From one of the first days of orientation last semester, Dr. Grunwald, Dean of JGSBS and Director of the P4 Program, had encouraged our small cohort to begin the process of establishing our own society on campus. Shortly thereafter, we began the process of forming the Post-Baccalaureate Society. Over the course of the fall semester, Friday mornings were thus spent hashing out the details about how the society was to be operated, the mission and goals, as well as leadership. With the help of our co-program directors, Dr. Dolores Shupp-Byrne and Dr. Dennis Gross, we developed a list of officers and a written set of by-laws to submit to the Activities Office. And just like that, we were official! The newest on-campus organization, the Post-Baccalaureate Society, was born.

For many of us, establishing a society and writing bylaws was a new experience and it was fantastic to see our organization develop from a simple idea to planning information sessions and applying for funding. The Post-Baccalaureate Society gives our small cohort a degree of exposure on campus where faculty and students have a chance to recognize our program at Jefferson. Our first coordinated activity as a society was at the end of the fall semester where we partnered with Refugee Health Partners, an on-campus organization involved in refugee assistance and healthcare in Philadelphia, to sponsor a book drive for children. Our most recent event was an afternoon spent with Mercy Hospice, a homeless women's shelter here in Philadelphia. In order to make their common room a little more welcoming, the day was spent painting the walls and adding some new furniture to the room. With summer looming, we are planning a few different community service events around Philadelphia that we can sponsor while we are free from studies for a few months. With two new Post-Baccalaureate classes matriculating this May and September, we will be busy planning a few information sessions!

The Society is open to interested students in the Jefferson community and our mission is to provide an academic forum about careers in healthcare, specifically medicine of course, while providing philanthropic services throughout Philadelphia. We sought to establish a means by which the post-baccalaureate students here on campus would be able to provide a direct level of community service here in Philadelphia and the Post-Baccalaureate Society has accomplished that. With two new cohorts entering in the fall, next year is shaping up to be busy for the Post-Baccalaureate Society and we should have plenty of help!
Many of the post baccalaureate students have taken advantage of one of the best opportunities offered for healthcare students here at Jefferson—an organization called JeffHope. JeffHope is a free clinic which is student run and organized. Based at different sites all around Philadelphia, the program not only seeks to give students access to real-life medically-relevant experiences but also makes a big difference for people in the city who do not have easy or affordable access to healthcare. Almost every day of the week, a group of volunteers go out to these designated sites to offer the free clinic to anyone who seeks help. No one is turned away. The volunteers are paired so that each post-baccalaureate or lower-year medical student is partnered with an upper-year to see a patient. Every patient receives individualized care in a private setting. Students are trained to take a thorough medical history as well as how to address the concern which brought the patient in on that particular day. Upper-years show the lower-year students how to take blood pressure and pulse, as well as how to listen to the patient's heart and lungs. At the end of the session, the student-pair presents the case to the attending or resident who is in attendance at each site. At the end the students and the MD on staff collaborate on their best plan of action for the patient, doing the best they can to address their concerns. If a prescription needs to be called in or a patient needs to be referred for further care elsewhere that can be done as well. There is also sometimes a small pharmacy for certain medicines which can be prescribed as well. It is a wonderful service provided by Jefferson not only for its students, but for the community as well.

FROM THE DIRECTOR

It gives me great pleasure as Dean of the Jefferson Graduate School of Biomedical Sciences and Director of the Postbaccalaureate Pre-Professional Program, to welcome back not only our first class of P4 students for their second year of studies, but to also welcome our newest students who have joined the program this summer and fall. The growth and success of the P4 program owes much to the diligent studies and community spirit of our students, as well as to our program staff and faculty who guide and advise our students every day. In addition, we are indebted to many other members of the Jefferson and local community, who have welcomed our students and provide many invaluable opportunities for them to directly experience aspects of a career in health care, from the hospital to the community clinic, and who have also shared personal insights from their career experiences with our students. The stories contained in this newsletter offer wonderful examples of the contributions that all have made to this effort. Thanks very much to all who make the P4 program possible, and we look forward to the start of another successful year.

Gerald B. Grunwald, Ph.D., Dean and Director

Thank you to all Jefferson faculty and students who have allowed members of the P4 Society to spend part of their day with them!

- Dr. Rochelle Haas- Pediatric Rehabilitation
- Dr. David Shipon- Cardiology
- Dr. Freeman Miller- Pediatric Orthopedic Surgery
- Dr. John Entwistle- Cardiac Surgery
- Dr. Deborah Glassman - Urology
- Dr. Nazanin Saedi - Dermatology
- Dr. Stephanie Molekise- Gastroenterology
- Dr. Steven Bachrach- Pediatric Neurology
- Dr. Katherine Lackritz- OB/GYN
- Dr. Matthew Keller- Dermatology
- Dr. Geoffrey Bowers- OB/GYN
- Dr. Kelly Healy- Urology
- Dr. Joseph DeSimone - Infectious Diseases
- Dr. Brett Worly- OB/GYN
- Dr. Katie Catalo- Emergency Medicine
- Dr. Maromi Nei - Neurology
- Dr. Jeff Chien- Emergency Medicine Resident
- Andrew Eastman- Medical Student
- Alexandra Columbus- Medical Student
- David Ashwal- Medical Student
- Chris Foran- Medical Student
- Jeremy Aynardi- Medical Student
- Gold Humanism Society
- JeffHope Clinic
- Houston Clinic
- Simon’s Fund

Jeff Hope - By Laura Steel

Many of the post baccalaureate students have taken advantage of one of the best opportunities offered for healthcare students here at Jefferson—an organization called JeffHope. JeffHope is a free clinic which is student run and organized. Based at different sites all around Philadelphia, the program not only seeks to give students access to real-life medically-relevant experiences but also makes a big difference for people in the city who do not have easy or affordable access to healthcare. Almost every day of the week, a group of volunteers go out to these designated sites to offer the free clinic to anyone who seeks help. No one is turned away. The volunteers are paired so that each post-baccalaureate or lower-year medical student is partnered with an upper-year to see a patient. Every patient receives individualized care in a private setting. Students are trained to take a thorough medical history as well as how to address the concern which brought the patient in on that particular day. Upper-years show the lower-year students how to take blood pressure and pulse, as well as how to listen to the patient's heart and lungs. At the end of the session, the student-pair presents the case to the attending or resident who is in attendance at each site. At the end the students and the MD on staff collaborate on their best plan of action for the patient, doing the best they can to address their concerns. If a prescription needs to be called in or a patient needs to be referred for further care elsewhere that can be done as well. There is an advocacy liaison present to help patients who might need help getting access to things such as affordable insurance and counseling. There is also sometimes a small pharmacy for certain medicines which can be prescribed as well. It is a wonderful service provided by Jefferson not only for its students, but for the community as well.

SAVE THE DATES

- Sept. 27th - Philadelphia College of Osteopathic Medicine
- Oct. 4th - Cooper Medical School of Rowan University
- Oct. 11th – Rowan University School of Osteopathic Medicine
- Oct 18th – Temple University School of Medicine
- Oct. 25th - Temple University School of Podiatric Medicine TUPM
- Nov. 1st - The Commonwealth Medical College TCME
- Nov 15th – Temple University School of Dentistry
**STUDENT SPOTLIGHT ★**

**Nick Benvenuto: From Wine Making to Medicine**

By Ken Staab

Over the past month I have had the pleasure to get to know Nick Benvenuto and consider him a friend. One of the strengths of the first P4 cohort lies in our diversity. We have a variety of different backgrounds and life experiences that each one of us brings to the cohort.

**Ken:** What is your undergraduate degree in and what have you done since graduating from college?

**Nick:** I graduated from Penn State in December of 2009 with a bachelor’s degree in agricultural business and a minor in economics. Upon graduating from college I worked at a local winery and also had my own painting business. In the summer following college graduation I traveled Europe for a couple of months before taking a job at a winery out in Denver, CO.

**Ken:** Why medicine?

**Nick:** Ever since I was in high school I have always had a knack for the quantitative natural sciences such as chemistry and physics. I was at a winery party one night and met a wine maker turned medical school student, and it re-sparked my interest in medicine. I started volunteering in the hospital at Denver Health within the next two months and had the opportunity to shadow health care workers and physicians among different specialties. I realized that medicine was the field for me.

**Ken:** Why did you choose the P4 program at Jefferson?

**Nick:** I liked the small cohort size and being surrounded by professional adult graduate students, as opposed to other post baccalaureate programs in which you are in large classes mixed with undergraduate students. I also like the fact that Jefferson is located in an urban healthcare setting and that there are many volunteer student organizations available to P4 students.

**Ken:** What are some of the student organizations you are involved with?

**Nick:** I’m currently involved with Jeff Health (Helping East Africans Linked to Health). Every summer, Dr. James Plumb from the department of Family and Community Medicine, travels to a couple of small villages in Rwanda. Some of the programs Jeff Health have initiated in Rwanda involve nutrition and Women’s health among others. I am currently working with soil transmission parasites and how they are picked up by children from running around in bare feet, swimming in dirty water sources, etc.

**Ken:** How do you like living in Philadelphia?

**Nick:** I am originally from Langhorne PA but have never lived in the city of Philadelphia before. Moving to Philadelphia from Denver was a bit of culture shock but I love being surrounded by diversity.

**Ken:** What fields of medicine are you interested in?

**Nick:** Top 3: emergency medicine, infectious disease, and gynecologic oncology.

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**My First Code**

By Robby Arnold

I finally regained my balance and quickly dropped into a squatting stance, this certainly was never covered in training, a stationary dummy is one thing, fighting with inertia was entirely different. What was I going on now, 15 minutes? Sweat began to drip down my forehead, I attempted to shake it off to keep it from dripping onto the patient. What would they care, they’re coding and aspirating all over the place from your ventilations; I’d doubt they would care at this point if you bathed them in your sweat... but they will never get the chance to care unless you keep those compressions up.

My arms ached, the medic was prepping a syringe then barked: "every 5 seconds!"

I squeezed the BVM (Bag Valve Mask- an airway apparatus used to cover the patient’s nose and mouth and begin ventilating) the intubated line gurgled. The medic administered their cocktail, then looked up at me: "Second day huh?" I nodded my head. "Welcome to the squad."

In my head I heard a loud clank, and envisioned whatever title my life would have if it were a movie appearing in front of my eyes. In reality it was just the backdoors of the rig being thrown open by the other EMT. Another medic had rendezvoused at the ER with us, the two medics and the other EMT rushed the patient into the building. There I stood in the back of the once pristine rig, now surrounded by what looked like the aftermath of a tornado. I felt numb, shaking from the adrenaline. It was hard to imagine the progression of events. Making notecards in the station for my upcoming biology exam, getting dispatched, bringing in the equipment behind the medic, and then having the medic turn to me and say "You. Compressions. NOW."

I started to clean the rig, that's what you're supposed to do right? Right. Did I do it all right?...The squad returned to the rig. The commanding medic looked at me and said: "We have a pulse."

I had just saved my first life.
A Fly on the Wall

From the very start one of the first topics program co-director Dr. Byrne discussed to strengthen our pre-medical resume was shadowing. "Shadowing" is a term used across many professions in which a student spends the day observing and learning from a professional in a given field. For the medical school admissions process, it is strongly encouraged to have this kind of clinical experience because it shows that a student knows the environment and has a genuine interest in healthcare practice. This is even more important for post-baccalaureates and career changers because the risk is a little bigger- admissions committees need to see that a student knows what they’re getting into! For the members of the P4 program, this means contacting physicians who are able to accommodate having a student by their side during a busy day on the job. While many of us were able to shadow doctors and medical students from Jefferson who had some connection to the program directors, some of us also employed our primed and prepped research skills to search out physicians in a specific field of interest. In particular, we are very grateful to the Gold Humanism society, especially member Chris Foran, who set us up with 4th Year medical school students to shadow on their last few months of clinical rotations.

After being cleared by Volunteer Services and receiving a red-striped badge, post-baccalaureates were ready to go through those hospital doors and get their hands dirty... or more accurately speaking, watch and learn. Here is a first person perspective of one post-baccalaureate’s shadowing experiences to date:

1. Pediatric Rehabilitation

My first shadowing experience was in the area of Pediatric Rehabilitation Medicine with Dr. Rochelle Haas, who was kind enough to let me stick around to see a few patients with her even after I dropped in completely unannounced with the sole intention of introducing myself. I was really struck by the patience and kindness shown by the physicians and nurses in that department where the focus is on development and care of very young special-needs children. I noticed right off the bat that creativity was a requirement for the job. In order to get some of the kids to comply Dr. Haas had to present some of the exercises and tests as a game to gain their cooperation. Shadowing Dr. Haas opened my eyes to the unique challenges and gifts required to work in the area of pediatrics. These doctors get to know their patients and families over years and years as they monitor a child's development and growth- one of the unique rewards of this particular field and primary care as a whole I think.

2. Emergency Medicine

Thanks to the help of the Gold Humanism Society I was able to shadow fourth-year student Jason Aynardi one day in his Emergency Medicine rotation last winter. The best way for me to describe that experience would be "variety." Just in that morning we were met with five or six patients who came in for everything from an infected foot amputation, to headaches and vertigo, to severe pancreatitis. We even saw a young girl whose mother had brought her in thinking her lack of appetite was the result of a virus, when in reality the doctors thought it was more likely a result of depression. Jason let me listen to a few heart beats and taught me how to interpret some of the vital signs, like pulse-ox. One memorable thing about that experience was being able to observe the hierarchy of the medical world and the order of who saw which patients and when (Medical Student< Resident/ Intern< Attending). I know my other classmates who shadowed in the ER had great experiences as well and many want to go back for another round. Thanks Gold Humanism Society and Jason! Hope you are enjoying that pathology residency!

3. Cardiology

Last summer I did a public health internship which got me connected to Simon’s Fund, an organization which provides free screenings around the country to identify heart abnormalities in children which could lead to sudden cardiac arrest. The physician who worked closely with the organization, Dr. David Shipon, happened to be a Jefferson doc who specializes in preventative and Integrative Cardiology. I contacted him last winter, not sure if he would remember me or not, to see if I could tag along for an afternoon. While there I was able to not only see just how busy a cardiology clinic can be (the man never sat down!) but was taken aside by one of the staff members for 20 or 30 minutes who showed me how to look at an echocardiogram. While I should not by any means yet be trusted to decipher one on my own, I began to see clarity and information from what at first looked like a television screen which had lost cable. I restarted my work with Simon’s Fund this summer and now travel once a week to Dr. Shipon’s office in South Philly where there is a cardiac rehabilitation center, another aspect of that field which is on my list to investigate further.
4. Pediatric Orthopedic Surgery
One of my most memorable adventures to date was earlier this winter when I went on a trek out to Nemours/Alfred I. duPont Hospital for Children in Wilmington, Delaware to shadow Dr. Freeman Miller of Orthopedics. And when I say a trek, I mean a trek because this city girl does not have a car. After setting an alarm to 4:15 am, I made my way by train and bus to Dr. Miller's office to get there by 7:00. The morning started with a staff meeting going over the schedule for the day, and then to the locker rooms to put on the uniform of medical professionals everywhere. I befriended the only female orthopedic surgeon in all of Istanbul- I mean, how cool is that?! Dr. Miller specializes in the area of corrective procedures for children with cerebral palsy. That particular day he performed multiple hamstring and hip lengthening cases, did a Botox injection in a child’s hamstring, built arches in children whose feet lacked the normal structure, and realigned a few tibias, also known as breaking bones. While I was there I also learned to tie a surgeon’s knot which I still practice on my own, including with my mother’s knitting projects when she came to visit (I know she loved it deep down). The art and engineering required of orthopedic surgery is pretty neat, and had me talking about it to everyone I met for the next two weeks. The irony of this whole day was that I spent 18 years in the same house as an orthopedic surgeon, my father, but never really appreciated what he does until this point in my life, when I went out and saw it for myself. Funny how that stuff works out... I would love to go back out there again sometime next year to watch a spinal fusion procedure with Dr. Miller, though hopefully I’ll catch a ride with someone this time.

Pictured Left: A surgical table prepped for one of Dr. Entwistle’s cases. Inventory for each piece of equipment is taken before and after each operation to make sure everything is accounted for.

5. Cardiac Surgery
I saved this for last because this doctor had to put up with me for so many hours over this past semester that he deserves some kind of award. After my first day in his OR I don’t think more than three weeks went by without me emailing Dr. John Entwistle for his case schedule. Dr. Entwistle is fairly new to Jefferson after spending a number of years at Hahnemann University Hospital. After my experience at duPont I knew I was drawn to the OR, and I still wanted to learn more about Cardiology so cardiac surgery was to be my next exploit. Dr. Entwistle was the first cardiac surgeon I contacted, and I cannot express my gratitude for how open he was to have a post-baccalaureate student join him and his team for a day in surgery. I got in early to sign out my purple visitor scrubs and locate the OR on the 5th floor. (It was so much easier than going to Delaware let me tell you). I honestly can’t even remember what the case was that day, but I do remember it was my first time ever seeing a beating heart. And I was hooked. Since that day I have seen a few aortic valve replacements, 4 or 5 LVAD (left ventricular assisted device) cases, multiple bypass procedures, two transplants, and even been lucky enough to observe an artificial heart case. Dr. Entwistle creates a welcoming and open operating room environment to make students feel comfortable and still respectful of the surgery taking place. He will often run through and explain the steps as he operates, sometimes quizzing you for the explanation in which case you have to figure it out for yourself... or see if any of the staff will sneak you the answer on the side. A few times for bypass cases he has taken the students into the computer lab to look at a CT (computer tomography) scan and see the blockages for ourselves. I also saw a vein harvesting procedure in which the physician assistant endoscopically removed and cleaned a vein from the leg to be used to replace the blocked artery in the heart. While in the OR I have also learned about the heart-lung machine, the cell saver device, and had a few good talks with the anesthesiology team as well. The procedures are often long and intensive, but what these nurses, PA’s, and physicians do is absolutely incredible. I still feel so lucky for these opportunities, but one thing I’ve learned is it never hurts to ask because sometimes the desire to learn is enough.

While shadowing may seem like just one more thing for a busy pre-med student to fit into their day, it has helped to make me feel like a "student of medicine" and has opened my eyes to my own interests. One thing which I have come to love about medicine is that almost everyone you meet is open and willing to help you along on your journey. All physicians have been residents, all residents have been medical students, and all medical students have been pre-med students. It is a field in which you must work up the ranks, but when you pay attention and reach out you realize that there is support all around you along the way.

(For a list of all Jefferson faculty and students who have opened their doors to allow members of the P4 program to shadow them during the past year, please see page 2 of this newsletter.)
FACULTY SPOTLIGHT:

Dr. Dennis Gross, MS, PhD
By Paul Alves

Q: I have the impression that a good number of faculty members at Jefferson have been affiliated with the institution for quite some time. How long have you been at Jefferson?
A: I’ve been with Jefferson in some capacity since 1977. I started here as an unpaid adjunct Assistant Professor of Pharmacology while I worked for Merck, the Pharmaceutical Company. I retired from Merck in 2006 and took up a full-time position at Jefferson at that time as the Associate Dean of the College of Graduate Studies, now known as the Graduate School of Biomedical Sciences.

Q: What courses are you currently teaching at Jefferson?
A: I have been teaching a course during the fall semester concerning drug discovery issues for 15 years. I am also the coordinator for ethical conduct of research and give lectures to other classes on clinical trial design, strategic management, and lab animal science.

Q: How did you come to be involved with the post-baccalaureate program? How long has the program been in the making? What do you see as its potential for growth?
A: The post-baccalaureate program was envisioned back in 2008 as a result of discussions between then TJU President, Dr. Robert Barchi, Dr. James Keen, the Dean of the Graduate School at the time, and myself. In terms of the program’s future, other than adding more students, the goal is for continual enhancement with such addendums as pertinent field trips, workshops on cultural sensitivity and privacy issues, for example, and possibly the creation of a book club that provides an outlet for exposure to relevant health care issues ordinarily not covered in a textbook.

Q: What are some of the positions you have held prior to coming to Jefferson full-time in 2006?
A: I began my career at Merck working as a research pharmacologist. Since that time, my responsibilities with Merck included running and managing a computer automation department, managing strategic planning during which I was part of a mergers and acquisitions team that taught me a great deal about legal and business issues, and building an overseas laboratory network at sites just outside of Rome, Italy and Tokyo and Tsukuba, Japan. I was also involved with overseeing laboratories in the UK and Montreal and with vaccine development work in Hong Kong.

Q: Where are you from originally? Where have you lived in the past? Where do you currently reside?
A: I was born in Los Angeles, CA, but have lived in New Orleans, LA and Boston, MA. Through the years, however, I have spent considerable time all over the world due to my job responsibilities while working for Merck. I currently reside in Gwynedd Valley, PA, a suburb of Philadelphia.

Q: Were you interested in science from an early age or did your interest in the subject develop later in life? Did you think you might do something other than science?
A: I have been interested in applied science for most of my life and thoroughly enjoyed automating my research laboratory while at Merck. There was a time that I thought about becoming an electrical engineer.

Q: Did you consider yourself a “good student” growing up?
A: I did consider myself a good student while in high school, as I graduated in the top of my class. The largeness of the first undergraduate institution I attended proved to be too intimidating, however, and I decided to take some time off to work as a medical photographer. I then went back to college at a smaller institution as a biology major.

Q: Where did you receive your higher education?
A: I received both my Bachelor’s and Master’s degrees from California State University at Northridge, my PhD from UCLA, and did my post-doctoral training at Tulane Medical School’s Department of Pharmacology in New Orleans.
Q: Tell us a bit about your family life.
A: I met my wife in the laboratory while in graduate school; she was working as a research technician at the time for a member of my thesis committee. We have two children together; my son runs a restaurant in Montgomery County, PA, just outside of Philadelphia, and my daughter is an elementary school teacher. I also have four grandchildren and a sister that lives in Anchorage, AK who works as an industrial engineer. Interestingly, much of my extended family resides overseas in countries such as South Africa and Australia.

Q: What are some of your favorite pastimes when you have time to spare?
A: I enjoy reading a variety of literature and magazines and listening to classical, jazz, opera, and an array of international music. I also play the soprano and alto recorder and the classical guitar.

Q: Can you speak any foreign languages?

Q: Do you have a favorite author? Color? Food? Travel destination?
A: I really appreciate work by Jacob Bronowski, including his most acclaimed work, *The Ascent of Man*. My favorite color is blue, and my favorite travel destination is Rome. I will try anything to eat at least once (I tried ground sea urchin gonads while in Japan), but I consider Mexican cuisine as my comfort food given my exposure to it growing up in Los Angeles.

Q: If you could go back and change something about your life, what might it be?
A: I consider myself very content with the choices I have made in life, and I am satisfied with where life has taken me. Maybe I would have gotten an MBA to complement my business work while at Merck. With anything you do, however, planning is key. I subscribe highly to Louis Pasteur’s famous quotation, “Chance favors the prepared mind.”
While enrolled in a course on public health back in his hometown of Bethlehem, PA, Paul Alves had the opportunity to participate in a community service project called Cops –N- Kids.

Cops –N- Kids was founded in 2003 by Paul’s instructor who realized that reading is a necessary skill that children need to learn and to enjoy. It is also a skill children must cultivate in order to perform better in school and to lead a successful life in general. Additionally, more engagement among the people (particularly the youth) within the multi-cultural communities of the south side of Bethlehem would benefit society as a whole. It would help lower school drop-out rates, reduce crime, and could even provide better opportunities for work.

The idea was to hold a one-day event each year that would bring police officers and kids from various elementary schools together for a day of reading, music, comedy, educational segments, and other types of entertainment. Four schools each year would participate on a rotating basis.

With reading as the foundation of the program, several reading stations were set up where the children would be read to by police officers and other volunteers, there was also a large stage for entertainment to go on during the day. Children had the opportunity to interact with police officers, see police cars and ambulances and have their pictures taken. Food was provided, and the children went home with free books, t-shirts, and other treats.

Paul said everyone enjoys and looks forward to the annual event which encourages parents to read to their kids and shows kids how much fun reading can really be!

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**Movember**

By Anthony Albanese

November 1, 2012 officially kicked off Movember! Spanning the month of November, men and women across the globe joined together to raise awareness and funds for men’s health issues. Men grew a “Mo” (moustache) for 30 days to become walking, talking billboards, for men’s health causes - prostate and testicular cancer initiatives. Women also got involved through fundraising and outreach. Men who support Movember, called “Mo Bros,” start by registering at Movember.com. Mo Bros start Movember 1st clean shaven. The kickoff event was held in Northern Liberties; a professional barber was available to shave all the willing participants. This was done to ensure everyone who was growing started with a clean face, and all growth would be directly attributed to Movember. Then, throughout Movember men grew and groomed their Mo, raising money along the way. Women who support Movember, called “Mo Sistas,” also start by registering at Movember.com. As mentioned above, Mo Sistas champion the Mo by supporting their Mo Bros, organizing events, leading a team and spreading the important message of men’s health. The month also featured several happy hour gatherings where participants would “weigh-in” and show off their facial hair. Movember ended with a gala party, bringing together all area participants. At Thomas Jefferson University, the Urology Department spearheaded an effort to organize a Movember group. Led by 2nd year medical student Joyce Jhang, members of the Post-Baccalaureate Society (Anthony Albanese and Paul Alves) were recruited to participate. Fun was had by all as creative facial hair designs were orchestrated. The most important thing, of course, was that money and awareness were raised regarding men’s health issues. Total money raised was $2,912!