

# GATOR DOC PERIODICAL

UF Internal Medicine Newsletter

## Research Spotlight: SGIM 2018

Congratulations to our residents who shared their research at this year's Society of General Internal Medicine (SGIM) annual meeting in Denver, CO!

- Lindsay McCullough, PGY-3
- Rachel Nickels, PGY-3
- Harry Powers, PGY-3
- Michael Robinson, PGY-3
- Amy Sheer, PGY-3
- Islande Joseph, PGY-2
- Marie Claire Lamb, PGY-2
- Nida Waheed, PGY-2
- Samantha Welniak, PGY-2
- Jerin George, PGY-1
- Faith Villanueva, PGY-1



Michael, Rachel, Sam, Faith, Nida, Lindsay, Amy, and Jerin



Sam's oral presentation



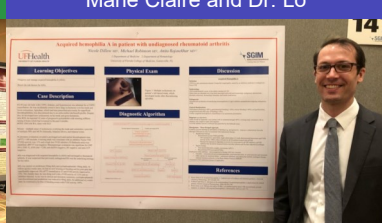
Nida, Lindsay, and Jerin



Marie Claire and Dr. Lo



Rachel, Amy, and Marie Claire



Michael Robinson

## Get to know your February IOMs/ROMs!

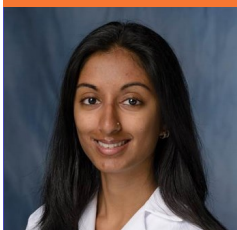


### Gurjaspreet Bhattal, PGY-1

- Where are you from? Chandigarh, India
- Previous non-medical job? Substitute teacher for special education
- Secret talent? Decent bathroom singer
- What would you choose for your last meal on Earth? Anything my mom cooks
- Best advice you've ever received? Never forget your roots.

### Raphael Bosse, PGY-1

- Where are you from? Mantes-la-Jolie, France
- Secret talent? I have flown a plane and landed without crashing.
- Favorite Pixar movie? Inside Out
- What would you choose for your last meal on Earth? Gratin Dauphinois. If not available, then a whole pot of Nutella.
- Best advice you've ever received? Nothing that's worth having comes easy.

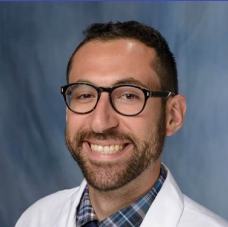


### Kruti Yagnik, PGY-2

- Where are you from? Tampa, FL
- Who inspires you and why? My parents; they came here from India 35 years ago with nothing and never even finished high school. They worked multiple small jobs and sacrificed everything so that my brother and I would have the opportunities that they didn't.
- Best advice you've ever received? Never let the things you want make you forget the things you have.

### Forat Lutfi, PGY-2

- Previous non-medical job? In high school, I worked at a cookie shop and had a side hustle of selling jewelry at a local flea market.
- Your last meal on Earth? Shawarma and a chimichanga smothered in queso with a tall glass of Johnny Walker Blue on the rocks
- Current motto? I can only take one admission after 6.
- Who inspires you, and why? Winnie the Pooh and Al Gore for creating the internet.



## NUTRITION TIPS FOR RESIDENCY

Tiffany Lambrou, PGY-2



### HOW TO MEAL PREP

**Lunch/Dinner:** You can try cooking 1-2 grains for the week (try rice, quinoa, or farro) with roasted vegetables and a protein (such as chickpeas or chicken). You can divvy out portions in Mason jars or Tupperware, and drizzle with sriracha or add different seasonings for different days. You can also make a big soup on your day off and portion it out. I made an Israeli five onion soup that is fantastic and you should try it, too.

**Breakfast:** Overnight oats are easy and filling. You can fill Mason jars with classic oats and then add mix ins. Examples I've done include cranberries, chocolate/white chocolate chips, cinnamon, brown sugar, nuts, coconut, and pumpkin pie spice seasoning.

Bring healthier snacks in lieu of Graham crackers and Skippy, like baby carrots, yogurt smoothies, seasoned rice cakes, roasted chickpeas, SkinnyPop popcorn, veggie stick fries, or hummus.

Trader Joe's has an amazing line of frozen Indian food (vegan tikka masala is the best), and Publix has several new lines of frozen dinners without preservatives.

Splurge on ready-made salads that actually sound appealing (Publix bistro bowls are often BOGO or 2 for \$5, and Trader Joe's versions are \$3.50-\$5), rotisserie chicken, and pre-made dips/sides.

### MEAL DELIVERY SERVICES

**National (Plated, Blue Apron, Hello Fresh, Green Chef):** Almost all companies offer a ridiculously reduced rate for a trial. I did Plated for around \$25 for 3 two-person meals, and loved it. Try these services and cancel after the two weeks, because otherwise they're very expensive. A lot of them will offer deals again when you've canceled.

**Local:** Shipt will deliver from Publix, Target, and ABC. There are introductory offers available for free trials and savings (Google for updated code). After the trial period, there is usually a monthly subscription fee. You should consider trying during a busy MICU month to see if it helps to have one less chore to do!



## CONGRATULATIONS TO NEW BABY GATORS!



Remy Jester



Rhett Jeremiah Dillow



Defeating aliens at Universal!



Congratulations, Sam!



6 national parks and 1700+ mi over 8 days!



#SelfiesWithSahil

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