrees! What’s the difference?
Tabatha Parker, N.D., Ellen Beck M.D., Erica Oberg N.D., Michael Kirisu D.O.,

Frequently, we say that we want to become doctors without knowing how many clinical options that opens us up to. Here, we will be introduced to Allopathic (MD), Osteopathic (DO), and Naturopathic (ND) Medicine. After this panel, students will understand the similarities and differences between these types of medicine, and will be more informed on what choice careers are available to them in the field of medicine.

Tips & Strategies for Becoming a More Competitive First Time or Reapplicant to Medical School
Saundra J Kirk, MS., Director, UCSD School of Medicine Postbaccalaureate Program

The facilitator will engage students in a discussion of strategies for applying to Post baccalaureate Programs, guide students through a review of the flaws in their current medical school applications, and suggest relevant biological science and public health courses needed to demonstrate improved learning capabilities. To increase chances of being admitted on the first try or the second-time around, students will be given tips on how to select co-curricular experiences that distinguish them from average applicants.

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Working with Underserved Populations - Benefits and Challenges

Julie Sierra, M.D., Internist, San Ysidro Health Center

Considering working at an Federally Qualified Health Center? What IS an FQHC? Find out what it is really like to take care of patients who are uninsured, underinsured, or otherwise socioeconomically challenged. We will review actual cases from the San Ysidro Health Care clinic and consider how to overcome obstacles to patient care in this population. The importance of job satisfaction and loan repayment options will also be discussed.
Understanding and Reducing Health Disparities

Maria Luisa Zúñiga, Associate Professor, UC San Diego School of Medicine

The purpose of this talk is to identify and describe different types of health disparities and how they may manifest in different ethnic populations and to describe how research can contribute to reducing disparities in health.

Aging and Cognition in Latinos

Maria Marquine, PhD, Postdoctoral Scholar, HIV Neurobehavioral Research Program, Department of Psychiatry, UCSD

Did you know that Latinos will be the largest minority group among the elderly by the year 2050? They are the most rapidly growing ethnic group within the older adult population in the United States. This population also has specific needs to consider in their care. Aging Latinos face an increased risk of dementia and other memory issues. This workshop explores aging trends among different ethnic/racial groups in the United States, characteristics of Alzheimer's disease and other dementias, and the impact of dementia on care of the Latino community.

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Refugees, Providers and Healthcare Milieus - Session 1: “There is a Refugee in My Office”

Dawn-Marie Tol, MSW, Jewish Family Service of San Diego; April Moo, Karen Organization of San Diego; Hsit Has, Karen Organization of San Diego

In the Global Community, diversity is the norm, and having cultural and informational context is paramount to being an effective service provider. Join us for this interactive workshop and learn about the cultures, barriers to healthcare, and the resources and support available to help you engage with, provide service to, and support treatment and care compliance for your patients from the refugee community.
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Introduction to Interventional Radiology- The Future of Medicine Now

*George Vatakencherry MD, Chief of Vascular and Interventional Radiology, Kaiser Permanente Los Angeles Medical Center, Residency Program Director of Diagnostic Imaging and Interventional Radiology*

Interventional Radiology in an innovative field that focuses on patient care through diagnostic, therapeutic and minimally invasive image-guided procedures. The American Board of Medical Specialities (ABMS) has recently approved the American Board of Radiology Dual Certificate in Interventional Radiology and Diagnostic Radiology making it the 37th primary speciality in medicine. Come learn about this pioneering field and opportunities available!
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Radiology II Workshop MET 312- Recommended for medical students

Dr. Haydee Ojeda-Fournier

In this workshop, the imaging modalities will be introduced along with their indications. Basic concepts needed to interpret a chest radiograph will be reviewed and a set of cases will be presented. These are the basic skills that all physicians and surgeons will need during their career to take care of patients. The session will conclude with “Imaging cases that you cannot miss”.

Career Opportunities in Public Health

Linda L. Hill, MD, MPH, Clinical Professor UCSD Department of Family and Preventive Medicine, Director of Preventive Medicine Residency

Want to learn more about public health and career options in this field? What is public health? Then come to this informative workshop, we will discuss the need for public health professionals and the role of public health professionals in our communities. We will discuss career tracks for physician and non-physician in public health.

Finding, Providing, and Maintaining Mentorship Connections

Sarah Rojas, Medical Student, UCSD School of Medicine

One the most important keys to success in any field is finding mentors and building strong relationships with them. A mentor is an invaluable resource, guiding you at each step in your journey. Moreover, as your career advances, others may look to you as a mentor. This workshop teaches you how to find a good mentor, how to be a good mentor, and how to sustain that vital connection.

Mental Health in the Latino Community: Stigma, Barriers and Opportunities

Andres Sciolla, M.D., Psychiatry Department, UC Davis School of Medicine

This interactive presentation will provide you with an overall picture of the most prevalent mental health issues among Latinos, including recent immigrants. You will understand and discuss stigma of seeking mental health in terms of cultural and historical context. You will learn about the role of childhood and socioeconomic adversities in increasing the risk for mental disorders in the course of the acculturation process. You will be expected to contribute from your experience and learn from other members of the audience about opportunities to intervene and foster resilience.
Double Jeopardy: Mental Health Issues among Sexual Minority Latinos

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Using a case-based learning format, you will familiarize yourself with two cases of sexual minority Latinos: an HIV-positive behaviorally bisexual man in his 40s and a 19 year-old male undecided about his sexual orientation. Using their cases as exemplars, you will deepen your understanding and ability to help those who struggle with issues of gender identity, self-acceptance, social rejection, interpersonal abuse and violence, depression and self-injurious behavior, substance abuse and HIV risk behaviors within the larger contexts of the Latino and mainstream cultures.

Women's Sexual Health

Catherine Gagnon CNP and Debbie Cohen PT, MS, San Diego Sexual Medicine

Practitioners and medical students often find it difficult to discuss sexual health concerns with their female patients. Part of this is due to an overall lack of understanding of female sexual dysfunction in the medical community. This is a sad reality as 20% of women will experience sexual pain at some point in their life and many will see multiple providers before ever finding help, if they find help! Vestibulodynia is a significant cause of sexual pain. This session will give you the essentials you need to broach the topic of female sexual pain with your patient including the ability to understand and discuss basic concepts, diagnostic procedures and treatment strategies relating to vestibulodynia.

Women in Medicine Panel

Irma Covarrubias-Lugo, MD  Physician Dept. Family Medicine, Kaiser Permanente, Health Care Team Leader, Chair, Family Violence Prevention Program, Associate Clinical Professor, UCSD School of Medicine; Gail R. Knight, MD Division of Neonatology, Chief of Staff, Rady’s Children’s Hospital; Martha Sosa-Johnson, MD, HS, Associate Clinical Professor of Medicine, Division of Internal Medicine Assistant Dean of Diversity and Community Engagement at UC Irvine School of Medicine; Lindia Willies-Jacobo, MD, FAAP, Professor of Pediatrics, Assistant Dean for Diversity and Community Partnerships at UCSD School of Medicine and Director, PRIME-HEq.

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Working with Underserved Populations - Benefits and Challenges

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Considering working at an Federally Qualified Health Center? What IS an FQHC? Find out what it is really like to take care of patients who are uninsured, underinsured, or otherwise socioeconomically challenged. We will review actual cases from the San Ysidro Health Care clinic and consider how to overcome obstacles to patient care in this population. The importance of job satisfaction and loan repayment options will also be discussed.
Medicos, Enfermeros, y Dentistas Para El Pueblo (MEDPEP): Maintenance of Medical Licensure

Dr. Hayes-Bautista, M.D. and Dr. Jorge Carreon, M.D.

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Understanding and Reducing Health Disparities

María Luisa Zúñiga, Associate Professor, UC San Diego School of Medicine

The purpose of this talk is to identify and describe different types of health disparities and how they may manifest in different ethnic populations and to describe how research can contribute to reducing disparities in health.

Aging and Cognition in Latinos

Maria Marquine, PhD, Postdoctoral Scholar, HIV Neurobehavioral Research Program, Department of Psychiatry, UCSD

Did you know that Latinos will be the largest minority group among the elderly by the year 2050? They are the most rapidly growing ethnic group within the older adult population in the United States. This population also has specific needs to consider in their care. Aging Latinos face an increased risk of dementia and other memory issues. This workshop explores aging trends among different ethnic/racial groups in the United States, characteristics of Alzheimer’s disease and other dementias, and the impact of dementia on care of the Latino community.

Introduction to Interventional Radiology- The Future of Medicine Now

George Vatakencherry MD, Chief of Vascular and Interventional Radiology, Kaiser Permanente Los Angeles Medical Center, Residency Program Director of Diagnostic Imaging and Interventional Radiology

Interventional Radiology in an innovative field that focuses on patient care through diagnostic, therapeutic and minimally invasive image-guided procedures. The American Board of Medical Specialties (ABMS) has recently approved the American Board of Radiology Dual Certificate in Interventional Radiology and Diagnostic Radiology making it the 37th primary specialty in medicine. Come learn about this pioneering field and opportunities available!

Gastroenterology Demonstration

Jesus Rivera-Nieves M.D., Associate Professor, Inflammatory Bowel Disease Center, Division of Gastroenterology

Conditions treated and diagnosed by the gastroenterologist are common and sometimes epidemic within our minority communities. A diverse gastroenterology community may be more inclined to address and broaden research questions in health disparities in our field and improve the health and well being of our minority (soon to be majority) population. The American Gastroenterology Association (AGA) and the American Society for Gastrointestinal Endoscopy (ASGE) are committed to diversifying our workforce and have organized a two-part workshop that includes an introductory didactic session and a hands-on endoscopy lab using pig stomachs to introduce minority students about the field of gastroenterology, and encourage them to choose our profession as a career path.
Workshop Descriptions
Resident Workshops

Refugees, Providers and Healthcare Milieus - Session 1: “There is a Refugee in My Office”

Dawn-Marie Tol, MSW, Jewish Family Service of San Diego; April Moo, Karen Organization of San Diego; Hsit Has, Karen Organization of San Diego

In the Global Community, diversity is the norm, and having cultural and informational context is paramount to being an effective service provider. Join us for this interactive workshop and learn about the cultures, barriers to healthcare, and the resources and support available to help you engage with, provide service to, and support treatment and care compliance for your patients from the refugee community.

Refugees, Providers and Healthcare Milieus - Session 2: “Interpretation and Healthcare Provision: Avoiding a Game of Telephone”

Dawn-Marie Tol, MSW, Jewish Family Service of San Diego; April Moo, Karen Organization of San Diego; Hsit Has, Karen Organization of San Diego

Using interpretation services can often feel like a game of Telephone – with the final message bearing no resemblance to the original. Using interpretation services effectively is a distinct skill that is vital to working in the diverse world of the 21st century, a world that includes many refugees from a variety of cultural backgrounds, experiences and languages. Join us for an interactive workshop that includes case studies with some of the more common and challenging scenarios, and learn how to engage with your clients while using an interpreter.

Networking in Medicine: How to use networking to advance your career and create new connections.

Dr. Dorothy D. Sears, Ph.D. Associate Professor of Medicine, UC San Diego; Chair, UC San Diego School of Medicine Recruitment & Admissions Committee; President, AWIS San Diego; President, San Diego Area American Diabetes Association Community Leadership Board

Networking is an art that is relevant to people of all backgrounds, education levels, and career types. In this workshop, we will discuss the importance of networking and show you how to network effectively. The speaker Dr. Dorothy Sears will provide examples of how networking has helped further her career. This interactive workshop will help you become more knowledgeable and confident in networking – a very important skill for career success and satisfaction.

Latinos and the HIV Epidemic

Daniel Lee, M.D., Clinical Professor of Medicine, UCSD Medical Center -- Owen Clinic

HIV care among Latinos is a unique healthcare issue. Come learn about the HIV epidemic in Latinos and who is at risk and why. In order to curb the HIV epidemic in this population, we will discuss the barriers to healthcare among Latino’s and examine the HIV epidemic among the Latino population in the U.S.

Health Frontiers in Tijuana Student-Run Free Clinic: Clinical, Education, and Research opportunities

Victoria Ojeda, PhD, MPH and Jose Luis Burgos, MD, MPH

This session will discuss the founding of the binational student-run free clinic known as Health Frontiers in Tijuana (HFit). Dr. Ojeda and Dr. Burgos, both faculty in UCSD's Division of Global Public Health, will describe ongoing community service, clinical and research initiatives where pre-medical and medical students may become involved. The clinic serves vulnerable patients including sex workers, injection drug users, deportees, elderly, homeless and indigent patients. Come learn about the social and health issues facing these border populations, including their HIV risk and the ways HFit has helped to expand their access to care.
Advancements in Surgery

Dr. Santiago Horgan, Center for the Future of Surgery

Dr. Santiago Horgan, Chief of Division of Minimally Invasive Surgery at UC San Diego Health System, is a renowned expert in robot-assisted surgery. He performs Lap-band adjustable gastric banding for the treatment of obesity and is a pioneer in Natural Orifice Translumenal Endoscopic Surgery. Dr. Horgan is skilled in the use of the da Vinci robot system which allows for complex and delicate procedure to be performed using minimally invasive techniques.

Community Health and Empowerment: How to Empower and Mobilize Communities to Take Action Against Environmental Injustices

Ruth M. Heifetz, MD, MPH, Co-founder of the Environmental Health Coalition, Senior Lecturer Dept Family and Preventive Medicine, UCSD School of Medicine; Carolina Martinez, BA Urban Planning, Toxic Free Neighborhoods Policy Advocate; Leticia Ayala, Childhood Lead Poisoning Prevention Program and Our Healthy Homes Campaign

The Environmental Health Coalition (EHC) is a community-based social and environmental justice organization that has worked in San Diego's south bay communities that face serious health challenges. We will discuss how we incorporate community involvement in achieving social and environmental justice and will highlight some of our campaigns: ending childhood lead poisoning and promoting healthy homes, ending the location of toxic business near homes and schools. We will discuss ways to effectively advocate for and empower communities. EHC:Empowering People. Organizing Communities. Achieving Justice.

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NHMA Council of Residents: What it is and what’s in it for you?

Elizabeth Homan-Sandoval, MD, MPH

Come to hear about the National Hispanic Medical Association, the health policy and advocacy work at national and regional levels, and the NHMA Council of Residents activities and opportunities. Leading the discussion is the NHMA Council of Residents National Chair Elizabeth Homan-Sandoval, MD, MPH, Psychiatry Resident Physician at the University of Miami/JMH. Dr. Homan-Sandoval has been involved with LMSA since medical school and serves as a National Advisor, Southeast Regional Advisor, and local University of Miami chapter Advisor.

What to do when I am done? How to find a job after residency...

Daniel Turner-Lloveras, MD

Daniel Turner-Lloveras, MD is an Internal Medicine Attending Physician and part of the National Health Service Corps. Dr. Turner-Lloveras has been a steadfast mentor to LMSA throughout the nation. He will be speaking about the process of finding employment after residency, including contract negotiation.

Health Policy and Advocacy

NHMA

Learn the ins and outs of health policy and advocacy at the national level.

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