



H&P

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FIELD REPORTS

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LETTER FROM THE EDITORS

Dear Readers,

Thank you for taking the time to read the latest issue of H&P. This edition of our journal is entitled "Field Reports," to highlight the public and community health endeavors undertaken by medical students. We extend a warm welcome to the medical school's class of 2011, many of whom have joined H&P as writers and editors. We are also excited to introduce Laura Potter, a Stanford undergraduate and experienced graphic designer, as the new leader of our layout department. They have all made vital contributions to this autumn issue, and demonstrate the diverse talents of Stanford Medical School students.

Our featured authors have ventured beyond Stanford's classrooms and clinics in order to understand the lived realities of disease, health and medical practice. Their narratives chronicle the challenges that physicians face in diverse settings, but also illuminate how diverse thinking yields creative solutions to those challenges. Amrapali Maitra (SMS II) narrates her studies of violence against women in Bangladesh, providing insight into the complex nature of a shockingly prevalent phenomenon. Katie Miller (SMS III) recalls her experience studying the health of an isolated population in rural Utah. Katie's poignant reflections highlight the vital need to gain communities' trust in order to study community health.

David Carreon (SMS III) recalls a powerful experience collaborating with a religious community to confront global health problems. His reflections on this oft-overlooked demographic are particularly relevant to challenges facing medical outreach efforts. Harry Flaster (SMS III) concludes the Features section with the moving story of a United States Marine injured in Afghanistan. Harry's article is the first in a two-part series exploring advances in military medicine and the road to recovery for injured soldiers. For the traditional Leaders in Medicine conversation with a Stanford faculty member, Louise Wang (SMS I) interviews Dr. Paul Auerbach, a leader in the field of wilderness medicine. Dr. Auerbach's

experiences provide fascinating insights into medical practice in the field and medicine's synergy with other disciplines.

Medicine also requires us to comprehend the underlying pathophysiology and subsequent treatment of disease. To this end, Natalia Fijalkowski, Shushmita Ahmed, and Michael Kallile (SMS III) revive an H&P tradition: the clinical case report. They present a fascinating case that underlines fundamental principles of pharmacology and the importance of a thorough history and physical examination.

Physicians strive to treat patients as individuals and not just statistics, and understanding this distinction has become a cornerstone of medical education. Matthew Goldstein (SMS VII) recounts the story of an ICU patient who powerfully reminds us of this principle. Aarti Sharma (SMS II) introduces Dr. Richard Kogan, a physician and concert pianist whose career exemplifies the connection between medicine and the humanities, in the service of treating patients as whole human beings.

The medical and psychosocial complexities of sex and gender require us to maintain sensitivity to patients' definitions of their identities. In the narrative "Jared," Jessi Humphreys (SMS II) recalls her encounter with a transgender patient, providing an in-depth recount of the challenges of caring for these individuals. Mihir Gupta (SMS II) interviews Katrina Karkazis, PhD (a medical and cultural anthropologist at the Stanford Center for Biomedical Ethics), who discusses insights from her recent book on caring for patients with congenital disorders of sexual development.

We hope you enjoy this issue of H&P.

Sincerely,
MIHIR GUPTA AND AARTI SHARMA



Above: Writing my daily notes on an infant with post-infectious hydrocephalus at the CURE Children's Hospital of Uganda. The patient is awaiting endoscopic third ventriculostomy surgery to allow movement of CSF from the blocked ventricles in the brain. -Aria Jafari



Above: In the winter of 2010 I returned to Colombia after 11 years. During this trip, I visited Guane, a small town in the area of Santander. My grandparents grew up in this town and had half of their 12 children in a small house that still stands today. I asked around to see if anyone remembered my grandparents and wound up in the *ancianato*, a old people's home right in the center of town. The man on the left remembered my grandparents and he told me stories about my grandfather. My grandfather has Alzheimer's, but when I showed him this picture and told him who the man was, he told me his version of the same stories. It was fascinating. -Johana Oviedo



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