

WELCOME TO OUR

Monthly Newsletter

Bienvenidos!

LMSA Faculty Spotlight

MEET DR. ALEXANDRA RINCONES



Alexandra Rincones is a first-generation physician and 3rd year post-graduate resident in neurology and an aspiring adult neurologist with a focus in neuroimmunology. Dr. Rincones has special interests in health equity, medical education, women's health, and clinical research. Dr. Rincones completed her undergraduate degree in Chemical Sciences and Psychology at The Florida State University. It was there that she expanded her admiration for neuroscience and worked on research projects related to improving the caregiver burden in Alzheimer's disease and topics in cognitive psychology including visual search, attention capture, eye movement control, cognitive aging, and technology enhancement for elderly persons and driver safety. She was a teaching assistant for the physiological psychology lab and led student discussions on the anatomy and functions of the brain. During her medical school training at San Juan Bautista School of Medicine in Puerto Rico, she held several leadership roles, such as the president of the Student Interest Group in Neurology, Class Liaison, Autoimmune Interest Group Class Representative, Medical Imaging Course Coordinator and American Medical Women's Association (AMWA) Newsletter Editor-In-Chief. She also pertained to many associations, including LMSA. Dr. Rincones occupied her time volunteering in low-income clinics and spent some nights distributing food and sanitary supplies to destitute populations in the community. Continuing her passion for medical education, she tutored her fellow medical students in pathophysiology and neuroscience topics.

Dr. Rincones was an author on two manuscripts during her medical school training: one that updated the prevalence of Systemic Lupus Erythematosus and coexisting autoimmune disease in Puerto Rico in the context of Hurricane Maria and the COVID pandemic; the other shed light on the importance of understanding the language preference and acculturation level in the provision of healthcare for Hispanic veterans with traumatic brain injury (TBI).

During her medical training, she won three awards from a local and a national level: The Medical Student Diversity Scholarship by the American Academy of Neurology (AAN), Exceptional Achievement Award by the Veteran Affairs, as well as the Best Poster Award by the AMWA. As a resident in neurology at the University of South Florida, she has continued to teach her peers, focus on underrepresented communities, and disseminate novel information and educate society. Dr. Rincones serves as a mentor for medical students and junior residents. She is thriving in a city full of diversity and loves to manage and treat Hispanic patients as well as utilize her bilingual abilities to connect with them.

Currently, she is in the process of publishing her manuscript where she is the first author on original research regarding the wearing off phenomenon in patients with Multiple Sclerosis on ocrelizumab treatment. Her advice for medical students would be, "Remember where you come from but live in the present and let it guide you in this journey. Know your worth and do not let ANYBODY devalue you or make you feel less than. Seek mentorship from and surround yourself with like-minded people who share your values. Be grateful for what you have and acknowledge the importance of advocating for marginalized groups".

Ask a LMSA Student or Faculty Member

This 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. Simply fill out the provided Google form with your question, and look forward to seeing the answers in the next newsletter.

This Week's Question:

How can we battle imposter syndrome as Latinos in Medicine?

[THIS WEEK'S ANSWER](#)

[SUBMIT YOUR QUESTION](#)

Faculty Mentors

Find out more about the faculty supporting LMSA @ MCOM. On our Teams page, students can refer to our current list of Latino faculty to contact for support in the areas of shadowing, research, and career advising. We are always looking to add to this growing 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 faculty mentor list, please email their name and email to elianaburgos@usf.edu.

[FIND OUT MORE](#)

Past Events!

October was filled with fantastic events! Thank you for your participation and support in making them a success. Below, you'll find photos from our LMSA+ event with our resident panel, and the women's night at the Judeo-Christian Clinic, where we helped provide Spanish translators.



HORNS FOR HEALING



JUDEO-CHRISTIAN CLINIC NIGHT

Upcoming Events



LMSA Faculty/Resident Q&A and Dinner

- LMSA is excited to host a dinner followed by a Q&A panel featuring faculty and residents on November 20th from 6-7 PM at the downtown medical school building (560 Channelside Dr, Tampa, FL 33602). It will be in MDD Room 240 (Auditorium on 2nd Floor).
- This panel will offer medical students a unique opportunity to gain valuable insights into the experiences and journeys of Latino physicians. Students can submit their questions in advance and will also have the chance to ask them in person during the event. Dinner will be provided.
- We are seeking faculty and resident volunteers to participate in the panel. If you are interested in joining us and sharing your expertise with LMSA's medical students, please email elianaburgos@usf.edu.



USF LINGUALINK ELL Tutoring and Mentoring program

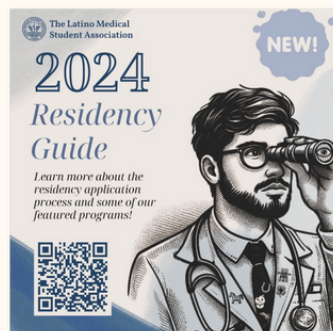
- USF MCOM LMSA and Marshall Middle Magnet IB World School are partnering to create an ELL Tutoring and Mentoring Program starting in January 2025. We need your help!
- We are seeking dedicated volunteers to support our middle school ELL (English Language Learner) students as they navigate their educational journey and transition to life in the U.S. By mentoring and tutoring in English Language Arts, you can make a meaningful impact in their lives, helping them build language skills and confidence. Your support will not only enhance their academic success but also ease their transition into a new culture. If you have a passion for teaching and a desire to empower the next generation, we would love to have you on our team. Together, we can create a welcoming environment where every student can thrive!
- This would be a monthly or bi-monthly commitment (once every other month). We would have a virtual onboarding training over winter break as well to ensure you are well-equipped for this volunteer opportunity. Please share with any other Spanish speakers you know who would be interested in volunteering!
- If you are interested, please sign up using this [link](#)

Updates from LMSA Nationals

LMSA NATIONAL UPDATES



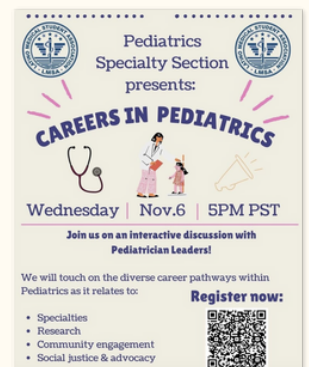
LMSA Mock interviews with NHMA faculty



LMSA has created a residency guide for this year! Check out the image below for more details.



Join LMSA Nationals Mentorship Discord



LMSA's Pediatrics Specialty Section presents an interactive discussion on "Careers in Pediatrics"

LMSA SOUTHEAST UPDATES

LMSA Regional Conference

- LMSA's Southeast Regional Conference is taking place on March 14-16 at Duke University in North Carolina. We would love for medical students and faculty to join us at this conference and represent USF!
 - More information about this will be provided very soon. Our USF MCOM LMSA chapter will be actively inviting students to join us in registering to attend and potentially present research. Travel grant funding will be looked into during that time as well, and there will be meeting to orient those interested in attending.

LMSA Regional Conference Research Symposium 2025

- Submit your abstract for the conference's poster presentation! The Research Symposium will take place on Saturday, March 15th from 3:45pm - 5:15pm EST. The deadline to submit applications is Sunday, Jan 5th.
 - Submission form: <https://forms.gle/szCvYNMZ6WEjSNJJ6>

LMSA Southeast Instagram @lmsa_southeast



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

Coming Soon: LMSA Faculty/Resident Q&A and Dinner November 20th from 6-7 PM at MDD

[NEW EVENTS](#)

Contact Our E-Board

President: Eliana Burgos

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Treasurer: Maysie Calzon

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Faculty Advisor: Dr. Javier Cuevas

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Vice President: Esaan Azizi

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PR Chair: Jeremias Munoz

jeremias@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!

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FACULTY

WITH THE TRANSITION AWAY FROM TEAMS, OUTLOOK WILL SERVE AS THE PRIMARY COMMUNICATION AND INVITATION SOURCE

[FACULTY EMAIL GROUP](#)