

Pre-Med Pair Up February 2017 Newsletter



Welcome Back!

Your friends at PMPU are excited to welcome you back to another semester! We hope you had a wonderful Christmas break and enjoyed some much needed R&R with family and friends.

Medical Students - WELCOME! Our previous newsletter generating tool was blocked by your school's email server. We are happy to announce that the problem has been solved. Look forward to receiving our monthly email blasts from here on out.

Heart to Heart

When people think of February, the first thing that comes to mind is Valentine's Day. Whether you're celebrating with a significant other, group of friends or enjoying a little time for yourself, pick up some dark chocolate and reap the benefits!

You've probably heard someone tell you dark chocolate or a glass of red



New year, new website!

wine is good for you and you may have believed them or, more likely, you thought it was just their excuse to indulge themselves. Little did you know that dark chocolate is one of many foods that are a source of antioxidants. In times of stress, our bodies can produce what are called reactive oxygen species (ROS). Usually our body has mechanisms for fighting off these pesky species, but if our body gets overwhelmed, ROS can cause damage to our bodies. So how does dark chocolate help? The antioxidants in dark chocolate fight off these oxidant species and prevent ROS from inflicting damage.

So treat yourself & go buy some dark chocolate!

Thanks to staff at the Medical College of Wisconsin, we are excited to announce the reveal of our new website! Here you will find previously sent newsletters and varying resources that may be helpful to those of you interested in pursuing a career in medicine.

Know of friends interested in joining the program? An application is also available on the new website!

Check it out here...

[PMPU Website](#)

Same Bugs, New Pathogens - Are Humans to Blame?

Epidemiologists at the Center for Infectious Disease Research and Policy in Minneapolis surmise that humans have, indeed, played a pivotal role in the rise of new diseases in the last couple decades. While much has yet to be explored regarding this topic, it is suspected that humans contributed to the evolution of harmless animal pathogens into harmful pathogens infecting humans and inciting disease. How? It all began with the rise of agriculture and the ever-closer encounters humans had with animals. Want to know more? Check out this video.

[Germ History](#)

The number of new diseases being discovered and the number of outbreaks have increased in recent years, owing to the development of new diseases and the reemergence of old diseases that were once thought to have been eradicated. Technological advancements and utilization of new tools have led to the discovery of pathogens never studied before. These tools have allowed researchers to better understand the roles of these pathogens in human disease in hopes of identifying preventative measures and generating treatments. The abundance of discoveries also contributes to the realization that there are more pathogens in existence than we could ever be fully aware of, leaving humans indefinitely susceptible

to the effects of these pathogens. Interested in seeing what new virus have emerged near you? Click here: www.npr.org

Doucleff, M. (2017, February 7). Find out what new viruses are emerging in your backyard. Retrieved February 12, 2017, from National Public Radio website.

Poole, J. (2017, February 9). Germ History. Retrieved February 12, 2017, from National Public Radio website.

Photo courtesy of www.pexels.com

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<http://www.mcw.edu/Medical-School/PMPU-Mentorship-Program.htm>

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