



**DALHOUSIE**  
UNIVERSITY

FACULTY OF MEDICINE

# INFORMED NEWSLETTER

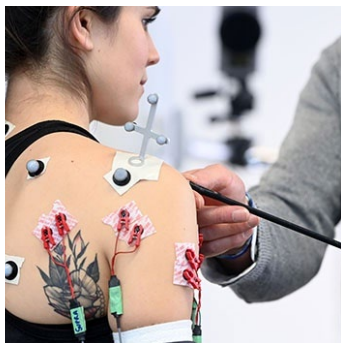




# November & December News

As we embrace the festive spirit of the upcoming holiday season, we are delighted to bring you the latest edition of our monthly **INFORMED** newsletter, dedicated to keeping you abreast of the groundbreaking medical research stories emerging from Dalhousie University's Faculty of Medicine.

Across our campus, where curiosity and innovation converge, exciting developments in medical research are taking place, propelling us towards a healthier and brighter future. Join us on a journey through the bustling labs, clinical settings, and research offices, where dedicated researchers are unravelling mysteries, making breakthroughs, and paving the way for transformative advancements in healthcare. As we wrap up the year, let the stories within these pages illuminate the passion and progress that define the medical research community here at Dal. Wishing you a joyful and healthy holiday season!



## **Dalhousie bucks national trend by rising again in top 50 research universities list**

Dalhousie rose a spot to 15th overall in the Research Infosource list of [Canada's Top 50 Research Universities 2023](#) thanks to a nearly 4 per cent increase in the university's research income (FY2021-FY2022).



## **New award encourages medical students to choose family medicine**

A \$1.2 million gift from the Walker Wood Foundation will create a significant new award for Dalhousie medical students who pursue a residency in rural family medicine.



## **Hard work, big results: Legacy Awards shine light on individual and collective achievements at Dal**

The Legacy Awards event, first launched in 2018 during Dal's bicentennial year, provides a chance for members of the Dal community to come together to celebrate the dozens of individuals and groups who've won university-based awards for their achievements over the past year.



# News & Updates

More exciting updates from Dalhousie's Faculty of Medicine are below. To learn more or donate, visit our [website](#).



## Simulation-based education: training the highly skilled healthcare leaders of tomorrow

When it comes to medical education, you may have heard the adage, "see one, do one, teach one," referring to a physician watching a particular procedure once before performing it themselves. While there's something to be said for learning by doing, this old way of training healthcare professionals simply doesn't prepare future physicians for the high standard of care expected in today's healthcare system.

SBE is an essential training approach that allows learners to immerse themselves in a simulated clinical scenario that looks and feels real, making it more likely they will be able to fully engage in the life-like learning activity and experience the feelings of pressure and urgency they will encounter when in an actual healthcare setting.

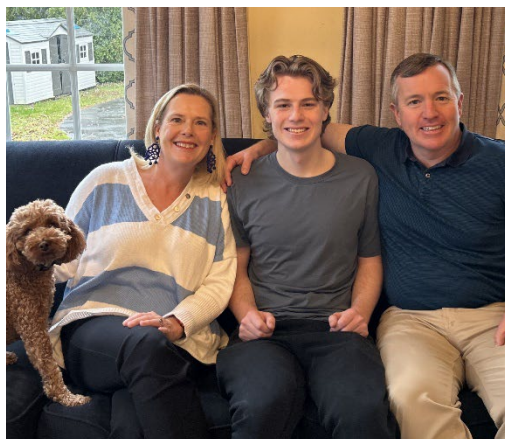
## 2023 Molly Appeal: Double your impact!

Drs. Mark Johnston and Ann Swain have the best reason in the world to be giving back to Dalhousie University's Faculty of Medicine: medical research saved their son Ewan's life.

Mark and Ann will be **matching every donation made to this Molly Appeal up to \$50,000**. Your gift today will double the impact to medical research at Dalhousie's Faculty of Medicine.

Mark and Ann hope their family's gift will encourage others to donate, so that together their efforts can change and save more lives.

Stand with Ewan's family by supporting Medical Research at the Faculty of Medicine.





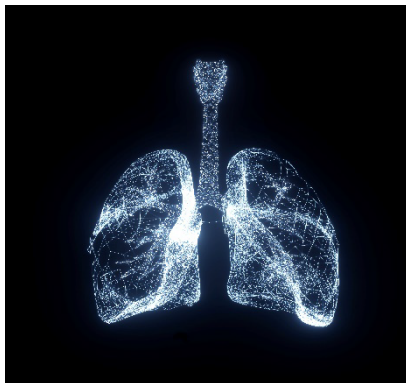
## **New project launches to improve the health of Pictou County residents**

Pictou County residents who want to improve their health and well-being will soon be able to enroll in an innovative, interactive online program two Dalhousie University professors are launching.



## **Supporting medical research: molly luncheon brings donors, researchers, and medical trainees together**

Medical research trainees and the importance of supporting their work and education was the focus of this year's Molly Appeal Donor Appreciation Luncheon, held in person for the first time since the start of the global pandemic.



## **People who smoke both cigarettes and marijuana 12 times more likely to develop harmful lung condition, study shows**

People who smoke both marijuana and cigarettes are 12 times more likely than non-smokers to have emphysema, according to preliminary research presented in late November by a Dalhousie University physician at the annual meeting of the Radiological Society of North America in Chicago.



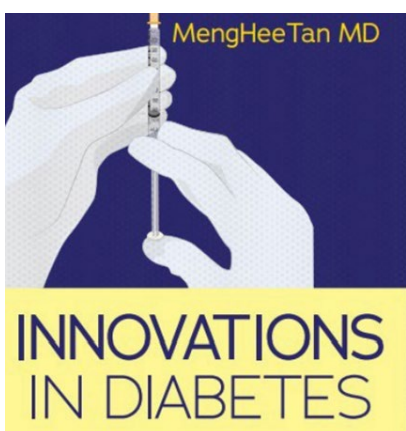
## **New Dal-based Killam Award opens (lab) door for tumour researcher**

A Dal doctoral student studying how the human body's molecular biology can provide insights into disease development is one of the inaugural recipients of a new Dal-based award that provides global research opportunities to scholars at institutions abroad.



## **Become a well-informed health consumer: Mini Medical School returns for 18<sup>th</sup> season**

Beginning January 24 weekly until March 13, Mini Medical School will offer virtual, complimentary, up-to-date, and evidence-based 8 sessions from clinical experts at Dalhousie Faculty of Medicine. Join over 1000 attendees across North America and beyond.



## **Author of new diabetes book hopes to demystify disease and improve care**

Dr. MengHee Tan has one central message for people living with diabetes mellitus: The future is brighter. “So many advances in diabetes care have been made, especially during the past 50 years,” he says.



## **From outbreak to outstanding: CIHR awards Dal researcher for work in metabolic interventions to prevent neonatal sepsis**

Each year, nearly three million newborns are diagnosed with sepsis, a severe response to infection in the bloodstream. Nineteen per cent of those babies never recover.



## **Diana’s golden ticket: Dal’s newest Rhodes Scholar is Oxford-bound on a life-changing opportunity**

A Rhodes Scholarship is one of the most prestigious academic awards in the world. Eleven recipients are chosen from across Canada each year, joining a global contingent of more than 100 scholars annually who receive full funding to cover travel, study, and expenses for postgraduate studies at Oxford University in the United Kingdom.



## A Dal alum's path to med school

*After being the first in her family to graduate high school and attend university, Kaylin Dean's path to medical school was anything but straightforward. Now she's giving it her all, with the support of her family and the generosity of donors propelling her forward.*

**Kaylin Dean (BA'19)** may have taken a winding path to medical school, but now she's where she was always meant to be. A first-generation university student, and descendent of the Acadia First Nation, Kaylin scored well on the Medical College Admissions Test (MCAT) on the first try—a rare achievement—and began Dalhousie Medical School at age 30.

A Dalhousie alum, Kaylin graduated with her first degree in performing arts in 2019. She spent years working in customer service and hospitality jobs before considering medical school.

Growing up, becoming a physician wasn't part of the dialogue in Kaylin's house. Being the first in her family to graduate from high school and attend university was already a point of pride for her loved ones. Graduate school just wasn't on the horizon. After a lot of research and even more conversations, though, the narrative in Kaylin's head changed from, "Could I be a doctor?" to, "I'm supposed to be a doctor'."

### More than Money

Kaylin's family is wildly proud and supportive of her journey to attend Dalhousie Medical School. Without having had experience with the post-secondary system, however, she's had to figure out how to get student funding on her own.

We all know life is getting more and more expensive, and every time I buy something I can't help but add it to the debt running in my head," says Kaylin.

receiving student funding has meant more than just vital financial support.

"That funding helps to feed me, house me, and gets me that coffee when I'm working a night shift in the emergency department. But more than that, it's knowing someone believes in me, that I am supported, and that I belong," she says.

Student funding has relieved some of the emotional stress for Kaylin, who hopes to practice family medicine in Yarmouth, the central hub of her Indigenous ancestry.

### A Barrier to Success

The health care system in Nova Scotia—like regions around the world—is fraught with challenges, including a shortage of qualified providers, long waitlists for services, and an under-representation of equity-deserving groups in health care. Financial barriers to completing a medical degree are one factor contributing to all these issues.

The average medical school graduate amasses more than \$160,000 in debt throughout the course of their studies. That debt affects graduates' decisions concerning what and where they practice.

With the help of Dalhousie's generous donors, the Faculty of Medicine is committed to supporting medical students, with a focus on those from underrepresented groups and people wanting to practice in rural areas of the Maritimes.

"The study of medicine is daunting, and a large contributor of that is the financial burden," says Kaylin. "Costs of living are rising, and it becomes a challenge not to worry about the debt waiting on the other side of the Hippocratic Oath when our focus must be on our training. Scholarships and bursaries are an incredible weight off our shoulders."

Passionate about education and helping others, Kaylin says she's dedicated to making donors proud and committed to giving back to her community, just like those who give to support students.

"I'm giving it my all. They bet on the right horse."