

ALUMNI NEWSLETTER

SEPTEMBER-DECEMBER 2022

*Merry Christsmas and a
Happy New Year 2023!*

HOLIDAY GREETINGS FROM THE DEAN

Holiday Greetings to Alumni and CNUCOM
We are pleased to announce the publication of our Fall 2023 Alumni Newsletter to highlight our ever-growing COM Community.

To our alumni, you are an integral and valued part of the growing COM community and family. Your work in the field of medicine leaves us feeling nothing but pride, and as your alma mater, we hope to see you serve future classes. To our students, congratulations on nearly finishing another impressive semester. Your growth and dedication from day to day and from course to course is an inspiration for all our faculty and mentors within medical academia.

Your skillset, kindness, and professionalism serve to provide a legacy and model for future classes and for everyone striving to be a medical professional.



Catherine F. Yang, Ph.D.
Interim Dean, College of Medicine

We look forward to your continued achievement in the coming year. Have an amazing holiday!

To our Faculty and Staff, thank you for your dedication to educating the future generation of physicians. Collectively, we work toward our core values of excellence in medical care, professionalism, ethics, compassion, social accountability and innovation. We are lucky to have your unique perspectives and experiences in working toward our college's goals.

NEW FACULTY



Joseph Bahlman, PhD

Associate Professor of Anatomy



Elena Dedkova, DMV, PhD

Associate Professor of Physiology



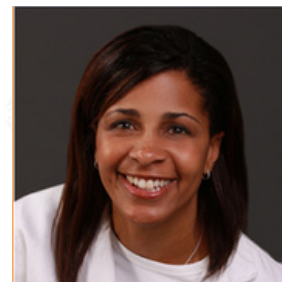
Howard Capon, MD

Assistant Professor of Medical Skills



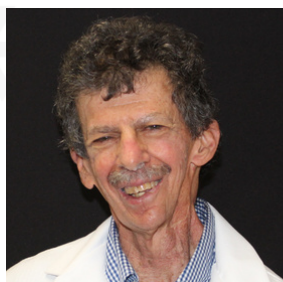
John Connolly, MD

Associate Professor of Pulmonary Systems, Co-Course Director



Yinka Davies, MD, MS

Dean of Diversity and Inclusion, Associate Professor Gastroenterology and GI Course Director



Levy Mark, MD

Assistant Professor of Internal Medicine



Amy Nuismer, MD

Assistant Professor of Psychiatry



David Pai, MD, FASN, MBA

Associate Professor of Medical Skills, Renal System Course Director



Andrew Pollock, MD

Associate Professor of Internal Medicine/Medical Skills



Kamran Sahrakar, MD, FACS, FAANS

Associate Professor and Musculoskeletal Systems Co-course Director



Scott Wigginton, MD

Assistant Professor of Internal Medicine/Medical Skills



Michael Aguilar, MD

Associate Professor of Surgery



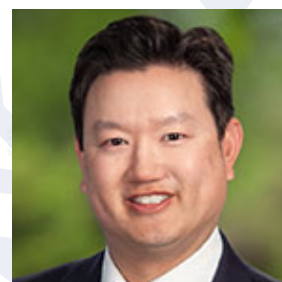
Theodore Hoehn, MD

Assistant Professor, M3 Director and Emergency Medicine Clerkship Co-director



Hayne Kelada, MD

Assistant Professor of Family Medicine and Clerkship Director



David S. Yee, MD

Associate Dean of Clinical Medicine

NEW STAFF



Stephanie Hernandez, BA

Administrative Assistant of Admissions, Student Affairs and Outreach



Kalia Watkins, BS

Assistant Director of Medical Skills



Robert Xiong, BA

Administrative Assistant - Basic Science



Ciara Naderzad, BS

Academic Affairs Coordinator, Administrative Assistant (CNUOAA)



Courtney Fagalde, BS

Administrative Assistant to OACA



Lucy Thao

Clerkship Coordinator



Patricia Gutierrez, BS

Clerkship Coordinator

HAPPY 2 Years ANNIVERSARY

Linnae Enberg

Executive Assistant to the Dean



EVENTS

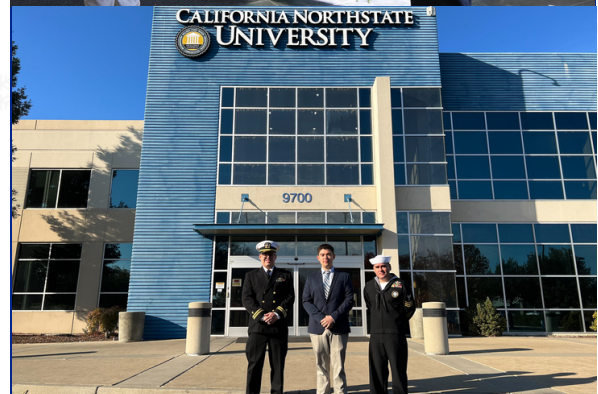
US ARMY MEDICAL CENTER OF EXCELLENCE – GENERAL TALLEY



On Monday, November 14th, CNUCOM hosted Major General (MG) Michael J. Talley along with several local Army representatives for an informational seminar and recruiting session. MG Talley, who is the Commanding General for the U.S. Army Medical Center of Excellence, spoke about his military experience and why he chose to be in the Army. While here, MG Talley presented a special medal from the US Army to M1 student Nazanin Ahmadian, a Health Professional Scholarship Program (HPSP) scholarship awardee.

ROBERT MONROE (CLASS OF 2026) COMMISSIONED TO US. NAVY

"Attending to and cultivating my passions is what brought me from my old career path to medicine. My passions which include naval aviation, trauma/remote care, and just being at sea fall well in line with the United States Navy's specialties. The financial support and the fulfillment of family tradition motivated me as well, but on a deeper level. I want to carry the discipline and commitment so many veterans develop after leaving the service with me for the rest of my career."



EVENTS

CLUB DAY



At CNU Club Day 2022, COM Student Interest Groups including medical specialty interest groups, cultural student associations, and clinical groups tabled to showcase what they have to offer!

TOWN HALL MEETING

On August 31, CNU COM had its first student-led Town Hall Meeting (THM)! Student Body Council (SBC) facilitated a Town Hall Meeting where administration was able to address frequently asked questions and concerns from the COM student body—an organized effort toward clearer lines of communication between administration and students.



CELEBRANDO HEALTH FAIR



At the 2022 Celebrando Health Fair, COM students provided glucose and blood pressure screening and education as well as mental health education and resources to the Sacramento community!

EVENTS

WELLNESS WEDNESDAY



In honor of World Mental Health Day on Monday, October 10th, the Mental Health Subcommittee hosted Mental Wellness Day for CNU students! There was no class for the first half of the day, so that students could enjoy the various booths & activities put on by members of The Wellness Committee and other Student Interest Groups.

HALLOWEEN BASH

On October 19th, the Student Body Councils hosted the annual Halloween Bash in collaboration with all CNU colleges. This event included fun activities and contests, such as the pumpkin carving, baking, costume contest, mummy wrap, guess the candy corn, jumbo Jenga, a spooky photobooth, creative costumes, food, and great raffle prizes.



DIVERSITY, EQUITY AND INCLUSION POTLUCK



During our 2022 DEI Potluck, COM students celebrated the many diverse cultures and backgrounds that make up our student population. Many students wore traditional attire and brought food from their respective cultures for all to share!

SUPPORTING BREAST RECONSTRUCTION AWARENESS



Michael S. Wong, MD, Arya Asghari, Dorsa Heydarlou, Thomas Gasbeck, Pauldeen Davejan, Gursimran Singh

As of 2022, there are over 3.8 million breast cancer survivors in the United States. Breast Cancer Awareness Month, which is held every October, is a time to raise awareness about the impacts of breast cancer. Breast Reconstruction Awareness (BRA) Day, which takes place on the third Wednesday of October, aims to increase awareness and share resources for women seeking breast reconstruction following their cancer treatment. Throughout October, the Plastic Surgery Student Interest Group (PSSIG) at California Northstate University College of Medicine (CNUCOM) utilized social media to actively spread information to strengthen and support campaigns for breast cancer prevention and awareness. On October 22nd, the PSSIG and many other CNU students worked with UC Davis Plastic Surgery (UCDPS) to help with their annual BRA Day event.

The PSSIG is a group of students with interests in plastic and reconstructive surgery. With a mission to provide a collaborative and supportive community for students interested in learning about a career in plastic surgery, the group held an event where their faculty advisor, Dr. Michael S. Wong, Associate Dean of Academic and Career Advising, Vice President of Clinical Practice, and former UCDPS Residency Program Director introduced the field and its basic principles through a talk on breast reconstruction.

Equipped with knowledge on breast cancer and reconstructive surgery, CNU students were prepared and excited to don their pink and volunteer with UCDPS to support BRA Day. Although breast reconstruction plays a significant role in the journey of those fighting breast cancer, most women have not been made aware of their breast reconstruction options. This includes the Women's Health and Cancer Rights act of 1998, which is a federal law requiring insurance companies that cover mastectomy to also cover breast reconstruction. In collaboration with UCDPS, the PSSIG and other CNU students volunteered to help empower and educate women to make informed decisions upon receiving a breast cancer diagnosis. This year, BRA Day was held at SacYard Community Tap House in Sacramento.

Volunteers helped run various booths, providing an interactive, engaging, and supportive atmosphere for attendees. Guests carved pumpkins, made their own tie-dye T-shirts, and enjoyed food and drinks while learning about breast reconstruction and the resources available to them. Attendees also met with plastic surgeons specializing in breast reconstruction and visited numerous educational stations highlighting the different types of implants available for reconstruction. After another successful and rewarding year working with UCDPS, the PSSIG is grateful to have once again had the opportunity to continue their efforts in closing the loop on breast cancer.

STUDENT SCHOLARSHIPS

President's Scholarship:

Ellis Jang
Hannah Neiger
Jessa Alcaide
Nancy Le
William Bautista

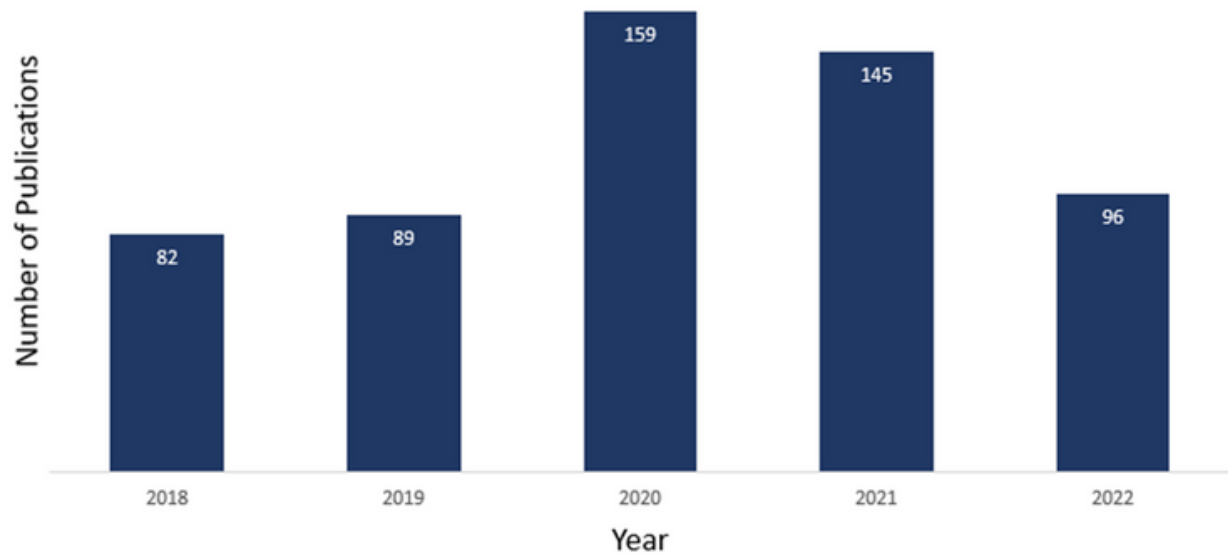
Diversity Scholarship:

Mariam Khalil
Olaoluwapo Omoleke
Robert Monroe
Carolina Rodriguez Orozco
Gubidxa Gutierrez Seymour



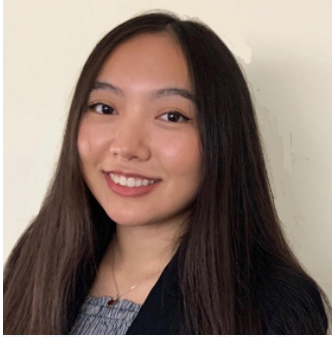
FACULTY/STUDENT

SCHOLARLY PUBLICATIONS



- 2018: 82 (37% with student co-authors)
- 2019: 89 (57% with student co-authors)
- 2020: 159 (64% with student co-authors)
- 2021: 145 (53% with student co-authors)
- 2022: 96 (87.5% with student co-authors)
(as November of 2022)

MESSAGES FROM STUDENTS



Nancy Le

Class of 2024

"Thank you CNU for giving me the platform to grow as a student, both in and out of the classroom. The journey to becoming a physician has been no short of obstacles, but I am appreciative of the community of students and faculty that have so graciously guided me along the last few years and the future to come!"



Jessa Alcaide

Class of 2024

"CNUCOM has given me an opportunity to further expand my medical knowledge alongside supportive and remarkable faculty members who have provided me to strengthen my medical skills. I am also thankful as I have met amazing friends who not only have inspired me throughout this journey but continue to be my pillar of support during the toughest of days. Despite challenges, strong clerkship sites have also allowed me to better my clinical judgment and medical skills."



Elaine Cheung

Class of 2024

"I will be the first in my family to become a physician, and I am sincerely grateful for the community of scholarship donors who have invested in me and my colleagues at CNU. You do make a difference. Reflecting on this season, I am reminded that we can continue to inspire and lead others to a positive future despite setbacks and obstacles."



Jacquelyn Combs

Class of 2024

"I feel very fortunate to have the opportunity to study medicine. I am constantly amazed and humbled by my experiences both in and out of the classroom and couldn't be more grateful for the support of my amazing professors and peers through the journey. I can't wait to see what lies ahead of us in the future."

STUDENT BODY COUNCIL



-Bahaar Kaur Muhar (SBC President) and
Daniel Razick (SBC Vice President)

"On behalf of the student body council (SBC), we would like to wish all COM students, faculty and staff members happy holidays! We wish you all a safe and relaxing time spent with those nearest and dearest to you."

As we reflect on this year, we would like to highlight the success of events such as the first ever student-run town hall meeting to discuss accreditation progress, spirit week, and the diversity, equity, and inclusivity culture day/potluck.


Additionally, we would like to appreciate all of our student interest groups (SIGs) for their innovative and engaging events: the Emergency Medicine, Ultrasound Society, and Pulmonary Critical Care SIGs hosted a Medical Skills Workshop where blood draw, IVs and IOs, FAST exam ultrasound, intubation and cricothyrotomy, and EKG were taught.

Also, the SEVA clinic provided flu vaccinations at the local Sikh Temple. The Ophthalmology SIG arranged free eye clinics in Mexico. Sacramento Street Medicine did a successful winter clothing and food drive for the unhoused, and the Oncology SIG worked to obtain shadowing experience at the South Sacramento Cancer Center. Thank you to all of our SIGs for organizing unique events and opportunities! This year, we also launched the cnusigs.com site and worked with the COM Research Committee to enhance research opportunities for students with upperclassmen case reports that M1/M2s may help with.

To our wonderful professors and staff members, thank you for your consistent passion in making the student experience better at COM. To our fellow brilliant students, you have definitely earned a well-deserved break after all of your achievements this year. Eat, drink, be merry, and enjoy all the magic of the holiday season.

Happy Holidays!



The background of the entire slide is a light gray pattern of various snowflake designs. A large, prominent blue snowflake is located on the left side of the slide.

Made possible by the Office of
Medical Education, students
faculty and staff.

To submit photos or topics for
future newsletters, please email
us at ome@cnsu.edu.

A blue ribbon banner with a 3D effect, featuring a darker blue shadow on the right side. The text "Happy Holidays!" is written on it in a bold, sans-serif font.

Happy Holidays!