

THE PULSE

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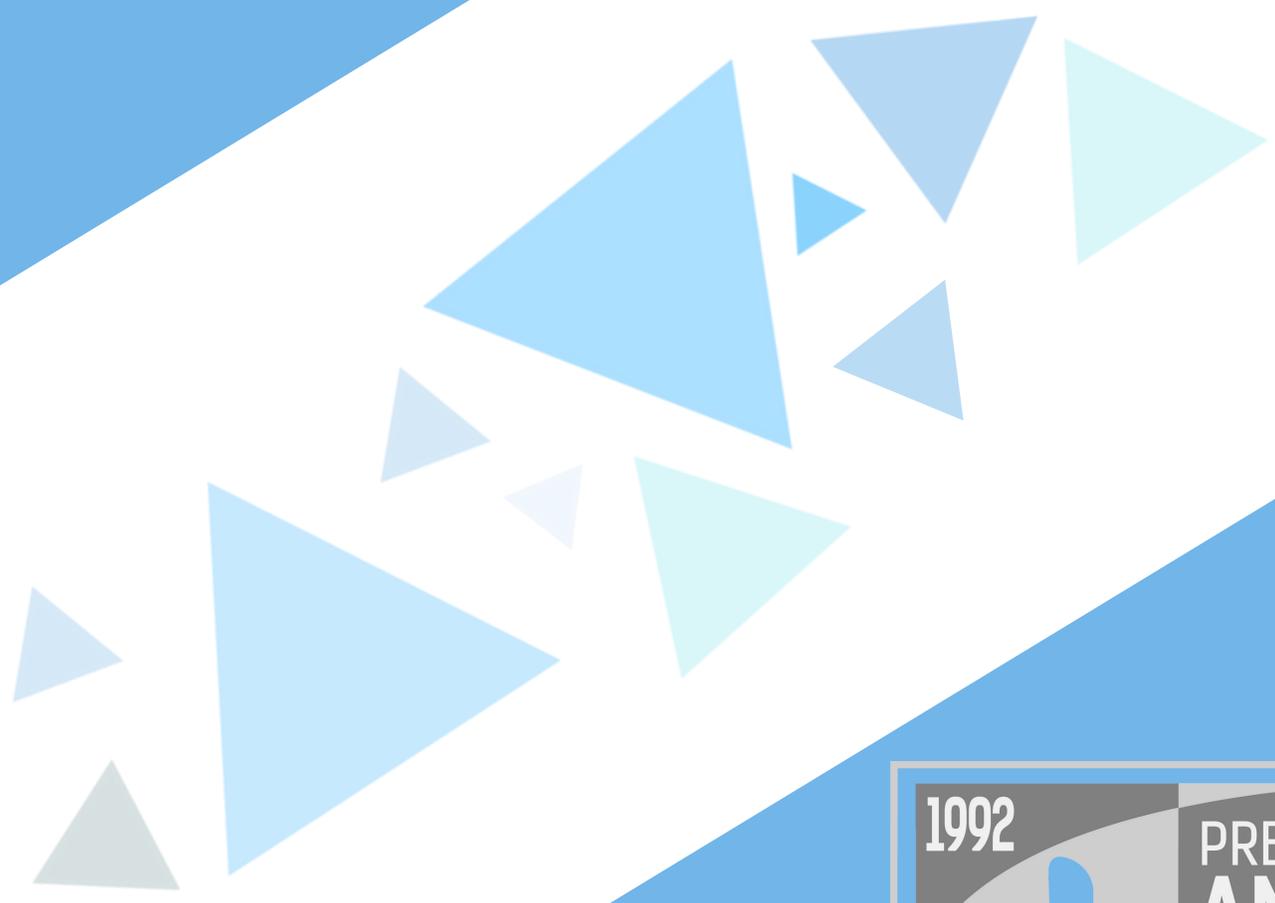


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Don't forget to follow our Spotify to help you get back in the study routine this Spring! You can access it here: <https://tinyurl.com/y9799egr>

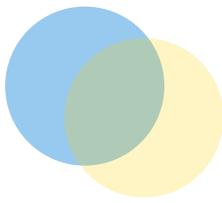
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GUEST SPEAKER



Danielle Duffett

Danielle is one of Pre-Med AMSA's Relay for Life Directors, as well as a fourth year Biomedical Sciences major at UCF. She has attended both Mass Bay Community College and Framingham State University in Massachusetts before taking a gap year during the last year in order to make the transition to Florida. She also used that time to draft a portion of her memoir, in which she reflects on a life-changing brain injury and the recovery process he has undergone. Danielle is involved in undergraduate research, and has also completed an internship with NASA, focused on providing STEM-based summer programs to middle school students. Additionally, she has served as a Mission Commander at the Christa McAuliffe Center, in which she lead middle school students through simulated Mars and ISS experiences.

Health News

New Discovery Connecting Brain Circuits with Food Intake

Now, researchers at The Rockefeller University in New York City, NY, have found a group of nerve cells, or neurons, whose activation reduces food intake. They believe that their finding is the first to identify the mechanism, which they suggest acts as a "checkpoint" between detecting and consuming food. The mechanism centers on dopamine 2 receptor (hD2R) neurons in the hippocampus, a brain structure that has a role in memory formation and the regulation of emotions. A paper that now features in the journal *Neuron* describes how the team studied the cells and their effect on feeding behavior in mice. The study also reveals that hD2R neurons are involved with memory and confirms that they form part of the complex brain circuitry that regulates eating. "These cells," explains first study author Estefania P. Azevedo, a postdoctoral researcher in the Laboratory of Molecular Genetics, "keep an animal from overeating." "They appear to make eating less rewarding and, in that sense, are tuning the animal's relationship to food," she adds. The team also investigated how hD2R neurons link to other brain circuits. They found that the cells receive messages from the entorhinal cortex, which is a brain region that processes signals from the senses. The cells also send messages to the septal area, which plays a role in controlling feeding behavior. The researchers therefore suggest that the brain "fine-tunes" appetite by balancing memory-related mechanisms for promoting and restraining eating.

Read more at: <http://tinyurl.com/y4zpggmc>

tip of the day

Having a cup of green tea everyday has a plethora of benefits! It's full of antioxidants, lowers cholesterol, and protects from heart disease!



have a tip?

submit your tips, stories, or recommend we write an article on one of your AMSA friends! Email us at newsletter@premedamsa.com!





AMSA MEMBERS, YOU ARE CORDIALLY
INVITED TO ATTEND THE

2019 AMSA End-of-Year Banquet

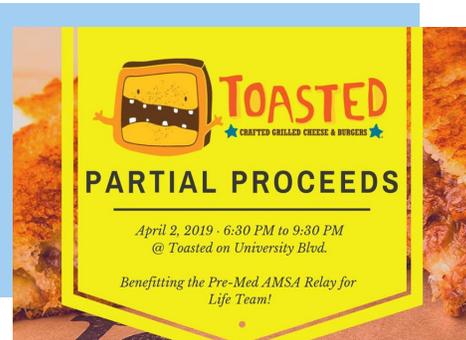
APRIL 18, 2019 · 6:30 PM TO 9:30 PM
OVIEDO CENTER LAKE PARK CULTURAL CENTER

RSVP required! Please visit www.premedamsa.com and look under the
"Forms" tab no later than April 8, 2019 at 12 PM to secure your spot!



HIGHLIGHTED EVENTS

RSVP via Knight Connect is **REQUIRED** unless otherwise specified. Follow us on social media for more updates!



Toasted Partial Proceeds

4/2 - 6:30 PM – 9:30 PM | Toasted UCF

Join us for a partial proceeds event at Toasted benefitting our Relay for Life Team! Email your receipt to chiefofstaff@premedamsa.com to get your points! AMSA Points: 3

UCF's Showcase of Undergraduate Research Excellence

4/4 - 9:30am – 5:00pm | Pegasus Ballroom (Student Union)

Attend UCF's Showcase of Undergraduate Research Excellence! Stop by to see posters from all fields. Take a picture of yourself there, preferably with a fellow AMSA member, for 3 points! Email this picture to research@premedamsa.com for your 3 points.

OPEN TO ALL PRE-HEALTH STUDENTS!

LETTERS OF RECOMMENDATION PANEL

Hear suggestions directly from your professors, learn how to approach letter writers & ask questions during the Q & A with panelists!



JOIN PRE-MED AMSA AS WE DISCUSS

**CANADA VS. THE US:
WHO DOES HEALTHCARE
BETTER?**

Canada vs. the US: Who Does Healthcare Better?

4/8 - 6pm – 7pm | NSC 113

An informational session and open discussion about two highly developed nations and their approaches towards healthcare. Last opportunity for points! RSVP to knight connect. This event is three points, +1 with AMSA Gear.

AMSA Spa Day

4/9 - 7:00pm – 8:30pm | Princeton Review

Members will be able to experience a 'mini' spa day by being able to make their own bath salts, do a facemask, and learn different techniques for at-home selfcare. RSVP on Knight Connect, there is limited space. This event is three points, +1 with AMSA gear.



AMSA Elections

Dreamed of serving on the Pre-Med AMSA Executive Board? Have a friend who you think would be perfect for the role? Tonight elections for the 2019-2020 E-Board commence! Information about the election process is available below.



- Nominations open tonight at 7 p.m. and close Wednesday at 7 p.m. Please submit a nomination survey at www.premedamsa.com under the "Elections" tab.
- Nominees will be notified by Thursday at noon.
- To accept a nomination and become an eligible candidate, please e-mail your GPA and proof of full-time enrollment for Fall 2019 to president@premedamsa.com with (1) position you'd like to run for.
- The full ballot will be released the following week!

Research Spotlight

Clinical Research

Virology is an important subfield of molecular biology which involves the understanding of viruses, viral particles and foreign systems that can cause harm to the host. Virologists study the the structure, genomic make up, and mechanism which viruses use to attack the host, to better understand and design treatments against them. Understanding the structure and make up of these disease-causing agents is crucial in developing treatment methods that are affective and specifically target the antigens without causing harm to the host. Researchers have been involved in an effective way to screen for Zika virus (ZIKV) in mosquitos. Previous techniques involved reverse transcription polymerase chain reaction (RT PCR). This method although very useful is expensive for point-of-care (POC). They developed a one -step method called LAMP (RT-LAMP) which resulted in higher accuracy and specificity for ZIKV. With the use of this inexpensive technique monitoring ZIKV and better control of the virus can be established in countries.

[:https://www.nature.com/articles/s41598-019-40960-5](https://www.nature.com/articles/s41598-019-40960-5)

MCAT question of the DAY

At what point after storing a piece of information in short-term memory does it decay the fastest?

- A - Shortly after learning it
- B - About a week after learning it
- C - Just before completely forgetting it
- D - While learning it



Submit your answer:

<https://forms.gle/FRkcivCkV7F5avBe7>

