

Gator Doc Periodical

Photo c/o Justin Forde

8-9-2017

On Cruise Control

Piece of Cake, Right?

One month down, eleven to go. We're sure that you all are complete experts in internal medicine by now. How many CVLs has the average intern done? Fifty? Sixty?

In all seriousness, every intern and new resident should feel proud of his/herself. Of course, our seniors have a great deal to be proud of as well, with ERAS submissions clicked, there is much to look forward to. And some of you all might even be polishing up your CVs and thinking of adding a digit to your salary.

At any rate, July is a trying time, but the true challenge comes in staying strong throughout the long haul. As the call days and long hours begin to blur into one another, it can be easy to lose sight of what sparked each of

our passions. But stay strong, and stay well, because in this issue we'll take a focus on wellness. Truly, we can't take care of others unless we first take care of ourselves.

Leigh, Jess, Grant²



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Vancouver Bound

Many of our residents recently presented research in Vancouver. Learn what all the fuss was about.

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A Pulse In Vancouver

Several of our residents recently participated in the International Academy of Cardiology World Congress on Heart Disease in Vancouver, Canada. Cardiology is a popular specialty, so many of our residents jumped at the chance to present their research. Gatorade, an obscure beverage not well known outside of Gainesville, is a true boon for the department of Medicine, and it allows our residents to travel far and wide to participate in scholarly activities. Cecil Rambarat takes a moment to share his research with us.



Nikhil Shah (left) and Cecil Rambarat (right) biking in Canada.

What did you present?

I presented a systematic review that I performed with Justin Merritt on the use of simulation to teach echocardiography. We found that simulation is being increasingly used to teach trainees how to perform echo, which has distinct advantages.

Who was your mentor for your project?

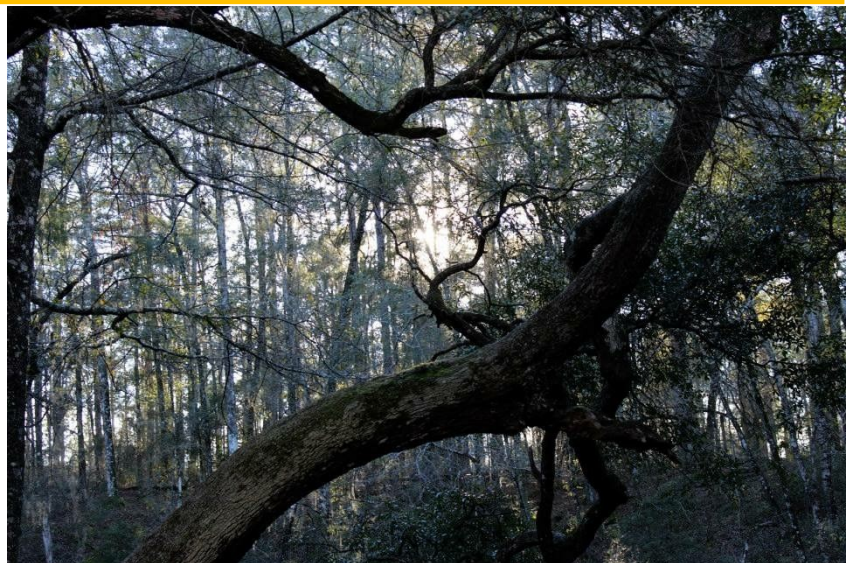
Dr. Winchester guided us through every step of the project. From how to perform the search, to how to evaluate the articles, what data is important vs. not important

What did you think of Vancouver?

Vancouver is one of the most beautiful cities that I have been to! It is very naturally beautiful with many outdoor activities.

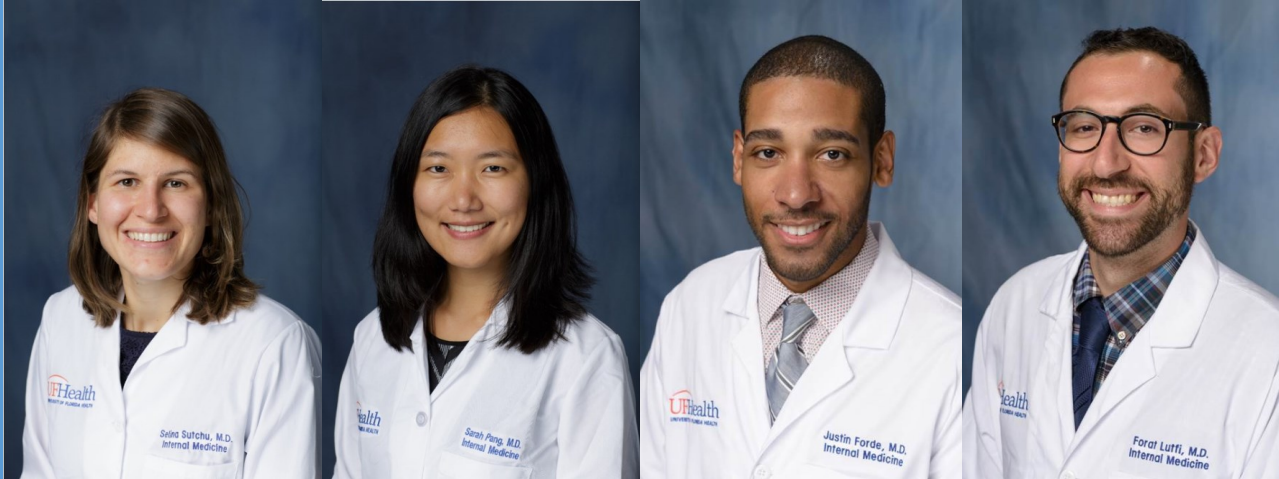
Loop = Closed

- A new ultrasound curriculum is being piloted this month during the ambulatory rotation. With the assistance of Dr. Ataya and Dr. Koratala half-days of extra point-of-care ultrasound training are being incorporated into the ambulatory block.
- Be on the lookout for a new Palliative Care Elective which will expose our residents to inpatient hospice care at Haven Hospice. Details are pending, but this represents an exciting new clinical exposure.



A Tallahassee sink hole. Photo: Justin Forde.

What the HAC? - Meet your HAC Reps!



Selina Sutchu, PGY - 1

Interests: Brazilian Jiu Jitsu

Med School: U of F

Sarah Pang, PGY - 1

Interests: Audiobooking

Med School: U of F

Justin Forde, PGY - 2

Interests: Gastroenterology

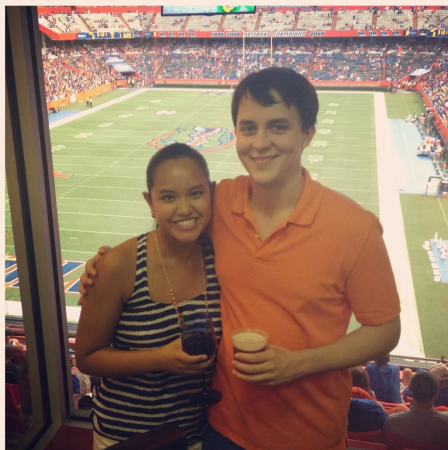
Med School: FSU

Forat Lutfi, PGY - 2

Interests: Hem-Onc

Med School: U of F

Dr. Jester's Monthly Brew



India Pale Ale (IPA) is a popular beer style among craft beer drinkers in the US. This beer style rose to popularity in the 19th century when British troops in India became thirsty for a more refined beer. It is theorized that this hoppier beer remained better preserved on the journey from the UK to India. IPAs exploded in popularity within the last 30 years in the US and



one can now find every variation of the style imaginable. In this edition, I call your attention to the IPA made by the newest brewery in Gainesville, Cypress & Grove. Their version of the classic weighs in at 6.9% ABV and packs a formidable hoppy punch with a strong malty backbone. It's not overly bitter and has some tropical fruit undertones. This is a great entry level IPA for the new brewery that can go head-to-head with Swamp Head's Big Nose IPA. Cypress & Grove is located in an ice factory near Downtown Gainesville and will be holding its grand opening on Saturday, August 12th. Look for some IM social events at the brewery in the future. Cheers!



Chief Fast Facts!

- Leigh is from upstate New York (not New York City).
- Leigh has two younger sisters.
- Leigh is getting married this year.
- Leigh turned into a cat lady during residency, but she feels owning a dog balances it out (It doesn't).
- Leigh HATES squirrels.

Resilient Gators

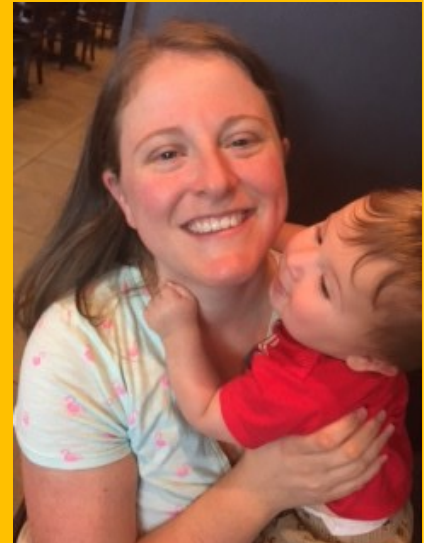
By Marie Claire Lamb



Exercise. Something we were forced to do as children and a lot of us have dropped like a bad habit in adulthood. We know it is good for us and we even counsel our patients on trying to get more of it. So why is it that when we become pressed for time exercise is one of the first things we cut out?

It is not easy and you don't get paid for it, but if you do just a little bit, you will be a better person! You will feel better, look better, think more clearly, and for those altruistic people out there, you will serve your patients better. So how do we fit in a little bit of exercise in our busy resident lives?

- Use your phone to count your steps and see how much walking you get in every day. And walk fast; gait speed is associated with longevity.
- Set a realistic goal. Whether it is to do 20 sit-ups a night or complete a triathlon, having something to work towards is motivating.
- Join something! Our residents have a running club, soccer club and crossfit classes, but the options are endless.
- Find a workout buddy. Having someone hold you accountable is also motivating.
- Take it outside! It's more enjoyable and you'll do it longer.



- A large group of PGY-2s and their loved ones enjoying Ginnie Springs (above). The springs are a popular, inexpensive and fun way of staying well. Photo: Martin Runnstrom.
- Abigail Reich, PGY-3, spending time with her son Elijah (top right). Many of our residents are grateful for the balance and stability their families bring to their lives. Photo: Abigail Reich.
- The DNA Bridge at sunset is a Gainesville staple (bottom right). Photo: Charles Blay.

