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Welcome!

We are proud to present the first IMPACT issue of the 2009-2010 academic year. Fall 2009 IMPACT includes interviews with Dr. David Hayes-Bautista and MSI Joanna Hernandez as well as a health update on UC PRIME Programs and our new section Art of Science. Developed with the intention to highlight PREP and RAP members’ various artistic talents and hobbies, the page includes poetic and visual reflections on experiences in the ER. Also, please be sure to visit the Book Reviews page, which offers intellectual overviews of fascinating books such as One Hundred Years of Solitude and Take the Risk.

We hope you enjoy this issue!

Important Dates!

**Conferences**

Latino Medical Student Association—West
26th Annual Regional Conference
April 9 & 10, 2010
lmsa.net

AMSAs 60th Annual Convention
March 10 - 14, 2010
Anaheim, CA
www.amsa.org

**Volunteer Programs**

Relationships and Health Lab, Department of Psychology
Description: Family Characteristics and Upper Respiratory Infections
This is the first study to directly test the specific biological and behavioral pathways through which risky family environments impact physical health during childhood.
Position: Clinical Research Assistants 2-3 hours per week.
Contact: Meera Parbhakar mparbhakar@gmail.com

Antelope Valley Emergency Medical Association
Position: Medical Scribe
Contact: Steven Fisk
Steve.AVEMA@gmail.com

UCLA Mobile Eye Clinic
Contact: Faye Oelrich
folerich@ucla.edu

Los Angeles American Indian Clubhouse
Description:
Position: mentoring Indian American youths in downtown LA
Contact: Ramon Enriquez, Director of Youth Services
United American Indian Involvement, Inc.
1125 W. 6th Street
Los Angeles, CA 90017
(213) 202-3976.
Faculty Spotlight:
Dr. David Hayes-Bautista

Entrégate!
Words of Wisdom from a Chicano

By Ivan Gonzalez, Gabriel Lopez, and Caitlin Schnair

If you are going through life and have yet to find your passion or your true purpose, then you could benefit from learning more about Dr. David Hayes-Bautista. He is a man of many roles: a prominent professor at UCLA, the director of the UCLA/Drew Center for Excellence for Minority Medical Education, the director of the Center for the Study of Latino Health and Culture (CESLAC) at the David Geffen School of Medicine, a Latino researcher, a health advocate, an author, an epidemiologist, a demographer, a husband, and a father. Dr. Hayes-Bautista is very passionate about his chosen career, but he did not always know what he wanted to do with his life. In fact, he claims that he has been trying to figure it out for the past 60 years!

Dr. Hayes-Bautista grew up in a California that was much different than it is today. Back then, Latinos only made up about 6-7% of the population in California. In addition, there were no predominantly Latino communities like there are today. Throughout his childhood, he, along with his parents and sister, would periodically move back-and-forth from Yuba City and San Luis Obispo. While living in Yuba City, which is located forty miles from Sacramento, he encountered neighbors that did not look like him, and some were racially intolerant. As a young child, he noticed that his neighbors talked and thought differently. It was not until he was about ten, during his regular summer visits to Los Angeles, that he realized there were major differences between the two Californian communities.

In a life full of obstacles and challenges, the one challenge that has taken Dr. Hayes-Bautista almost a lifetime to figure out is What do I want to be when I grow up? Dr. Hayes-Bautista, like many people, has had a long and arduous journey while attempting to find the answer to that important question. His father, who worked for what is now Caltrans, would always urge him to become an engineer. As a young Latino, he was raised to do what his parents told him to do and not to disagree with them. During his adolescence, Dr. Hayes-Bautista soon came to ask himself the difficult question, “Will I do what makes my parents happy, or am I gonna do what makes me happy?” Later, as an undergraduate at UC Berkeley, he majored in Sociology. When his father bluntly asked what he was going to do with a degree in Sociology, Dr. Hayes-Bautista simply replied, “Probably enjoy my life more than you did with engineering!”

Engineering initially led Dr. Hayes-Bautista down the “nerd path” as he calls it. However, at the same time, he was drawn to politics like so many of the youth of that era. The surrounding atmosphere during his development into the man that he is today was one of change. There was much turmoil and political unrest during the 1960’s, It was the early days of the Chicano Movement as well as the Cesar
Chavez and Farm Worker’s Movement. These significant events were very influential to the young and impressionable Dr. Hayes-Bautista. He did not meet eye-to-eye politically with his parents, so after first using the word Chicano to describe his sister and himself, his mother literally jerked back as if a rattlesnake had been thrown on her. His mother frantically screamed, “Don’t use that word! That means pachuco, juvenile delinquent!” Unfortunately, both of his parents passed away before ever understanding what the impassioned Dr. Hayes-Bautista stood for.

Before starting his graduate education at UC San Francisco, his community asked him to serve as the director of a proposed free clinic in Oakland, California. As a recent graduate from UC Berkeley with a bachelor’s degree in Chicano Studies, Dr. Hayes-Bautista did not know how to start or run a medical facility. However, his community could not imagine anyone else who was more trustworthy or qualified than Dr. Hayes-Bautista. Taking on the role of director felt right, so he took on the challenge and, with a budget of only $240 and the support of the community, he started La Clinica. They had a vision, and the vision pulled them through. The goal of the clinic was not just to hand out bandages, but to also empower the community so that the community would consist of healthy individuals living with healthy families and would promote an overall healthy environment. Essentially, the clinic was setup to help patients begin taking control of health policy in their community. Looking back on La Clinica, Dr. Hayes-Bautista says that “There have got to be a million ways that the clinic should have died,” but it did not. Instead, La Clinica is now ready to celebrate its upcoming forty-year anniversary.

Today, as the director of both the UCLA/Drew Center for Excellence for Minority Medical Education and CESLAC, Dr. Hayes-Bautista strives to bring together evidence-based medicine and data to better impact public policy. Ultimately, he hopes to inspire others to carry on his passion for research. Dr. Hayes-Bautista has always stressed the importance of teaching students “for they will become tomorrow’s leaders.” He believes that “If students truly wish to make a difference, they must, as a wise little green alien once said, ‘Do or do not. There is no try.’”

As a distinguished researcher in his own right, he has focused on the dire shortage of Latino health professionals because they are most likely to work in medically-underserved areas. His findings led him to determine that the shortage is the result of fewer Latinos achieving higher education, which consequently leads to a decline in minority student enrollments in medical schools. It was once believed that, with the increasing Latino population, there would be a proportional rise in Latinos entering college and medical school. He attributes the discrepancy to the fact that Latino students attend more Cal State Universities than UC Universities. Ultimately, fewer graduates from Cal State Universities are granted admission into medical school, when compared to UC graduates, so that consequently there are fewer Latino medical professionals.

Dr. Hayes-Bautista is well-known for his research on the epidemiology and demography of Latinos in California. He is very passionate about his research because he loves what he does. Dr. Hayes-Bautista has done extensive research on Latino mortality, hospital utilization, birth outcomes, diabetes, and obesity. His findings have helped correct false notions regarding Latino migration throughout Californian history. According to traditional historiology, Latinos disappeared from California when it was annexed into the United States. As a dedicated researcher, he personally went through the countless
names in the census in order to reveal that Latinos never disappeared from California. Instead, Dr. Hayes-Bautista’s research served to validate Latino presence and rich history in California. He calls himself a “nerd” because he enjoys taking his time to do the gritty, investigative work. The traditional historiography with which he worked was largely based on common misconceptions and stereotypes. Dr. Hayes-Bautista firmly believes that, in order for students to become future leaders in the Latino communities, they need to simply look at the data and be aware of the basic demographics that make up the community.

Dr. Hayes-Bautista struggled throughout much of his life, and he had many people telling him what he could not or should not do. His father told him that he should not abandon engineering, he was frequently told that La Clinica was destined to fail, and as the first Chicano on the faculty at the School of Public Health at UC Berkeley, the Dean warned him that he would never get his research published or receive tenure if he focused his research on Latino health. However, Dr. Hayes-Bautista did it anyway, not only because it was what he wanted to do, but also because it was the right thing to do. His decision to follow his intuition and passion made all the difference in giving him the determination to continue amongst opposition. He states that “Everyone will be told ‘no’ 97% of the time, but if you really love what you are doing, then it will all be worth it.”

A major source of support for Dr. Hayes-Bautista is derived from his loving wife and two children. His relationship with his children has always been great mainly because he has always told them, “Hey, whatever you want to do. I’m behind you. As long as you aren’t hurting yourselves, I’m with you.” His daughter Catalina is now ready to take the LSAT in preparation for entering law school, while his son Diego is working towards a Bachelors in Economy, and eventually a Ph.D. Moreover, his wife Maria is working to finish her Ph.D. at UCLA’s School of Nursing. Although Dr. Hayes-Bautista has accomplished many things over the years, he admits that he is most proud of his children.

Throughout his life, Dr. Hayes-Bautista has searched for his passion. He has been opposed, denied, and has triumphed on many occasions. But it was not until very recently, at the age of 63, that he was finally able to answer his most challenging question What do I want to do when I grow up? He has always “followed his nose” and has always done “what feels right” to him at the time. He warns that you may not know where you will end up most of the time. In fact, it is impossible to know exactly how your life will unfold. It is essential to remember a piece of advice from Dr. Hayes-Bautista, “You must do what you think is right and do it with all your effort and dedication. When you find that passion, that purpose, do not let anyone defer you or tell you that it cannot be done. Entrégate!” The Spanish idiom Entrégate! translates into devote yourself and give it your all! It may have taken him sixty years to discover his purpose, but Dr. Hayes-Bautista always did what felt right and, to this day, continues to make an enormous impact on his community. “It does not matter what you do. Just do what you love.”
Healthcare Update:
UC PRIME Programs

The increase of a versatile California population has highlighted the needs of the state’s medically-underserved groups and communities. To address these needs, the University of California has taken initiative and developed an innovative array of educational programs at each of its five medical schools: UCI, UCSD, UCSF, UCD, and UCLA.

These programs were formed to cultivate physicians that will lead the movement to fulfill the needs of California’s increasingly diverse population by directly addressing individual conditions of its divergent demographics. For example, UC Irvine, the pioneer amongst the other UC medical campuses, launched its PRIME-LC program in 2004. PRIME-LC focuses on meeting the growing needs of Latino/Hispanic communities in Southern California. UC San Diego, located in a city with an already-existing large population of immigrant communities, began PRIME-HEq to focus on health disparities of Californians who live in the Mexican border regions, inland Southern California rural communities of the Imperial Valley, and those in the urban areas of San Diego. UC San Francisco created PRIME-US, which concentrates on the urban groups from the San Francisco-Oakland area, as well as those from Fresno and the Central Valley. UC Davis initiated PRIME-LC, which centers on helping individuals from rural areas within inland northern California and the Sierra Nevada. Finally, UC Los Angeles has created the most recent program, UCLA PRIME, which focuses on training leaders to aid diverse disadvantaged communities.

Many communities are disadvantaged, and this economic disparity often lends to a decrease in health status. Many are uninsured or underinsured because of their low income and inability to afford health care. In such unfortunate circumstances, many cannot receive health care due to the language barrier or because of the lack of health providers they can trust. UCLA-PRIME (Program in Medical Education) prepares future physicians and addresses the needs of disadvantaged communities by delivering culturally proficient clinical care, providing leadership for health delivery systems, conducting research on health disparities, and providing advocates for various communities.

The five-year program allows students to pursue not only a MD but also a master's degree, which furthers the understanding of health risks and disease burdens in various populations—an education which few traditional medical students or physicians receive. Eighteen students are admitted to the program every year. These students work on problems based on integrated coursework for the first two years. Third-year medical students have clinical rotations that are based in different settings and emphasize
cultural competence, leadership training, and community advocacy. In their fourth year, students complete their master’s degree that implements a project related to improving health for the underprivileged. Finally, the fifth year prepares students for residencies and future roles as leaders.

Vanessa Correa, a 2nd year UCLA-UCR PRIME student, shared with us her experiences and interests in the program. Her Hispanic heritage and ties to an underserved community led her to choosing the PRIME program at UCLA. Vanessa wants, as a future physician, to be able to care for the needs of the unfortunate—those who, like her family, have no insurance and no access to appropriate medical care. She has chosen a Masters Degree in Public Health, which will help her understand what different communities need and how to approach those needs. Additionally, the MPH will give her the tools to advocate preventive health and become a community leader. The program has allowed her to develop strong bonds with the other PRIME students, because they all share a common goal and serve as one another’s support system. In order to strengthen her leadership skills, she has taken on different roles including social services director of a free clinic in downtown Riverside, which enables her to build collaboration with partners of different clinics and provide better services for the patients. Along with her classmates, she has created a mentoring program where the medical students mentor post-baccalaureate and pre-medical students. Here, they provide guidance and help their mentees through their experience.

The PRIME program strongly encourages students to continue improving their leadership skills during the summer time. Vanessa spent her first summer of medical school in a preceptorship at the Renacimiento Center in Pomona. She helped develop various projects ranging from after school tutoring to health education programs. She plans to continue with her leadership roles in the community. Her message to those who are interested in pursuing a career in the medical field or are already part of it is, “The medical profession is beautiful, and it is possible to reach your dreams as long as you try your best every day.”

“It’s the best thing that has happened to the UC system in a long time,” says Emma Ledesma, UCLA PRIME Admissions & Outreach Coordinator. The 10% increase in medical school admissions in California was dedicated to the establishment of these dual-degree programs that strive to address the growing needs of the state. There is a growing necessity for leaders in family medicine to insure the health of the ever-increasing population. The Masters Degree in Public Health, Public Policy, or Business Administration helps the students develop the skills necessary to apply their knowledge to current health care issues.

Dr. Lawrence Doyle, UCLA PRIME Executive Director, received top honors in 2008 for his presentation on PRIME at the American Association for Medical Colleges (AAMC) Western Region Conference. His dedication to the growth of the program has helped to ensure its success in its early years, which can also be attributed to the support of the staff who work directly with the students. Dr. Doyle affirms, “The PRIME students need an advocate, an ally for the students that cheers them on, yet remains honest about what they need to improve on to be successful. There is no one better for this job than Emma.”

Regarding the students involved in such programs, Ms. Ledesma states, “We
look for students that display an ongoing commitment to the underserved community and whose experiences have helped them to grow as future medical leaders.” These students are also dedicated to “reaching back” and helping mentor the future generations interested in medicine, as is exemplified by their contribution to SMDEP, PREP, and other summer programs. In addition, PRIME students learn the importance of teamwork and trust through summer projects, one of which is the Renacimiento Center. They form a tight-knit community of students who learn to draw upon their resources and to rely on each other to succeed.

For these reasons, programs like UC PRIME seem to be the future of medical education. Other states are beginning to inquire about the possibility of adapting similar medical programs at their respective schools. For now, UC PRIME will continue to educate the doctors of today to become the leaders of tomorrow.
Student Spotlight:
Joanna Hernandez

Journey into Medical School

By Heidy Hernandez

Joanna Hernandez was born and raised in Chula Vista, California, in San Diego County. In 2007, she graduated from UCLA with a Bachelor’s Degree in History. Upon completion of her undergraduate work, Joanna applied to medical school and was unsuccessful at gaining admittance. In 2008, Joanna took initiative and applied for UCLA/Charles R. Drew University’s Post baccalaureate Program. Joanna believes that, through the UCLA/Drew Post baccalaureate Program, she learned to seek the support necessary to reestablish the confidence in her abilities and immersed herself in a unique environment that enhanced her strengths and improved her weaknesses.

In July 2009, Ms. Hernandez began her journey at UC Irvine’s School of Medicine where she is currently completing a summer program in Fresno with other classmates. She is awaiting her white coat ceremony, which will be held August 8, 2009.

Joanna was first introduced to medicine by watching her grandmother live with diabetes. What made Joanna very curious was seeing her grandmother prepare a needle with a clear solution, which she would then inject into herself. This curiosity caused Joanna to learn at a young age that her grandmother was injecting herself with insulin. Joanna states, “As a young girl, all I could understand was that my grandmother could not eat too much sugar. I have fond memories of constantly reminding her that she could not have cake or sweets and the look of dismay that she would give.” Joanna’s grandmother was a “strong force” in exposing her to medicine. Understanding the ramifications of her grandmother’s condition led her to see the prevalence of diabetes in the Latino community.

When Joanna entered UCLA, she became a member of Chicanos/Latinos for Community Medicine (CCM), a student-run program on campus that reaches out to Latino communities and offers assistance. Her involvement with the Latino Student Health Project (LSHP), a health project within CCM, resolved her uncertainties in pursuing a career in medicine. Joanna recalls a quarterly day-clinic in which she participated as an LSHP member:

[It was] a rainy winter day, I remember arriving to a community in the outskirts of Tecate, Mexico, where at least sixty patients waited for us to bring them the medical services that were a luxury to them. I, an outsider, looked upon these patients with a somber yet amazed expression, and contemplated why this community had been left neglected. At the same time, I thought of the possibilities of improvement and how to contribute to rebuilding the overall outlook of this community and so many more like it. LSHP was the driving force that sparked my desire to do more than just be an on-looking outsider, but to become an insider advocating for the health improvement of Latinos.
For many pre-medical students, organizations and projects such as CCM and LSHP allowed them to experience first-hand what an impact medical professionals have on underserved communities.

Joanna’s journey to UC Irvine’s School of Medicine has not been easy. Against advisement Joanna decided to apply, knowing that she would not be considered academically competitive. Though it was hard for her to not get accepted, she took it as a learning experience. She applied to post baccalaureate programs and decided to attend UCLA/Charles R. Drew University’s program. The post baccalaureate program gave her the skills needed to retake the MCAT with confidence, counseling that motivated her to take science courses that would improve her academic merit, and also created a support system with other students who shared the same difficulties and ambitions for getting into medical school. Joanna is blissful for the opportunities and support given to her by her post baccalaureate program.

The eye-opening experience Joanna gained with the post baccalaureate program is something she will never forget. Her advice to those whom may be facing the same difficulties is the following:

[A student] should not apply until they are confident in their application. It is not worth it to rush through this process because it is very challenging to go through it more than once...Although I was unsuccessful the first time, I think that it made me a stronger applicant by taking the time off to polish the things that I was not strong in and to ask for help during the second time I applied. We tend to think that we can do this on our own, but you cannot be afraid to seek help!...Two years might sound like a lot, but it was a blessing to take this time before starting a challenging medical school curriculum. Most importantly, [a student] has to maintain a positive attitude. If medicine is truly their passion, then they will definitely do whatever possible to achieve their goal, even if it does take a little more time.

Joanna is a role model to many individuals in her family as well as her friends. She took the time necessary to ensure that she was the best applicant possible for medical school during her re-application year. She is currently finishing up her summer program before entering a demanding, but joyful voyage into medical school. She is looking forward to her white coat ceremony as yet another rewarding step towards becoming the family doctor she wants to be.
It clung to silver chrome
like a purple benediction of survival

(the thick, deep clot I removed)

I walked away and it was then I saw
bright red streaks across the floor

(incongruous patterns I had stepped on)

more sterile wipes?

Peeking around the curtain, I saw a young tech quietly tagging the body
**Book Reviews**

**One Hundred Years of Solitude** by Gabriel García Márquez  
Reviewed by Michael Esparza

In *One Hundred Years of Solitude*, Gabriel García Márquez—arguably the magnum opus of the most prolific Latin American author of the twentieth century—chronicles events that occur in the fictional Columbian town of Macondo, ―a village lost in the drowsiness of a swamp…surrounded by water on all sides.” His storytelling techniques seamlessly interweave magical realism, wit, and humor in his depiction of the rise and fall of Macondo through the triumphs, comedies, glories and disasters of the Buendía family. The numerous characters that make this novel so special can also make it confusing at times. However, if readers can keep track of the individual stories, they will be rewarded by one of the most amusing, magnetic, inventive, and universal novels of twentieth-century fiction. It is no wonder Marquez is widely considered the greatest Spanish novelist since Cervantes. As one American critic puts it, *One Hundred Years of Solitude* is “The first piece of literature since the Book of Genesis that should be required reading for the entire human race.”

**Take the Risk** by Dr. Ben Carson  
Reviewed by Kaishauna Guidry

Dr. Ben Carson, one of the premier physicians of our time, gives pertinent and phenomenal advice once again in *Take the Risk*. He teaches us about the greatness behind his professional and personal success, which is the ability to identify and take appropriate risks when necessary. He points out that every risk is not necessarily a bad one and that our culture has a ‘schizophrenic obsession with risk.’ As Director of Pediatric Neurosurgery at Johns Hopkins Hospital he has certainly dealt with many risky situations. This testimonial book proposes that avoiding risks may cause avoidance of the full potential of our lives. While weighing risks, Dr. Carson invites readers to answer four questions:

1. What is the best thing that can happen if I do this?  
2. What is the worst thing that can happen if I do this?  
3. What is the best thing that can happen if I don’t do this?  
4. What is the worst thing that can happen if I don’t do this?

If we all took this rational approach to living and decision-making, worries and doubts about the future would just fade away. Check it out and you might just change your perspective in the next risk you are confronted with in your life.
IMPACT is a newsletter by students, for students.

We highly encourage everyone to become involved and contribute to IMPACT. IMPACT is a newsletter that relies heavily on the contributions and participation of former PREP/RAP students. If we, at IMPACT, wish to continue our mission to encourage, educate, and empower pre-medical students and the community we strongly need your support.

The Editorial Board meets once every month. Upcoming meetings will be announced. All are welcome to attend. To contribute to IMPACT or to join the Editorial Board, please contact us at DGSOM.IMPACT@gmail.com

Resources

The Resources column is a forum intended for the sharing of research and information relevant to premedical students gathered by PREP & RAP Alumni. If you have any interesting websites you would like to share, please let us know:

- www.aacom.org
- www.aamc.org
- www.aamc.org/students/mcat/start.htm
- www.aspiringdocs.com
- www.mdapplicants.com
- www.naahp.org
- www.nextgenmd.org
- www.studentdoctor.net

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