



The MIMSA Post

ISSUE 04 • DECEMBER 2023



One more newsletter...

As we approach the semester's end and the winter exams, we're excited to share a final newsletter. Take a moment to reminisce about the fantastic events and hear from our first-year students. Enjoy the read as we wrap up this semester and pass the baton to the new MIMSA team. Stay tuned for more updates in the upcoming newsletters!"

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SOCIAL TEAM 2023 ACTIVITIES



MARCH 2023 – SKI TRIP

Our first big event this year, apart from the semester opening party, was the **Ski Trip**. Which involved 3 days in the mountains of the North of Czechia, skiing between friends and surrounded by amazing landscapes and good ski slopes. And always with the possibility of finishing the day at a bar in the village with an amazing vibe.



It is commonly said that, as medical students, we should have a well balanced life between study and other activities. However, we all know that is not always possible due to the large amount of studying that needs to be done in order to succeed. Also, as international students, it is even more challenging because we are away from home, consequently without our family, and we have to interact a lot in order to create our social and support circle from zero. This is a key aspect of surviving abroad. As the Social Team from MIMSA, we try to give opportunities to meet each other. Especially during the first year with the Fresher's week, which gives the opportunity to everyone to meet new people from their year before the year starts, and later for establishing more deep and fun connections. We organize a huge variety of events for all tastes.



Moreover, we try to adjust to the busy schedules of all the years, in order to organize as many weekends as possible with a sports event. This year we did tournaments of Volleyball, Football and Basketball, always with a lot of participation. They are always a good opportunity to exercise and relieve some stress while having some healthy competition.

SOCIAL TEAM 2023 ACTIVITIES

A really big part of our job are the parties that we organize during the semester. Our Team always consistently collaborates with the top DJs and clubs in Brno, such as FLÉDA. With each party always having a different theme. The most recent one was the Halloween Party, which is always a huge success and, if you are a big fan of customs, this is your party. Furthermore, last semester, we organised a ‘‘Back in Time Party’’, with a mix of hits from the 80s until nowadays, and with some karaoke challenges. Also, we did a MEDMUNI VS VET Competition Party, with exciting challenges that keep us going through the night. And I can proudly say that the cup came home!



THANK YOU TO EVERYONE
THAT MADE THIS
POSSIBLE!!
HOPE TO SEE ALL OF YOU
IN A 2024 FULL OF SOCIAL
EVENTS!



And finally, our most elegant event of the year, the MedBall. An unforgettable event that everyone looks forward to throughout the year. An event that no one wants to miss.



ESTELA ÁLVAREZ MARTÍNEZ,
SOCIAL LEAD

Winter Medball

On Friday 6th of October we had our annual Med Ball at the Cosmopolital Hotel. It was a great experience for all our students and especially for student's of first year that had the opportunity to live a unique experience. All students wore their fanciest clothes. Elegant suits and ties and extraordinary dresses were everywhere making this experience even more unique and beautiful.

There was a dinner buffet style at the restaurant of the hotel followed right after by live music from the Hot Wings band in the dancing room and at midnight finally we had the party with amazing music given by dj Mahrouse. Also prior to that we had our charity raffle. The students had the ability to buy the tickets online either on spot the night of the medball. The tickets were chosen randomly and some of our students had the ability to win amazing prizes such as a Ryanair voucher, an Apple watch and many other.

Let's take a look to some pictures...



A night to be remembered



ONCOLOGY SESSIONS

with Dr. Carlota Baptista

Dr. Carlota Baptista graduated from Masaryk University Faculty of Medicine in 2018

After finishing her degree, she went back to Portugal, where she is from, to continue her studies and become a Medical Oncologist

Now she is working in the Hospital Beatriz

Angelo
 @carlotabaptista



CHECK THE
THREE
SESSIONS ON
OUR YOUTUBE
CHANNEL
(MIMSA
LECTURES)

Then come back and take the quiz on the next page!

About the sessions

This year MIMSA Education team had the opportunity to organize 3 special sessions with the host of an ex alumnus of Masaryk university, Dr. Baptista. The topics that were discussed included the most frequent cancers worldwide: breast, colorectal and lung cancer. Dr. Baptista created special power point presentation to help us understand these difficult topics and she provided clear explanations to the therapeutic options for each malignancy. The students had the opportunity to ask a oncologist intern the reasons why to choose oncology over other specialities. These sessions also helped the 5th year students who are currently preparing for the Oncology exam. We want to thank once again Dr. Baptista for her time and availability, and we thank all the students who attended the lectures and participated actively.

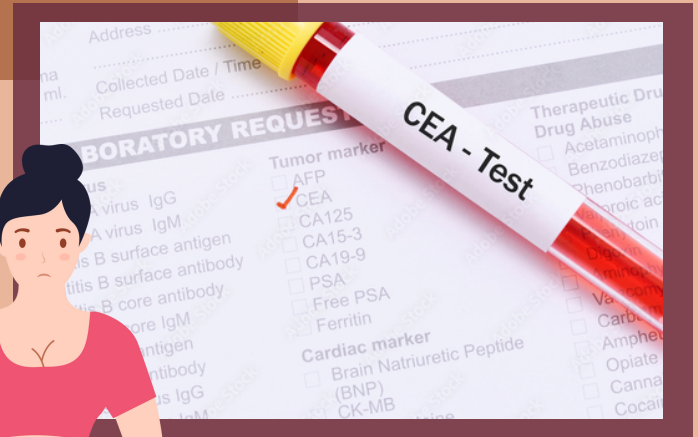
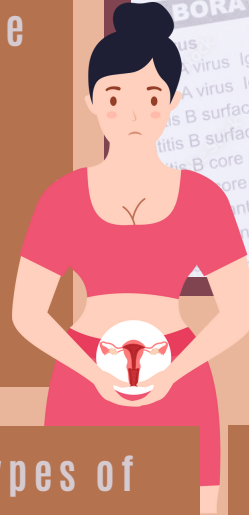
1 CEA is a tumor marker for which types of cancer?

- a. colorectal, breast cancer, ovarian cancer
- b. colorectal, breast cancer, lung cancer
- c. pancreatic cancer, lung cancer



2 Which staging systems) is/are used for gynecological cancers?

- A) FIGO staging
- B) Ann Arbor
- c) TNM + FIGO staging



3 What are the biological subtypes of breast cancer?

- a. Luminal and Triple Negative
- b. Medullary, HER2 positive and Triple Negative
- c. Luminal, HER2 positive and Triple Negative

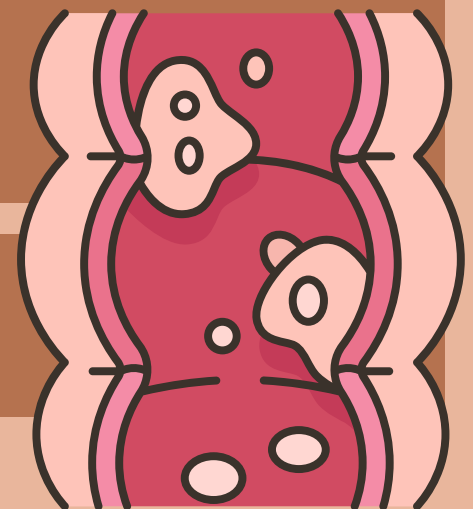
What is the goal of conversion therapy?

What is a Triple Negative breast cancer?

4 What exam is the gold standard for screening for colorectal cancer?

- A) CT colonography
- B) Total colonoscopy
- C) FOBT

What's the next step for a patient with a positive FOBT?



SOLUTIONS

- 1. B
- 2. C
- 3. C
- 4. B

ONE YEAR AS CHARITY LEAD

BY LUCIA ABBRUZZETTI

When last year I thought about joining MIMSA, I knew that being part of the charity team would have been my first option but I would have never thought of starting as the lead of the team. Together with the excitement and the eager to get started, I also felt scared and worried about beginning this new challenge and now, one year later, I can definitely say that I am so happy I made this choice and so grateful that I had the opportunity to occupy this role.

With my team always next to me, we had the ability to organize a lot of fun and cool events which allowed a lot of students with many different interests to take part.

Throughout the year we painted, played a lot of sports, cooked together, visited the zoo, sold a lot of cakes, went bowling and so much more, but most importantly with our donations we helped a lot of people and I am really proud of this.

Krtek, SMáci and Debra will use the money we raised to implement their associations, provide more support to the patients and invest even more in their care.

I want to thank my team for all the hard work and all of you guys who joined our numerous events and helped with your donations!

See you next year ❤️



Welfare 2024

JANUARY

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21st January
National Hugging Day

24th January
International Day of Education



FEBRUARY

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4th February
World Cancer Day

6th February
Day of Zero Tolerance for female genital mutilation (FGM)

11th February
International Day of Women and Girls in Science

15th February
International Childhood Cancer



MARCH

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1st March
Self Injury Awareness Day

8th March
International Women's Day

21st February
World Down Syndrome Day



APRIL

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2nd April
World Autism Awareness Day

7th April
World Health Day

22nd April
Earth Day



MAY

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4th May
World Maternal Mental Health Day



31st May
World No Tobacco Day



JUNE

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10th June
Action Anxiety Day

14th June
World Blood Donor Day

28th June
International LGBT Pride Day



Welfare 2024

JULY

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10th July
Panic Attack Awareness Day



24th July
International Self Care Day

30th July
World Day against Trafficking in Persons

AUGUST

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1st - 7th August
World breastfeeding week



19th August
World Humanitarian Day

Whole August
SMA Awareness Month



SEPTEMBER

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10th September
World Suicide Prevention Day

21st September
International Peace Day

23rd September
International Day of Sign Languages



OCTOBER

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27	28	29	30	31		

10th October
World Mental Health Day

19th October
World Breast Cancer Day

25th - 31st October
Epidermolysis bullosa Awareness Week



NOVEMBER

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1st November
Stress Awareness Day

25th November
International Day for the Elimination of Violence against Women

All month
Male Cancers Awareness



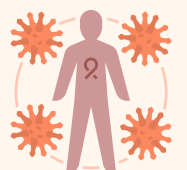
DECEMBER

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22	23	24	25	26	27	28
29	30					

1st December
World AIDS Day

3rd December
International day of People with disabilities

10th December
Human Rights Day



STUDENTS INTERVIEWS



BALANCE:

Balancing uni and social life is so important early on, especially for your mental health. Some of my friends will probably say that I focus on the social part a little too much but as long as you finish all of your responsibilities and take care of your health there is no reason to not enjoy life. After all you are in a new country with new people and it's natural to want to enjoy it. That being said it can't always be 50/50 and there will be times when all you have time for is studying. But when you are finished take a day or 2 off and travel or just sleep, we are all only human after all and we need to make it through the next 6 years.

WHERE ARE YOU FROM & THE DIFFERENCE BETWEEN BRNO & HOMETOWN:

I'm originally from Detroit, Michigan and coming to Brno was a big change compared to my hometown. Everything is different, from the food to the weather and the people. It definitely took some adjustment to get used to Brno, but **all of my friends at Masaryk have made that transition a lot easier.** One thing I love about Brno is the public transportation is very accessible to basically all of the places that you need to reach.

WHAT DID YOU THINK ABOUT THE MIMSA EVENTS INCLUDING PARTIES/MEDBALL/WELCOME WEEK:

To anyone considering it I highly recommend attending these events specifically the welcome week and the first few parties as it was a great way to **meet people and expand my network in Brno.** The Medball was also really nice, getting to dress up and be with friends for the night was such a nice experience.

USMLE EXAM:

When you come to Masaryk and start studying anatomy most people will tell you about the USMLE exam and how if you pass all of the conditions you can skip the final oral exam. My experience with it is that it really helped keep me on point with my studies the first few months because you have the pressure of studying for a big exam early on. But keep in mind it is a **really unique opportunity** and only a small fraction of people will pass through this route. So try your best to do well but if you don't it's not the end of the world. Start doing questions for the oral exam early on week by week.

OVERALL:

Overall I really wasn't excited to come to Brno at first however I was really pleasantly surprised and **am extremely happy with where I am now.** Having the opportunity to study medicine at a high quality university with some amazing people around you is truly a blessing and I'm looking forward to being here for the next few years.

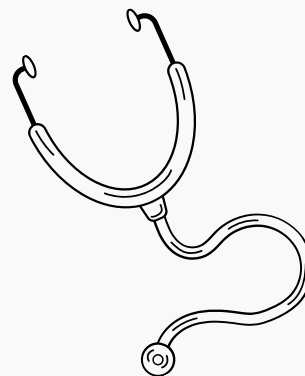
A few steps away before becoming a doctor...

Hello everyone,

For those that don't know me by now, I'm currently a few states away from finishing this journey in medical school that we all grind through. Truthfully, what a ride... In the last MIMSA journal I spoke about how 5th year is in comparison to the previous years. In this entry I would like to really tell you **what you can expect in your last year in university.**

For starters, your study group is over, congrats if you never liked them, it's done. Great number of students do their final year practices abroad and only come back to Brno to take the State Exams. I guess it's a big change for some. Taking the practices abroad, outside Brno is a great opportunity for you to grow inside a hospital concept and acquire a broader clinical experience. Turns out learning medicine isn't really the same as practicing medicine. So yes, it's a big step.

In this year you will probably start looking at future job offers, to where you can go after Brno, what speciality... And tons of study for the state exams. **There are 5 states: Public Health, Gynaecology, Surgery, Internal Medicine and Paediatrics. Sounds fun right?**



Getting a placement for a practice abroad isn't easy at all. It involves a lot of emailing and luck. 2 weeks ago, **I came back from my Surgery placement in Luxembourg**, I can tell you, it was not easy. Luxembourg is really an incredible place. Did I know French 1 year ago? Barely. How did I do it? That's the beauty about life, really. When you want something, you take it. For 5 months I was learning French. 150hs of French lessons really look like a lot of hours now that I think back to it. To tell you the truth, it wasn't easy, but it was possible, and I'm glad it happened, and that Masaryk gives us this enormous opportunity to take pre-graduations abroad. The knowledge you carry for life outperforms any cost.

Different hospitals use different techniques, now imagine different countries...

My advice as a 6th year would be to enjoy your time in Brno, enjoy your fun time, enjoy your study time, just enjoy it, because one day you will really miss it. Brno is no longer a weird name in some geography map. It's home. And part will always be. Enjoy the boring classes, the fun classes, the stressful exams if you can. If not, it's also okay, nothing lasts forever.

To summarize this entry because I've a state next week and must go study, if you have some free time from your 3rd year onwards, it would probably be a good idea to learn a new language. If the plan is to stay in Europe, German or French can really be handy in your future.

Till the next time!

Até Logo

By Khoiamul Islam

Clinical Insights: Transitioning from Books to Bedside in Year Five

After performing 2 prostate and a thousand transvaginal ultrasound examinations later, I can confidently attest that the transition from books to bedside in the fifth year of medical school is undeniably rewarding. Applying my clinical knowledge to real-life scenarios, understanding the nuanced needs of patients, and actively contributing to the clinical setting is immensely satisfying. It goes beyond the theoretical understanding gained from textbooks, allowing me to be more than just a passive observer in the room. Examinations have evolved into discussions among doctors, emphasizing the importance of grasping fundamental concepts rather than delving into overly specific details. As future physicians, we are urged to focus on practical knowledge that directly contributes to patient care, steering away from inquiries like "what is the structure of 2-oxaloacetate," which, while interesting, may not significantly impact our roles in the clinical realm. This shift reinforces the value of cultivating a robust foundation for effective medical practice.

Finding Balance: Navigating Life Outside the Lecture Hall in Year Five

One invaluable lesson I've gleaned from my years in medical school is the undeniable reality of burnout. Regardless of one's work ethic and dedication, the toll that rigorous academic pursuit takes on mental and emotional well-being is undeniable. The antidote? Embracing breaks and cultivating a supportive circle. Research consistently underscores the positive impact of taking breaks and fostering meaningful connections on overall effectiveness and productivity.

In my quest for balance, I've prioritized moments of relaxation and social interaction. Hanging out with friends, engaging in heart-to-heart conversations with family, and embarking on refreshing hikes have become non-negotiable elements of my routine. It's within this delicate equilibrium that I've found resilience and renewed vigor.



Beyond personal rejuvenation, I've discovered immense joy in the act of teaching. Sharing knowledge with lower-year students not only allows me to impart insights but also broadens my own understanding. This dual process of giving and receiving creates a symbiotic relationship that transcends the confines of textbooks. It's a reminder that amidst the demanding academic landscape, the camaraderie of shared learning and the rejuvenating power of genuine connections serve as indispensable tools in the battle against burnout.

Navigating the Medical Odyssey: Insights and Guidance for Junior Pioneers

1- Guarding Against Burnout: *Embrace Breaks and Banish Isolation*

Burnout is a palpable reality in the rigorous world of medical studies. Remember, taking breaks is not a luxury; it's a necessity. Don't hesitate to step back, recharge, and ensure you don't navigate this challenging journey in isolation.

2- The Power of Knowing Why: *Letting the How Fall into Place*

In the intricate dance of medical education, understanding the 'why' behind your pursuits is paramount. Trust that the 'how' will gracefully align itself once your purpose is clear. Keep the bigger picture in focus.

3- Choosing Companions on the Journey: *The Friend-Future Connection*

The age-old adage holds true: your friends shape your future. Choose your companions wisely. Surround yourself with those who inspire, support, and uplift you on this arduous but rewarding path.

4- Consultations Matter: *Seek One-on-One Clarity with Teachers*

When the path gets complex, don't shy away from seeking guidance. Opt for one-on-one consultations with your teachers. This personalized approach not only enhances your understanding but also provides valuable perspectives.

5- Expand Your Horizons: *The Language of Opportunity (Consider German)*

As you progress through your medical journey, consider delving into a new language. German, with its widespread use across European countries, offers a unique advantage. Start during your third year; it's an investment that pays dividends in diverse settings.

6- Connect and Learn: *Seek Insights from Peers and Seniors*

Reach out to your peers and seniors. Inquire about their future plans and the strategies they employ. Remember, a smart person learns from their mistakes, but a smarter one learns from the mistakes of others. Benefit from shared experiences and chart your course wisely.

Looking Ahead: Preparing for Residency and Life After Medical School

Navigating the transition from medical school to the next phase, especially as an international medical graduate, is undoubtedly a complex journey. The shift towards more clinically focused examinations has given some breathing room, allowing us to ponder and

plan for what lies beyond academia. Personally, the prospect of what comes next does induce a degree of concern, particularly as an international medical graduate.

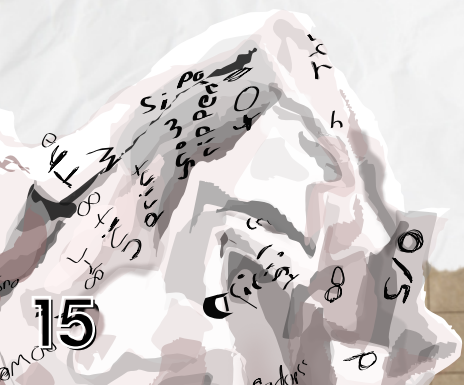
Questions about where to go next, what steps to take, and even the consideration of learning a new language add to the complexity. The burden of these uncertainties is a common sentiment among many aspiring physicians. As someone who can communicate effectively in Czech, the desire to connect with English-speaking patients resonates deeply. Recognizing that being human precedes being a doctor is a poignant reminder of the importance of establishing genuine connections with patients.

The decision to practice in an English-speaking country not only aligns with your linguistic comfort but also emphasizes the significance of effective communication for a more humane and empathetic medical practice. The journey from medical student to practicing physician is multifaceted, and your reflections on these concerns highlight the broader challenges and considerations that many international medical graduates face. Acknowledging these apprehensions is a crucial step towards informed decision-making and planning for a fulfilling and impactful medical career.

POEM SECTION

By
Khoiamul Islam

In that lake of loneliness
We made a boat together,
We both were in the middle of it ,
Loneliness was all around
You did smile and embrace my arms ,
In your wait , another boat had arrived
I know that you liked it very much
But that boat had brought a storm with
itself
maybe its storm of love was so strong that
sunked our boat which never had even
stumbled ,
I fell in the lake of loneliness in such a
way , maybe you will deny it but drops
sprinkled over you too , turned that lake
of loneliness into a river with my tears ,
Turned your wait into a way of life,
You went away from me ,
Your memories will trouble me
They say sunken boats never come back and
it never did ...



Grandpa by H.A


Behind closed doors and forgotten walls,
Is a black and white photograph of my grandfather.

You won't notice him if you pass by
But if you do, stop by and look
His piercing gaze will remind you of all your sins
And make you wonder if photographs actually have meaning.

His eyes will stare deep into mine
And tell me to talk, to make up for all the conversations we lost.
He will make you wonder what kind of person he really was.
Did he want me to be who I am today?
If he knew me now, would he be proud of me?
Did he get stored in this photograph to remind me of himself every day?

Of a life lived long and the lessons learned;
Of the values and love that he holds
I talk to him sometimes.
I'm partly amused at the stupidity
But I'm partly intimidated by how his hidden presence is
Tells me that I'll be fine no matter the circumstances
As long as he is there,
Trapped in this photograph.





Behind closed doors and forgotten walls, Is a
black and white photograph of my grandfather.
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in this photograph.

-anonymous



By Tiago Figueira



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BE SURE TO SHARE WITH FRIENDS + FAMILY.

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