



# BCM GOBIG

## FALL 2023 NEWSLETTER

ADVOCACY

MENTORSHIP

EDUCATION

RESEARCH





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## GOBIG KICKOFF MEETING

We started our new school year by introducing GOBIG to our new MS1s and other students interested in Ob-Gyn. Over 30 students joined our hybrid meeting where both Houston and Temple students participated in our discussion of GOBIG's goals for the Fall. During the meeting, we split up into small groups of 5 students each to give everyone an opportunity to share ideas as well as get to know each other.



## ACOG DISTRICT XI ANNUAL MEETING

In September, some of our members represented GOBIG and BCM at the District XI Meeting in Houston, TX. There were plenty of opportunities for education, networking, and fun!

We also donated all the generous contributions we collected during our Period Product Drive in August to the Houston Area Women's Shelter





## VOLUNTEERING EVENTS

### Dia de La Mujer

Dia de La Mujer was on September 30th this year, offering free blood pressure and glucose measurement, physical exams, as well as general health counseling. 10 of our members worked with Drs. Carroll and Drum and, in total, 198 breast exams and 59 pap smears were performed!



### Refugee Health Fair

The Refugee Health Fair, hosted by Baylor and the Alliance for Multicultural Community Services, occurred on Saturday, November 8th. 7 of our members volunteered for the women's health section, where we provided important education materials regarding periods, birth control, pregnancy, and pap smears. We also taught the steps of a self breast examination on plastic simulation models to the refugees.



### RESIDENT - MEDICAL STUDENT SOCIAL

In August, we had our Meet the Interns Social at West Alabama Ice House (pictured below). It was an evening of plenty of food, drinks, and fun!



### GIRLS ELEVATED FUNDRAISER

GOBIG assisted in a fundraiser for Girls Elevated, an educational event for young girls of the Houston area and their families hosted by the TCH Adolescent Medicine and Pediatric and Adolescent Gynecology Department. The fundraiser was at Torchy's Tacos and we raised \$120!

### MENTEE - MENTOR PAIRING

This semester, we paired up 7 of our awesome upperclassmen and 9 of our residents who were eager to mentor some of our members. In, total we have 16 mentee-mentor pairs for this year!



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## EDUCATION EVENTS, WORKSHOPS, AND PANELS

If you would like to get involved with GOBIG, please contact our presidents: Nandita (Nandita.Ramkumar@bcm.edu) and Sarah (Sarah.Bohac@bcm.edu)

### Ob-Gyn Skills Workshop

In December, we co-hosted an in person Ob-Gyn skills workshop with the Department of Family Medicine. There were several stations, including US techniques, NST tracings interpretations, cervical assessment, labor dystocia, laceration repair, and postpartum hemorrhage.

### Contraception Workshop

In September, we learned about different types of birth control and how to counsel patients on their options at our in person workshop.

### Anatomy of Delivery Lecture

Together with the Anatomy Dissection and Education Group, we co-hosted this event featuring our incredible specialty-specific mentor, Dr. Carroll. We learned about pelvic anatomy and what happens during the delivery process using physical models from the anatomy lab.

### Subspecialty Panel

For our Subspecialty Panel in November, we hosted 6 panelists, Drs. Sellner, Duarte, Nassif, Messelt, Lombaard, and Hall, and had over 30 attendees. We gained insight into the daily routines of each subspecialty, what led each attending to choose their career paths, and what are the joys and hardships of these paths.

### Advocacy Panel

Our advocacy panel was held in December on Zoom and had over 40 attendees. We welcomed Drs. Ivey, Munoz, Huynh, Brandi, and Horst to learn more about their experiences on women's health advocacy and had the opportunity to ask questions about getting involved with health advocacy.

### Reproductive Psychiatry Lecture

In November, we co-hosted a lecture with the BCM National Perinatal Advocacy Student Society and PsychMinded. We were joined by Dr. Howard, one of our reproductive psychiatrists, who gave us an amazing overview of childbirth trauma and PTSD.

## TEMPLE



This semester we had an exciting new addition to our organization - members from our new Temple campus! In most of our Houston events, we have provided virtual options for our Temple members to tune in. This semester, they hosted their first event, a Resident Q&A session, and it was a success with 20 students and 6 physicians in attendance. Several students were interested in shadowing after the event. They are planning a Spring Kickoff Meeting as well as a Girls Scouts service day. We are excited to see how the partnership between the Houston and Temple campuses will develop in future semesters!





## WINE AND GYN

In October, we had our Wine and Gyn event at Dr. Sellner's house. She prepared some delicious appetizers and, of course, wine. We read 2 articles before attending and then discussed the important topic of female physician infertility and the steps that can be taken during medical school to address this, such as egg retrieval and egg and embryo freezing.



- Educational workshops and panels
- Dia de La Mujer
- Wine and Gyn
- Mentee-Mentor socials
- ...and so much more!

## INTRO TO STUDENT RESEARCH MEETING

In October, we met with Dr. Carrol at the Houston Campus to learn more about how to get involved in research. We had over 15 medical students attend, as well as some of our awesome residents. Dr. Pennington also joined and explained how to get involved in research labs.

We also learned about the exciting new research initiative created by Dr. Simon Dadoun, one of our PGY3s, that encourages collaboration between attendings, residents, and medical students in their research projects by pairing them in research pods. We are excited to see this initiative develop in the upcoming months!

## RESEARCH

Below is a list of the research projects our members have been involved in this semester, with GOBIG members' names bolded.

Banadakoppa M, Tacam M, **Nevins A**, Yallampalli C, 168 Placenta specific complement activation in mice produces preeclampsia phenotype and adversely affects fetal liver function, Immunobiology, 228(5), 152618. Published 2023 Sept 1.

Limbaugh L, Gordon MR, Nguyen PT, **Porter M**, Coverdale J. Methods Used to Control the Reproductive Choices of Women Who Are Sex Trafficked: Considerations for Health Care Providers. J Psychiatr Pract. 2023;29(6):439-446. Published 2023 Nov 1.

**Graham, M.J.**, Messelt, A., Woodard, T.L., Chung, M., Yang, L., & Detti, L. (2023, October 17). Correlation of Hysteroscopic Pathology with Saline Infusion Sonohysterogram (SIS) Findings [Poster presented]. American Society for Reproductive Medicine Scientific Congress & Expo/New Orleans, LA, USA.

Dadoun, S., Yang, L., **Casey, S.**, Gibbons, W., Detti, L. (2023). First Trimester Subchorionic Hematoma and Early Pregnancy Loss in Patients Undergoing Fertility Treatment. ASRM 2023 Scientific Conference and Expo, New Orleans, LA (Poster).

