



CATHOLIC MEDICAL ASSOCIATION STUDENT SECTION

Preparing students to uphold the principles of the Catholic faith in the science and practice of medicine

E-Newsletter

Aug/Sept 2012

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Announcements and Upcoming Events

The first CMA Medical Student Bootcamp

will be held June 18-23, 2013 at St. Charles Borromeo Seminary in Philadelphia. Click [HERE](#) for more information and an application. The deadline has past, but we are still accepting applications for attendance.



From the Desk of the President

Brothers and Sisters in Christ,

I hope the latest edition of our CMA-SS newsletter finds you well. The Catholic world has been busy—especially as the Cardinals convene at the Vatican to elect a new Pope. Our CMA-SS board has been busy too! We're planning for the year ahead. Keep on the lookout for the following events and ways to get involved:



- **Lenten Offering Day of Service:**

This month we'll have our second annual day of service. Volunteer with other Catholic medical students throughout the nation on the same day. It's a way to give alms together!

- **Novena:** Our second annual Novena to St. Gianna will be in April. Pray with us!
- **Hippocratic Oath:** We'll be hosting an internet-based event for graduating M4s (and all other medical students) to take the Hippocratic Oath together, retaining the original pledge against abortion. Commit with us!
- **Bioethics Boot Camp:** The first annual Medical Student Bioethics Boot Camp is taking place this June 18-23 in Philadelphia. While the deadline has passed, scholarships are still available, so [apply](#) today. Come learn with us!
- **Upcoming Leadership:** This summer, be on the look-out for applications to be a part of our CMA-SS Executive Board. Pray about how you can serve your fellow medical students.
- **Mentor of the Year Award:** Also this summer, applications will be out to nominate a physician mentor who has influenced you and/or your student chapter. This award will be given out at the Santa Barbara conference in October 2013!
- **Santa Barbara Annual Education Conference:** Mark your calendar for October 24-26, 2013! Join us for an amazing [conference](#). Scholarships will be available for medical

The CMA-SS Lenten Week of Service was March 16-20.

We are asking each CMA-SS chapter and all CMA-SS members to tell us about your acts of service! Email pictures and a description or reflection about your project to students@cathmed.org.

Annual Novena to St. Gianna

will begin **April 20** and culminate on her feast day April 28. Stay tuned for more information about how to sign up to receive daily emails during the novena.

The CMA-SS will be sponsoring a Hippocratic Oath Ceremony

via webcast for those students whose medical schools no longer recite the original Hippocratic Oath at their hooding ceremonies. All are invited to join us for this special event. More information to come!

Regardless of specialty, we are called to serve by Kristopher Yoon, CMA-SS Secretary

As medical students, we are constantly asked about what kind of doctor that we are going to be. In our next few issues, we will be focusing on a few different career options in medicine. However, we should keep in mind that we as Catholic physicians are called to serve, regardless of specialty.

As a student of Southern Illinois University School of Medicine, I am very fortunate to have access to two teaching hospitals. While the school does not operate its own hospital, it is affiliated with two

students to help defray the cost of attending. (We've already planned the medical student breakout session—and we're really excited about it!)

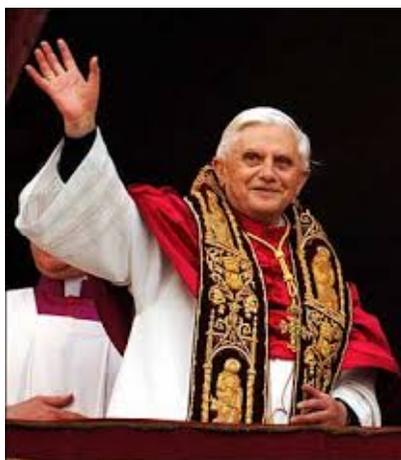
This is just a taste of what is in store for Catholic medical students in 2013!

Be assured of my prayers for each of you.

In Christ,
Brian C. Bamberger
President, CMA-SS

Ora et labora: A Reflection on the Papacy of Pope Benedict XVI

BY BRIAN BAMBERGER



Many Catholics my age think of themselves and, perhaps, call themselves part of the "JP2 Generation." I never have. I am a "Benedict XVI Catholic."

This is due, perhaps, to the fact that I found my faith during college. While I am a cradle Catholic, my faith was not my own until my freshman year. It was then, when confronted with the death of my father that I had to seriously contemplate life, death, and the Resurrection. What did I believe in? Was there even a God?

Thankfully there is, and He led me to find the fullness of Truth in the Church.

My *metanoia* coincided with the last years of John Paul II's pontificate. While I recognized the contributions of Blessed John Paul II, I just didn't feel any personal connection with the papacy. That changed with Pope Benedict XVI.

I remember vividly the day Joseph Cardinal Ratzinger was elected. I was preparing to serve my first Mass since grade school. I had just been selected as a Sacristan at St. John's Catholic Newman Center at the University of Illinois at Urbana-Champaign—and was being (re)trained as an altar server. Minutes before daily Mass began, word came of his election. We prayed for "Benedict our Pope" during that Eucharistic Prayer.

Over the course of the past eight years, my admiration for and connect to him has only grown. His academic nature and his love of the liturgy drew me in to his papacy like none other. I found in each of his actions a glimpse of the fullness of our Faith. Subtleties—in dress or action—that many of us tend to overlook

community hospitals, one of which is St. John's Hospital, run by the Hospital Sisters of St. Francis. As such, the students and physicians frequently bounce back and forth between the two hospitals and are able to see the differences that exist between the two institutions. With the increased secularization that we are seeing in modern American health care, it always feels like home when I enter St. John's and see crucifixes in each room and hear prayer broadcast throughout the hospital twice a day. People have often noted that between the two hospitals, the staff is more caring at St. John's. Indeed, the mission statement of the Hospital Sisters Health System notes that "we demonstrate commitment to our communities and to our Franciscan traditions by providing quality, caring and compassionate health care to all—including the sick, needy, uninsured and underinsured."

This beautiful statement perfectly sums up what we as future Catholic physicians should strive towards: Whether we are surgeons or pediatricians or internists, we must remember that we are called to serve our patients by "providing quality, caring and compassionate health care to all."

were full of meaning. His encyclicals—Deus Caritas Est, Spe Salvi, and Caritas in Veritate—were overwhelmingly pastoral and formative.

And so, it was with sadness, that I received the news the Pope Benedict XVI intended to resign. Yet, his canonically allowed action brought us into the fullness of Church history, and was pastoral in nature and personally formative. While my own curricular and extra-curricular commitments pale in comparison to the duties of the Holy Father, it was reassuring to be reminded of the limits of our mortal coil. Our spirit often empowers us to do more, but we must recognize when we can no longer fulfill our roles. Moreover, it is with profound humility that we must lead others—a lesson that we should all take to heart as future physicians attempting to lead our patients to better health. Even his last notable action as Pope was a message for the modern world: authentic leadership is not derived from absolute power, but from serving others in humility.

We pray that our next Supreme Pontiff can lead as faithfully as Benedict XVI. Let us pray together for our Pope Emeritus:

*Gracious and holy Father,
please give to our Pope Emeritus and
to us the faithful:*

*intellect to understand You;
reason to discern You;
diligence to seek You;
wisdom to find You;
a spirit to know You;
a heart to meditate upon You;
ears to hear You;
eyes to see You;
a tongue to proclaim You;
a way of life pleasing to You;
patience to wait for You;
and perseverance to look for You.
Grant Your servant the
Pope Emeritus and us the faithful:
a perfect end,
Your holy presence.
A blessed resurrection,
And life everlasting. Amen.*

Reflections on the 40th March for Life

BY KATIE REIS

It had been 11 years since my last March for Life in Washington D.C. As an 8th grader I fully understood the evil nature of abortion and terrible plague Roe vs. Wade was on our nation. But coming to the March for Life as a third year student pharmacist and 24 year old woman, I carried the sobering knowledge of how abortion has been embraced in our culture as "women's health" and is considered by many to be incredibly normal and even vogue. As a Catholic woman and future pharmacist, I was additionally outraged by the attack on the Catholic Church by the unjust and unprecedented HHS mandate. And so I marched for my Church and for life.

I traveled to D.C. with a group of young adults and a Dominican

brother from St. Patrick's Church in Columbus, OH. We arrived Friday morning and assisted at Mass at St. Dominic's. We then hurried to the National Mall to meet throngs of various Catholic and non-Catholic groups who came to support life and give voice to the voiceless. Speakers reminded us that after 40 years of *Roe Vs. Wade*, over 55,000,000 human beings have been murdered, a third of our generation is missing. Those of us alive today are survivors of a generation sieged by legalized abortion. I felt strengthened by the presence of numerous religious communities, part of the Catholic identity I so love. It was also beautiful to see our forces dominated by energized young people enthusiastically joining the fight for the most important human rights issue in history.

As we marched, we prayed. Rosaries and hymns filled the air despite cold temperatures and snow. A bit of discomfort from the weather was offered up to God along with prayers for our nation's plight. Smiles and friendly conversations were frequently exchanged between strangers who were unified by this awesome event. As we arrived at the U.S. Supreme Court building, men and women from the group 'Silent No More' stood with "I regret my abortion" signs. I thanked them for their courage and witness. Their testimony to the evil of abortion and God's healing mercy refutes the lies that abortion is benign and offers vital hope to post-abortive families. The overall feel of the March was one of excitement and resoluteness. We were saddened by the 40th Anniversary, yet joyful in our hope and trust in a loving God who sees our faithfulness and determination in this historical time.

Saturday morning our group joined the Dominican brothers and friars at the local abortion clinic to pray for men and women entering the building and all individuals involved in the unimaginable acts we knew took place inside. I was surprised when I arrived to see individuals wearing orange vests imprinted with "Pro-Choice Clinic Escort" shuffling clients into the building as they apologized for our presence. Girls who looked to be in their early twenties held the clinic doors open with smiling faces like hostesses greeting diners at a nice restaurant. It was chilling to behold this stark contrast to the previous pro-life events and people we had seen until this point. The spiritual battlefield was clearly marked. The Dominican brothers led us in 15 decades of the Rosary and I fixed my eyes on the Crucifix and Miraculous Medal in my hand as we prayed. I felt so blessed to be Catholic and to be alive.

Our culture views human life at many stages and capacities as a burden which can be easily effaced. People are championed for eradicating God from culture and governing their lives by self-preservation and convenience. All human beings are at risk in such a culture for when the value of human life is considered relative, we are all disposable. We must continue to pray and work to defend life wherever we are stationed in life. We must allow God to use us for His purpose. In this year of Faith, we are commissioned by the words of Pope Emeritus Benedict XVI:

"God is love! It thus transforms our impatience and our doubts into the sure hope that God holds the world in his hands and that, as the dramatic imagery of the end of the Book of Revelation points out, in spite of all darkness he ultimately triumphs in glory. Faith, which sees the love of God revealed in the pierced heart of Jesus on the Cross, gives rise to love. Love is the light—and in the end, the only light—that can always

illuminate a world grown dim and give us the courage needed to keep living and working. Love is possible, and we are able to practice it because we are created in the image of God. To experience love and in this way to cause the light of God to enter into the world.” - Pope Benedict XVI

Spotlight on a Specialty

BY AMBER BEERY

Choosing a specialty is not always an easy thing to do! Some of us entered medical school knowing we will become an OBGYN or ER doctor, but for some, the decision is much tougher. Regardless, discernment of a specialty requires careful consideration of many aspects of each specialty. Prayer and seeking wisdom from others is certainly an essential part of the process, so in the next few newsletters, we will feature a spotlight on a specialty or two and talk to various physicians to discover the ins and outs of their chosen careers. We hope that you can use their pearls along with prayer to help you figure out where God is calling you!

**Dr. Marian Schuda, Geriatrics and Hospital Administration,
Riverside Methodist Hospital, Columbus Ohio**

Was geriatrics always on your radar, or did you decide to pursue it later?

I really worked as an Emergency Medicine physician as I began my career after training. I came to geriatrics later in my career. As a young physician I had no interest in this sort of work. I trained in Internal Medicine and became certified in both IM and Emergency Medicine. In those days, residencies in EM were few and there was a robust practice pathway that has since closed.

How did you come to practice geriatric medicine?

Because I was double boarded and was working part time, I was available for other job assignments including some work in the hospital clinics. A geriatrician left our senior health clinic and I filled in there for him. I loved the work and became certified.

What did you find appealing about geriatrics?

As a more mature physician I appreciated the more subtle (more subtle than the ED) problems seniors have and I liked the more in depth encounters. Also, for a committed Catholic, there are no contraceptive or abortion questions and right now our culture respects the wishes of seniors for health care.

What were some of the challenges you faced as a Catholic ED physician? How did you handle them?

I had some trouble with EM with demands for post coital contraceptives but worked with my director so I was not called on to prescribe those drugs.

You raised a family while you practiced medicine. Can you tell us a little bit about how you balanced these?

EM served me well many respects as my husband and I raised our children. I was able to work part time and to work weekends.

You are currently working on the administrative side of medicine. How did you come to pursue this?

I was involved in committee work very early on including serving on University Senate at OSU during my years there. I became an officer of the medical staff at Riverside and eventually a full time administrator.

What are some of the perks and challenges of administration, especially compared to clinical practice?

Administrative work has the advantage of more daily flexibility but, oddly enough, potentially longer hours some days as meetings with practicing physicians are generally before and after clinical time. At any rate, it worked well for me and my family also because I think OhioHealth is very family friendly.

How is your faith a part of your daily work?

My faith informs my practice and my practice allows me to live my faith in the corporal and spiritual works of mercy that present themselves so readily in hospitals. I think it is a privilege to be a physician.



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