

Association of Native American Medical Students (ANAMS)



Background

Founded in 1975, the Association of Native American Medical Students (ANAMS) is a student organization representing Native American graduate health professions students throughout the US and Canada. ANAMS is comprised of Native American students enrolled in medical school or in the allied health professions of Dentistry, Veterinary, Optometry, Podiatry, and Pharmacy. Presently, the membership consists of approximately 50 students.

The goals of ANAMS include providing support and a resource network for all Native Americans currently enrolled in various allied health professions schools. ANAMS strives to increase the number of Native American students in medicine and other health professions. Exposure and recognition on a national level throughout the medical community is what we continue to promote.

Our organization is primarily supported by the Association of American Indian Physicians (AAIP). On our pathway into the health professions we hope to provide Native students a resource network.



Donovan Williams
President for
2009-2010



Bijiibaa' Garrison
President-elect for
2010-2011

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Affiliate Associations:

- Association of American Indian Physicians (AAIP)
- Native Health Initiative (NHI)
- AAMC
- Marshall Foundation
- Indian Health Service (IHS) representatives

November: Native American Heritage Month

At the turn of the century efforts were made by Dr. Arthur C. Parker, a Seneca Indian, who convinced the Boy Scouts of America to set aside a day for the "First Americans." For three years, this one day was adopted by the Boys Scouts. Slowly states within the U.S. declared specific days to honor Native Americans and some states have designated Columbus Day as Native American Day. It was not until 1990 that President George Bush approved a joint resolution declaring November 1990 as "National American Indian Heritage Month." Since 1994, each year the President of the United States has proclaimed November as National Native American Heritage Month.

During the month of November many federal, tribal, state, and local entities celebrate the cultural richness, uniqueness, languages, history, art, and traditions of Native Americans across the U.S. You can celebrate November by reflecting on your own culture, experiences, struggles, triumphs, and honors. You may also share and educate individuals unfamiliar with the uniqueness of Native Americans, after all... as we begin our careers as Native American health professionals, our opinions, views, and expertise will be consulted and valued simply because we are Native American.

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ANAMS Business Meeting Highlights

From Meeting Date: October 13, 2009

I. New Members

- * Gabriela Maya Bernadett; Mount Sinai School of Medicine
 - * Shaun Deese; Brody School of Medicine; 2012
 - * Tasia Halady; University of Minnesota Duluth; 2012
 - * Coridon Quenn; University of Minnesota Duluth; 2012
- Welcome to the newest members of ANAMS!!*

II. ANAMS website

ANAMS is working with IROOTS Media to revamp our website to increase visibility, communication, and recruitment among our members, potential members, pre-med students, and others interested in ANAMS.

III. Wiggio.com

- Donovan has created a general ANAMS member group on wiggio.com as “ANAMS members”
- * Documents that apply to the group are on the site and additional document will be added periodically.

IV. AAMC collaborations

- * Focus group campaign (expansion of AspiringDocs) to create profiles and pod casts from current Native American medical students for premedical students to increase the number of Native Americans in the health professions.
- * Sponsorship to affiliate AAMC Conferences—up to \$500 to support ANAMS members attending medical conferences.
- * Organization of Student Representatives (OSR) - Each medical school has a designated OSR that ANAMS members can get in touch with to learn of opportunities offered by AAMC.
<http://www.aamc.org/members/osr/start.htm>

V. Fundraising

Fundraising is an ongoing project for ANAMS to support ANAMS activities, events, travel, and the 4th year scholarship. Donations to ANAMS will be sought and encouraged from ANAMS alumni, AAIP supporters, private funders, and other interested parties. Donations will also be available through the new ANAMS website. To get involved in fundraising efforts, contact Bijiibaa' (bijiibaa_garrison@hms.harvard.edu).

VI. Scholarships

Marshall Scholarship (due November 6, 2009)—The Virginia Leflore Marshall Foundation is offering scholarships to ANAMS members and residents previously involved in ANAMS. Submit an updated CV/resume and a “Thank You” letter to the Marshall Foundation Fund by 5pm central time on November 6, 2009 to Lucinda Myers at lmyers@aaip.org

4th Year Scholarship—The 4th Year Scholarship up to \$1000 is available for current 4th year ANAMS members applying to residency. Contact Donovan for more details (donovanw@email.arizona.edu)

VII. Mentorship program

There are currently 10 matched mentors but matches are coordinated on an on-going basis for interested medical students and physician mentors. Benefits may include insight for the residency application process & residency location, letters of recommendation, career advice, etc.

VIII. ANAMS invite to IHS Scholarship Recipients

Donovan drafted a letter inviting Indian Health Service Scholarship Recipients in the health professions to introduce ANAMS and encourage students to join ANAMS. This letter will be sent to potential ANAMS members with the support of Dr. Phil Smith

IX. IHS Directory for elective clinical rotations

ANAMS is compiling a list of IHS facilities who offer elective clinical rotations for medical students. If you have done a rotation at an IHS site, please send the site name and contact information to the ANAMS board. Many IHS sites have specific criteria and specific due dates for applying to do a clinical rotation.



ANAMS Demographics

University of Manitoba	2
Mount Sinai School of Medicine	2
Weil Cornell Medical College	1
Columbia University P&S	1
Albany Medical College	1
Harvard Medical School	1
UMN School of Medicine – Duluth	7
UMN – Twin cities	4
Wayne State School of Medicine	1
IU School of Medicine	1
NOVA Southeastern University	2
Vanderbilt School of Medicine	1
Oklahoma State College of Osteopathic Medicine	1
Oklahoma University College of Medicine	1
East Central University	1
UNM School of Medicine	1
Univ of Arizona COM	3
A.T. Still Univ SOMA	1
Kirksville College of Osteopathic	1
UT Health Science Center	1
UT Houston	1
Baylor College of Medicine	1
USC Keck School of Medicine	4
Stanford Medical School	1
UC Berkeley – UCSF Joint Med	1
University of California San Francisco	1
University of Washington	2
Brody School of Medicine	1



49 Members
 ◆ 46 Medical
 ◆ 3 Allied Health
 Female: 59%
 Male: 41%

Alutiiq	Mandan/Hidatsa/Arikara
Bay Mills Indian	Metis
Blackfeet	Navajo
Cherokee	Olhone
Choctaw	Oneida
Choctaw-MOWA Band	Osage
Chumash	Pokagon Band of Potawatomi
Couchiching First Nation	Potawatomi
Creek	Saint Regis Mohawk
Dawamish	Seneca
Haida	Siksika
Inupiaq	Sioux
Kahnawake Mohawk	Tlingit
Klamath	Tohono O’odham
Lac Band of Lake Superior Chippewa	White Earth Chippewa
Lakota Blackfeet Sioux	Winnebago
Leech Lake Band of Ojibwe	Yupik
Lumbee	

Meet ANAMS Treasurer: Ben Shanker

Meet Ben Shanker, ANAMS Treasurer and 3rd year medical student at Mount Sinai School of Medicine in New York City. Ben grew up in Northern California, away from the Cherokee Nation but he was very much aware that disparities existed between his tribe, Cherokee, and non-Native American populations. Reading the Cherokee newspaper provided insight that cardiovascular diseases disproportionately affect Native Americans, which sparked his curiosity to learn more about Native American health. While at Pomona College, Ben studied and received his B.S. degree in neuroscience in 2006. Following his graduation, Ben interned with the Native American Cardiology Program at the Flagstaff Medical Center in Flagstaff, Arizona and the Tuba City Regional Health Care Corporation in Tuba City, AZ. His work focused on medical chart reviews to en-

sure that patients experiencing cardiac chest pain were treated in accordance with the American Heart Association’s “Get with the Guidelines” program of receiving an ACE inhibitor, aspirin, statin, and beta-blocker. Although the chart reviews demonstrated that many patients were not adequately treated based on the guidelines, this provided the opportunity to address changes through health policy at the local hospital level. These experiences have influenced Ben’s decision to continue to address health disparities among Native Americans when he completes his medical training. Ben’s highlight of medical school so far is being a member of the health care team treating patients as opposed to the pre-clinical, book and lecture intensive years. He stays balanced through exercise and spending time with friends. As part of the ANAMS board, Ben hopes to reach out and

raise awareness on health issues through workshops, work with ANAMS members on projects to decrease health disparities, and encourage aspiring pre-medical students to continue working towards their goal of attending medical school. His words of advice to pre-med students: Don’t be intimidated. If you want to go to medical school, you’ll find a way... keep going!



Indian Health Care Improvement Act

U.S. Senator Byron Dorgan (D-North Dakota), Chairman of the Senate Committee on Indian Affairs introduced legislation in October 2009 to improve health care for American Indians and Alaska Natives within the U.S. The Indian Health Care Improvement Reauthorization and Extension Act of 2009 will update and increase funding for Indian health care programs – a long overdue bill that will modernize health care for this country's First Americans. The Act has fifteen bipartisan co-sponsors from senators whose constituency includes American Indians and Alaska Natives plagued with diabetes, alcoholism, suicide, tuberculosis, and other chronic diseases. It is the responsibility of the U.S. federal government to provide health services to American Indians and Alaska Natives to uphold treaty obligations.

Highlights of the bill include the following:

- Establishes objectives for addressing health disparities of AI/AN
- Permanently re-authorize all current Indian health care programs.
- Enhances the ability of Indian Health Service (IHS) and tribal health programs to recruit and retain health care professionals to improve access to health care for American Indians and Alaska Natives
- Authorize long-term care, including home health care, assisted living, and community based care.
- Establish mental and behavioral health programs beyond alcohol and substance abuse (fetal alcohol spectrum disorders, child sexual abuse and domestic violence prevention programs).
- Require that the IHS budget account for medical inflation rates and population growth, in order to combat the dramatic underfunding of the Indian health system.

* The House of Representatives has introduced the House version of the bill – House Health Care Reform Bill, H.R. 3962 – on October 29, 2009, which contains the Indian Health Care Improvement Act*

You can help support the reauthorization of the Indian Health Care Improvement Reauthorization and Extension Act by contacting and encouraging your state senators and representatives to vote **“Yes” to S.1790 or H.R. 3962** to improve the health care of American Indians and Alaska Natives.

Upcoming Conferences

- ◆ Association of American Medical Colleges (AAMC) Annual Meeting
November 6-11, 2009
Hynes Convention Center, Boston, MA
*For more information, contact Joseph Marquis (jmarquis@gmail.com) and/or look for the ANAMS booth.
- ◆ Minority Student Medical Career Awareness Workshop and Recruitment Fair
November 7, 2009
Hynes Convention Center, Boston, MA
*For more information, contact Joseph Marquis (jmarquis@gmail.com) and/or look for the ANAMS booth.
- ◆ American Public Health Association Annual Meeting & Exposition
November 7-11, 2009
Philadelphia, PA
- ◆ Institute for Healthcare Improvement: 21st Annual National Forum on Quality Improvement in Health
December 6-9, 2009
Orlando, FL
*For more information, contact Bijiibaa' (bijiibaa_garrison@hms.harvard.edu) or Donovan (donovanw@email.arizona.edu)

Request for Native American health related articles

If you are aware of Native American health related issues or interesting ANAMS events in your area and would like to contribute to the quarterly newsletter, we would appreciate your words. We are looking for your 250-500 word short articles.

Please send your written piece to Bijiibaa' (bijiibaa_garrison@hms.harvard.edu) or Donovan (donovanw@email.arizona.edu).

General Contacts

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Website:

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Executive ANAMS Board 2009-2010:

President

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President-Elect

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Secretary

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Membership-Coordinator, recent past president

Naomi Young, MSIV

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Member-at-large

Joseph Marquis, MSIV

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*Susan LaFlesche-Picotte, MD, Omaha Tribe
(National Anthropological Archives, Smithsonian
Institution)*

As the U.S. honors Native American Heritage Month, we honor Dr. LaFlesche-Picotte, the first Native American female physician. After only 2 years in a 3 year medical program, Dr. LaFlesche-Picotte graduated at the top of her class from the Women's Medical College of Pennsylvania in 1889.

Reminders

Marshall Scholarship

The Marshall Foundation offers a \$500 scholarship through AAIP. Members do have to apply for the scholarship in order to receive the scholarship. Lucinda Myers (lmeyers@aaip.org) or Donovan Williams (donovanw@email.arizona.edu) will be the person to contact if you have questions. The deadline is on *November 6th*.

4th Year Medical Students

If you are currently a 4th year medical student applying to residency, contact Donovan Williams (donovanw@email.arizona.edu) for information about the scholarship.



AAIP.org