

WELCOME TO OUR

Monthly Newsletter

Bienvenidos!

LMSA on Holiday

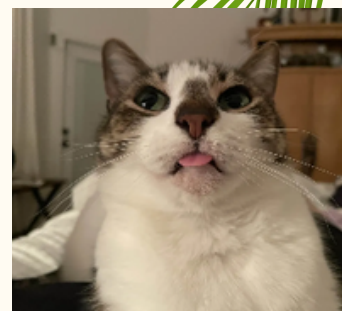
What was our Exec Board up to over the summer?



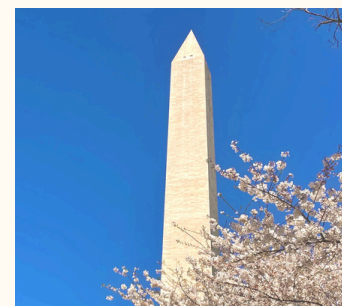
Isaias Martinez (MS2) "During my summer, I participated in the USF RISE Summer Research Elective (SRE) and helped on a humanities project in partnership with the USF School of Music. I worked in the Cognition and Coordination Across the Lifespan in Music (CALM) lab, where we investigated the effects of music learning and the underlying brain mechanisms in a population with self-reported symptoms of Long-COVID-19. Additionally, I also spent my time volunteering at the BRIDGE clinic, catching up on sleep, and reconnecting with my family and friends



Gabriela Sanchez (MS2) "These past few months, I mainly focused on research. I began working with the USF Department of Dermatology on a phase 3 clinical trial, as well as co-authored a manuscript that recently got published in Vaccines. Aside from academic work, I visited my brother in New York, hung out with friends, and spent a lot of quality time with my cat Smudge."



Lily Cruz (MS2) "This summer, I got to visit my husband in Washington DC where I visited museums, saw friends, and ate plenty of delicious food. While in Florida, I spent time with my family and classmates. I also got the opportunity to start working on research that assesses the effectiveness of poverty simulation in medical education with the support of Shirley Smith."





Adriana Baez (MS2) "This summer I completed a research internship with the TGH Transplant Institute. I worked on a project that examined several factors' impacts on hepatocellular carcinoma recurrence rates after liver transplant. I also spent my time volunteering at the BRIDGE clinic. For fun, I went back home to Miami, celebrated Fourth of July with my family, and spent time on the water. "



Tyler Saavedra (MS2) "This summer, I spent six weeks in Rome participating in plastic surgery research at Sapienza University. Beyond gaining insight into the field, I had the chance to experience daily life in Italy- getting to know the culture, navigating the healthcare system, and enjoying a lot of great food along the way. I'm incredibly grateful for the opportunity to learn from such inspiring mentors. It was an experience that was both professionally meaningful and personally unforgettable."



Faculty Mentors

Find out more about the faculty supporting LMSA @ MCOM. Students can refer to our current list of Latino faculty (linked below) to contact for support in the areas of shadowing, research, and career advising. We are always looking to add to this list to include specialties that are not yet represented. If any of you have contacts in any field that LMSA students could contact to add to our mentor list, please send their name and email to lilycruz@usf.edu.

[FIND OUT MORE](#)



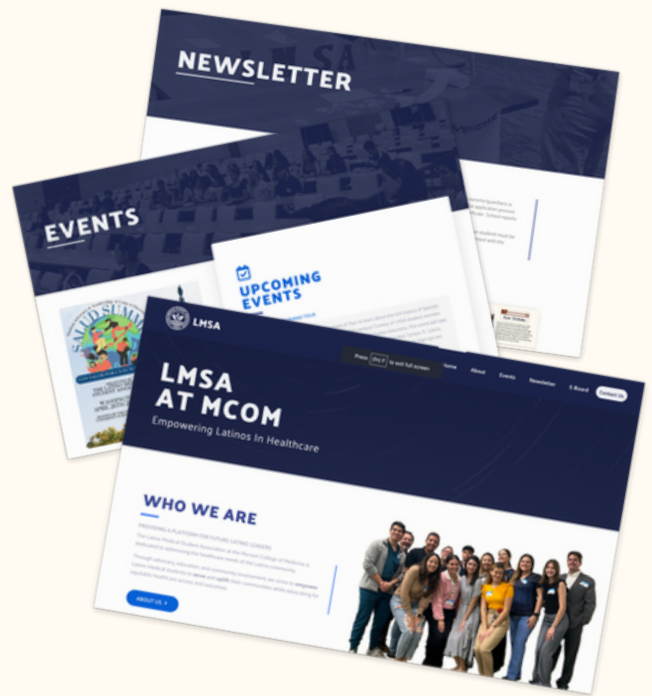
Ask a LMSA M2 or Faculty Member

This interactive column is dedicated to our M1 students, providing a unique opportunity to ask questions to experienced LMSA M2 or M3 members, or even our esteemed LMSA faculty members. Whether you seek guidance on navigating medical school as a Latino student or need general advice, this column is here to support you. Simply fill out the provided Google form with your question, and look forward to seeing the answers in the next newsletter. We hope this initiative fosters a supportive community and enhances your medical school journey.

[SUBMIT YOUR QUESTION](#)

Communication

- We would like to remind you all about our **USF LMSA Website**. This is where you can find more information about our events and access our resources. Within this website, you will also find a shared Box (**linked here**), where you can directly access all flyers, forms, sign-ups, etc.
- To stay informed about LMSA activities and events, we encourage you to join our email groups.
- If you are interested in learning more about LMSA, please join the email group that applies to you – either the faculty or student group (also found in the last page of this newsletter). These email groups will be utilized for calendar invitations and mass communication.
 - **Faculty email group**
 - **Student email group**



Additionally, for our student members, we will be using GroupMe for reminders and smaller updates.

[Join here](#)

Link to join the GroupMe can also be found in the last page of this newsletter.

🌟 Upcoming Events! 🌟



- **LMSA Game Night**
Our first meeting of the year will be held on September 9th at 6 pm in MDD 330.
All students are welcome regardless of year--we are excited to start our year off strong!
- **Student Organization Tabling Fair**
Come on out to support LMSA at the Student Organization Fair on September 10th from 5-7 PM at MDD Auditorium.
- **LMSA Nationals – September 5-7th**
The LMSA National Conference is the premier annual event for LMSA members uniting medical and pre-medical students, residents, and professionals to advance Latinx health equity, leadership, and community through workshops, mentorship, and advocacy programming. More information about the event can be found below. If interested in attending, email **lilycruz@usf.edu** for more details.

Updates from LMSA Nationals

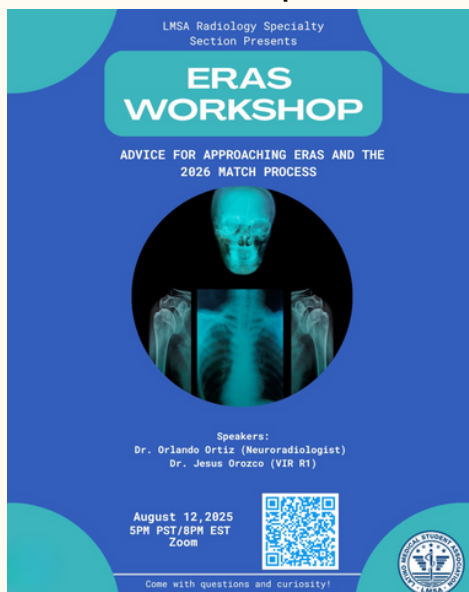
LMSA National Conference

- The national conference is a gathering of over 1,000 Hispanic and/or Latina/o/x medical and pre-medical students, resident and faculty physicians, organizational leaders, allies, and more. Now in its 20th year, the annual LMSA National Conference aims to bring everyone together to discuss how to best meet the needs of the diverse communities we serve. This event serves as a forum to discuss key topics in healthcare, from health inequities and language barriers to leadership development and healthcare policy. In addition, the Conference helps support trainees with workshops covering strategies for success in medical school and beyond. The theme of LMSA NC2025, **"Camino al Cambio: Celebrating Identity and Shaping the Future"** celebrates our resilience and ever-expanding presence. We share a unique strength in our Latine identity—an understanding rooted in resilience and culture that is essential for the care of our communities



[FIND OUT MORE](#)

LMSA ERAS Workshops



[Register Here](#)

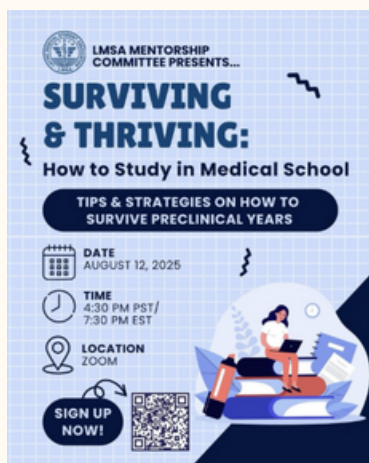


[Register Here](#)

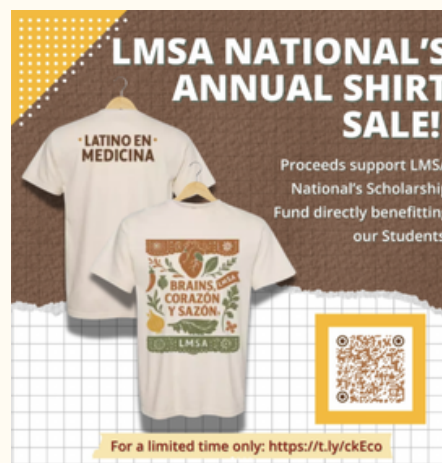


[Register Here](#)

LMSA National Support



LMSA Mentorship Committee discussed study techniques, study resources, and personal student experiences on surviving and thriving in medical school. Make sure to RSVP to crush your preclinical years!



LMSA's Annual Shirt Sale is HERE! Show off your brains, corazón, y sazón with these limited edition LMSA tees. All proceeds go to scholarships supporting future Latino healthcare leaders. Order by August 17th!



Easy "Recetas"

This LMSA recipe book has "edit" access, so feel free to add a recipe that is near and dear to your heart!

[CLICK FOR FULL RECIPES](#)



Volunteering

At LMSA we are all about giving back! Click below to find the latest opportunities.

[FIND OUT MORE](#)



Upcoming Events

Game Night:
September 9th at 6 PM MDD 330

[COMING SOON](#)

Contact Our E-Board

President | Lily Cruz
lilycruz@usf.edu

Vice President | Isaias Martinez
isaiasl@usf.edu

Treasurer | Gabriela Sanchez
gabrielasanchez@usf.edu

PR Chair | Adriana Baez
atbaez@usf.edu

Mentorship Chair | Tyler Saavedra
tsaavedra@usf.edu

Faculty Advisor | Dr. Javier Cuevas
jcuevas@usf.edu

Donations & Contributions

[DONATION INFORMATION](#)

Join Our "Grupito"

Click the links below to join LMSA at the University of South Florida Morsani College of Medicine. We are so excited for you to join us!

STUDENTS

[BULLSCONNECT SIGN UP](#)

[STUDENT EMAIL GROUP](#)

[JOIN OUR GROUPME](#)

FACULTY

OUTLOOK IS OUR MAIN FORM
OF COMMUNICATION AND
INVITATION SOURCE

[FACULTY EMAIL GROUP](#)