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Happy Diabetes Awareness Month!
Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that’s more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

There are 3 major types of diabetes, Type 1, Type 2, and gestational diabetes. Once referred to as “early onset” and “late onset” depending on the age at which most individuals began to exhibit symptoms related to diabetes, Type 1 and Type 2 are primarily differentiated from each other based on the underlying cause. Both forms are related to problems with insulin. Insulin is a hormone released by the pancreas in response to high glucose levels in the blood. The role of this hormone is to promote storage of the sugars and fat from foods. Type 1 diabetes occurs when the pancreas produces very little or no insulin, whereas Type 2 diabetes occurs when the body doesn’t respond appropriately to insulin. In these cases, people eat and their blood glucose levels increase, causing the pancreas to produce and release insulin, but the insulin either can’t bind to its receptors on target organs or the receptors can’t produce a response following binding of insulin. In both cases, individuals have high levels of sugars and fats accumulating in their blood. Long term, this can lead to severe complications.

There is currently no cure for diabetes, but there are both medicinal and lifestyle modification available to help control diabetes. If left unchecked, diabetes is associated with a number of complications including blindness, nerve damage, and kidney disease.

While most individuals with Type 1 develop diabetes early on in life, Type 2 is typically a result of lifestyle and daily habits, so it is more commonly acquired throughout life. The good news? You can lower your risk of getting Type 2 diabetes by more than half by making healthy lifestyle changes like eating healthy, increasing your physical activity, and losing weight.

Don’t think you’re at risk? Great! But as a future healthcare professional, diabetes should be just as much a concern for you as it may be for your patients. So stay informed and help spread awareness about diabetes this
month!

How can you spread the word?

- Encouraging people to make small changes like taking the stairs instead of the elevator
- Talk to your friends and family about getting regular checkups – get blood pressure and cholesterol check and ask about diabetes risks
- Speak about the importance of healthy eating and physical activity

For more information, visit the America Diabetes Association or Health Finder.

Information in this article was referenced from healthfinder.gov and the American Diabetes Association.

Get Out & Vote!

Election day is approaching quickly, so if you haven't already decided who to vote for, get out their and do your research! Regardless of your political affiliation, it is important to vote because your vote represents your voice, which is a valuable aspect of American democracy.

Still unsure of the candidate's policies? Click the link below for a comparison of the two major political party candidates' policies regarding health care in America to help you out.
Not sure where you are registered to vote? "I will vote" can help with that! Just plug in your current address to find out where your polling location is.

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**Pre-Med Prep**

**Freshman/Sophomores** - Extracurricular involvement is an important component of the medical school application. The AMCAS application requires all applicants to list activities and organizations they are involved in, provide a brief description, indicate approximately how many hours of time was committed to these activities/organizations, whether a leadership position was held, and if it was health-related or not. It even requires that 3 activities be selected as "most significant", to which you have to further elaborate on it's importance to you.

Spend some time this month discovering new ways to get involved on campus and in your community. Discover a few things that interest you and devote yourself to those. Don't try to overextend yourself, though. Too many activities may mean that you have less time to commit to each activity, which means less to talk about in your application or interview. When you find out what you want to get involved with, see how you can work your way up to a leadership role!

**Juniors** - Kaplan prep course or no? Keep looking into whether you want to go it alone or enroll in a course like Kaplan to help you stay on top of your studies. Both are great options; it just depends on what type of learner you are. For more information about Kaplan MCAT prep courses, click the link below.

**Seniors** - It's interview season! If you haven't already submitted your secondary applications: DO THAT NOW! All submitted but still waiting to hear back from schools? That's ok. It's still early and schools offer invites throughout
the year until their classes are filled and finalized. In the mean time, visit your school's pre-health advisor or career services to schedule mock interviews and practice your answers to common interview questions. Don't be afraid to ask your friends and family for some help, too. As mentioned in the October newsletter, Student Doctor Network is a great resource for interviewing. It can tell you a lot about the experiences applicants have had at different schools and what questions have been asked recently.

In honor of Halloween yesterday, let us all enjoy some more "I told my kids I ate all their halloween candy" videos!

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