

NEWSLETTER

Your Source for Quick, Important Pre-SOMA News



WHERE STUDENTS WHO WANT TO ADD D.O. TO THEIR LAST NAMES GO

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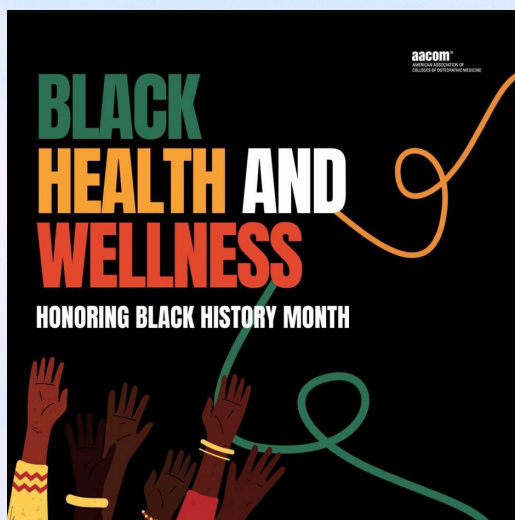
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BLACK HISTORY MONTH

Join us in celebrating Black History Month! This month is dedicated to honoring and recognizing the sacrifices and resilience of African Americans throughout history and standing in solidarity as we continue to fight prejudices and inequity in our country today.



Photo taken from pcom.edu

2022 marks the 101th year of the graduation of **Dr. Meta L. Christy, DO** from PCOM, making her the first African American Osteopathic medical student and African American osteopathic physician. She spent her life and practice dedicated to serving minorities, African American patients who had been denied care in the hospital and healthcare system.



Photo taken from the thedo.osteopathic.org
Dr. Anderson (center), MLK Jr. (left), Rev. Abernathy (right)

Dr. William G. Anderson, DO was a surgeon who was an activist during the Civil Rights Movement and the first African American who gained a position in the Board of Trustees of the American Osteopathic Association, where he eventually served as president.

Dr. Charles Drew, an African American Physician, became one of the most important scientists in the 20th Century! Dr. Drew invented blood preservation techniques which then led to the American Red Cross adopting his procedures and creating the nations blood banking process.



Dr. Charles Drew



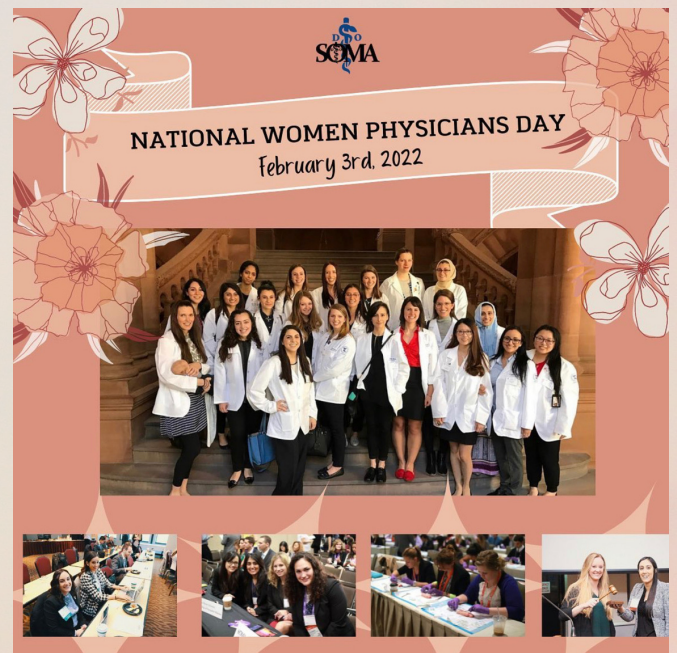
Dr. Marilyn Gaston

Additionally, thanks to **Dr. Marilyn Gaston, MD** research on Sickle Cell Disease, today, all newborns are screened for this illness nationally.

WOMEN IN MEDICINE

Women in medicine are celebrated and honored every year on February 3rd since 2016. On this day, **Dr. Elizabeth Blackwell**, the first female doctor, was born. Females have been oppressed and limited to few activities, roles, and jobs, but with unity and effort, women have been able to claim their position in society, in most parts of the world, while breaking stereotypes and barriers.

In the osteopathic community, as of 2021, the AOA reported that 43% of osteopathic physicians are females and 47% of DOs under the age of 45 are women which makes females the fastest growing population of DOs. It is an honor for National Pre-SOMA to be led by two amazing females, **Amanda and Bailey!** We hope that female representation continues to grow!



UPCOMING EVENTS

NATIONAL SHADO WEEK

Mark your calendars for National ShaDO week
(March 28th - April 1st) !

Pre-SOMA's ShaDO Week is an opportunity for undergraduate students to visit participating osteopathic medical schools and connect with current osteopathic medical students. This event not only allows Pre-SOMA members to access virtual campus tours and meet the faculty and staff of the school, but also gives them a first hand account of what life in medical school is like. **Stay tuned for new speaker reveals!**



WHAT IS DO DAY? (APRIL 23RD - APRIL 24TH)

DO Day 2022 is the premier osteopathic event of the year in partnership with the AOA! This is an opportunity to join many DOs and osteopathic medical students as they fly into Washington DC to engage lawmakers on legislation vital to the practice and principles of osteopathic medicine.

This is your opportunity to learn about the important issues in our profession, to obtain tools for effective leadership, and most importantly, to become inspired and empowered in your journey of pursuing osteopathic medicine. It is also something unique to discuss in your medical school interviews!

DO Day



NATIONAL SPRING CONVENTION 2022

The National Spring Convention is a multiple-days event where a new board for SOMA is elected for the upcoming year. Not only that, but this is when DO Day on Capitol Hill happens! On this day, osteopathic students and physicians travel to Washington, DC to advocate for the osteopathic community. We invite and encourage Pre-SOMA members to attend the National Spring Convention which has a cost of \$50.

More details about these events will be announced soon. Make sure you are following us on Instagram and Facebook to stay up to date with Pre-SOMA news and events!

RESOURCES



The SOMA Shop

Interested in Pre-SOMA swag?
Check out the official SOMA shop for
osteopathic swag that you can rock!
[Click here!](#)



Pre-SOMA Mentorship Program

Interested in our Mentorship program?
Please sign up here:
<https://studentdo.org/pre-soma/pre-soma-mentorship-program/>



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Bailey Borycki, OMS III
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“If you get tired, learn to rest, not to quit.”

— Bansky