

July 2018

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UF Internal Medicine Newsletter

Welcome from the Chiefs!

This year is off to a great start! July is always a busy month but the interns and residents have done an excellent job rising to the challenge. We want to recognize our interns for their hard work and their positive attitude with this major transition.

July is also the first month of new MICU schedule and the residents are adapting well too. We have received valuable feedback already, and as always, we will continue to work to improve the program. We want to thank our faculty, ancillary services, specialty services, and most importantly our residents for their enthusiasm this month. As always, our doors are always open. Go Gators!

Chiefs



Chiefs: Bently, Azka, Paul, and Natalie!

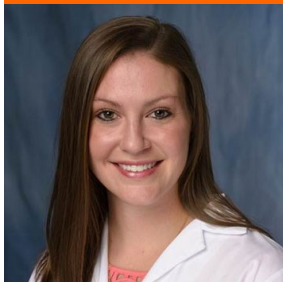


Hi interns!



A full medicine library!

Shiny new white coats!



Resident Highlight: Samantha Welniak, PGY-3

What are you most excited about for next year?

I am excited about becoming a more well-rounded and independent clinician during my third (and final!) year of residency, but more than that I am really excited to spend fun, quality time with all of my co-residents and get to know the new interns!

What are you nervous about for next year?

This is my LAST year to learn all that I can about internal medicine before I am actually let loose to practice on my own - except I will (hopefully) be going on to fellowship, which is also pretty nerve-racking (or at least the application process is...). I am also nervous for all of my fellow 3rd years that are currently applying for jobs/fellowships, although I am most just excited to see the amazing places they will end up next year.

How have you changed/grown in residency?

I feel like I've become an (almost) normal adult. Also, I feel like I have become a more open-minded, practical, independent, and confident doctor (and individual in general). But above all, after all the long hours and dealing with a lot of sickness and death in residency I feel like I have developed a deeper appreciation for the little things, family, friends, and life/health in general.

What advice do you have for interns?

Enjoy the adventure! There are some days that you will feel overwhelmed, exhausted, and dejected, but I promise there is a light at the end of the tunnel. Once you are done intern year you will look back and realize how much you have learned and grown over the past year and you will realize that it is all worth it. Work hard, be nice to people and they will be nice to you, MAKE FRIENDS, enjoy your free time, and above all remember that caring for people is a privilege and a gift, and that's pretty darn cool.



FRIM Painting With A Twist social!



Internal Medicine graduation 2018!



Gold Medicine July 2018! GREAT – TURNIPS



UF IM Gold Humanism Honor Society members!

Recipe of the Month: Mike Ladna's Lentil Soup

- 1 onion, chopped (any onion, don't be picky, you pleb)
 - ¼ cup extra virgin olive oil (canola oil is garbage, forget it exists and you will be much better off)
 - 2 carrots, chopped or diced (whatever you feel like, Gordon Ramsey)
 - 2 stalks of celery, chopped
 - 3 potatoes, diced
 - 8 cloves of garlic, minced (you can never have too much garlic)
 - 2 tomatoes, diced
 - 2 cups dry lentils
 - 2 bullions, beef/chicken (or 1 of each if danger's your middle name, Indiana Jones)
 - 1 teaspoon of the following spices: basil, paprika, chili flakes
- 1) Get large pot. The biggest pot your tiny arms can muster. Throw in some water (how much water you ask?? Figure it out!! Must I guide you by hand for every single thing!??). Throw the onion, carrot, celery, potato, garlic, olive oil, bullions into water. Heat until onion is tender. Then throw in some spices (basil, paprika, chili flakes). Let cook for 2-4 minutes.
 - 2) Stir in lentils, tomatoes. Bring to a boil. Then turn down the heat and let it simmer for 40 minutes. Add salt and pepper for taste during the simmer process.
 - 3) Throw it out and order Wendy's instead.



Who do you think eats more lentils

#SelfiesWithSahil



Still technically a #SelfieWithSahil



Wildflower!



Wildflower, again!



#doctor #professional #goodvibes #md #bros #medicine

Want to be featured in the next Gator Doc periodical? We are looking for contributors and photos! #SelfiesWithSahil will be prioritized. Email Faith Villanueva at faith.villanueva@medicine.ufl.edu!