What is health literacy?
Welcome to the 2010-11 edition of The Murmur. Welcome to (or back to) the University of Mississippi Medical Center family.

The people of UMMC are like a family, often smiling and offering kind words to each other in the halls and elevators. Nurses, x-ray techs, transporters, cleaning staff, faculty, researchers, the maintenance crew, doctors, pharmacists, and students all work together in one place with a common goal: to provide the best health care possible for the state of Mississippi.

If you are new to UMMC, it may take time to get accustomed to campus. Parking at the stadium, riding the shuttle, deciding whether to go to the Union or Subway for lunch, and figuring out where and how to study can be a challenge. But don’t fret, there is some good news—the upperclassmen and faculty around you have been there before and are ready and willing to guide you along.

I hope you enjoy this year’s edition of the Murmur. It will include informative articles as well as ideas of ways to have fun and relax. Upcoming issues will feature fall sports previews and travel and music reviews in addition to the regular columns in this issue.

The school of medicine takes students’ opinions seriously and makes student input a high priority. Med students recently had the opportunity to participate in the process of designing a new medical student lounge in the basement under the administrative offices, formerly known as “the dungeon.” It is slated to be ready for lounging (and studying) early fall.

Thank you to all the contributors and advertisers. I would like to give a shout out to Nicholas Whipple, last year’s editor, for doing such a great job. Thanks for all your help getting me started. I’d also like to put in a plug for Kristen Ley, an amazing graphic designer. Thanks for showing me a few tricks on InDesign. I highly recommend Cultigraphic Creative for your future graphic design needs, and not just because Kristen’s a helpful friend. Check out her skills at http://www.cultigraphic.com/. Lastly, I would like to thank my friends and family, and the Academy... (ha, maybe someday) I am happy to let you use the Murmur to promote your class’s philanthropy and community service projects and give you a chance to update the rest of school on what you are up to. Please send your ideas for articles and photos to gmontague@umc.edu. Thanks for reading! And again, WELCOME!

Lois Montague, M.D.

Private study cubicles (with the good chairs from the CW)

TV area with comfy couch and chairs, and a little kitchen with bar stools, open to lounge area

Round table, lots of plugs for laptops, wireless printer, a couple of desktop computers
Hello to all and welcome back! Once again it’s time to dust off the books and get back to work. The beginning of a new school year is always an exciting time. When we were kids, it was a chance to show off your new backpack you saved your pennies for… because it would help you learn better or something… right? It was also reconnect friends and newcomers that we UMC, I feel that this school bring same op-as we all to do-we came All of us at want to be sure that we are available to anyone for all things student related at UMMC.

For all of those who are new at UMC, the Associated Student Body is the student government for the students at this institution. The ASB represents the entire student body of UMC, and has monthly meetings with representatives from each school on campus. Our goal is to provide a means of communication and cohesiness that will allow us to work towards multiple common goals that make student life at UMC fun and worry free. The life of a professional student can be incredibly hectic, but we are here to make it as enjoyable as possible.

The ASB wants to do all we can to create fellowship and rapport between students at UMMC. We are all working towards a common goal of taking care of patients, and one day we will work alongside one another. It is important that we get to know each other on a professional basis as well as on a personal level. The ASB parties throughout the year facilitate getting to know each other in a more relaxed environment than the classroom and clinics.

The first party of the year will be the Back to School Party in August. This is a great time to see old friends from all over campus. The Back to School Party will be a pajama party, so y’all find your fanciest bedclothes and get ready for a great time! The Halloween Party is always a blast, and as always we hold a costume contest for the best/most ridiculous one definitely gets Ball in December is Last year we were falling while wear-Hopefully the weather for us! The spring Anatomy Ball, the MC Law Crawfish ASB also exciting ac-up through-including nights at the symphony, Mississippi Braves baseball tickets, a family day at the Jackson Zoo, and multiple philanthropic activities. We will be sure and keep you updated for these activities as the year progresses!

On behalf of the Associated Student Body, I would like to welcome everyone back to school, and also all our newcomers to UMMC. The years spent at UMMC will be valuable and unforgettable. The ASB is here to make sure that these years are great ones. Please feel free to get in touch with any of us, and we’ll be happy to help out in any way we can. I’m looking forward to another great year, and another opportunity to see and meet some great folks!

Mark your calendar for this year’s fall parties:

8/20/10
Back to School Party in your PJ’s at Hal and Mal’s featuring SpeakerBoXx

10/29/2010
Halloween at Hal and Mal’s

12/4/2010
Claus Ball at Mississippi Museum of Art

Hello everybody, First of all, I’d like to thank everyone who voted for me. I really appreciate the support. Second of all, I’ve been working on lots of fun activities for you to do when you’re not studying. Among other events, I have three school parties planned for the fall with great bands, delicious food, and a guaranteed good time! I will keep you updated through email so be looking for those. I am open to any suggestions or requests so please feel free to contact me at aharrell@umc.edu. Looking forward to a fun year!!

Amanda Harrell
Vice President
Associated Student body

This fall we will welcome comedian Steve Hofstetter to campus for a few laughs.

Claus Ball 2009 …in the snow!
good times in

UMMC is like a big family
are busy hitting the books or working. Summer
do over the summer” and how they pictured

baseball games

frozen drinks
on the beach

hanging out with friends

weddings
of beautiful nerds. Instead of playing with slip-n-slides, we is coming to an end so I asked students from every school “what did you the perfect summer day. Here is what your little buddies said...”

Kim Johns, N4
“I got a taste of what my life will be like in one year when I become a big girl and join the workforce. I worked as a Student Nurse Extern in the Adult Emergency Department.

A perfect summer day is, in the words of Snoop Dogg, “Hangin’ out, bikinis, tankinis, martini. No Minus the tankinis because who wears tankinis?”

Molly Morgan
N4
“I stayed very busy involved in the Externship program for senior nursing students here at UMC. My externship was at the Neonatal Intensive Care Unit. I learned a lot and really enjoyed it! I also visited D.C.
A perfect summer day is when I get to spend time with my friends. This summer was busy for everyone and it was hard finding time to hang out with all of my friends because of our schedules.”

Jay Kumar, D2 “Hmm, I am currently writing a manuscript for a project I completed last summer. I went to Phoenix to visit my cousins for a week. Also, I have been to a few weddings, everyone in school decides to have summer weddings. Aside from that, I have dedicated four hours a day to reading dental decks and first aid books in eager anticipation of upcoming boards; seriously.

A perfect summer day includes not doing anything school related, going to the pool with friends, and not being so worn out from the pool to where I can still go out. The only way the day can be even more perfect is to have a ride back.”

Ross Stone, M4
This summer... “I studied for Step II and started the 4th year in the Pediatric Clinic.

Tiffany Skretet
PT2 is “...studying, studying, studying all week! Then, fun trips on the weekends! The perfect summer day for me is a day spent grilling out with my family and an afternoon spent on the boat with my friends!”

Will Singleton, 3rd yr Pathology PhD
“Submitted my proposal for doctoral research + worked in the lab. I’ve done a whole bunch of reading and some studying.. The perfect day is when it doesn’t get over 90°F!”

A perfect summer day is nibblin’ on sponge cake, watchin’ the sun bake, strummin’ my six string, on my front porch swing, wastin’ away...”

Katie Griffin, P5 says, “This summer I spent a lot of time visiting with my family in Texas. We did a lot of shopping all over town, went water skiing out on the lake, saw a lot of movies, and worked out every night!

A perfect summer day is when you are laying out on a tropical beach, the sun is shining, there is a nice breeze over the crystal blue water, and you have a margarita with an umbrella on one side of you and your best friend on the other.”
Hello everyone! I thought it would be a great idea to have a "Thinking Corner" in the Murmur to show an idea of the intensity and complexities of student thought. (We think about more than just coffee/caffeine!) So from here on out I will have a thought provoking question in each issue. I will take it easy this time. Please feel free to email me with your responses and to let me know how you think the corner is going! So without further ado:

"Would you tell me which way I ought to go from here?" asked Alice.
"That depends a good deal on where you want to get," said the Cat.
"I really don’t care where" replied Alice.
"Then it doesn’t much matter which way you go," said the Cat.
- Lewis Carroll, Alice’s Adventures in Wonderland
It’s a classic paradox. The best, most aspiring students enter a health professional school with dreams of serving humanity and bettering the lives of numerous people, but school slowly becomes a graveyard for dreams as students are buried under textbooks, call schedules, clinic duties, and lack of opportunities. The Humanitarian Health Partnership was started last year in hopes of uncovering those aspirations for the students of UMMC and expanding the service potential for one of Mississippi’s largest employers.

Humanitarian Health Partnership, or HHP, exists to provide students and faculty with a more direct avenue to service opportunities. As a student-run organization, HHP desires to bring together all of UMMC’s schools, faculty, and employees under the common banner of service in an attempt to broaden the scope of our impact on our city, our country, and our world. Each school has representation on the HHP board which oversees the organization. Information from the board is relayed to all schools via representatives from each class. Faculty and employees will remain in the loop via staff advisors to the group and general e-updates. With everyone bouncing ideas and events off of each other, UMMC’s humanitarian efforts will grow and become more unified. Several approaches will be implemented to increase both awareness and opportunity for the UMMC population. First, HHP will have a website listing all the local organizations we know about and their current needs. We are currently establishing relationships with a variety of community organizations. We plan to become a resource for them to distribute information to a large portion of their volunteer base. Our website will list current events sponsored by UMMC schools, hospitals, students, or faculty as well as any trips or project opportunities that any UMMC organization is putting on. While the website is being built, feel free to check out our blog at www.humanitarianhealthpartnership.blogspot.com. Second, over time, HHP hopes to sponsor events and scholarships that will assist UMMC students in their desires to serve both locally and abroad. These funds will be raised throughout the year and will go to helping students receive financial aid for humanitarian travel expenses to mission trips and disaster relief mobilization.

Chancellor Dan Jones, former dean of the School of Medicine here at UMMC, has made “Excellence through Service” the theme of his tenure at the helm of Mississippi’s largest university system. The Humanitarian Health Partnership plans to assist him in making service an even more prominent feature of UMMC’s call to excellence.

HHP is hosting an Opportunities in Service Fair Wednesday September 1 from 4:30 to 6:30 pm in the student union. The fair will be open to all students, faculty, and staff of UMMC and will function similar to any job or residency fair you might have seen. There will be numerous booths each occupied by service organizations hoping to spread information about their needs and opportunities. It will be a great chance for us all to “shop around” for an organization that fits our particular schedules and skills and hopefully establish relationships that could lead to long-term opportunities. Mark it on your schedule and look for more information in the coming weeks!

If you are interested in getting more involved and want to find out how, feel free to contact members of HHP board: Sam Love, Co-director – slove@umc.edu, Lois Montague, Co-director – gmontague@umc.edu, Josh Hughes-Chairman of Service Fair -- jhughes@umc.edu Other Co-founders: Meghan Alford malford@umc.edu and Joy Hughes, jehughes@umc.edu

Please contact Josh Hughes, Chairman of Opportunities in Service Fair, at jdhughes@umc.edu if you know of an organization that would like to participate.
Welcome to Herbals 101!
This month’s installment is an introduction to herbals and what you should know. It’s definitely useful knowledge to keep on hand because you never know when the next magic cure-all plant or instant weight loss product is just around the bend.

What are herbal products? Herbal products are dietary supplements that are derived from plants.

Umm … can you be a little bit more specific? Herbals are typically crude plant substance, while prescription drugs are a single, purified molecular compound. Herbals can contain plants parts, juices, extracts, or standardized compounds. Many prescription drugs got their start from herbal remedies. Typically, some local chewed on some green leafy bush that cleared up his/her ailments. For example, morphine originated from poppy plants, digitalis from fox glove, aspirin from willow bark, and vincristine (chemotherapy) from Madagascar periwinkle.

Are herbals regulated? Herbals are regulated by the Food and Drug Administration (FDA) under the Dietary Supplement Health and Education Act of 1994 (DSHEA). This act made herbal products dietary supplements instead of medications.

Dietary supplements vs Prescription medications? Dietary supplements do not have to go through all the rigorous research trials that prescription medications do. Thus nobody is responsible for proving if herbals are effective or safe. The production of herbal products is not as heavily regulated, so there may be variations between brands and even batches of products. On top of this, herbal products are still crude drug formulations and can have medicinal effects on the body, causing potentially dangerous drug interactions. For example, St. John’s Wort can decrease the effectiveness of the anticoagulant Coumadin® (warfarin). This can increase the risk of blood clots and fatal strokes.

Are certain brands better than others? United States Pharmacopeia (USP) certified brands promise to have the same consistent ingredients in each bottle. However, the USP does not promise the herbal product is effective or safe.
Health literacy is “the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.”

Surprisingly, only an estimated 12% of people actually have proficient health literacy. An estimated 52% of patients say that prescription information and instructions are hard to read and understand. Between 40-80% of medical information is immediately forgotten, and almost half is remembered incorrectly. Health illiteracy costs are staggering, estimated at over 100 billion dollars per year.

Simple instructions, such as to take on an empty stomach or to take every 6 hours, are often confusing or unclear to patients and result in non-adherence.

Though health professionals are trained to effectively treat patients, there is less focus on patient comprehension of therapy. Many patients feel excluded from their treatments and simply do what the provider says with little understanding of why or how. This is especially problematic when patients suffer from multiple disease states and use multiple pharmacies. Patients who are at greatest risk for health illiteracy and non-adherence include the elderly, the unemployed, minorities, immigrants who do not speak English, those who speak English as a second language, those who have low income, and those who are not high school graduates. Furthermore, just because a patient is “reading” literate does not mean they are completely “health” literate. Health literacy affects every socio-economic class, and so each and every patient deserves attention. As health professionals we must recognize our patients’ needs and strive to improve health literacy.

So how can we as health professionals address health literacy? The answer to this lies in making healthcare patient-focused. It is easy to become caught up with the fast paced, money-driven health care system. We must strive to give the proper amount of time to each patient and determine his or her health literacy level. While the challenge may seem daunting, it is possible.

There are various, innovative ways to enhance health literacy. Find what works for you and your patients! Some helpful suggestions:

**Use open ended questions** to help improve health literacy. Having patients give explanations or repeat back information makes them more involved in their care and helps uncover points of health illiteracy. Closed ended questions (questions that can be answered in one word) are ineffective when used to determine whether or not a patient adequately understands.

Make sure health care literature is written in the most basic language possible, preferably no higher than the 5th grade level.

**Use colorful pictures or interesting fonts** that break up the monotony of reading and help simplify concepts.

**Ask patients at every visit what, why, and how**- what medications they take, why they take them, and how they take them.

Here are some real examples of health illiteracy in pharmacy:

Mr. Smith received a letter in the mail for his appointment; however, Mr. Smith can’t read so he just throws it away.

Little Susie’s Mother picks up an antibiotic prescription for her three month old daughter. On the bottle it says “Take 1 teaspoon daily,” so Little Susie’s Mother takes 1 teaspoonful herself, thinking that’s the proper way to take it since she’s breastfeeding.

Father Time is trying to decide in which Medicare Part D plan to enroll. He chooses a more costly one because he thinks a donut hole is a tasty option.
All of these restaurants are located in **Belhaven or Fondren**, the two neighborhoods that sandwich the university. Fondren is located due north on State Street and Belhaven is just to the south. These restaurants are ranked based on my personal experience of eating lunch there with criteria such as distance from school, how quickly food arrived and how much it cost (besides being tasty). If you disagree, let me know. Email me at gmontague@umc.edu.

**1. ALADDIN MEDITERRANEAN GRILL**
Aladdin no. 1 is located at 770 Lakeland Drive right across the street from the hospital, so you can definitely walk. They have a second location in Flowood. The food is quick, delicious, and pretty well priced. I like the dolmas, which are grape leaves wrapped around rice and veggies or rice and meat served with their yogurt cucumber tzeki sauce. Some other favorites are the lamb and hummus or chicken Schwarma and hummus. Open for lunch 7 days/week. Check out belly dancing performance schedule at [http://aladdinin-jackson.com/](http://aladdinin-jackson.com/).

**2. SAL AND MOOKIE’S**
New York style pizza and ice cream joint. Owned by the crew who run Bravo and Broad Street, this was an instant favorite as soon as it opened. The pizzas are made with fresh ingredients on hand-tossed crust. For a quick lunch you can get a slice of one of the pizzas of the day and a salad. Pizzas of the day are based around a tomato sauce, cheese sauce or veggie option. You can also build your own from sauce and topping options or try one of their creations. Open for lunch Tues-Sat. [http://www.salandmookies.com/](http://www.salandmookies.com/).

**3. WALKER’S DRIVE-IN**
One of the best restaurants in Jackson is located on North State St in Fondren in a bright turquoise building. They offer their signature Redfish Anna for lunch, but I would recommend the fried BBQ oyster po-boy or a blue plate special. (You can always come back and get the redfish for dinner!) The lunch menu is priced down, which is a perk. Speed of service and food delivery is average. [http://www.walkersdrivein.com/](http://www.walkersdrivein.com/).

**4. BASIL’S**
Basil’s has locations both in Belhaven and Fondren (as well as a downtown restaurant) and boy, do they know how to make a panini! The Belhaven spot is next to McDade’s at 940B E Fortification Street. They also have a place in the blue Fondren Corner building at 2906 North State St. Basil’s offers a unique side item of deviled eggs. They also have more traditional sides like chips and salad as well. I usually get a #9 panini with olive salad, turkey, roma tomatoes and fresh mozzarella on it. Beware of the tempting pastries.

**5. KEIFER’S**
They have been doing it right for years at Keifer’s. I agree with the Jackson Free Press’ designation of Kiefer’s as “Best place for a first date.” It’s also not a bad place to grab lunch. It’s usually hopping, but the service is decent and the food doesn’t take too long. The gyro is a classic; the hummus and pita chips are unique and impossible to replicate. If you are hungry, get a whole potato chopped into cottage fries and ask for a side of feta dressing to dip everything in. Delicious. I have to go about once a month or so to get my fix. [http://www.keifers.net/](http://www.keifers.net/).

**6. MIMI’S FAMILY AND FRIENDS**
If you like fish tacos, you would become familiar with the daily specials at Mimi’s (they serve fish tacos on Fridays). It’s right next to Butterfly yoga in a building that used to be a dry-cleaner at 3139 N. State St. It definitely fits in with the progressive feel of rejuvenation going on in Fondren. Eclectic artwork surrounds you while you are made to feel like a friend of the family who own and run the place. Mimi herself might fill your water glass. [http://www.mimisfamilyandfriends.com/](http://www.mimisfamilyandfriends.com/). Open Mon-Sat 7am-4pm.
1. **Top 10 places to eat around the U**

7. **QUE SERA SERA**
   This is also a good place to eat on a Thursday night, when they sometimes have live music. It also has nice outdoor seating.
   Que Sera is the place to go for a red beans and rice fix. They also serve a nice spicy a Carnivore pizza or try New Orlean's style Cajun Joe with andouille sausage, seasoned chicken and peppers. One thing they don't skimp on is chicken. For something different, try fajita or thai chicken. [http://www.thepizzashackjackson.com/](http://www.thepizzashackjackson.com/)

8. **PIZZA SHACK**
   This local favorite sits at 1220 N. State St., near Kiefer's, across from Baptist Med Center. Pizza. Cheap beer. Outdoor seating. Need I say more? If you don’t want to grab lunch, I recommend going on a Thursday night for a $2 pitcher of Bud. If you want to bring on the meat, order grown produce has never been easier. The eco-friendly produce comes from the Rainbow grocery where they are located. You can also bring used glass jars and bottles to recycle out back. [http://www.rainbowcoop.org/](http://www.rainbowcoop.org/)

9. **HIGH NOON CAFÉ**
   For the polar opposite of Pizza Shack, where they pile the cheese high and the chicken higher, High Noon offers vegan and vegetarian fare for the health conscious locavore. With fresh specials and veggie soup daily and a high noon bowl of grains and veggies with a light sauce, eating healthy, organic, and locally

10. **BRENT’S DRUG STORE**
   For a grilled cheese, burger, or egg salad sandwich, this is the place to go. It is also known for malts and milkshakes.
   It is located by the Fondren McDade’s. I’m glad the old-fashioned soda fountain stuck around after the drug store moved. [http://www.brentsdrugs.com/](http://www.brentsdrugs.com/)

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**Around the U**

by Lois Montague, M4
This “Diagnosis Dinner” is for those of us who are in denial that summer is coming to an end. Nothing reminds me of summer more than a cookout, so I decided to have the Perfect Summer Cookout. This cookout will honor the dwindling summer that each of us will miss, but it will also encourage you to take advantage of the nice grilling weather to come this fall. This summer cookout was a huge hit with blue cheese hamburgers, summer sweet corn, and a salad of summer vegetables... and everything is grilled—from the burgers to the salad! Each of the following recipes should feed about six.

**GRILLED SUMMER SALAD**

**What to Do:**

Half the romaine, bell pepper, zucchini & squash lengthwise. It is helpful to leave each romaine half connected at the base and gut & seed the bell pepper at this point. Set one of the romaine halves and the tomato aside. Place the other romaine half, zucchini, squash, bell pepper, and corn on the grill over medium heat for several minutes & flip (romaine takes the least amount of time; corn takes the most). Remove vegetables from the grill, allow a few minutes to cool, & coarsely chop each one (scrape the corn from the cob). Coarsely chop romaine half and tomato that were set aside earlier. Combine all the chopped veggies in a bowl with your favorite croutons and salad dressing—voilà!

**What You’ll Need:**

- 1 tomato
- 1 bell pepper
- 1 zucchini
- 1 squash
- 1 ear of corn
- 1 head of romaine

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**GRILLED CORN ON THE COB**

**What to Do:**

Soak the corn (husk and all) in water for 30 minutes. Partially shuck each ear removing the silk strings but leaving the husk attached at the base. Lightly coat each ear with olive oil, replace the husk in its natural position, and place the corn on the grill for 30 minutes. Flip occasionally. Salt & pepper to taste and enjoy!

**What You’ll Need:**

- 6 ears of corn (in the husk)
- Olive oil
BLUE CHEESE BURGERS

What to Do:

You can season the ground beef however you like. I like to use garlic, salt, pepper, and Essence. I usually add some beef broth to make the burgers extra juicy. Once the ground beef is seasoned, divide into 12 portions. Mold each portion into a thin patty. Now you are going to sandwich as much blue cheese between 2 patties as possible. Then pinch the edges of ground beef together making one hamburger patty with a pocket of blue cheese in the center. Repeat this process 5 more times so you have a total of 6 hamburger patties with blue cheese centers. Place burgers on the grill and grill to desired perfection! Serve on a bun with your favorite condiments and “fixins.”

What You’ll Need:

- 2 lb ground beef
- 1.5 tbsp minced garlic
- 1 tsp salt
- 1 tsp freshly ground pepper
- 1/4 cup beef broth
- 1 tsp Emeril Lagasse’s Essence spice combination
- 12 oz blue cheese
- 6 buns
- Desired “fixins”
It’s that time of year again…the time where school starts back in full swing. Before you know it, school eventually takes over your life and then you realize that you aren’t home long enough to eat all of the bananas you get at the store before they go bad, so then you get two or three at a time, and alas, they still turn brown! And they taste mushy! Doesn’t that make you mad?! That’s 49 cents/pound you could spend on something else, like fancy cheese, and you’re throwing it down the toilet!

Well, I have the perfect solution you! They are foolproof and 99.9% loved by all who eat them. Not only will these spare you the agony of throwing away those lovely bananas, you can eat them for breakfast or snack, and you can give them to tired and hungry residents! It’s win-win!

So whenever you have some bananas that you know have entered the icky phase, just pop them in the freezer. When you need them for a recipe, just defrost for a couple of minutes in a bowl of hot water. You can then peel them with your fingers and squish out the banana insides. (The bananas are also good for smoothies!)

Here’s what you’ll need for a dozen or so muffins:

- 1.5 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt (I like the kosher kind because it makes me feel fancy like I’m on tv, but not necessary)
- ¾ cup sugar
- 1 egg (or not, bananas are used as egg substitutes in vegan baking)
- 1/3 cup veggie oil
- 3-4 mashed bananas
- ½ - 1 cup chocolate chips (depends on how bad the day has been, to be honest)

Start with the bananas and the oil, and then add your sugar. Mix well. Then what I like to do is dump all the rest of the ingredients in the bowl and gradually stir everything together. Save the chips for last. You can add vanilla or any other nuts or dried fruits to your liking. Bake at 350 degrees for 18-20 minutes and you’re all done!

To make it extra fancy, top your muffins with streusel! All you need to do is mix together 2 tablespoons flour with around 1/8 teaspoon cinnamon, 1/3 cup of sugar (brown if you have it), and 1 tablespoon of butter. It should be really crumbly. Sprinkle your yummy crumbs on your muffins before you bake them. They’ll get this nice crunchy sweet topping, and then you can brag about how awesome of a baker you are and how you use all of your bananas…
SALT

What do you get when you mix together Russian spies, assassination attempts, and the threat of nuclear annihilation? Well, you get a whole lot of movies that you’ve probably seen before. But sprinkle in a little Angelina Jolie and now you’ve got Salt, a Cold-War throwback spy thriller directed by veteran filmmaker Phillip Noyce. Jolie plays Evelyn Salt, a CIA agent sent to interview a Russian defector (Daniel Olbrychski). During their talk, Salt learns of a terrible Cold-War plot, decades in the making, which will destroy the United States. Not only that, but the defector names Salt as the Russian spy that will set this plot in motion. What’s a girl to do? Well, her first priority when faced with these world-shattering, career-ending allegations is, of course, to check on her husband. Salt uses all her training as well as her underwear to escape the high-security CIA facility and goes on the run to clear her name and save her man. But is our heroine a dastardly double agent, or the only remaining American hero? Who cares, this movie is about the action, as you would expect from any self-respecting summer blockbuster. Ultimately and unsurprisingly, the world is saved so that we may one day revel in a sequel. Now, if I make this movie sound a tad ridiculous, it’s because it is. However, that shouldn’t keep us from enjoying an action flick for what it is. In fact, Jolie and crew do a good job with the acting and the fighting, and Noyce paces the action well and keeps it visible (no shaky camera action a la The Bourne Supremacy and Quantum of Solace). For the Jolie fans, this movie isn’t unlike her previous action/spy romps (Wanted, Mr. and Mrs. Smith) in its depth and focus. But unlike its predecessors, Salt doesn’t embrace its ridiculousness, which makes the absurdity all the more obvious. That’s probably why Tom Cruise turned down the lead role in order to take part in one of the most ridiculous spy movies ever made (Knight and Day). But that’s a review for another day. Overall, Salt is fun but pretty average. Could have used a little pepper as far as I’m concerned. Now let’s talk comedy. We haven’t seen a whole lot of quality comedies coming out lately. If you look up the best comedies of 2010, more than some of the lists will have Cop Out and Grown Ups making the cut (Really?). There have been a few decent ones (Get Him to the Greek, Date Night, etc.) and a couple of very well received, if less accessible, ones (The Kids Are Alright and Cyrus). That brings us to Dinner for Schmucks, a remake of a fairly popular French play-turned-film, The Dinner Game. There’s a lot of potential here, with a great cast and seasoned comedy director. But does it blend? Paul Rudd stars as Tim Conrad, an analyst in a finance firm who is gunning for a promotion. He makes a daring pitch in front of the big wigs of the firm that gets him noticed, but before he can claim the new office he has to prove himself. How is he going to do this? Well, his boss invites him to a “dinner for winners” to which he is to bring the biggest loser he can find. Conrad doesn’t have to look for long as he meets lovable weirdo, Barry Speck (Carell). And by meets, I mean Conrad hits Speck with a car. Through a series of misguided attempts to help his new friend, Barry ends up destroying Conrad’s comfortable life. Everyone grows and becomes a better person, though, and they live happily ever after.

It’s a pretty typical comedy, nothing special, and maybe even a bit disappointing considering its potential. There are several laugh-out-loud moments in this movie, but it lacks some of the silliness that you would have expected from the actors, director, and even the concept of the film. One of the real treats, though, is the well-constructed awkwardness. Think The Office then multiply by 100. Some scenes are so wonderfully painful to watch that they have you squirming almost afraid to let out the chuckles. It doesn’t break out from the 2010 pack, but it might deserve a spot on your ‘to rent’ list.
The American Heart Association recommends 30 minutes of walking on most days of the week. 30 minutes is as easy as 10.10.10. Ten minutes of walking three times a day adds up to a healthier heart. Join us on 10.10.10 at 1p.m. for the Metro Jackson Start! Heart Walk.

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Literati Medicus, the book club for M3s and M4s, chose to read and discuss Oliver Sacks’ The Man Who Mistook His Wife for a Hat…and Other Clinical Tales for the group’s July meeting. The book is a collection of short stories which chronicles some of the most interesting clinical cases of Dr. Sacks, a professor of neurology and psychiatry at Columbia University Medical Center, who has been dubbed the “poet laureate of medicine” by The New York Times. This book was no exception.

Divided into 4 sections-- Losses, Excesses, Transports, and The World of the Simple-- Sacks explores the changes associated with various forms of neuropathology. In the story which shares its name with the title of the book, we saw the world of a man who no longer had a visual experience, whose brain took in information much like a computer would. This patient had lost the ability to recognize faces, and subsequently recognized people by key features rather than a familiarity of the whole person. Another patient ignored the left side of the world, putting makeup only on the right side of her face and eating only the food on the right side of her plate. “The man who fell out of bed” was so disgusted at the “severed human leg” in his bed that he threw the leg out of his bed—only to find that he was attached to it. In “The Lost Mariner,” Sacks explored how to best assist a patient who was mentally “stuck” in the past and unable to move past the 1940s. This patient was startled when he looked into a mirror and saw not a young soldier but a gray-haired old man.

One of the “take home” points from this book is Dr. Sacks’ emphasis on treating patients rather than diseases.

Dr. Sacks also addressed the importance of art, spirituality, and music in a patient’s path to healing and their importance in overall well being.

The discussion for August will be led by Heme/Onc fellow Dr. Calvin Thigpen, former Chief Resident of Internal Medicine. The book, How Doctors Think, by Jerome Groopman is “a sustained, incisive and sometimes agonized inquiry into the processes by which medical minds—brilliant, experienced, highly erudite medical minds—synthesize information and understand illness. [It] is mostly about how these doctors get it right, and about why they sometimes get it wrong: ‘[m]ost errors are mistakes in thinking. And part of what causes these cognitive errors is our inner feelings, feelings we do not readily admit to and often don’t realize.’” Please join us for dinner and discussion on August 24th. For more information on Literati Medicus, email Jacob Graham at jgraham@umc.edu or Katie Maxwell at klmmaxwell@umc.edu.
What is it like to go to med school with your sibling?

Christopher Weeks M4 (left) Steven Weeks, GI fellow, (center) and Andrew Weeks, M3 (on right) are commonly asked, “Is your dad a doctor?” To most folks’ surprise, the answer is no, he sells insurance. Christopher says, “Our Mom is a nurse, and her medical background is sure to have influenced us somewhat. Most people wonder if we sit around and talk shop at the dinner table. In reality the discussions about medicine are few and far between. We more often discuss what’s happening in our lives outside the UMMC community. We talk about politics, hobbies, and who’s getting married or having a kid-- the same thing other families talk about. And, well... the occasional crazy medical story from the hospital.

I would say it has been very nice to have a family that so well understands the stress of medical school. All three of us understand exactly what the other has gone through to get to where we are. We all have different interests outside medicine. Andrew actually never gave the inclination he was going to med school. As far as me influencing Andrew or Stephen influencing Andrew, he has never cited any feelings of obligation complete the “family dynasty” or anything. Much like Stephen and myself, these ideas of being a doctor just kind of sprouted from somewhere that lies within the gifts we’ve been given: sound minds, a deep love for people, and great nurturing by our parents.”

Amika Sood, M3, (on right) came to med school two years after sister Angela Sood, now an intern in internal medicine at Vanderbilt. “Having Angela around for the first two years of med school was such a blessing! I was able to share with her all of my excitement just starting out as an M1 and not to mention ask her a plethora of questions pretty much everyday! Poor angela...also had to listen to me ramble whenever I became frustrated, but being the great sister she is, never complained once (and vice versa!). No one can understand you better than a sibling; so I am so thankful that I had Angela here at UMC to guide and encourage me during the first two years.”

Jonathan Giurinato, M3, followed in his sister Christina Giurintano Marks’ (on right) footsteps to medical school at UMMC. Christina is now a radiology resident here and is married to Jared Marks, a neurosurgery resident. Little sister Megan (on left) could be coming along in a few years. Jonathan says, “In terms of being at UMC with my sister and brother-in-law, it definitely made the first two years of medical school better. I always had someone to talk to about the stresses that come with medical school, and I also gained insight into what my future would look like. Now that I’m in the clinical setting, it’s fun to run into family members as I’m rotating around the hospital, except everyone already knows Christina and Jared, so I’m constantly referred to as ‘Christina’s little brother.’”
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Now I can... keep up with my kids

It was the scariest Halloween ever for registered nurse Hollie Harvey. While on a family hayride, Hollie fell under the wheels of a wagon and broke her back.

Surgeons predicted she would never walk again. But staff at Methodist Rehab said: “Let’s see what you can do.” And with their support and guidance, the Mendenhall mother of three gave it her all and got back on her feet.

“When they would tell me to do 10 reps, I would do 20,” she said. “I wanted to be able to kick a ball with Hooks, Anna Grace and Honey Beth. That was my motivation.”