Arizona Public Media

UA Health Sciences Diversifying the Health-Care Workforce

More than one-third of Arizona’s population is Latino and Native American, but that number is not represented in the health field. “Arizona Week Friday” looked at the University of Arizona Health Sciences’ efforts to decrease health disparities and increase the minority workforce to better serve our state and nation.

The program features an interview with Joe G.N. “Skip’ Garcia, MD, UA senior vice president for health sciences, and highlights several summer programs at the UA Health Sciences that foster greater diversity in the health-care industry. Read more

Arizona Daily Star

UA, CDC Officials Discuss Current State of Ebola

Just last year, the Ebola epidemic was making headlines every day. On Monday night, health officials from the UA College of Medicine – Tucson and the U.S. Centers for Disease Control and Prevention, as well as an Ebola survivor, discussed the current state of the disease, sharing what they've learned about the virus, as well as how to prevent epidemic levels from occurring again.

The event, titled, "Ebola: What Are We Learning? In Africa? In America?"
featured four presenters, including Craig Spencer, MD, who contracted Ebola while treating patients in Guinea and survived. The health experts said although the community is not hearing as much about the virus, people should not put their guards down.

“The epidemic is still going on, just at lower levels, but just as dangerous in the sense that it's not fully controlled,” said Ron Pust, MD, director of the Office of Global and Border Health at the UA College of Medicine – Tucson. Read more

Arizona Republic

**UA Expert Outlines Ways to Help Kids Cope with Back-to-School Stress**

It’s the time of year when children return to school – and for many kids, it’s a stressful time. The change from the slow pace of summer to a get-up-early schedule, new teachers, new classmates, homework and, occasionally, a new school often causes back-to-school anxiety for students. For parents, it’s a good time to watch for these signs of stress and to help your children adapt to change.

It’s important to allow and even to encourage them to talk freely about their worries about school resuming. Those worries often relate to social fears or anxiety about inability to do school work. For younger children, fears might be based on separating from their parents, going to a new classroom, having a new teacher or meeting new students.

*By Shayne Tomisato, MD, clinical associate professor at the University of Arizona College of Medicine – Phoenix. Read more*  

KTAR News

**UA Public Health Expert: Teens Not Sleeping Enough — Some Blame School Start Time, Others Say Tech**

A new government study said early school start times make it difficult for teenagers to get enough sleep. The report, released by the Centers for Disease Control and Prevention, said most middle and high school students start the day too early, and that affects the amount of
sleep the teenagers get. The report suggests that school should not start any earlier than 8:30 a.m.

Will Humble, division director of the University of Arizona’s Center for Population Science and Discovery, disagrees. He doesn’t believe those early start times are causing problems for kids. Instead, Humble blames the multiple electronic devices that teenagers won’t part with for impeding their sleep. “The problem is that the kids are going to bed with electronic devices,” Humble said. “They’ve got their computers open. They’ve got their phones on. They’ve got iPads in their room.”
All those devices, according to Humble, are distracting. “It’s the ding and the lights.” Read more

Tucson News Now

White Coat Ceremony Welcomes College of Medicine – Tucson Students

New medical students celebrated their entrance into the medical profession at the University of Arizona College of Medicine – Tucson’s 21st annual White Coat Ceremony.

The ceremony is designed to honor new medical students as they accept the responsibility of the doctor-patient relationship.

During the ceremony, each student received a stethoscope and their first white coat, embroidered with his or her name.

Each white coat has a Humanism in Medicine pin that symbolizes a shared commitment to provide compassionate and competent patient care. The pins were provided by the Arnold P. Gold Foundation, which initiated the first White Coat Ceremony in 1993. Among the 57 women and 60 men in the Class of 2019 is Miss Arizona, Jennifer Sedler. Read more
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