



## Support animals: more than pets

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**WITH AN ABSENCE** of an official nation-wide policy and their rarity, support animals and knowledge about them are relatively new to China.

Let's break it down.

### WHAT'S THE DIFFERENCE?

Support animals are not all alike. In fact, they fall under different categories depending on their skill and training: **service animals**, **emotional support animals**, and **therapy animals**.

According to the Americans with Disabilities Act, **service animals** are animals that are individually trained to perform specific tasks that benefit the individual with disabilities. The disabilities can be of intellectual, physical, psychiatric, sensory, or mental nature. Depending on the skills required, animals train to pull a wheelchair, guide visually impaired people, press elevator buttons, or provide pressure to someone suffering a panic attack.

The vast majority of service animals are dogs, but in some very rare cases, there are also small horses!

Unlike service animals, **emotional support animals (ESA)** include a greater variety and do not require special training. Emotional support animals provide companionship and help with depression, anxiety, and certain phobias. Although training isn't mandatory, a psychiatrist should determine the need for an ESA's presence to support the patient's mental health.

Finally, **therapy animals** provide people with therapeutic contact in a clinical setting. Similar to ESAs, although therapy animals are not required to have certifications, they are usually trained and verified by an animal-assisted intervention organization. Considered a complementary treatment, they improve the physical, social, emotional, and cognitive function of the receiver through Animal Assisted Therapy.

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Clearly, the benefits of the healing bond built between human and animal is evident. And while we have much to gain from a health perspective, we also gain something more: **a friend**.



# Diabetes Awareness Month

Juliana Yasha, MBBS18

This year, World Diabetes Day fell on November 14, 2022. Impacting 422 million people worldwide, diabetes is a chronic illness that if unmanaged, may cause death.

Diabetes is separated into 2 categories, the most prevalent being Type II diabetes. A person is said to have Type II diabetes if their fasting blood sugar levels are  $> 6.9$  mmol/L and above 11.1 mmol/L two hours after eating. A person is considered **pre-diabetic** if their blood sugar level is between 5.6 mmol/L and 6.9 mmol/L. It is possible for pre-diabetics to develop Type II diabetes if their blood sugar levels are not adequately managed.

Significant research has been made into this disease, and studies have shown that developing healthy lifestyle habits play a large role in managing diabetes. A combination of a healthy diet, exercise, and medication (if necessary) as well as routine monitoring blood glucose levels is hugely beneficial.

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## Case Review

Every issue we share 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 16-year-old girl is brought to the physician for a physical examination prior to participating in sports. She has no history of serious illness. She is on the school's cheerleading team and is preparing for an upcoming competition. Menarche is as at 13 years of age, and her last menstrual period was 4 months ago. She is 167 cm (5 ft 6 in) tall and weighs 45 kg; BMI is 16.1 kg/m<sup>2</sup>. Examination shows pale skin with thin, soft body hair. The patient is at greatest risk for which of the following complications?

Hint: This adolescent girl has secondary amenorrhea, pale skin, thin and soft body hair (lanugo hair), and a BMI  $< 18.5$  kg/m<sup>2</sup> - a constellation of features that should raise suspicion for anorexia nervosa.

A.

Hyperkalemia

B.

Hyperphosphatemia

C.

Fractures

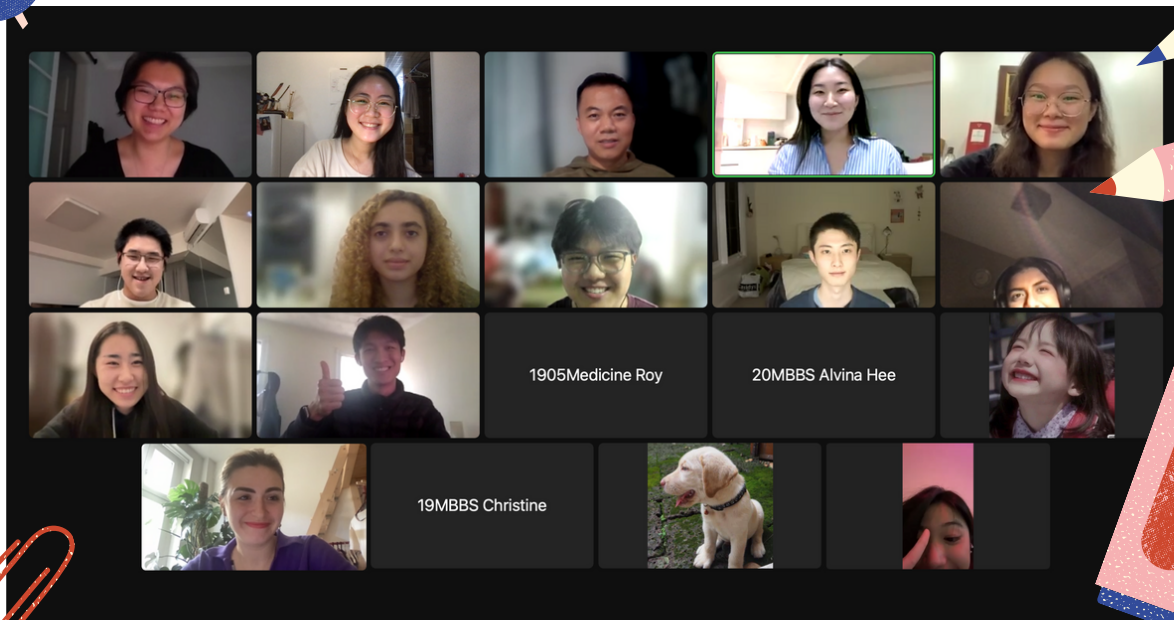
D.

Recurrent infections

E.

Hyperthyroidism





# ACADEMIC WRITING WORKSHOP

Justine Jiang, MBBS21

**THE FIRST OF ITS KIND** in FIMSO history, the Academic Committee successfully launched the Academic Writing Workshop. It challenged students to push their writing boundaries and to write with professionalism and finesse.

Spanning nearly 8 hours, students dedicated four Saturdays to the workshop. Each day was focused on a different aspect of academic writing, strategically planned to have a continuous flow for students to build upon the knowledge they had gained.

External speakers Professor Chengqiu Wu and Martina Hysi provided in-depth feedback, dissecting academic articles to highlight what aspects make a well-written paper. A large component was student participation, who wrote their own paraphrased sentences and constructed thesis statements.

The workshop was a success, with students walking away better equipped to write their future papers.

**ON NOVEMBER 5, 2022**, FIMSO's Social Committee organized a Halloween-themed Team Building Event where the winners of the costume contest were announced! Congratulations to everyone who submitted!

Filled with fun games, the event also included video clips of the contestants wearing their costumes to class to surprise their teachers and classmates.

