



FIMSO Newsletter

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Breast *Awareness* Yourself

Justine Jiang, MBBS21

BREAST CANCER is the second most prevalent cancer found in women, affecting one in every eight women in the United States. Throughout the years, it has become one of the most treatable and manageable cancers. However, this is true only through early detection, where the discovery and diagnosing of breast cancer happens before the onset of symptoms. The tumors found during early detection are typically smaller and less likely to have spread outside the breast. The survival rate of breast cancer with early discovery is 90.6%, with patients living up to 5 years or more after diagnosis.

Having regular mammograms is the best tool for early detection. A mammogram is a low-dose x-ray that can detect any changes in the breast that could be cancerous before any

physical symptoms develop. Hence, mammograms are preferred above physical breast exams, which can only detect cancer through lumps, dimples, or ridges.

This is not to say that physical breast exams are ineffective. It acquaints women to recognize the look and feel of their breasts, allowing them to be immediately aware when changes occur. Therefore, it is vital for women to have yearly mammograms and weekly physical exams. This is especially the case for women with risk factors such as having a family history of breast cancer, genetic mutations, and age.

Prevention is key to defend against this devastating disease. Speak to your primary healthcare provider to help you make informed choices about your health!



Internship Spotlight: **Shruti Majumder, MBBS17, India**

Sushma SenthilKumar, MBBS18

In this issue, we spotlight an internship experience of a current student of Fudan University, where they'll share their experiences, advice, and ruminations.

in person; it was marvelous! He was calm and willing to teach - it made me want to explore ophthalmology more.

You've had the opportunity to intern in three different countries at three different stages of med school, what was that like?

My first internship was done at Medica hospital in Kolkata, India with the nephrology department. This was before I started my clinical years, so I couldn't pull up literature from the back of my mind like I can now. But this gave me the freedom to explore the specialty with fresh eyes.

Fast forward to my 3rd year, where I did an internship at Jing' An Hospital. At the time, I was considering pediatrics as my specialization, so the internship was a great opportunity. Interacting with pediatric patients really motivated me to study beyond the required medical scope!

Now, as a 6th year student, I'm interning in Indonesia. I can speak the language, so I'm able to interact with patients, sit in the morning reports, the scientific meetings, and attend rounds. The best part of this internship has been the work environment. The consultants and residents have been great teachers, creating a motivating space that elevates the learning experience. Today for instance, I was invited to scrub in for a surgery by an ophthalmologist. I've never observed one

What are your key takeaways?

1. **Always say yes!** Try not to decline any opportunity, regardless of skill. Most attendings are keen to teach, so show interest to learn!
2. **Seek electives in your areas of interest.** Observe the bread-and-butter cases and how the team handles the workload. Can you see yourself doing the same ahead?
3. **Reality is different.** Hands-on experience translates theory to practice, so take up on opportunities to gain even more. You'll learn whether you'll enjoy the day-to-day of that specialty.
4. **Have a work-life balance.** Stay in touch with what brings you joy and prioritize your sleep!
5. **Patients are more than their illness.** All patients have a backstory; the way they represent their illness is unique to their biopsychosocial story. Respect them.
6. **Keep your options open!** Expose yourself to different medical areas and patient demographics. Gain a different point of view.
7. **You are a constant learner.** In my experience, the Fudan syllabus wasn't sufficient. That's okay! Learn to read medical journals and literature. Whether an intern or an attending, we all continue to learn as medicine advances.



Photo by Matheus Ferrero on Unsplash

Case Review



This month, we are sharing a USMLE Step 1-style practice question from QBank to test your knowledge on principles and ethics of clinical practice.

DM us your answer [@fimsosfudan on Instagram](#) and then check-in next month's newsletter to see if you answered correctly! A shoutout will be given to our first correct response!

A 30-year-old woman comes to the family physician for a routine health maintenance examination. The patient and her family, including her mother and father, have all been in the physician's care for the past 20 years and the patient regularly accompanies her father and mother to their appointments.

During the examination, the patient mentions that she is concerned that her 70-year-old father has recently bought a parcel of land and now wants to build a new home on it. Her father worked as a contractor for 30 years before going into retirement and plans to build the house himself with only minor help from other contractors.

The patient explains that she is worried her father will injure himself while working on the house and "dig himself into a financial hole." She asks the physician whether he could speak to her father about his plans and explain to him that these would be too much of a physical and financial risk for a person of his age. Which of the following is the most appropriate statement by the physician at this time?

Answer Choices:

A.

"I would encourage you to speak to your father directly about your concerns, but, if you like, you may broach the subject during the next appointment we all have together."

B.

"I believe this constitutes a legal dispute. As such, I think you should contact a lawyer."

C.

"I must admit that I agree with your concerns, I will bring this up when I have the next appointment with your father."

D.

"I understand you are concerned, but it is your father's right to make such decisions. You should try to support him in his decision."

E.

"I understand you are concerned, but I should not be involved in such family matters, especially if they are not directly related to your father's medical care."