



HAIR *and the* sense of self: **ALOPECIA AREATA AWARENESS**

**Li Liong Sen Darren Alex,
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When the shocking Grammy Awards incident between Will Smith and Chris Rock took place two months ago over a joke on Smith's wife Jada Pinkett Smith's baldness, it widened the door to highlight this widespread, yet underestimated medical condition named alopecia.

Affecting 147 million people across the globe, alopecia areata (AA), a specific type of alopecia, is an autoimmune condition that causes hair loss on the scalp, and even on the body. In some way, shape, or form, hair defines our sense of self-worth. Losing it can feel like a robbery of identity - so much more amplified for patients with alopecia.

Psychological turmoil

Patients with alopecia have often reported feeling "vain" for seeking treatment. This is why while they may have noticed symptoms earlier, most do not seek treatment for over a year.

Patients also say they feel unseen, unheard, and minimized, not just by clinicians but also by their family members.

A case-control study published in 2014 by the Indian Journal of Dermatology, associated alopecia areata with alexithymia, anxiety and depression. As they quest to look for a cure, they often experience loss and grief, and think that they are to blame for their diagnosis.

**Alopecia areata is not
just a medical condition.
It affects every aspect of
a person's life.**

Let's drive our speech toward acceptance

Stigmatizing people with alopecia. Stigma manipulates how patients feel about being seen by others, and how they view themselves. Nobody ought to be made guilty for seeking treatment to a condition they cannot control.

To reduce stigma and raise acceptance, educate yourself - then educate others! Treating everyone with dignity, offering encouragement, and making sure to be inclusive goes a long way to supporting patients with alopecia.

How can we personally make change?

The first area of action is our own behavior: Examine your thoughts; be aware of your behavior and words. Be positive! Perhaps someone in your life already is experiencing alopecia but is too ashamed to talk.

Bringing this topic into our everyday conversations amongst our peers and loved ones provides a safe place of support and reduces stigma.

We can also spread the message and help more people know more about alopecia by raising our voices on social media or writing a letter to your government officials.



Alumni Spotlight: **Yi Xiang “Ludwig” Teo, MBBS12, Malaysia**

Maadeha Hassan, MBBS17

Every issue will spotlight an alumnus of Fudan University, where they'll share their experiences, advice, and ruminations during and post their time at university.

Why did you choose to study MBBS at Fudan University? Being in one of the earliest MBBS batches, what was your experience like?

I chose to study at Fudan University for its high ranking and affordability. My experience was not entirely positive. As one of the earliest batches, the program was very unorganized. Our textbooks were Chinese translated versions, and the quality was subpar. During my time, Fenglin Campus was under construction and a lot of services were not available. I was the president of FIMSO, and we worked hard to advocate for students, proposed changes in the curriculum, and recommended the use of better textbooks.

Where are you working right now? What is your work environment like?

I'm currently working at St. Vincent Hospital in Worcester, MA, USA. It is a community hospital with supporting coworkers and attendings. I'm a 2nd year internal medicine resident, which means that I'm a team leader overlooking the work of 2-3 interns, depending on the rotation. I cover the whole ICU at night and am in charge of teaching sessions during each rotation. There is an 80-hour cap for work hours per week and our program is very strict about this rule. I have the privilege of having the authority to call the shots but am supervised by my attending.

What challenges do you face at your workplace and in the American medical system?

The biggest challenge is insurance. The US insurance system is very limiting especially in outpatient settings. We also see a lot of drug overdose patients which we don't often see in Shanghai. When I first started, I realized that when it came to treating drug abusers my knowledge was limited.

Is there anything you would have done differently during your medical journey?

Yes, when applying for residency, I wouldn't have waited for an interview invitation. I'd have been proactive in reaching out to the program that I'd applied to. I'm lucky to have landed this program, but there are more options out there.

Any words of advice for current medical students?

Study hard, don't be content when you score an A in the school exam. They don't cover everything. Always study extra material, look up the latest guidelines on “Up To Date” (Taobao has very cheap accounts to purchase). Do not blindly follow the teaching materials provided by the school or seniors, fact check everything yourself. Start reading literature. Read up cases and randomized controlled trials from New England Journal of Medicine, American College of Physicians, American College of Cardiology, American Thoracic Society, Journal of the American Medical Association, and more. Get into the habit of evidence-based practice. Lastly, enjoy your student life to the fullest.



One Health Lessons Spreads One Health Idea

Lani Jane Chong, MBBS16

The concept of One Health, the interconnection between the health of humans, animals, plants and the environment has long been around for centuries. Yet the term “One Health” and its approach are still foreign to many - even those in the healthcare industry. Fortunately, through the work and support of organizations like One Health Lessons (OHL), the concept is gradually gaining more traction globally.

Founded in 2020 by Dr. Deborah Thomson, DVM, OHL is a volunteer-based science education organization aimed at inspiring children and adults to value the interconnection between themselves and nature to make the world sustainable.

OHL runs a Train-the-Trainer Program called the ‘Lesson Leaders Program,’ where individuals teach virtually or in-person lessons to their community and/or around the world. By participating in this program, adults improve their science communication skills and serve as STEAM role models. OHL also introduced a volunteer program to translate their age-appropriate lessons to be translated into over 80 languages to date. Further, OHL organizes many different global events, such as a One Medicine Event, where clinicians and students of all health backgrounds join for collaborative discussion and interdisciplinary case analyses of virtual patients.

An internationally acclaimed organization, OHL provides opportunities for individuals to gain experience in the One Health space through their Internship Program. From improving public speaking to developing organizational, professional and leadership skills, OHL interns develop qualities to use in their future careers no matter the discipline or sector they enter. Since the founding of OHL, Dr Thomson has served as mentor to all six intern classes, and applications are currently being accepted for 2022 – 2023.

By joining any of their programs or participating in any of their events, anyone can be inspired to take action and together, help realize One Health Lessons’ vision of making a healthier, more sustainable world.



Lani Jane Chong, MBBS16

Website: <http://www.onehealthlessons.com/>

Twitter: [@OneHealthLesson](https://twitter.com/OneHealthLesson)

Instagram: [@OneHealthLessons](https://www.instagram.com/OneHealthLessons)

LinkedIn: [One Health Lessons](https://www.linkedin.com/company/onehealthlessons)

FIMSO EVENTS OVERVIEW

USMLE: REMEMBERING TO BREATHE

Maadeha Hassan, MBBS17

On May 14, 2022, May Sapsuwan and Kinji Arikawa from MBBS 16 held an informative talk on USMLE. They shared their experience regarding the process, helpful resources, preparation tips and more. Perhaps the most unique part of their talk was about maintaining mental health during medical licensing exams. When asked what drove them to add this section to the talk, Kinji responded, "Mental health is a crucial section not commonly mentioned in license exam talks but plays a huge role in the preparation phase. There must be others feeling the same way I did, and I really wanted to share this experience with others who have yet to go through this phase."

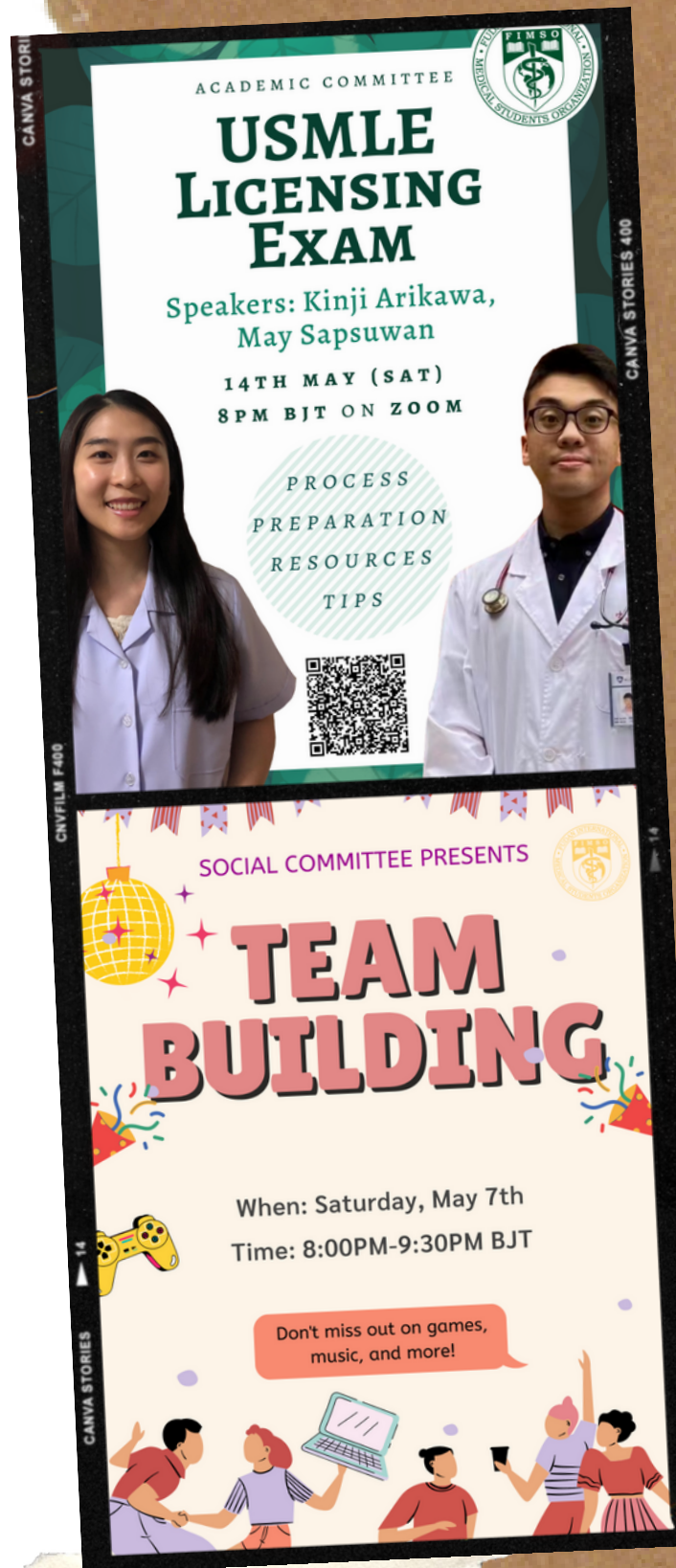
Throughout the talk, May and Kinji shared their experiences in finding the balance between the challenges of studying and taking care of their mental health. They emphasized the importance of reflecting on our motivations and remembering to breathe.

SOCIAL COMMITTEE: TEAM BUILDING II

Linda Fan Bu, MBBS19

On Saturday, May 7, 2022, the Social Committee launched the second part of the 2022-2023 FIMSO Team Building. Held online, participants spent quality time solving crimes, playing Garter IO and Kahoot! Towards the end, for show and tell, Pranav Prakash Edavi (MBBS20) shared a timelapse video of his art piece.

The event was filled with continuous laughter and discourse, giving everyone a chance to bond despite not being able to meet in person.



This issue was edited by:
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