INTERNATIONAL MEDICINE
YELLOW FEVER

As of January 2016, Angola has been plagued by the outbreak of yellow fever. While the disease is endemic to the area, meaning that it regularly occurs here, the country’s lack of essential resources and difficulty for medical teams to access areas along the Angolan border has promoted the spread of the disease into the neighboring Democratic Republic of Congo, fueling an epidemic. Yellow fever is an acute viral hemorrhagic disease that most commonly produces fever, headache, muscle pain, nausea, vomiting, fatigue and jaundice (yellowing of the skin) in some individuals. Some cases may progress to a more severe form that can result in death in as little as 7 to 10 days. The virus is spread by mosquitoes and is effectively combatted by vaccination which confers life-long immunity. In other words, once vaccinated, an individual is protected against the disease for the rest of their life.

The World Health Organization (WHO) has partnered with the government to establish emergency vaccination campaigns. As of July, WHO and its partners have exceeded their initial goal by distributing more than 18 million doses of the yellow fever vaccine. The organization has also launched a mobile lab to avoid sending lab samples across far distances for testing and maximizing treatment times. There are a total of 3818 suspected cases in Angola alone and approximately 955 cases have been laboratory confirmed between Angola and Democratic th
Republic of the Congo. No new confirmed cases have been reported since July 28 and the outbreak appears to be receding. It is evident that the mass vaccination campaigns have helped to minimize the spread, but WHO is not giving up yet. Another campaign is scheduled to begin on August 16th that will reach 3 million people in 18 districts.

All information obtained for this article is courtesy of the World Health Organization http://www.who.int/emergencies/yellow-fever/situation-reports/5-august-2016/en/

WORDS OF WISDOM
BACK TO COLLEGE TIPS

By now you’ve began your next semester or, if you attend one of those schools lucky enough to start after Labor day, you’re scheduled to begin again in the next couple of days. Regardless, it’s time to start getting back into gear for school. This means waking up early for that dreaded 8 am class, staying up late for not so fun reasons, and figuring out whether your new professor is going to be an easy grader or write the most impossible test questions. To make things easier for you and to help you get back into the swing of things, we’ve put together a list of “back to school tips” every college student should be familiar with when beginning a new semester!

Tip #1: Get an Agenda Planner

This can be in the form of an actual planner or your phone’s calendar app. The important thing is that you get in the habit of writing down assignment due dates, exam dates, volunteer schedule or school events. By keeping an updated agenda, you can better manage your time and know what you have to accomplish. Time management is key to being successful. You can also use your agenda to put together your MCAT study schedule for later in the year for those of you planning on taking this exam this year.
Tip #2: Know your Course Syllabus

Typically, the first week of class is known as “syllabus week” - you know, when professors hand out those 4 pages outlining the grading scale and exam schedule for the entire semester on the first day of class. I highly suggest keeping these somewhere safe and spending the first day of each class transferring all the assignment due dates and exam dates into your planner so you can plan ahead.

Tip #3: Do NOT Procrastinate

We’ve all done this at some point during our education and we had to learn from the stressful repercussions. In medical school, it’s not unusual to spend up to 7 hours studying each day. This is absolutely necessary to keep up with your course load and be prepared for the exam. While 7 hours is excessive for most undergraduate level courses, getting into the habit of studying the material you covered in class from that day each night will only benefit you in the future. It will also allow you to take some weekends off and let you take it easy the night before when everyone else is cramming.

Tip #4: Get Involved

Getting involved with your school community is a great way to pursue your interests and meet peers. Choosing activities that you’re interested in will make it easier for you to schedule them in around your classes and will allow you to learn about your interests as they relate to your community. For those of you considering a path in medicine, take into consideration what volunteer activities and organizations might boost your resume. And don’t overbook yourself!

Tip #5: Get Organized

Make sure you have all the supplies you need to begin the school year: pens, pencils, highlighters, notebooks, folders, etc. Find a way to organize your class materials in a way that will work for YOU. Maybe you like to color code items for each class; Maybe you prefer to keep everything for one class in a single binder. Maybe you use your computer only – in this case, try to organize classes with a clean filing system or try an app or system-based note-taking tool. OneNote is a great option that allows you to organize all your classes into one “notebook”. Notability is great for those of you with touch screens because it lets you draw on your uploaded notes. Figure out what will help you be most successful.

5 MUST HAVE APPS
• **Self Control** - it’s easy to get distracted when trying to study or work on that upcoming group project. Block yourself from using certain websites (facebook, buzzfeed, etc.) for whatever time you choose using this app and see how your productivity improves!

• **My Fitness Pal** - afraid of the Freshman 15 or simply not getting enough time in at the gym because you’re studying for that O-Chem exam? This app helps you track your fitness progress, helps with meal planning, and lets offers some workouts for the gym or at-home.

• **BenchPrep** - studying for the MCAT? This app provides digital flash cards and other study materials at the tip of your finger. Spend a few minutes a day quizzing yourself and be ready in no time.

• **Quizlet** - who doesn’t love flashcards? This app and online flashcard generator allows you to make your own flashcards out of your class materials and will turn them into quizzes that you can use to test yourself.

• **Wunderlist** - not a planner person but don’t like your phone calendar? Use this app to track every assignment, deadline, appointment, whatever.