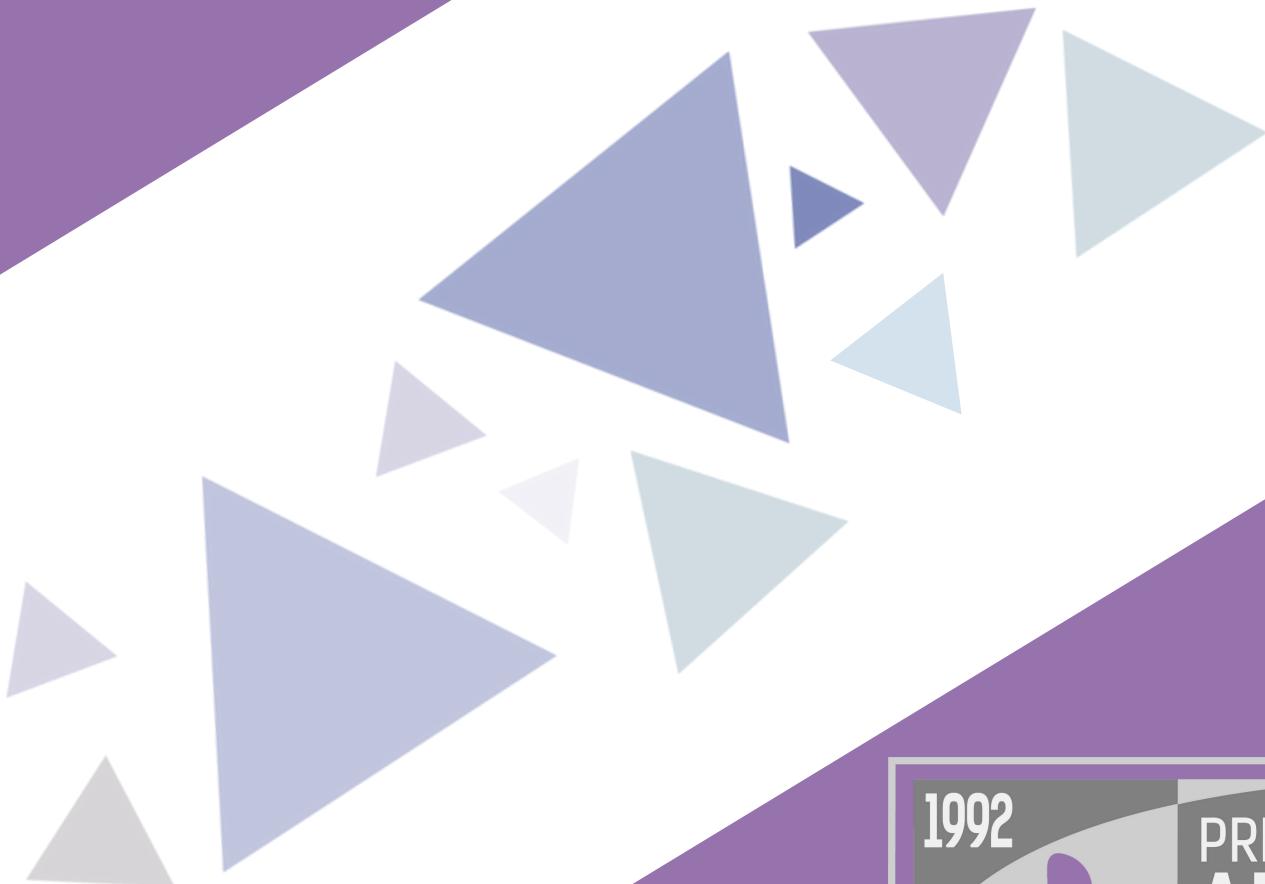


THE PULSE

VOL. 11

FEB. 26, 2019



#teamzuzanne

MIND ♥ FAITH ♥ BODY



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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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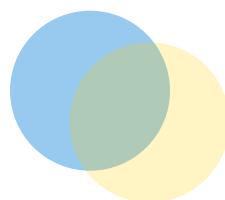
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GUEST SPEAKER

Pancreatic Cancer Committee



This February Pre-Med AMSA will be uplifting the Pancreatic Cancer community and advocating for wellness by analyzing why this particular cancer has such a low survival rate, with the five-year survival rate at 9%. Tonight, we will be hearing from advocates within Pre-Med AMSA and introducing you to this month's committee's outlook on how to raise funds and awareness for this disease through the Purple Stride Network.

Kyle Strickland

Kyle Strickland is a non-traditional disabled veteran who has helped start two different clubs at UCF, including Global Medical Brigades and Hearts for the Homeless. He is also the Undergraduate Research Experience Coordinator for EXCEL/COMPASS and has detailed experience with the pre-med process.

tip of the day

Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° and 67° Fahrenheit.



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!](mailto:newsletter@premedamsa.com)



Health News

Potential Correlation between Sleep Apnea and Cardiovascular Health Risks

According to the National Sleep Foundation, more than 18 million adults in the United States have sleep apnea. If a person does not seek treatment, it can lead to several complications — one of which is cardiovascular disease. According to the American Thoracic Society, about 30 percent of people with high blood pressure, or hypertension, have OSA. Also, individuals with OSA have a 50 percent chance of developing hypertension. However, researchers do not yet know why people with OSA are likelier to develop heart disease. When these breathing pauses occur, the oxygen level in the blood gets low, and these frequent bouts of low oxygen levels during sleep may damage the blood vessels that supply the heart. During these pauses, the heart beats faster and the blood pressure goes up. Severe OSA can also cause the heart to become enlarged. When this occurs, the heart receives less oxygen and works less efficiently.

Previous studies have identified a link between OSA and heart disease. However, to understand the association better, researchers categorized people with OSA based on their symptoms and conducted a new study. The analysis showed that participants with OSA who experienced excessive sleepiness had higher rates of cardiovascular disease at enrollment when compared with people without OSA. Also, they were around twice as likely to experience cardiovascular issues during the follow-up period. The researchers are aware that these results do not prove that excessive sleepiness is a causal factor for cardiovascular disease.

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



HEY #FAMSA!

MINI GOLF SOCIAL

When: February 27 @ 7:00p.m.

Where: Congo River Golf (on Colonial)

RSVP: Google Form on

www.premedamsa.com (carpool provided)

HIGHLIGHTED EVENTS

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

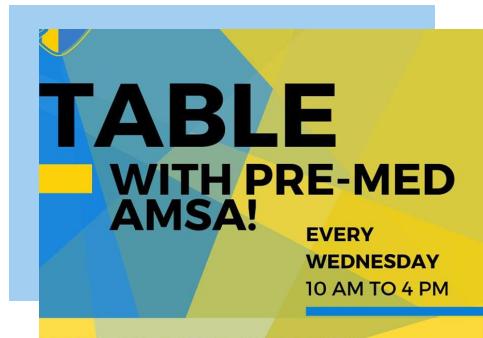


Table with Pre-Med AMSA

2/27 10 AM- 4 PM | Student Union

Want to earn some additional AMSA points? Look no further than tabling! Tabling is an opportunity for you as members to tell your fellow UCF students all about AMSA! Earn 2 points per hour of tabling with no limit on how many points you can earn!

Relay for Life Bake Sale

2/27 - 10 AM - 2 PM | HPA Free Speech Area

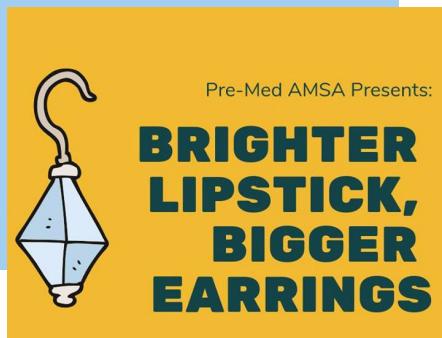
Help AMSA raise funds for our Relay for Life team by selling baked goods! AMSA points: 1 point for every 30 minutes selling baked goods; 1 point for wearing your AMSA shirt; 2 points for donating baked goods to be sold.



Brighter Lipstick, Bigger Earrings

3/6 - 6:00 PM | Princeton Review

Join us for Brighter Lipstick, Bigger Earrings as we make earrings for cancer patients! No previous jewelry-making experience is required! AMSA Points: 3, +1 with AMSA shirt.



Babysitting at Base Camp

3/23 - 5:30 PM - 10 PM

Help us give the parents of the kids at BASE Camp a night off! BASE Camp provides care for children in our community diagnosed with cancer and their siblings. Help us give the parents of the kids at BASE Camp a night off! BASE Camp provides care for children in our community diagnosed with cancer and their siblings. AMSA Points: 6, +1 with AMSA shirt.

GAME WITH PRE-MED AMSA AT OUR

SUPER SMASH BROS. ULTIMATE TOURNAMENT

Register now at www.premedamsa.com
for a donation of \$5! All funds raised
benefit pancreatic cancer research!

**MARCH 1, 2019 / 6 PM TO 8 PM
@ NSC 116**

Register by February 28th to enjoy free pizza at the event! The winner will receive a \$50 Visa gift card, and the runner up will receive an AMSA Swag Bag!

AMSA Points: 3, +1 with AMSA gear

In Research

Danielle Duffett
Biomedical Sciences
Fourth-Year



Danielle Duffett studies Hydroponic Plants as a Food Source for Space Missions at the Christa McAuliffe Center for Integrated Science Learning. Danielle says “researching how to grow hydroponic plants and educating others about hydroponic plants was my favorite part of my NASA internship. Water is already recycled on the international space station orbiting above us, while soil is not. There is a full green-house in the international space station where astronauts are growing their own crops hydroponically. Being able to bioregenerate food sources such as vegetables is essential in long-term space missions to Mars because a supply rocket would take nine months to reach the red planet. Plants convert carbon dioxide to oxygen while humans convert oxygen to carbon dioxide, this provides the perfect mutualistic relationship between plants and humans where each supplies the necessary air composition for the other to breath. I successfully grew basil and lettuce plants hydroponically for one year. As part of teaching people that you do not need soil to grow plants, I showed people how to grow their own tiny plants in plastic sandwich bags using only seeds, damp napkins, and sunlight.” Danielle’s unique research experience have also given her the opportunity to present her research at the American Association for the Advancement of Science (AAAS), Family Science Day at the McAuliffe Center, and she has lead middle school students who were astronauts for a day as a Mission Commander!

Research Spotlight

Cancer Research

Cancer Research has been a widely studied topic in research. As researchers are trying to find ways to stop and understand the cause of mutations in our genes that cause cancerous cells to form and spread throughout our bodies cause serious illness, the discipline is approached from multiple angles. Surgery, chemotherapy, hormone therapy, and immunotherapy are ways scientists are trying to better understand the disease. A fast-growing technique is adoptive cell transfer, where the patient's own immune cells are used to fight cancer cells by collecting the cells, genetically mutating them to fight the disease and transferring them back to the patient. One example of such immune therapy is the use of CAR T-cells. In this technique T cells are separated from the patient's blood and are made to express a receptor called Chimeric antigen receptor (CAR). These receptors are naturally not expressed on T cells but their expression on these genetically engineered immune cells allows for the cells to attach to tumor cells and specific antigens to help fight the disease. Although this and other techniques are still very new in cancer research, they show a brighter future for us in cancer therapy. *Find more information at:*

<http://tinyurl.com/hn6dh4n>

MCAT question of the DAY

The region of the proximal convoluted tubule closest to the glomerulus is referred to as the:

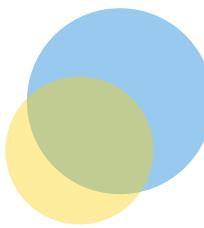
- A - Loop of Henle
- B - Nephron
- C - Efferent Arteriole
- D - Bowman's Capsule



Submit your answer:

<https://goo.gl/forms/XXRB1JP8TOBap23E3>

Member of the Month



Matthew Smith

Matthew Smith is currently a sophomore at the University of Central Florida (UCF) majoring in Health Sciences Pre-Clinical. He loves attending different social events that AMSA has to host, one of them being the weekly CrAMSA sessions. He has been extremely involved with the Mental Health Awareness Committee as well the Pancreatic Cancer Awareness Committee. Congratulations Matthew Smith!



Directorship of the Month: Medical Relations



Nikki Anne
Ballelos



Antonio
Mele

