In This Issue...

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› MEDICAL REVIEW:
The Association of Blood Urea Nitrogen Levels and Coronary Artery Disease (p. 3)
Robert Ostfeld et al. undertook a study of serum blood urea nitrogen (BUN) levels in patients who presented with symptoms of unstable angina. In this study, they found a link between elevated levels of BUN and an increased burden of coronary artery disease, a novel finding that may further support the association of renal disease and coronary artery disease.

› CASE STUDY:
Treatment of Compulsive Hoarding: A Case Study (p. 8)
Compulsive hoarding is a syndrome that is difficult to treat with medication and typical cognitive behavioral therapy. In this case study, Lilit Pogosian shows that the combination of aggressive pharmacotherapy and daily cognitive behavioral therapy may be the key to helping those patients who struggle with this syndrome.

› EDUCATIONAL CASE REPORT:
History and Hemolysis: Not an Easy Kidd's Game and Review of Literature (p. 12)
Delayed hemolytic transfusion reactions (DHTR) are a dangerous complication occurring after red blood cell (RBC) transfusions. David M. Nguyen et al. present a study of a patient with this complication, review the literature surrounding Kidd, one of the common foreign RBC antigens, and highlight the importance of taking a full patient history in patients presenting with DHTR.

› INNOVATIVE MEDICAL EDUCATION:
Opportunities for Cross-Cultural Medical Education (p. 15)
In this article, Maria Marzan and Mimi McEvoy discuss the necessity for cross-cultural education in the medical school curriculum. They review three ways that this is implemented at Einstein, with the Introduction to Clinical Medicine program, case discussions, and a summer fellowship that allowed first-year medical students to research cross-cultural differences in parenting.

› MEDICAL RESEARCH REPORT:
Factors Influencing Primary Care Residency Selection among Students at an Urban Private Medical School (p. 19)
In the past few years, the number of graduating medical students choosing family medicine as their residency choice has severely declined. Miriam Shapiro and Alice Fornar designed a survey and sent it to graduating Einstein students in order to better understand the reasons behind this shift at Einstein. They uncovered various contributing factors and the departmental leadership will use this study to address the decline in family medicine as a residency choice.

› HISTORICAL PERSPECTIVE:
A History of the Children's Evaluation and Rehabilitation Center (CERC) at the Albert Einstein College of Medicine, 1956-2008 (p. 25)
The Children's Evaluation and Rehabilitation Center (CERC) at Einstein was founded in 1956 and is the oldest continuously Einstein-operated clinical program. Herbert J. Cohen covers the history of CERC from its inception to the present and describes many of the accomplishments of this center devoted to treating Bronx residents with neurodevelopmental and other disabilities.

› LITERATURE REVIEW:
A Mini Analysis: Depression and Omega-3 Essential Fatty Acids (p. 33)
Omega-3 fatty acids are concentrated in neuronal synaptic membranes and only available from dietary sources. Dukagjin M. Blakaj investigates the possible role of omega-3 fatty acids in treating depression, based on an analysis of three separate studies. The first two studies support the role of dietary supplementation with these fatty acids in alleviating depression, while the third study does not indicate an effect. The author concludes that, given the lack of reportable side effects and the additional benefits, a diet rich in these fatty acids is recommended.

› COMMENTARY:
Making HIV Testing a Routine: Facing the Truth (p. 36)
In 2006, the CDC recommended testing of all hospital patients from ages 13 to 64 for HIV, as opposed to solely testing high-risk patients. The rationale for this decision was that this will help to alleviate the stigma associated with this disease, and this recommendation has led to significant discussion. In this overview of the present state of HIV testing, Maria Kon discusses both the implications and the complications of large-scale testing.
In this article, Stephanie Chow Garbern explores the challenges of short-term medical relief trips. While they are clearly intended to provide a positive impact on local communities, there are often negative outcomes due to the limitations of the short duration. Many of these negative outcomes are due to factors such as “inadequate patient education, potentially harmful treatments, culturally inappropriate care, and lack of continuity of care.” By creating guidelines and changing the focus to quality over quantity, it will be possible to make these trips as fulfilling for the patients as for the volunteers.

The Hippocratic Oath is a proclamation made by medical students, often upon graduation, whereby they agree to practice medicine justly and ethically. Raphael Hulkower discusses the history of this oath and the permutations that have occurred over time. Additionally, he investigates how this oath has endured over the many years since it was written.

In this article, Nathalie Coeller argues that the discrepancies between state law and medical guidelines are problematic in cases where the rights of women during pregnancy come into question. Various cases are presented to illustrate the point that it would be beneficial to resolve this discrepancy for the sake of those women forced to make difficult decisions during the course of a pregnancy.

The advent of genetically modified organisms (GMOs) in our diet has led to much confusion and consternation among members of the public. Galyna Sidyelyeva investigates many of the concerns and argues that GMOs are not the cause for concern that many people assume.

In this speech, originally given at the Class of 2011 Transition Ceremony, Albert S. Kuperman shares many of his thoughts on the path that these students will have to follow as they continue their careers in the medical profession. His words of advice conclude that they should take responsibility for improving the health of the world and be, in the words of Mahatma Gandhi, “the change you want to see in the world.”

Cell Stories is a children’s book written and illustrated by Lilly Zhang, an Einstein medical student. Lysander Jim reviews this book, noting the unlikely theme of pathophysiology and the accuracy of the anatomical illustrations. While this book may raise some questions that a parent will find difficulty answering, the reviewer applauds the fact that the book will help answer the question, “Will you be all right?”

Lloyd Fricker shares his homage to the Department of Molecular Pharmacology, to the tune of “YMCA” by the Village People.

This humorous piece by Lloyd Fricker suggests ways to improve your career prospects through a route taken by celebrities throughout history.

In honor of the founder of our journal, we have included both a poem that Sam Seifter submitted before his passing and this article written by a fellow faculty member. Howard M. Steinman shares the four important lessons that he learned from Dr. Seifter through their longtime friendship. These lessons further illustrate how Dr. Seifter was more than just an exceptional scientist and that those who knew him could count themselves particularly fortunate.

In this poem by the late Einstein faculty member Sam Seifter, the famous Tennyson poem “The Charge of the Light Brigade” has been reimagined as an ode to science. This poem serves to further illustrate the many facets of this extraordinary man.