



# SAINT JAMES SCHOOL OF MEDICINE STUDENT NEWSLETTER

Vol. 6 Issue 12 May 2011



## WELCOME STUDENTS!

It's hard to believe but it's that time of the year again, the start of a new semester. SJSM would like to welcome our new and returning students to the summer semester. To the new students, congratulations on being accepted and beginning your medical training here at SJSM. There's a lot of excitement ahead of us, including new professors to meet, new islands to explore, new books to read, new friends to meet and new skills to acquire. We hope this semester brings you great success and you enjoy your time here with us.

## VA APPROVAL

We are excited to report that our Bonaire campus has been approved by the Department of Veteran's Affairs as an institution whose students are eligible to receive benefits thru the GI Bill. This will open the doors of our school to many brave men and women who have served in the United States military, but who were unable to afford medical education before. Our current students, who are eligible to receive the benefits from GI Bill should contact their VA representative or visit [www.gibill.va.gov](http://www.gibill.va.gov) for more information regarding this matter.

SAINT JAMES SCHOOL OF MEDICINE C/O HRDS INC.

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## SJSM ALUMNI TESTIMONIALS

Several of our Alumni have shared their experiences regarding their time of study with Saint James School of Medicine, and these have been posted on our blog. Please visit <http://anguilla.sjism.org/index.php/blog/> to read the first of several testimonials of our graduates who have successfully completed the MD program and are now well into their medical careers.

## STUDYING ON THE BEACH AND GETTING TOO MUCH SUN?

In ads for sunscreen, you might hear about both UVB and UVA rays. You may wonder what the difference is. Do you need to be protected from both? According to MIT Medical dermatologist Dr. Linh Lu, Ultraviolet (UV) rays are classified into different bands based on wavelength. UVA rays have a wavelength of 320-400 nanometers, and UVB rays have a shorter wavelength, 290-320 nanometers. UVB rays cause direct photochemical damage to DNA and are more likely to cause sunburn. But UVA can have an indirect effect on DNA by creating reactive oxygen molecules. Some evidence suggests that UVB is involved in squamous cell carcinoma, one form of skin cancer, while UVA has a greater role in sun damage and aging. It is probable that both UVA and UVB play a role in the cancer pathway or process. Therefore you should get "full-spectrum protection" from both types of UV rays or study in the library.



## IMPORTANCE OF CORRECT CONTACT INFORMATION

Some students who have changed their contact information, including phone number, e-mail and/or mailing address over the course of their study with SJSM, have not notified the school about those changes. It is very important to inform the school of any changes in contact information due to the fact that a lot of important information is being released on a regular basis to the students, especially via e-mail. Not having up-to-date information with the school could cause you to miss important announcements. The school is not responsible for any announcements missed due to lack of updated contact information. Please update any contact information you have changed recently to ensure you are provided with all updates from the school by e-mailing [sjismcoordinator@mail.sjism.org](mailto:sjismcoordinator@mail.sjism.org). Make sure you include your name, student ID as well as previous and new contact information.

## MEDICAL STUDENTS' TV VIEWING HABITS

If you have time to watch TV, you may be familiar with Dr. House, the fictional character of Fox TV's "House," a medical mystery drama that last year drew an average 16.2 million viewers weekly. His bad-boy antics have also made him popular among medical students, according to a December 2008 study in The American Journal of Bioethics. A survey of nearly 400 medical and nursing students at Johns Hopkins University in Maryland found that 76% of doctors in training watch "House" and 73% watch ABC's hospital soap opera "Grey's Anatomy." Nearly 40% watch NBC's "ER" and one in five tunes in "Nip/Tuck," which airs on the FX cable network. Eighty-five percent of medical students said they watched a medical drama in the prior year. Arthur R. Derse, MD, PhD, director of the Medical College of Wisconsin's medical humanities program thinks that "The power of TV dramas to portray ethical issues is strong, but the power of medical dramas to shape the way [medical students] think about these things is not very strong." You can watch Dr. House at [www.fox.com/house](http://www.fox.com/house).



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