

# *The Pulse*

INTERNATIONAL MEDICAL STUDENTS ASSOCIATION'S OFFICIAL MAGAZINE

PREMIER  
EDITION

## *stress*

Good stress is the type of emotional challenge where a person feels in control and provides some sense of accomplishment.

## *an apple a day*

Do you know that consuming an apple a day keeps the doctor away from you?

## *chinese dream*

Because of our great dream, we will be winners.

Do you think that you're

## *sitting right?*

"Life is an exciting business, and most exciting when it is lived for others."

*Helen Keller*



Service to Humanity

IMSA  
Jiangsu University

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# editor in chief

Mohammed Muffakham  
Shaheriyar  
MBBS 2011

When the idea for IMSA first came up, everybody thought it was either going to be a bust or just another association that made up the numbers without ever drawing the interest of the masses on campus.

And boy! Have they ever been so wrong?

The International Medical Students' Association, or IMSA as it is more popularly known, was first conceived over a year ago in order to add an extra dimension to the medical education that a foreign medical student gains at Jiangsu University.

While the school continues to make relentless strides in improving the academic aspects of our journey at JSU; a group of students came up with a novel idea to form an association that would not only serve as a voice of the ever-growing number of 'linchuang yixue de liuxuesheng' (foreign medical students), but would also provide them with a platform to aid their metamorphosis in to excellent doctors up on graduation. The thought was that an understanding of the human behavior, society and the community was necessary for appropriate medical treatment to the patients. This association would endeavor to fulfill this need.

Initially met with skepticism, the association has been a rousing success so far. Be it the successful organization of the White Coat Seminar or the Masterminds - The Physiology Trivia, accomplishment with grace has become the norm here.

This is where the Pulse comes in. The magazine is a special work that serves to highlight the achievements of the members of the IMSA and showcase them on a grander stage. The medical students have been the pride of OEC and this magazine provides us with tangible evidence on how far we have progressed since 2005, when the very first foreigner entered the classrooms of this university hoping to learn the niceties of medicine.

But that's not all! Interspersed among the activities of the year past, you'll find some novel articles. While one of them tries to explain the adverse effects of sleep deprivation; yet another tells how not to smell bad! This knowledge might come in handy the next time you go out on a date. And given how hard we work in this age; stress has become an unwanted side effect of it. There's an attempt to increase our knowledge and help manage this phenomenon.

With all this and more, we hope that this magazine will be able carve its own niche on campus. It has been an absolute pleasure for me and the team at the Pulse to bring to you the very first edi-tion of what will surely be an exciting trip down the memory lane. We wish that this is just the be-ginning of an incredible journey that will go on for years to come.

Our first batch of students were medical students and they are exceptional because they are trained to take responsibility of human lives. The survival of the patients is in their hands. Due to this, anything that tends to benefit the training of medical students and improve the quality of medical education, I, the Dean, and entire OEC will support it.

Frankly speaking, there has been great progress in teaching skills and personnel over the ten year period, which is evident by our recent evaluation by the Ministry of Education. Notwithstanding this, I still believe there is still room for improvement and as a mother for all, I will gladly welcome any suggestions and views as to how to improve the impartation of knowledge and make it the best.

Aside the teaching personnel, studying medicine involves a lot of personal work and dedication by the student and I must confess I wanted groups and schemes to be implemented that would build and promote this attitude. Activities such as after class discussion to add more knowledge to what has been taught, reading ahead of teachers, asking more questions to improve the teaching skills of teachers and extra classroom activities such as study groups, clerkships, seminars, assistance from senior students to the juniors will promote unity as a group, make the pursuance of the dream of becoming a medical doctor simpler, easier and promote practice-based learning as well.

I also believe the pursuance of community service, where you serve the elderly, orphans and the JSU community as a whole is a good way to promote practice-based learning.

In university education, I have always believed there is a difference between "real study" and "have to study". "Real study" is done from the heart and it produces students who are excellent.

IMSA has been a good example in our community and we should work extra hard to maintain this and even higher. A good start is very essential and I know PULSE is here to stay; hence a good policy, organization and publication should be established.



Professor Gao Jing  
dean of  
overseas education college

IMSA has been tremendous over the past year and these are some few things that can be done to make it even better in the years ahead; participating in medical researches which can be of help to teachers, students and the entire university, setting innovative programs to encourage students and enhance effective learning, linking our medical students to other medical schools and hospitals in other countries especially their home countries to improve medical education and lastly, post-graduates in the medical field could also be included to the IMSA family.

As medical students, we can help each other have this attitude. Medical students are good role models who should always study hard, improve on their class punctuality and self-discipline even while they encourage other students to study.

Finally, my wish for IMSA is for it to mature to a stage where they have influence on medical education at the national level. None of this will be easy but I have faith in my students. I am sure they will work hard to succeed and make the college feel proud about them.





IMSA is an association with a major focus of bringing students closer to realizing their main goal as future medical professionals. The aim for the foundation of IMSA is not to be just an association for mediocre functions but to enhance the knowledge of its students and to train them unto the attainment of greater heights.

As the patron of IMSA, it is with enormous prestige that I say; I am happy to be working with this association and the past year has been an enjoyable experience. In view of the fact that the formation of this kind of association is the first in the school and perhaps in the Jiangsu province as a whole. It is very encouraging to see students take major steps to initiate such a productive cause. This points out the fact that classroom knowledge is not adequate for these students and they seek for more.

Our major aim as an association has been to inoculate a positive attitude among medical students and to also be able to influence students in other majors. We also want to create a connection amongst medical academia at JSU, that is, not only overseas students but also Chinese ones and to help improve the academics. We have been successful towards attaining these goals to a great extent. Activities such as the White Coat Ceremony, the Synapse, Masterminds, etc have proven to be excellent platforms for IMSA to further its beliefs.

Foreign students tend to be skeptical in creating a professor-student relationships to learn more. I personally think students should be encouraged to engage their professors more with relevant questions and information relating to their major. I believe foreign students are hardworking, active and competitive. I find that a great ideal as compared

to our fellow Chinese students. I think that energy should be taken advantage of and channeled to improve their confidence and also to furnish them with more knowledge.

As successful as IMSA has been it has had its own fair share of let downs, least of which has been the ability to persuade students to seize the benefits that come with being a member of IMSA. However, in order to be truly great, such barriers need to be overcome. With a slight change in its methods, I can bet that the association can cross these hurdles and prove itself to be worthy of being spoken in such glowing terms.

I foresee a new generation of ideas being produced by the newly elected executives of IMSA this year. Their predecessors have left big shoes to be filled and that can only be successfully accomplished with intriguing ideas and innovation. My advice to the newly elected executives would be to emulate the outgoing executives. They should be open minded, influential and hardworking.

Finally, I would like to appreciate the hard work that has been put in by IMSA's first Executive Board. I wish them success in their future endeavors. I would love to leave them and other members of the association with the following quote:

**“TODAY YOU MAY BE PROUD OF IMSA BUT TOMORROW IMSA WOULD BE PROUD OF YOU!”**

**Professor Xu Xiao**



**2014/2015  
Evans Aboagye  
MBBS 2010**

The mixed feelings, the cold sweats and the anxiety one feels on the expectation of the birth of the first child were exactly the way I felt when the IMSA journey began over a year ago. IMSA has developed from just an idea of a group of students to be the biggest and the most successful students association in JSU and I am really proud and honored to be a part of its conception, birth and upbringing as a founding member and its first president.

Over the year, the International Medical students association (IMSA), JSU, has chalked huge successes and set the pace for educative and excellent initiatives including, The IMSA vacation Clerkships or Internship, Rebranding of the annual MBBS seminar, IMSA welcome party and games for freshmen, The IMSA white coat ceremony, First aid training and formation of emergency response team, MASTERMINDS “the Physiology trivia and now Pulse (the official magazine of IMSA). I couldn't have been more proud as the president under whose reign such milestones were achieved. My message to you as you go through the pages of this magazine is, never relent in your quest to make

a difference anywhere you find yourself. You have got the potentials; all you need to do is to take the first bold step and the rest will follow. This is how IMSA started, look where we are now. Study to show yourself approved and make your time in this great University worthwhile. IMSA will do everything in its power to make medical education the model and the yardstick to measure academic excellence in this school. It is your prerogative to join the fold and contribute your quota so that together we can achieve greatness.

IMSA, the heartbeat and the PULSE of all medical students will continue to provide service to humanity.

**“ A SIMPLE ACT OF CARING CREATES AN ENDLESS RIPPLE... YOU MAY NOT BE ABLE TO CHANGE THE WORLD ALONE, BUT YOU CAN ‘CAST A STONE CROSS THE WATER TO CREATE MANY RIPPLES’ - MOTHER TERESA**



**S**tress is a basic part of life. Experiencing a certain amount of stress in our lives is protective and adaptive. Our responses to it help our minds and bodies prepare for difficult challenges and to react appropriately in a time of crisis. Stress adds flavor, life without it could become quite dull and unexciting.

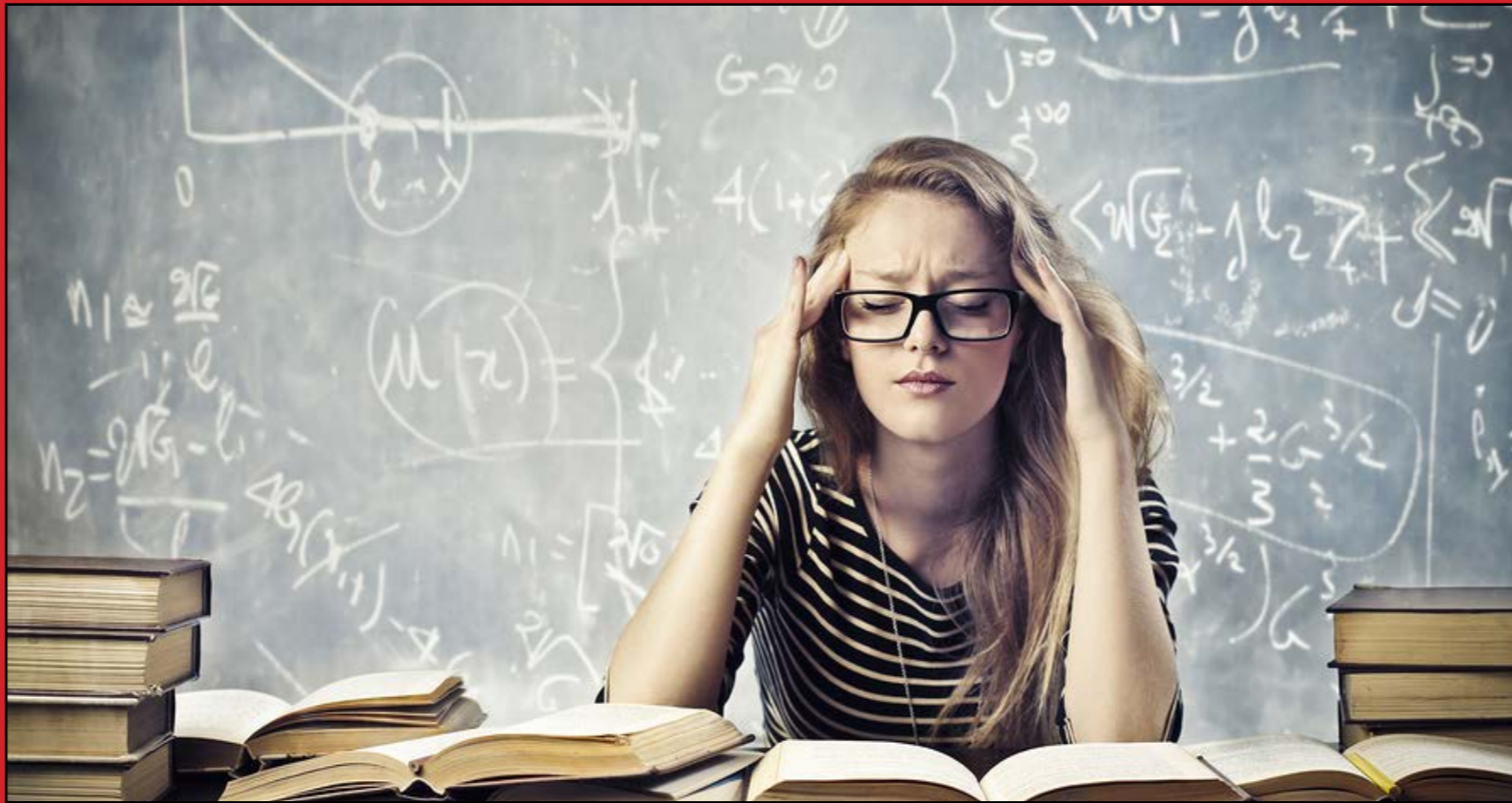
They say anything in excess is not a good thing. Too much stress can seriously affect our physical and mental well-being; interfere with normal daily activities, diminish self-esteem, impair relationships and decrease work and academic effectiveness. Stress can lead to self-blame, self-doubt, feeling burned out, or becoming clinically anxious or depressed.

Sources of stress include environmental; excessive noise problems, uncomfortable living space, natural disasters, busy traffic and pollution. Social; deadlines, financial problems, group projects, and disagreements, demands on time and attention, dating, balancing work and school, loss of a loved one, conflicts with family. Physiological; adolescence, illness, accidents, lack of exercise, poor nutrition, alcohol or drug use/abuse, sleep disturbances, muscle tension, headaches, upset stomach. Mental; perception of events, being perfectionistic, being competitive, having a pessimistic attitude.

People stress out for several reasons; perceiving a situation as dangerous, difficult (or) painful and lacking resources to cope with the stress. People respond differently to issues around them, for example a low exam mark that will stress one student out would not do same for another. In reality, it is how we perceive an event, the meaning we give to it that leads us to feel stressed (or) not.

Stress can affect us physically, behaviorally, emotionally and cognitively. symptoms or signals includes; headache ,indigestion, stomach aches, sweaty, dizziness, easily fatigue ,muscle tension ,back pain, shallow breathing, ringing in the ears, restlessness, constipation, diarrhea, nervousness, anxiety, boredom ,edginess, irritable, crying easily, anger, loneliness, unhappiness, depression, moodiness, feeling helpless ,difficulty with concentration/focus, trouble thinking clearly, forgetfulness, inability to make decisions, constant worry ,loss of humor.

Student life has many benefits, but it also imposes inevitable stress for those who are already battling depression or have an existing vulnerability to



it, can trigger anxiety and episodes of depression. Particular stress points occur during the academic year, especially at start and towards the end. These increased stress can represent a tipping point when coping resources can become overwhelmed. A recent study found that student's suicides commonly occur. Another earlier study showed that financial stress was the most significant factor in triggering depression. In the university, the stress on students is significantly greater than they were before, including study issues, money worries, relationships, family pressure, culture and identity.

## HOW DO YOU MEASURE YOUR STRESS LEVEL?

**I**t is important to figure out what causes stress for you. Tracking your stress can help you find out what is causing your stress and how much stress you feel then you can take steps to reduce the stress or handle it better. We may talk about cutting the stress from our lives, but we need those precious, powerful fight-or-flight hormones our bodies produce when we are about to be hit by a car or when confronted with an unexpected needed- it- yesterday deadline at work. When the brain perceives physical or psychological stress, it starts pumping the chemicals cortisol, epinephrine (adrenaline) and norepinephrine into the body. Instantly, the heart beats faster, blood

pressure increases, senses sharpen, a rise in blood glucose invigorates us and we are ready to rock or leap away from the car. "Stress is a burst of energy". "It is our body telling us what we need to do.

Moderate amount of stress – the kind of short-term buzz we get from sudden burst of hormones –can help people perform tasks more efficiently and can improve memory . Good stress is the type of emotional challenge where a person feels in control and provides some sense of accomplishment. It can improve heart function and make the body resistant to infection, experts say it stimulates us "when you have a deadline, when you have to perform you want some stress to help you do your best." a positive motivating factor; for instance being at school and revising for exams. Some people will revise very hard and start very early while other people however will wait until the last night and then cram as much as possible. Of course the people who revised harder and longer are the ones who would have perform better in the exams.

### Stress can be reduced;

**T**alking about your feelings and experiences to friends, family, a teacher, a minister (or) a counselor. Expressing our feelings can be relieving, we can feel supported by others and it can

help us work out our problems. Change of attitude helps, life is 10% what happens to us, and 90% how we react to it. Talk to yourself positively, "I can handle it", "this will be over soon." "I have handled difficult things before, and I and do it again." Also, practice acceptance. We need to learn to accept things we cannot change without trying to exert more control over them.

**B**e realistic, set practical goals for dealing with situations and solving problems, develop realistic expectation of yourself and others. It is a useful way to push ourselves and get things done, but we may also set ourselves up for disappointment and continued stress. Find the courage to recognize your limits.

**B**e organized, unorganized or engaging in poor planning often leads to frustrating or crisis situations, make a schedule and establish your priorities. Take responsibility for your life. Be proactive, problem solver and look for solutions rather than worry.

**T**ake time for rejuvenation and relaxation; short breaks, yoga, meditation, quiet time, movie, reading ,Learn your "red flags" for stress, and be willing to take time to do something about it.

**E**at properly, get regular rest and keep a routine. Paradoxically, the time we need to take care of ourselves the most is when we are stressed, we feel over whelmed, eat poorly, sleepless, stop exercising and generally push ourselves harder. This can tax the immune system and cause us to become ill more easily.

**L**earn to speak and choose things you will say "yes" to and "no". Protect yourself by not allowing yourself to take on every request or every opportunity that comes your way. Learn skills of assertiveness so that you can feel more confident and have effect ways of saying "no". Be realistic about what you can accomplish effectively each day. Also monitor your pace. Rushing through things can lead to mistakes or poor performance.

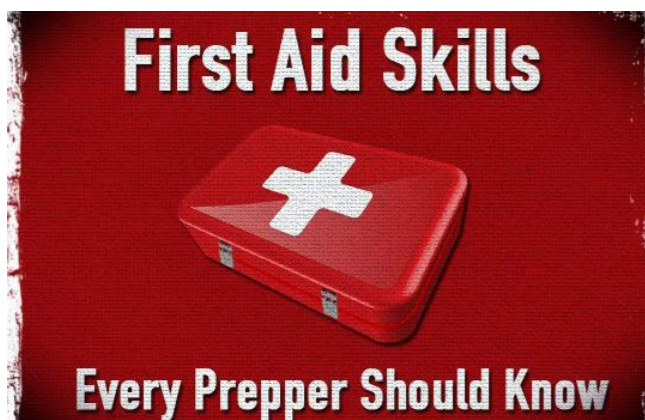
"STRESS IS IMPORTANT TO GIVE THE BEST,"FOCUS THE ENERGY LIKE A LASER BEAM

MOUNIKA.GUTTULA  
(MBBS-2013)



# FIRST AID

First Aid Training for the  
IMSA magazine



## FIRST AID KIT CHECKLIST

- Emergency Blanket
- Iodine
- Spay on Bandage
- Sterile Eye Wash
- Chewable Asprin
- Benedryl
- Aspirin Pacets
- Band-Aids
- Moleskin Padding
- Flexible Bandage
- Hand Sanitizer
- Gauze Sponges 4"\*4"
- Gauze Pad 2"\*2"
- Sunscreen pouch
- Bug-X insect wipes
- Waterproof Tape
- Thermometer
- EMS Shears
- Tourniquet
- Bug Sting Swabs
- Poison Ivy
- First Aid Antibacterial Gel
- Rubbing Alchol Pads
- Insta-Glucose
- Triangular Bandage
- Tongue depressors
- Pen flashlight
- Latex gloves
- Instant Cold Pack
- Safety Pins
- Surgical Scissor Clamps
- Epi-pen
- Tweezers

The first aid training program organized by IMSA has been the best thing that happened to most of us. It gave us the opportunity to practice the theory we study in class and the satisfaction to help people when the need arises.

There are basically three keynotes in first Aid; Preserve life, Prevent further harm and Promote recovery. In order to achieve these 3Ps, the First Aid training program has equipped us with skills in the principle of emergency treatment; CAB (circulation, Airway and Breathing), performing CPR, bandaging of fractures, management of hemorrhage and other injuries. With these knowledge and skills we feel very confident and proud when called upon to provide First Aid especially at our sporting events. We want to thank IMSA for the opportunity and we hope to learn more as well.

Lily Elpikim Dgidula  
MBBS 2011

First aid training has been one of my best experiences with IMSA. I learned a lot about first hand medical assistance. My first aid skills have been beneficial not only to me but many around me. IMSA provided numerous opportunities for me and my first aid colleagues to practice our skills, which has been such a tremendous experience which enabled us to sharpen our skills and to go beyond what is in the books.

As a certified first aid personnel I am now able to perform emergency procedures like cardiopulmonary resuscitation (CPR), all thanks to IMSA for providing the opportunity.

I therefore urge medical students to do first aid training for it is essential for us as future doctors.

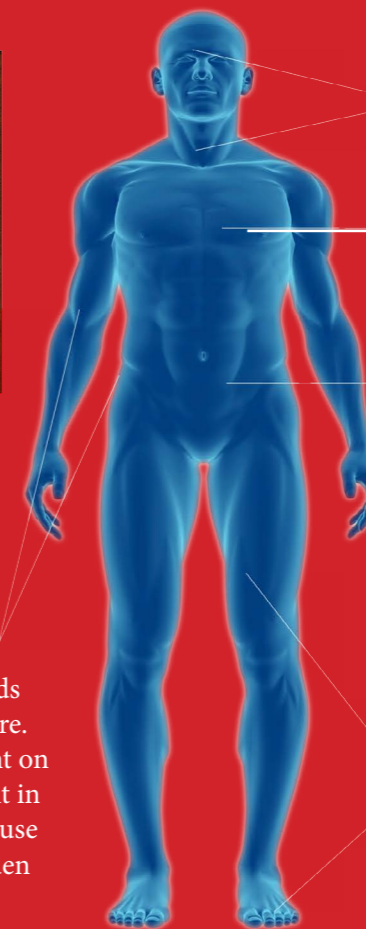
Cynthia Zindy N.  
MBBS2013



ADAM

# BODY POSTURE

HOW SITTING LONG HOURS CAN AFFECT YOUR BODY



### HEAD & NECK

Can cause blood clots to travel to brain causing a stroke  
Neck Muscles stressed leading to pain.

### LUNGS & HEARTS

Likely to develop a pulmonary embolism or blood clot. Twice as likely to die or develop diabetes and heart disease.

### STOMACH

Contributes to Obesity & colon cancer. Enzymes in the blood vessels of muscles responsible for burning fat shut down leading to the disruption of the body's method of metabolizing fuels.

### ARMS & BACK

The reduction of physical activity leads to hypertension or high blood pressure. Sitting long hours place a high amount on the spine. Over time, sitting can result in compression of the spinal disks, Because muscles are tight from pressure, sudden movements can lead to injury.

### FEETS & LEGS

Numbness in the feet can be caused by poor circulation. It can also cause nerve damage or pressure on nerves when you sit long periods. Fluid collects in the legs during sitting. Standing & walking helps pump it through your body.

## how to lift heavy objects

<p><b>DO LIFT AS A TEAM</b></p> <p>Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.</p>	<p><b>DO TURN WITH LEGS</b></p> <p>Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.</p>	<p><b>DO USE YOUR LEGS</b></p> <p>Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.</p>	<p><b>DO USE EQUIPMENT</b></p> <p>Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.</p>
<p><b>DON'T LIFT BULKY LOADS ALONE</b></p> <p>Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.</p>	<p><b>DON'T TWIST WHEN LIFTING</b></p> <p>Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.</p>	<p><b>DON'T USE YOUR BACK</b></p> <p>Don't lift the load with your rear end high and your load low. Use your leg muscles, not your weaker low back muscles.</p>	<p><b>DON'T LIFT HEAVY LOADS</b></p> <p>Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.</p>

By Kelvin A. Agyepong  
MBBS 2010



# Bachelor of Medicine and Bachelor of Surgery (MBBS) Classes



MBBS 2011



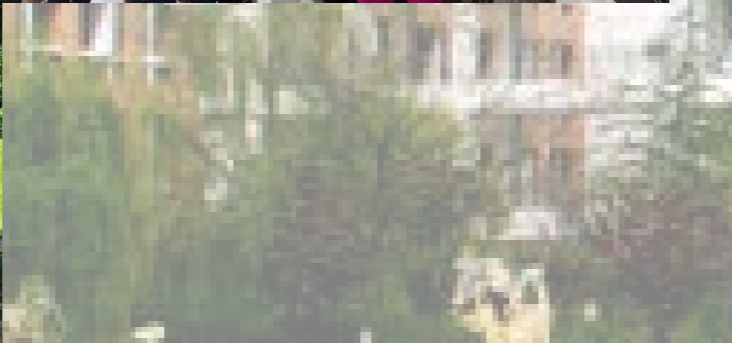
MBBS 2014



MBBS 2013



MBBS 2012





# CHINESE DREAM

By: *Ms. Limin Wang*

Because of our great dream, we will be winners. No matter the condition, whether it is on a winter's night by the fire or on a cloudy day with rain and fog, just let us dream. Every time I read these sentences from Thomas Woodrow Wilson, the 28th US president, I get so inspired.

Seventy years ago in China, one seven-year-old boy's dream was to have a fixed residence, something to eat and wear. [At] the age of 15, the young man joined the army [and] he realized his dream. He had place to sleep, food to eat and clothes to wear.

Fifty years ago, one young girl at the age of ten took the responsibility as a housewife. She did cooking, cleaning, took care of her younger sister and brother. Every day she said her dream was [that] when [she] grew up, she would be an office lady and [would] raise the whole family. At the age of 18, she graduated high school and got a job [at a factory] with a monthly salary. The girl also realized her dream.

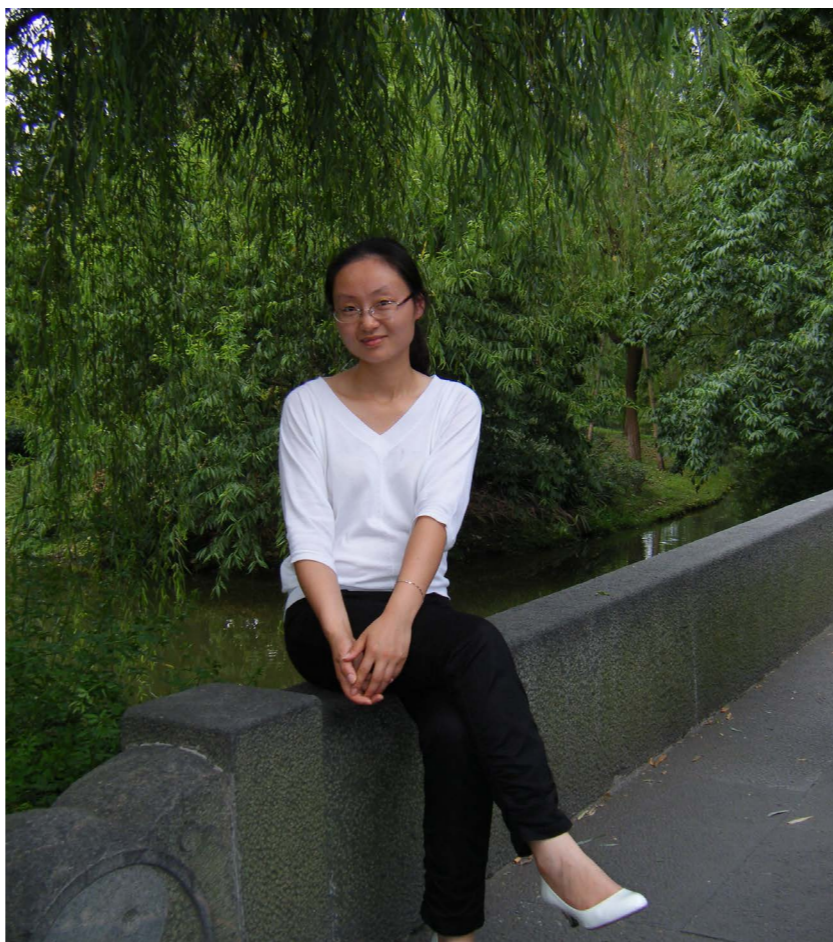
Twenty years ago, one primary school boy said his dream was to drink a [can] of Coke every day and have a private car to drive. At the year of 27, after several years' hard work, the young man realized his dream with a private car.

These three people are my grandfather, my mother-in-law and my husband. In the past 70 years, Chinese people [have] worked [very] hard to change their destiny from generation to generation. Together with our nation, they witnessed the REALIZATION of Chinese dream.

My dearest students, what is your dream? Why did you come to China? Why did you choose to learn MBBS? Yes, [to] try to be a great doctor in the future. But how? Here are some of my ideas. The moment you put on the white coat, it is the signal towards your dream. You also need to:

Study hard. That is the most important step. If we want to build a house we need good bricks. If we want to have a bright future, knowledge will be our solid foundation. As a student, study is your own decent job, which will serve for delight, for ornament, and for ability. Attending classes on time, taking notes in classes, reviewing after classes, going into the library day after day which may seem common and boring, but if you can make it, you will succeed. Until you have been well armed with knowledge, you will not be confident enough.

Practice enough. Practice makes perfect. As a future doctor, we cannot miss any chances which will help us a lot, the internship in the hospital, the social service in the communities, the practice with the teachers and classmates. During the course of practice, we will gain more and more experience.



Reading will show us another world. We can gain knowledge which cannot be obtained from class. Books will teach us the truth, science, literature, and philosophy of life. That is also the same with traveling. China is will never let you down with long history, splendid culture, versatile cities, and mountainous features.

Anyway, never forget that you are a student. We should keep those students' duties. Let's work together. One day, our dream will come true. Thank you very much.





# TOASTED SKIN SYNDROME

It is often said that the difference between a good and a bad day is one's "attitude". It can also be said that a daily attitude can turn into a habit which can make life better or worse.

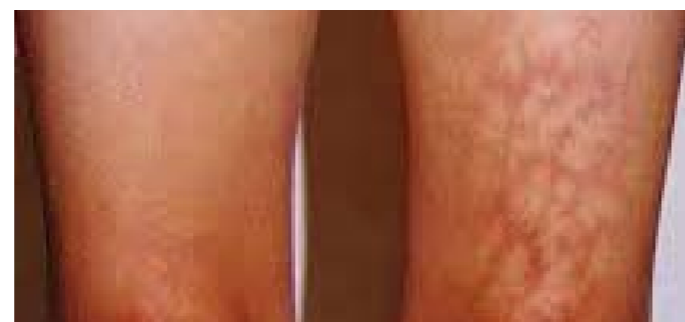
A vivid example is the varying views on modern technology, one school of thought believes it is doing more harm than good while another sees it as a blessing in disguise. Whichever way, it is believed that one's attitude determines its effect.

Toasted skin syndrome is also known as Erythema ab igne, laptop thigh, or "laptop-induced dermatosis". It is a popular term which is related to a hyperpigmented skin rash that appears after prolonged and repeated exposure to heat from sources such as from heating pad, laptop computer, hot water bottles, heating blankets and heat pads. The condition commonly affects the thigh but has also been seen on the lower legs of patients who worked in front of open fires or coal stoves.

The "syndrome" which was first described in 2004 consists of a brownish discoloration of the skin, the appearance of the rash has been described as red to brown, a reticulate (net-like) pattern. The reason for the development of the rash is not known, but alterations in blood flow to the warmed body areas may play a major role. The rash has been associated with different types of heat sources that are warm enough to alter the local temperature of the skin but not hot enough to cause burns. Mild-to-moderate heat between 109.4 to 116.6 degrees Fahrenheit (43-47 degree Celsius) is enough to cause burns. However, 111.2 degrees Fahrenheit is enough to cause toasted skin syndrome. Concerns have been

raised about potential association of laptop computer or video game console use with skin cancer or infertility in men (due to elevated scrotal temperatures), to date, none of these have been proven, Toasted skin can lead to permanent darkening of the skin, and in rare cases, damage that leads to skin cancers.

It is high time we paid much attention to this condition and created much awareness to minimize the increasing number of its effects. The use of laptop carrying case as well as cooling pad between the body and the computer is advised. But then the best basic and safer instruction is never placing a laptop on the thigh even for the shortest possible second.



By Nana Ama Arkorful  
MBBS 2014

# CLERKSHIP

I actually started doing the clerkship in my third year and honestly it has been a very good experience from the beginning. The medical clerkship is sometimes referred to as foundation rotation for students because it is so important to our subsequent clinical training experiences. Some of the things we learnt started to build a foundation of knowledge we will use for our entire career. By rotating into different departments, I learnt a lot of new things and I would like to encourage all medical students to take part because this is very helpful in our medical career.

By Pempho Anthea Shumba  
MBBS 2012

The IMSA Clerkship was an eye opening experience, interesting and definitely worth my time. It allowed me to familiarize myself with the clinical setting and engage for the first time in a practical sense by applying the knowledge learnt in class. The groups being split into different departments was effective for us to interact with one another after shifts and share our experiences and cases we had to deal with. The best part for me was having real surgeons and respected practitioners take us on rounds and allowed us to observe them do what they do best. The Clerkship organized by IMSA is beyond doubt an opportunity that every medical student should endeavor to take part in, one that will place them in clinical problem based learning settings and encourage them to use their blessed minds.

By Sheila Takyiwaa-Gyedu  
MBBS 2013





# SLEEP DEPRIVATION AND THE HEART

Sleep is a periodic state of physiological rest during which consciousness is suspended and metabolic rate is decreased.

**S**leep duration has decreased by 1.5 to 2 hours per night per person in the last 50 years. Of all the reasons to get a good night's sleep, protecting ones heart might not be your utmost thought, but maybe it should be. Several recent studies show links between shortened sleep duration, defined as less than six hours of sleep, and increased risk of heart disease.

A European Heart Journal review of 15 medical studies involving almost 475,000 people found that short sleepers had a 48% increased risk of developing or dying from coronary heart disease (CHD) in a seven to 25-year follow-up period and a 15% greater risk of developing or dying from stroke during this same time.

A 10-year study performed by Harvard University tracked the sleep habits and health of more than 70,000 women that had no previous history of heart disease. In the end, 934 of these women suffered from coronary heart disease and 271 died from it. The researchers ruled out effects of factors such as age, weight, smoking history, etc before observing subjects' sleep patterns. 5% of the women slept less than five hours per night. Those women were nearly 40% more likely to suffer from heart disease than women who slept an average of eight hours.

Previous studies have shown similar results for men. Short-term sleep deprivation is known to raise blood pressure and stress hormones, lower glucose tolerance and even lead to irregular heartbeats. All of these factors are precursors to coronary disease.

Chronic sleep deprivation promotes weight gain and diabetes, both of which can send one to the emergency room grabbing his/her chest. Inadequate sleep also affects the functioning of the endothelial lining inside the blood vessels and can cause inflammation that could lead to various heart diseases.

I can hear you say, "I'm in the clear because I am a young dazzling youth." Well, think again! Teens that sleep less than 6.5 hours per night are more than twice as likely to get high blood pressure [source: AHA].

If you have trouble sleeping, make your bedroom a haven for slumber. Draw the curtain. Ditch the TV and the laptop. Put off the music. Take a warm shower. Drink a hot beverage. Try to sleep eight hours each night... remember it is each night -- you're doing your heart a big favor



## an apple a day

**I**t was all about apples that fateful day, unveiling the secrets behind its beauty, its lasting effects on human lives and re-echoing what renowned doctors have been whispering behind their hospital desks as far as apples were concerned. "Apples" were metaphorically used by a 5-member team to symbolize the fruits that we ingest each day while the intellectual heads, learned professors and skilled medical doctors, under that august seminar, appreciated some of the key points sold out to emphasize that:

1. Fruits can reduce cardiovascular diseases, stroke, type 2 diabetes and protect against various forms of cancer.
  2. Fruits make human weight management easier.
  3. Fruits are life-enhancing medicines packed with vitamins, minerals, anti-oxidants and phytonutrients.
  4. Folate (folic acids) in fruits help the body form red blood cells.
- And a lot more!

Our presentation was crowned with the distribution of selected mouth-watering fruits to our invited

guests and most of the audience who testified to the smooth running down of the juice through their oesophagus.

Do you know that consuming one apple a day keeps the doctor away from you?

We chose "an apple" to represent fruits. What would you choose to educate your friends about fruits?

Join the fruit addiction team to improve your own





# Freshmen Party

## MBBS 2014







## body odour the present day canker worm

These days, most people concentrate more on how they look instead of how they smell. They will spend more money on clothes and shoes, neglecting the most important thing, personal hygiene. When you pass by some people, all you perceive is a strong stench emanating from their body? This brings us to the topic that most people dread to talk about- body odour.

Medically referred to as bromhidrosis, osmidrosis or ozochrota, Body odour is simply defined as the unpleasant odor given off by the body. Body odor is a condition that most people have to deal with at some level or at all times, though its severity varies greatly from person to person. In extreme cases, it can lead to anxiety, depression and social withdrawal.

In humans, bacteria and sweat are the two main causes of body odor. Sweat itself is odorless by nature but the bacteria that cover the surface of the skin (called

the normal flora of the skin) break down sweat, producing byproducts or waste materials (acid compounds). The two common acid compounds include the Propionic acid that smells of vinegar and the Isovaleric acid that smells of cheese.

The human body has two types of sweat glands, which produces two different types of sweat: Eccrine glands are found on most areas of the body and produces sweat that is responsible for cooling the body. They secrete sweat, primarily made of water, directly onto the skin.

Apocrine glands are found under the armpits, groin, areola, around the eyelids and produces sweat that is thicker and contains much of what bacteria feeds on. They are larger than the eccrine glands and remain dormant in the body until puberty. The apocrine sweat and bacteria interaction is what is responsible for the bad smell.

Break down of certain types of food results in production of sulphides and other compounds that play a significant role in body odors and bad breath. These compounds are absorbed into the body and released as sweat. Excessive consumption of foods such as red meat, seafood, egg yolks, garlic, onions, yogurt, beans, asparagus, cabbage, and spices such as mustard seed and coriander can lead to increased body odor.

Antipsychotic and antidepressant drugs are known to cause body odor. Also, abuse of aspirin and acetaminophen can increase sweat production. Menopause is the most common hormonal change associated with body odor. It is associated with hot flashes which causes increased perspiration. A condition known as hypogonadism results when males have abnormally low levels of testosterone due to improperly working testicles. This can also result in hot flashes.

Body odor is also largely influenced by genetics. People from East Asia have fewer apocrine sweat glands therefore produce less sweat and hence less body odor.

As noted earlier, sweating is good but when personal hygiene is neglected, it can become a nightmare. However, every problem has a solution and for body odor, there are countless ways of treating or preventing it. Home remedies or medications and food are usually used.

- Bathing or showering at least twice a day with antibacterial soap to reduce bacteria on the body's surface and remove dead skin and fatty acids that accumulate throughout the day.
- Deodorant and Antiperspirant such as aluminum chlorohydrate, aluminum chloride and aluminum zirconium particularly work to control sweat. They dissolve in sweat and form a barrier over the glands.
- Taking Chlorophyllin supplements as it has the unique ability to bind to various odour causing compounds in the body, neutralizes these compounds and removes them from the body.
- Balanced diet consisting of protein, carbohydrates and vegetables also helps to reduce body odour. Most importantly, limiting intake of sulphur containing foods can help to reduce body odour.

- Applying lime or vinegar for 10 minutes on areas of the body emitting the odour. Works perfectly as antiperspirants. Alternatively, alum stone or mud can be rubbed on the affected area.

Sweating is a natural regulation phenomenon performed by our body, but too much or too little of it can eventually be a cause of concern. So, rather than doing nothing and sweating about the problem save yourself from the agony of rejection by taking good care of your body.





Food is a basic need of human body. A balanced diet provides us with all the essential nutrients needed for our brain and body to function well. Sadly, most people are unconcerned about their health unless in situations where it deteriorates. Others consciously make efforts to attain and maintain good health. We tend to eat foods that are appealing but have no nutritional value and ignore highly nutritive foods like *Dou Ya* also known as beansprout.

One may ask, what is beansprout? Generally beansprouts are tender, edible shoots of certain bean plants, resulting from the germination process, through which the nutrients in beans and seeds become profoundly modified: starch is converted into glucose and fructose; bean proteins are predigested by specific enzymes and transformed into amino acids and more digestible protein nutrients with increased water, vitamins and mineral contents.

Beansprout have been used for several centuries in several East Asian cuisines. It is popular for its nutritional and medical significance. The Japanese call it *daizu no moyashi* while the Filipinos call it *tamyaw*.

Mung bean sprouts are true concentrate of energy and nutritive principles. Unlike ripe vegetables, they are capable of retaining their nutritional properties until consumed. They are excellent sources of amino acids (proteins), all types of vitamins (A, B, C, D, E and K) and minerals (especially, iron, potassium, magnesium, phosphorus, calcium, copper and zinc).

Due to its high fiber and lecithin content, regular consumption of mung bean sprouts can help reduce the blood levels of LDL, also known as bad cholesterol, subsequently decreasing the risk of arteriosclerosis. Lecithin helps decrease liver fat, thus preventing fatty liver. It can also improve intestinal motility and relieve constipation.

Hair and nail fragility can be treated or prevented because of its high content of proteins, vitamins and zinc. Mung bean sprout contains phytoestrogen which performs estrogen-like activity, hence relieving most symptoms associated with menopause. It also stimulates the synthesis of hyaluronic acid, collagen and elastin which are vital components of the skin structure, therefore preventing many age related skin

changes such as elasticity and moisture loss. This substance also decreases the incidence of breast cancer. Mung bean sprouts are rich sources of copper, iron and manganese.

Copper enhances the proper functioning of nerve cells while iron and manganese play crucial roles in the nervous system. Adequate consumption of this bean sprout can help decrease the incidence of seizures, attention-deficit hyperactivity disorder, stress, etc. It also helps in the prevention or treatment of anemia. Due to its rich content of vitamin B family and Vitamin C, mung bean sprouts can help decrease the risk of developing cataracts and age-related macular degeneration.

Beansprout can be used for dishes such as fried rice, spring rolls, sour soup etc. Aside sprouting the mung beans, the whole bean has several other uses. For instance, In Chinese cuisine, whole mung beans are used to make a *tángshuǐ*, or dessert, otherwise literally translated as “sugar water”, called *lǚdòu tángshuǐ*, which is served either warm or chilled.

It can also be dehauled, cooked and pulverizing into a dry paste which is used as a common filling for

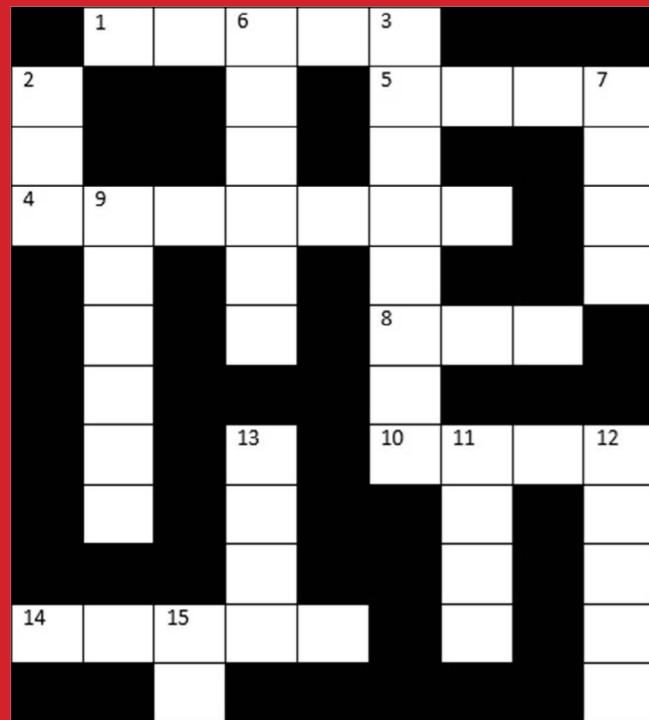
Chinese mooncakes in East China and Taiwan. Mung bean starch, extracted from ground mung beans, is used to make transparent cellophane noodles (also known as bean thread noodles, bean threads, glass noodles).

Cellophane noodles become soft and slippery when they are soaked in hot water. In northern China, mung bean jelly is called *liangfen* (凉粉, meaning chilled bean jelly), a very popular food during summer. Proper diet with mung in any form is a royal medicine and one of the keys to a long, vibrant and healthy life.





# CROSSWORD PUZZLE



**ACROSS**

- 1. STRONGEST BONE IN THE HUMAN BODY (5)
- 4. WINDPIPE (7)
- 5. EQUILIBRIUM ORGANS (4)
- 8. DIGIT OF LOWER LIMB (3)
- 10. ACRONYM FOR GUIDELINES OF TREATING SOFT TISSUE INJURY OR THE GRAIN (4)
- 14. CALCULUS IN GALL BLADDER (5)

**DOWN**

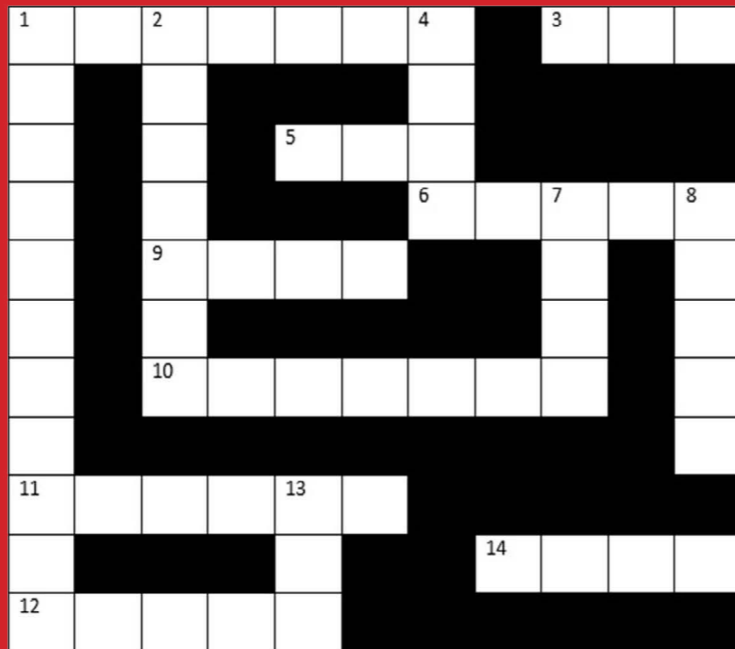
- 1. TRIGLYCERIDES (3)
- 3. RECEIVER OF STIMULATION (8)
- 6. CONTROLLER OF MOVEMENT AND POSTURE (6)
- 7. PART OF LEG WHERE TIBIA IS EXPOSED (4)
- 9. INVOLUNTARY REACTION TO STIMULUS (6)
- 11. COLOURED PORTION OF THE EYE (4)
- 12. OLECRANON (5)
- 13. LARGEST ORGAN IN THE HUMAN BODY (4)
- 15. FUNCTIONAL GROUP OF ALCOHOLS (2)

**ACROSS**

- 1. KNEECAP (7)
- 3. CONSUME (3)
- 5. KG/M2 (3)
- 6. SHUNT (5)
- 9. EQUILIBRIUM ORGANS (4)
- 10. FLAT TRIANGULAR BONES IN POSTERIOR (7)
- 11. RED BLOOD CELL DESTROYER AND BLOOD FILTERER (6)
- 12. RACHIS (5)
- 14. PROVIDER OF NUTRIENTS (4)

**DOWN**

- 1. WAVELIKE CONTRACTIONS ENABLING SWALLOWING
- 2. EXTENDING MUSCLE OF ARM (7)
- 4. C2 (4)
- 7. LONGER BONE IN FOREARM (4)
- 8. THIS IS OPPOSABLE IN HUMANS (5)
- 13. BEHOLDER OF BEAUTY (3)



Find answers to crosswords on the school website.  
@<http://oec.ujs.edu.cn/pub/eng> or on Facebook IMSA

## Fascinating facts about our body

- When we touch something, we send a message to our brain at 124 mph.
- A sneeze generates a wind of 166 km/hr, and a cough moves out at 100 km/hr.
- There are more living organisms on the skin of a single human being than there are human beings on the surface of the earth.
- The surface area of a human lung is equal to that of a tennis court.
- Your body contains enough iron to make a spike strong enough to hold your weight.
- The amount of carbon in the human body is enough to fill about 9,000 'lead' pencils.
- When you blush, your stomach lining also reddens.
- The human body has fewer muscles in it than a caterpillar.
- The life span of a taste bud is ten days.
- Babies start dreaming even before they're born.
- 10% of human dry weight comes from bacteria.
- Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.
- Our eyes never grow, and our nose and ears never stop growing.
- Children grow faster in the springtime.
- On average people fear spiders more than they do death.
- Right-handed people live, on average, nine years longer than left-handed people do.
- The length of your foot is the same as that of your forearm between your wrist and the inside of your elbow.
- Humans and dolphins are the only species that have sex for pleasure.

By Stenfy Thekkath  
MBBS 2014



# The Executive Board 2014



**Evans Aboagye** is a Ghanaian medical student studying at JSU. Currently pursuing his internship in his home country, he is the first elected president of the International Medical Students Association. He envisages to be one of the best general surgeons and hopes to build the biggest Accident and Emergency Center in Africa. He cites his hunger for success as the cause for his success and implores others to work hard to go on to achieve bigger and better things.

**The President**

**Mohammed Muffakham Shaheriyar** is a member of MBBS 2011 class at JSU, Hailing from India, he has been fairly active on the student scene in the university. An aspiring neurologist, he credits his fascination with Alzheimer's Disease as the reason for his choice of specialization. He advises students to be involved in community service stating that such experiences always help develop a person's moral character. He expresses his gratitude to all his co-executive board members and his classmates for their love and support, hoping that his work justifies it.



**The Vice President**



**Fred Asante Nyarko** is a Ghanaian medical student studying at Jiangsu University. Presently pursuing his internship back home, he credits Aristotle's quotations as a motivating factor behind his desire for success. Mentioning surgery as his passion, he states that love for the job invites perfection. He hopes that his efforts as part of the outgoing executives of IMSA have helped foster a spirit of unity among the medical community at JSU.

**The General Secretary**

**Siwathep Singh Khaderpor**, is a Thai medical student studying at JSU since 2012. An aspiring cardiac surgeon, he credits his love for science and medicine along with compassion towards other human beings as the driving force behind his goals in life. Asked about his experiences over the past year, he claimed that it was worth every moment spent. He also expressed his gratitude towards other members of his organizing team, praising them for their good work.



**The Organizing Secretary**



**Pooja Hindukush Bharadwaj** is an Indian medical student at Jiangsu University since 2012. Believing it to be a great honour to be part of the association's first executive, she is grateful for the opportunity offered to explore and develop her skills and creativity. She is hopeful that lessons about time management and man management would be helpful to her in the future. She was also appreciative of her publicity team's efforts during the past year, expressing hope that they would be similarly successful in the future.

**The Publicity Officer**

**Oggu Nagamalleswar** is an innovative medical student from India, studying at JSU since 2012. He wants to fulfill his dream of becoming a neurosurgeon and utilize his skills in the research of neurosurgical techniques that improve patient safety and surgical outcome. He feels proud to have worked with IMSA in helping other students and hopes that the welfare team has done a great job in solving student welfare issues over the previous year. He expresses his gratitude towards all the members of welfare team who made his job easier.



**The Welfare Officer**



**Clyde Fernandes** is an Indian medical student at JSU. The outgoing financial secretary of the IMSA wishes to pursue a career as a cardiologist. He hopes that with hardwork and dedication, he can achieve his goals. He also mentions that he considers himself lucky to be a part of the first executive board of the IMSA, hoping that his work would help every medical student at JSU evolve in to a better doctor than before.

**The Treasurer**



# MEDICAL QUOTES

Life is an exciting business, and most exciting when it is lived for others. *- Helen Keller*

For some of us, the world appears to provide only a fixed quantity of each resource a limited amount of food, of money, of love, of success, of appreciation. For others, life is unlimited. Their world expands with the generosity, compassion, inventiveness, and service that they contribute. In this world-view, money that is spent or given away returns multiplied.

*- Jonathan Lockwood Huie*

The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own.

*- Lao Tzu*

## THE EDITORIAL BOARD



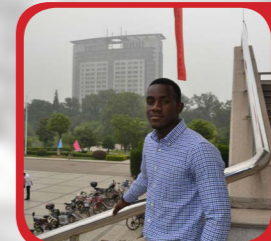
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