

Med School Watercooler

NEWS FROM FREDERICK P. WHIDDON COLLEGE OF MEDICINE
AT THE UNIVERSITY OF SOUTH ALABAMA

Thursday, September 30, 2021

Meet a Med Student: Alex Templin

Alex Templin

Age: 23

Class of: 2024

Hometown: Prattville, Ala.

Undergrad/grad institution:

Jacksonville State University

Degrees earned: Bachelor of Science in biology, minors in chemistry and psychology

Interests, hobbies: I use makeup to express myself, and I consider it art, just on a different canvas. I also enjoy singing and spending time with my cats.

Something unique about me: I

recently went through a weight-loss journey in 2019, and I am 60 pounds down to date; I'm only 10 pounds from my goal weight.

Three of my favorite things: Cats, electronic dance music, pasta

What I enjoy most about being a student at the USA College of Medicine:

I love that everyone at South is so welcoming, and everyone works together to make sure that we're all successful. I know that I'll always have help whenever I need it, whether that be academically, physically or mentally.



Posted by Med School Watercooler at 11:18AM No comments:

Wednesday, September 29, 2021

Register now: USA Health Game Day returns Oct. 14 at Hancock Whitney Stadium



It's back! After a one-year lapse because of the pandemic, USA Health Game Day is returning Thursday, Oct. 14, as the University of South

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Alabama Jaguars take on the Georgia Southern Eagles. The game kicks off at 6:30 p.m. at [Hancock Whitney Stadium](#) on the USA campus.

This event allows us to recognize and honor our employees for their many contributions to our mission of helping people lead longer, better lives.

As in years past, each USA Health employee and USA College of Medicine faculty, staff, and medical and graduate student is eligible to receive two complimentary tickets to the football game. This year, registrants also will receive two \$10 vouchers to use at the concession stands in the stadium.

The deadline to register is Thursday, Oct. 7. [Register here.](#)

Please pick up your free tickets and vouchers Monday through Wednesday, Oct. 11-13, at the location you select during registration.

Pick-up Locations

- University Hospital Human Resources (1st floor)
- Children's & Women's Hospital Human Resources (210 Cox St.)
- USA Medical Sciences Building (MSB 1005)
- USA Central Services Administration Building (CSAB 170)

To purchase additional tickets, visit usajaguars.com/tickets/football/HLTH or call (251) 461-1USA.

T-Shirts

This year's USA Health Game Day T-shirt is a white Comfort Colors long-sleeve shirt. T-shirts will be for sale for \$13 each (cash only) Oct. 7-14 in the hospital gift shops:

- University Hospital Gift Shop
Monday through Friday,
9 a.m. to 3 p.m.
- Children's & Women's Hospital Gift Shop
Monday through Friday, 9 a.m. to 3 p.m.



T-shirts will be for sale at the USA College of Medicine one day only:

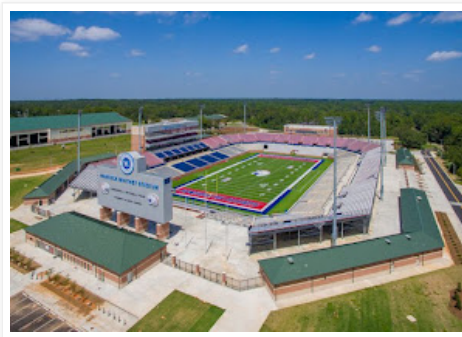
- Medical Sciences Building Lobby
Friday, Oct. 8, noon to 1:30 p.m.

Parking and Stadium Info

Visit [Hancock Whitney Stadium's Football Game Day 2021](#) for information about stadium parking, clear bag policy, tickets, concessions and seating chart.

Hancock Whitney Stadium is located at 500 Stadium Drive.

We hope you will join us this year as we renew our USA Health tradition and cheer on the Jags.



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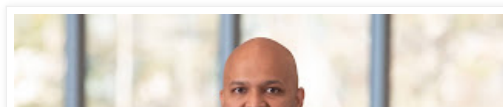
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Faculty Spotlight: Jai Deep Thakur, M.D.

Jai Deep Thakur, M.D.

Academic title: Assistant professor of neurosurgery;

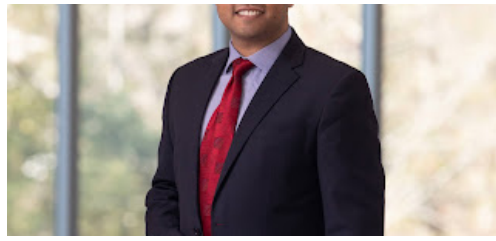


director of minimally invasive cranial and skull base neurosurgery education

Joined the USA College of Medicine

What does your position in the USA College of Medicine entail?

Neurosurgery has come a long way in the past century with related issues over the past century. I have recently with more innovations in minimally invasive surgery.



I am excited to lead this transformation of neurosurgical practice into minimally invasive cranial and skull base surgery at USA. This fits very well into the excellent infrastructure already provided by our department, which includes pediatric, functional, epilepsy and complex spine disciplines within neurosurgery.

Most common surgeries we have introduced in the past year are eyebrow incision craniotomies, endonasal surgeries for skull base through nostrils in collaboration with ENT department, fluorescence-guided resection of metastatic and malignant brain tumors, and surgical management of trigeminal neuralgia/hemi-facial spasms through a burr hole.

In addition, with the help of my colleagues we continue to escalate the academic involvement and contribution in neurosurgery and with the increasing diversity/volume of neurosurgical cases, we are actively working towards the starting a neurosurgical residency program.

What is your favorite or most rewarding part of your position?

The best part of building a minimally invasive cranial program and practice is the fact that it is a team sport. To be able to work towards our goal, the support and expertise from my partners, exceptionally talented group of nurse practitioners/physician associates, OR staff and the USA Health leadership has been invaluable. Moreover, there is so much multidisciplinary collaboration needed for our specialty, which ensures the best possible experience for our patients and makes their experience holistic. Also, training and providing mentorship to our medical students and expanding their neurosurgical perspective is thrilling and gratifying. We are hoping to expand this experience to neurosurgery residency soon.

What is your advice for medical students?

When I was a medical student, someone gave me the advice that if you are confused between specialties, the experience of your passion search is incomplete and you need to dig deeper. This is exactly what I would recommend to the next generation. Knowledge, experience, passion and hard work will always bring clarity in your decision making. Failures don't exist; only the opportunity to reflect and improve does.

What are your hobbies/interests outside of work?

Mountains and beaches, unplanned vacations with family! My two favorite hikes are Mt. Shasta, California, and Mt. Stratton, Vermont. My favorite wellness retreat is Boone, North Carolina. Running for me is therapeutic.



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Monday, September 27, 2021

Med School Café to address radiation therapy in breast cancer

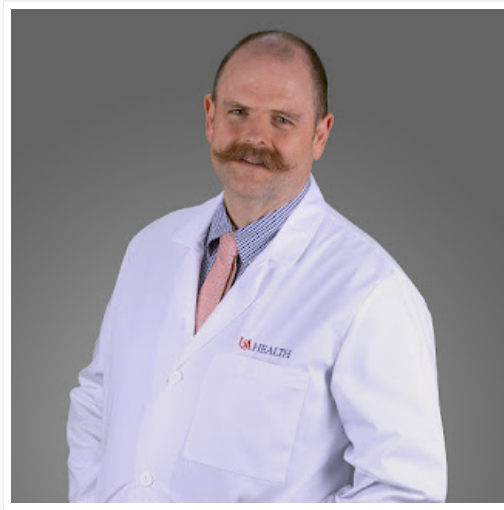
Robert Gilbert, M.D., a radiation oncologist at USA Health Mitchell Cancer Institute and assistant professor of interdisciplinary clinical oncology at the USA College of Medicine, will present "Emerging Trends in Radiation for Breast Cancer," at a Med School Café lecture on Thursday, Oct. 28, at noon. The event will be held virtually via Zoom.


Gilbert uses the latest technology in radiation therapy to treat a variety of cancers, including breast, brain, colon, liver, prostate, lung and pancreatic cancers, and melanoma.

He earned his medical degree from Baylor College of Medicine in Houston, Texas. He also completed a residency and a research fellowship at Baylor. Gilbert is board certified in radiation oncology.

[Register here to attend the lecture virtually.](#)

Med School Café is a free community lecture series sponsored by USA Health. Each month, faculty and physicians share their expertise on a specific medical condition, providing insight on the latest treatments available. For more information, contact Kim Partridge at kepartridge@health.southalabama.edu.



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