



XAVIER UNIVERSITY SCHOOL OF MEDICINE AT ARUBA

THE XAVIER TIMES

Xavier University Health Fair Fall 2010

Article By: Maulik Patel SGA

The health fair this semester was a good success. It was different from the previous semesters, not only because it was in a new location, but because it was in an area of the island that never received any attention in prospect of health awareness. Normally, we hold two health fairs during the semester; one is held at our campus, while the other is held in San Nicolas. This semester we held only one health fair in Santa Cruz. Being that it was in a new location, it gave Xavier University an opportunity to expand its health awareness to a large part of the island. It became a well-known medical school in Aruba. We had approximately 120 patients come and take advantage of our free health services. At our health fair, we provide six different types of testing before moving on to consultation with our senior students and our professors. We provide blood glucose testing, blood pressure testing, hearing, vision, and body mass index. Laboratorio Familiar, provides the cholesterol testing for free. They have been a great asset to

the success of our health fairs. Consultation is done by our senior students who are on their way to taking their USMLE Step 1 exam, as well as by our professors who are or were practicing doctors. SGA is hoping to provide these free services in the coming future semesters to other areas of the island, as well as to those who have received them. SGA would like to thank and appreciate all our sponsors, professors, administration, and students for making the health fair this semester a great success and we look forward to having more students participate in the health fair in the next semesters to come.



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“ The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”

~ Mark Twain

Health Fair Interviews

Interviewed By: Nabil Ahmed & Tabby Shaikh



Interview With
Nebiyu Abbey
MD: 4

Q: What did you think of the Health Fair?

A: I think the Health Fair gives the students the opportunity to interact with patients. Many students are anxious or fearful of being responsible for the lives of patients, but this opportunity gets the students to be more comfortable in the patient care environment. At the same time students get to practice taking vital signs and primary health assessments. As an MD4, I thought it was worth attending and should be carried out more than once a semester.

Q: Did you face any obstacles or hardships during the Health Fair?

A: I did not find myself personally in any obstacle, but I saw some of my patients were not comfortable identifying their illness or expressing their problems in an open area. I would hope in the future they make MD4 consult rooms more enclosed and private, maybe have a booth. I also felt it was a bit disorganized, maybe having people work at different shifts can reduce the amount of students cluttered all over the place.

Q: Do you think working with patients in the field will be similar to working with the patients at the Health Fair?

A: I think the Health Fair does give students a chance to interact with patients and is somewhat similar. But I feel like the students have a shoulder to fall back on (the teachers) during health fairs, but in the field there is nothing to fall back on.



Interview With
Eesha Khan
Pre-Med: 1

Q: What was your job at the Health Fair?

A: I was an usher. I had to direct people to their right places and call out patient's numbers and lead them to registration.

Q: What did you think of the Health Fair?

A: I enjoyed it a lot. It was nice to finally see how students can play a big role in events like the Health Fair. I think it was also inspiring to see the MD4 students take control of all situations and basically organize the whole thing.

Q: Was there any communication problems with the locals?

A: Yes, sometimes the patients didn't speak English, so they didn't understand the numbers in English. That is why I had to use my simple high school Spanish skills to call out numbers. However, we had translators there for those who completely had no clue how to communicate with us.

Q: How can they make the Health Fair better?

A: Well, I personally loved it. I feel like I need to experience it more before I can make judgments on how to make it better. Some said it could've been more organized. However, I feel like when you're working behind-the-scenes, nothing feels organized and orderly.

Health Fair Interviews Continued...

Interviewed By: Khevin Brahmhatt



Interview With
Hajira Khan
Pre-Med: 1



Q: What position did you have at the Health Fair, Fall 2010?

A: I was an usher. My main job was to call out numbers of patients, let them in; lead them to the right place or right person, and more.



Q: As your first time working at the Health Fair, what did you think of it?

A: I personally enjoyed working at the Health Fair a lot. For me, seeing how all these Xavier Students were applying all that they had learned to these patients was honestly very inspiring to watch. Not only that, it was nice to be a part of the medical field while we're studying it. I took time on my own to learn how different machines worked and more.



Q: What would you like to do next time at the Health Fair?

A: I really would like to do registration next time. That was what I initially was signed up for, but they needed ushers because they already had more than the needed amount of registrars.



Q: Why do you want to do registration?

A: I think it would be really interesting to have one-on-one time with the patient and to see how the questioning system works.



How to Keep Your Nervous System Healthy

Article By: Eesha Khan

The nervous system is the most important system in a human's body. However, many do not know or understand the significance of the nervous system. Through the nervous system, we are able to conduct simple tasks such as blinking, thinking, or carrying out unconscious functions like pumping blood to the heart, expanding our lungs for air, and more. Our nervous system is like "a highway of information", all the roads connect together. The highways to our nervous system- the brain, spinal cord, and nerves- must be maintained at optimal health level. There are specific ways to keep your nervous system healthy in order to maintain its condition and prevent nervous disorders. The first step in keeping your nervous system healthy is to make sure you are taking proper nutrition that will support your nervous system. Our brain, spinal

cord, and our peripheral nerves are coated with myelin, a layer of fat. Myelin provides insulation to the nervous system. When myelin is not properly maintained, one can experience symptoms like chronic pain, diminished vision, muscle weakness, and even nerve dysfunction. In order to properly maintain myelin, you must intake a proper amount of healthy fats, vitamin D, and vitamin B12. Eating healthy foods that contain



potassium and calcium is good for you, as well. These two minerals are very important for the nervous system. The next major step in maintaining the nervous system is exercising it. You

can do this by spending fifteen minutes, minimum, per day writing on a paper as neatly as you can. This way, you are using the major components of your nervous system, including your sensory receptors, peripheral nerves, and more. However, if one does not like writing, an alternate option is to draw on paper. Drawing with precision also requires intensive use of all major components of our nervous system. If you would like to properly maintain the health of your nervous system, these are two major ways to do so.



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Sports News

Articles By: Kamran Khan, Tabby Shaikh,
& Sheru Walia

NFL

The Chargers Streak Is Over

The Chargers' streak is over! San Diego's win streak of 18 games in December is snapped by the Oakland Raiders. In Indiana, a thriller ensued, as the Dallas Cowboys defeated the Indianapolis Colts. Dallas, now 4-8 rushed for a season high 217 yards. Peyton Manning was not himself in this defeat, "I'm disappointed that I've put our team in a whole," Peyton said. Unfortunately, the Colts might have to win every game left to get to the postseason. In other news, Brett Favre hurt his right shoulder after a collision with LB Arthur Moats. The Vikings, however, defeated the Bills 38-14, rounding up the rest of the games; the Steelers beat the Ravens, the Falcons beat the Bucs on a 4th quarter comeback, and the Seahawks defeated the Panthers, as Marshawn Lynch rushes for a career high 3 touchdowns.



MLB

New York Mets Aggressive During Offseason



Despite the fact that the Mets do not have much money to spend during the offseason, they will still be aggressive in order to try and drive the team to the playoffs. Sandy Alderson, the new General Manager of the Mets, states that it is guaranteed that new players will be acquired. There will be players from drafts, players on other teams, along with free agents who will be available. It is known that big changes need to be made in the organization of the Mets, and this has begun with the new signing of a GM. This could continue with the rumors of big changes with players who are called the corner stones of the Mets, such as David Wright and Jose Reyes. Nevertheless, the New York Mets will be extremely aggressive and along with the support of the fans, will hopefully come out on top.



NBA

Lebron Comes Back To Cleveland

Lebron James made a trip back to his hometown of Cleveland. This was one of the best games Lebron has played all year. Despite playing the best game of his season, Lebron encountered a great amount of expected hostility from the fans. Amidst chants of, "Akron hates you!", Lebron scored 38 overall, and 22 points in the third quarter.



Lebron, who had personally been waiting for this game for a very long time, humiliated the Cavaliers. Despite this, he declined all pre-game interviews. Lebron finally redeemed himself and will always be Cleveland's most hated person.

World Soccer

Barcelona Destroys Real Madrid

On November 29 2010, old rivals Barcelona and Real Madrid went at it in a much anticipated game. All eyes were on Madrid. Madrid led Barcelona by a total of one point into the huge game. They hammered Real Madrid in a blowout, 5-0. The match may not have been the instant classic it was hyped up to be. Barcelona however, won El Clasico for the fifth straight time. They scored quickly, at the 10-minute mark, on a pass to Xavi. They never looked back. Real Madrid put up a real stinker, despite dominating their opponents all season. The loss put them back to second in the La Liga table.



Faculty Interviews

Interviewed By: Eesha Khan & Safina Saeed



Interview With Dr. Das

Q: How long have you been teaching at Xavier University: School of Medicine?

A: I joined Xavier University: School of Medicine this past May, so this is my second semester teaching at Xavier.

Q: What courses do you teach?

A: I teach Anatomy II and Histology. However, I love teaching Anatomy II, which is my favorite subject.

Q: What do you love most about

teaching?

A: What I love most about teaching is encouraging students to be great physicians, to be good human beings, and also to inspire them in this world of medicine.

Q: Have you lived in Aruba for a while, do you like life here?

A: I have lived in Aruba for the past 7-8 months. I honestly do like life here, the island, itself, is beautiful. However, not everything, like the law and order, is secure. Once again, it's a beautiful, great island with very friendly people.

Q: What is one thing Xavier needs to improve or change?

A: To be honest, the quality of education is good, the students are good, and the planning is good. We're headed in a great direction right now. Everything that needs to be enforced or secured is in the making. There's nothing that we aren't trying to improve

or change, we're doing well right now.

Q: What advice do you have for our students as they are reaching their final exams?

A: Well, my advice would be, first of all, relax! Do not be tense. This is medical school; so do not try to cram information. Make sure that you remember it and also try to understand the concept of most things.

Q: Is there anything interesting you would like to share with our students about yourself?

A: Many people do not know that I am a nature lover and a globetrotter. I get bored with places very quickly. This is actually my third country that I am teaching at, apart from my home country, India. Before here, I taught in China for four years and before that I taught in Tanzania, a southern part of Africa. However, what I love about this place is that the students are very focused for their board exams.



Interview With Prof. Odyrizinski

Q: How long have you been working at Xavier?

A: I started working at Xavier in October 2007

Q: In your opinion, what is the challenge when it comes to teaching?

A: In my opinion, students have

different styles to learn. Some students are visual learners and some are auditory learners. A method appropriate for most students may be ineffective for other students, who could learn more easily with a different approach. Every teacher likes to accommodate to all styles, but sometimes time does not permit to do that.

Q: Why would you recommend Xavier to upcoming students?

A: I would recommend Xavier to upcoming students because Xavier has a very interesting curriculum; geared towards the students achieving their medical degree and because of skillful professors.

Q: What was your aim in life as a

student?

A: Ever since I was a teenager, I wanted to be a chemical engineer. I have successfully accomplished that goal. Chemical engineering is the branch of engineering that deals with the application of physical science.

Q: How would you define success?

A: Success is different for each person. One person cannot define it for another person. Success is measured by each person's goals in life. When their goals are obtained, they see the success in themselves.

Q: Do you have any advice for your students?

A: Pay attention, it is already a condensed program and time is very important.

Interviews Continued...



Interview With
Dr. Movahid

Q: How long have you been teaching at Xavier University: School of Medicine?

A: I too joined Xavier University this past May, so this is my second semester.

Q: What courses do you teach?

A: Currently, I am teaching both Physiology I and Physiology II. I like teaching Physiology I more because the topics are more interesting and have more clinical content. Topic examples

are renal, cardiovascular, and more.

Q: What do you love most about teaching?

A: What I love most about teaching is interacting with students. I also love reading their brains and seeing what they are thinking about.

Q: Have you lived in Aruba for a while, do you like life here?

I like the island a lot, but life here isn't that great. However it got much better when my wife came over here. Still, the people here are very social and friendly, which is something I like.

Q: What is one thing you love about Xavier?

A: What I love about Xavier is that the students are very welcoming, social, friendly, and approachable. This makes it easy to interact with them as a professor when I am teaching.

Q: What is one thing Xavier needs to improve or change?

A: I think that Xavier is doing their best and are working on improving it and making it an excellent university. However, I do wish that they would have more pre-screening when they are taking in students so that we may bring in MORE caliber students.

Q: What advice do you have for our students as they are reaching their final exams?

A: I would suggest that all the students should work hard and do their best. I would suggest them to eat healthy foods and stay away from fermented juices.

Q: Is there anything interesting you would like to share with our students about yourself?

A: Well, something interesting about myself is that I have a 17th month old child, named Hamza.

Heart Attacks & You

Article By: Tabby Shaikh

The number one leading cause of death among men and women worldwide is heart attacks. Heart attack is the common term for a "myocardial infarction." This refers to the permanent damage done to the heart muscle, or myocardium, when blood flow is blocked. A heart attack most commonly happens when a blood vessel that brings blood to the heart is suddenly blocked by a blood clot. Heart attacks occur most often as a result of a condition called coronary artery disease (CAD). In CAD, a fatty material, called plaque, builds up over many years on the inside walls of the coronary arteries. About two-thirds of people experience symptoms beginning in days to weeks before the heart attack occurs, including vague chest discomfort, fatigue, malaise, which is a feeling of general discomfort, and

uneasiness, shortness of breath, weakness, nausea, and vomiting. Severe chest pain is the most common symptom of a heart attack. This is described as pressure, fullness, burning, or a squeezing sensation, which lasts for more than a few minutes. This pain usually occurs while the individual is at rest or engaged in only mild physical activity. If ambulance services are not available, the individual should be driven to the nearest hospital. Care provided to a heart attack patient is divided into 3 stages: pre-hospital, hospital and convalescent stage. Care provided to patients in the pre-hospital and hospital stages mainly focus on relieving the patients stress and tension, including chest pain and chronic anxiety. Convalescent care, cardiac rehabilitation, focuses more on restoring

the ability for the heart attack patient to function as normal as possible after a heart attack. This usually starts during the patient's hospital stay and carries on after the person returns home for bed rest. Healthy lifestyle choices to help prevent heart attack includes following a low-fat diet rich in fruits and vegetables. Pay careful attention to the amounts and types of fat in your diet. These changes can help lower high blood cholesterol and high blood pressure. You should also consider losing weight if you are overweight or obese. Quitting smoking can also help reduce your risk of getting a heart attack. It is also helpful to partake in some daily physical activity to improve heart fitness. Ask your doctor how much and what kinds of physical activity are safe and beneficial for you.

*Do You Have ADHD?
Ask Yourself...*

- (a)-Never
- (b)-Not very Often
- (c)-Occasionally
- (d)-Very Often

1. You get distracted easily_____
2. You have no patience_____
3. You answer a question before it is done being asked_____
4. You have trouble planning order of activities_____
5. You have a lot of static or chatter in your head_____
6. Thoughts bounce around your mind like a pinball machine_____
7. You subconsciously keep day dreaming_____
8. You have extreme moods_____
9. You get upset over little things_____
10. You are more comfortable moving around rather than sitting_____

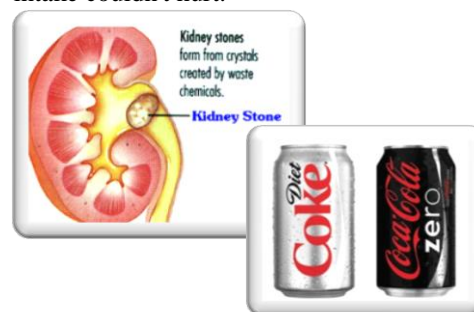
If you get C or D for most of your answers it doesn't necessarily mean you have ADHD but you should ask your physician.

Diet Soda May Prevent Kidney Stones

Article By: Nabil Ahmed

Researchers from the University of California and their colleagues conducted a study to determine whether any commercial drinks could help prevent kidney stones. They found that diet versions of citrus flavored sodas contain high amounts of citrate, a compound that is known to stop the formation of calcium oxalate kidney stones. Some people are at a higher risk for kidney stones because their urine contains low levels of citrate, so the diet soda may serve as a citrate supplement. Most dark sodas have little or no citrate, but sodas such as diet Sunkist orange, diet 7up, sprite zero, diet Canada dry ginger ale, sierra mist free, diet orange crush, and diet mountain dew contain moderate amounts of citrate. Based on this new research, citrus flavored sodas might be useful in preventing kidney

stones among people with low urinary levels of citrate. Researchers, however, caution that more studies are needed before definitively concluding that diet sodas do help to prevent kidney stones. Kidney stone sufferers are encouraged to drink lots of water; scientists stated that adding some citrus-flavored diet soda to their daily liquid intake couldn't hurt.



Beach Clean-Up Review

Article By: Hanan Haroon

The beach cleanup was the first community service event that I attended at Xavier University and the first community service event held by SGA for the Fall 2010 semester. To graduate from Xavier University, up to thirty hours of community service is required. There were up to six people who volunteered for the beach cleanup at Eagle Beach, Mitali Patel, Hamid Qazi, Dipal Patel, Riya Pipalia, myself, and our SGA president, Maulik Patel. The Aruban Hotel and Tourist Association (AHATA) organized the cleanup. They provided us with drinks, food, and the bags

and gloves needed for the cleanup. It started at eight in the morning and we were each given six hours of community service for participating. Eagle Beach was filled with garbage. However, many do not know that a lot of it was under the sand and had to be pulled out. There were so many things there that you would never expect, like beer bottles, clothes, cups, even random pieces of metal. Despite that, it was a great experience and I personally think there should be more community service opportunities like this and I can't stress enough how important it is for people to attend.



Student Life

Tired of late-night cramming, hardcore study sessions, and non-stop quizzes? Are you looking for quick, cheap places to eat? Are you looking for fun entertainment on weekdays? Well, welcome to the Student Life Section!



Cheap Favorites:

- Tandoor
- Taj Mahal
- BBQ House
- La Granja
- Sultans
- Coffee Spot





Bored on a Friday? Head out to Divi Beach for Volleyball Tournaments, tans, swimming in the clear blue water, and

Aruba Weather December 2010

Fri Dec 10	Sat Dec 11	Sun Dec 12	Mon Dec 13	Tue Dec 14	Wed Dec 15	Thu Dec 16	Fri Dec 17	Sat Dec 18	Sun Dec 19	Mon Dec 20	Tue Dec 21	Wed Dec 22	Thu Dec 23
84 °F 80 °F	84 °F 80 °F	84 °F 80 °F	83 °F 79 °F	83 °F 76 °F	84 °F 76 °F	83 °F 78 °F	83 °F 78 °F	83 °F 79 °F	83 °F 80 °F	83 °F 80 °F	83 °F 79 °F	83 °F 79 °F	83 °F 79 °F

Aruba's residents and visitors are blessed with clear skies, bright sunshine, and cooling trade winds practically every day of the year. Except for a few scattered weather events annually and perhaps some limited showers on some days

(very welcomed by our tropical plants!), the sun does indeed always shine here! In the vast majority of cases, Aruba only experiences extreme weather of nearby heavy tropical storms, if at all.

Reflections...

Photographs By: Hanan Haroon



Xavier Times Reporters, Editors, & Publishers Fall 2010

Darsh Dhaliwal
 Yvica Alcidor
 Yolanda Baldwin
 Eesha Khan
 Tabby Shaikh
 Khevin Brahmhatt
 Sheru Walia



Chet Singh
 Nabil Ahmed
 Safina Saeed
 Hanan Haroon
 Hajira Khan
 Osama Salim
 Kamran Khan

A Semester To Remember...

Photographs By: Hanan Haroon



HAPPY NEW YEAR 2011

Classifieds

Contact: Yolanda Baldwin



2000 Mitsubishi Lancer GLXI
for sale 1 owner automatic
power windows/doors
Call 297-568-1449



2004 Toyota Yaris
for sale 65,000KM (AWG 11,500)
automatic very good condition
Call: 297-593-6603



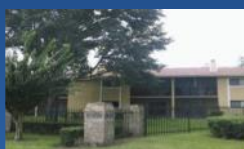
2002 Hyundai \$3,000USD
155,000KM automatic
well maintained
Call: 297-740-9513



Suzuki Baleno station
wagon (AWG 6,500)
well maintained
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Nice furnish one bed room apartment
AWG 900& 1 month deposit beach
Call 297-593-9145



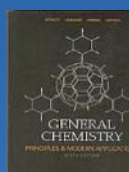
Apartment for rent Sisalstraat # 29 Ponton
Close to Xavier electricity and water included
\$480 USD Call 297-746-7030



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Close to hotels/restaurants
Call 297-746-5563



Biology life on earth 8th ed. \$50 USD
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Bruce E. Byers /Call 297-568-5073



General Chemistry 9th ed. \$50 USD
Principles and modern application
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Epidemiology for public health
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plus calculator \$90 USD
Call: 297-568-5073

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