

The Purple Book



The 2000 Student Guide to
Life at UASOM

An MSI's Guide

From Your MSII Friends

Welcome to UAB

Inside are perspectives on:

Academics

Places of Worship

Living Arrangements

Places to Work Out

Places to Eat

Places for Fun

AND

Phone Numbers You Might Need

Along with Info about Student Organizations

Academics

UAB Bookstore (934-4686/Hill Center): Will usually have books available a week or so before classes begin. Not exactly the cheapest place, but they will match competitors' prices.

Snoozy's Bookstore (328-2665/1137 11th Ave So.): Probably the cheapest book prices. Do not worry about the titles of the books or the authors of those books at this bookstore. Tell them what year you are in med school and they will know what to get, amazing as it may seem.

Transcripts of the Lectures ARE IMPORTANT for every course.

One additional note: the LRC, learning resource center, located on the ground floor of Volker Hall, has a lot of very helpful resources

Class Block 1

Anatomy (3 credit hours)

- First of all, there is an embryology course that runs within this course. The book used is **Before We Were Born**. Last year, the test was take-home.
- Need a **Netter's** and your lab manual (**Grant's dissector**) and a **dissecting kit**. Note: Some people prefer **Grant's Atlas** to **Netter's**, because **Grant's Atlas** and the dissector follow each other more closely.
- **Rohen's** has been suggested due to its actual dissection photographs as a good review
- Some people also suggest checking out the **LRC anatomy videos**
- Attend all labs and lab reviews so that the doctors there can answer your specific questions
- You must spend time in the gross lab learning all of the structures on "**the list**", a list of anatomical landmarks provided by Dr. Casey to guide you in your efforts of studying – the list will be invaluable for the practical
- The written tests will test general anatomical knowledge learned in lab and in **case studies**, usually a twice weekly affair in which professors go over specific cases
- In addition, a few questions may come from the blue boxes in **Moore's**, which is also a

fairly comprehensive guide to understanding anatomy.

- **Baby Moore's (condensed version)** may offer a bit of a reprieve as it is much less verbose
- Dr. Casey will post a **top 10 list** a few days before the exam – make sure you know the answers to these questions
- Other than written and lab exams, there will be a series of **CSAT exams** – self-administered computer exams (you review body cross sections and then take a little, easy test) that are offered by Dr. Casey in an attempt to raise everyone's grade
- **Chung's "Board review series"** book may be useful
- **Wear scrubs** or old clothes and old shoes to lab.
- **Clipboards** are really helpful for lab practicals.

Introduction to Clinical Medicine (2 credit hours). Note: **This class extends throughout the year.**

This is a **pass/fail** class. However, the top 10% of the class will receive special commendation.

- You need the **Bates' physical exam book** for test study. You will only **need a stethoscope** to perform the physical exams that you will be graded upon. However, you will probably like to get all of the recommended basic equipment for the preceptor meetings. Incidentally, you can check out blood pressure equipment from the LRC. You will meet usually every week or every other week with a preceptor and discuss interview and physical exam techniques. Do not worry. There will be plenty of time to learn all of the techniques.
- The written tests can prove to be an ominous task given that over 60% of the class failed one of the written tests last year. However, **they will let you retake the same test (exactly the same)**. Just **learn the red text and the red boxes and any tables that may appear in the book** to get a good feel for what will be on the test.

History

- **No Books. Read the scripts. Take the tests.** No secrets here.

- They will provide optional readings that will constitute 10 bonus questions on the final – may be worth your while to read them.

Medical Ethics (0.5 credit hours)

- **Dr. Pence's book – Cases in Medical Ethics** is a must for doing well in the class. You need it to **answer his study guide questions** for each chapter .
- Make sure you realize that the test format will be multiple-choice, and, although you will debate sensitive issues in class, Dr. Pence will focus on the factual material in his book for testing purposes.

Class Block 2

Biochemistry (3 credit hours)

- use **Stryer's** text only for reference.
- Some liked the **Lippincott review book**.
- Virtually every question that Dr. Taylor tests comes from his extensive list of **learning objectives** for each lecture – learn them.
- There are small group meetings, which start with a quiz, but you get the questions ahead of time.

Human Behavior (1 credit hour)

- Please, please, please **study old tests** just to preserve your sanity – you may know the scripts verbatim, but they will be of little use on the tests for about 10% of the questions
- Warning: I think only about 15% of the class got an A.
- Dr. Kinney will probably tell **you not to get the book the first day**
- Go to the review sessions!

Winter Quarter (Jan. - Mar.)

Medical Cell & Tissue Biology (3 credit hours)

- **Memorize the scripts**. Really memorize them.
- Also, many seemed to think that **Junqueira**, a required text, proved to be useless for the course.
- Get one atlas or both. (**Di Fiore's or Wheater's**)

- Learn the kodachrome slides and supplement that with the **Slice of Life** laser disc, which will be distributed to you or can be checked out from the LRC.

- **The tests focus much more on the cellular aspects** of the course. The practicals test the histology.

Medical Physiology (3 credit hours)

- Many people really enjoyed attending the lectures, particularly those of Dr. Matalon and Dr. Hageman.
- **West's Respiratory Physiology**: May be nice to have, because the reading is required. However, I am not sure there were ever test questions that could not be figured out without the aid of this book.
- Some liked **Costanzo's** (Board Review Series).
- Although the textbook **Johnson's Essentials in Medical Physiology** may be a good supplement, the scripts are crucial to doing well.
- Many found old tests helpful, as some questions are very similar (even identical).
- There are quizzes at the beginning of small group discussions – be prepared.

Spring Quarter (Mar. - June)

Neuroscience (3 credit hour)

- Many people enjoyed the lectures, particularly Dr. Quick's. He may even continue to offer bonus points for going to class next year.
- **Pritchard's textbook** may be helpful. However, the class goes into quite a bit more depth than the book.
- You need **the Brain Atlas**.
- Much of the information for the labs is provided on the Medical Neuro web page and will be done individually.
- Beware of extremely low means on tests and be thankful for the 15 point curves
- Also, there are small group meetings which are optional (get bonus for going), which constitute a significant portion of the questions on the exams

Pharmacology I (1 credit hour)

- *Craig and Stitzel's* is a quick read and can prove helpful if you are concerned about a particular mechanism or a particular drug that was not covered in class
- Some people used *pharm cards*, but they do not contain anything that would not be learned using the other resources available – some thought these were a waste of time
- Know all of the *drugs in bold* on the drug lists Dr. Pillion provides (he told us that all drugs were fair game but then tested only the bold-faced)
- In addition, you must *review the learning objectives* to have a shot at acing the quizzes – they contain peculiar facts that may not seem to be important

- Last year, many people had difficulty with this course, particularly at the beginning – just don't get in the grade hole to start the course

Nutrition (1 credit hour)

- Go to the clinical correlations, you will be tested on some of this.
- However, most of the testing comes from the handbook, which is *Dr. Heimburger's Handbook of Clinical Nutrition*. He will allow you to take notes in your handbook and then take it in to the exam with you. *Open Book*.
- Beware that this course, like behavior, did not have many people getting an A.

CHURCHES AND PLACES OF WORSHIP

The School, the class and the editors are not supporting any of these. We just asked our classmates if they wanted to let you know where they go to worship. These are the answers we got.

Baptist

Shades Mountain Baptist Church
Homewood

Woodite

Hunter Street in Hoover

Catholic

Our Lady of Sorrows
Homewood
Reese Boulware 942-4807
reeseb@uab.edu

Episcopal

All Saints Episcopal Church Homewood
Sheri R. Britton 871-7911
srbritton@bosco.meis.uab.edu
Darren Malone 871-6995
demalone@bosco.meis.uab.edu

Cathedral Church of the Advent
Downtown Tad Cherry
tadcherry@hotmail.com

St. Andrews Episcopal Church
Southside
Paul O'Leary 956-7285
pjoleary@uab.edu

Hindu

Birmingham Hindu Cultural Temple
Pelham
Madhavi Ryali 945-0744
meryali@bosco.meis.uab.edu

Methodist

Asbury United Methodist Church
Inverness

First United Methodist Church of Birmingham
Downtown

Nondenominational

The Church at Brook Hills

Birmingham -- Brook
Highland area
Jeremy Rogers 324-4143

jsrogers@bosco.meis.uab.edu

Nicole Nabors 969-9382

nicolenabors@yahoo.com

Presbyterian

Briarwood Presbyterian Church
Hoover

First Presbyterian Church
downtown Birmingham
Jeff Hindman 871-8474
jhindman@uab.edu
822-6508

Oak Mountain Presbyterian Church
Oak Mountain (just off Hwy 119)
Randy Quinn 322-1270
rlquinn@bosco.meis.uab.edu
Rich Vest 822-5426
rnvest@bosco.meis.uab.edu

Where MSII's live and what they had to say!

Once again, these are not official reviews. We just printed what our classmates sent us. Take it for what it is worth, but check things out for yourself.

Cahaba Heights

Chateau Orleans – a little farther from school but safe. I was able to get a two-bedroom for the price of a one-bedroom anywhere else.

Gardendale

Woodbrook apts - off Main street, very quiet, small town atmosphere, 15-35 minutes away from Volker depending on time of day. Very nice, quiet. Great service from maintenance, staff very friendly and helpful. Expensive. One bed is \$515.00 per mo plus Alabama power bill that ranges from \$20-\$60

Homewood

Beaconview Apts - 10 minute drive - Maintenance is slow to get things done. Management is ok.

Mountain Woods - Best deal for the price \$400 single \$450 double

Alpine apartments – Safe. Very close to school. Great community for children: community activities, park, good school system. Right off Highway 31/ Trees and nice subdivisions nearby and plenty of sidewalks for running/walking/walking the dog.

Hickory Knoll - great neighbors, maintenance is great, free cable, hardly any crime, little pricey, only 2 bedroom apts. available

Hoover

Waterford Condos - relatively new, very good location (corner of 31 and 150), watch out for traffic on I65

Wood Gardens – few annoyances, very safe, little pricey, bad traffic and far from school

Blue Ridge Villas - wonderful place to live. I never hear my neighbors, so it is a great place to study.

Inverness

Cameron at the Summit - near shopping, restaurants, new apartments, expensive, watch out for 280 traffic

Hunter's Pointe - Best bang for your buck!

MountainBrook

Redmont Gardens - Safe, pretty neighborhood, good place for jogging, walking, expensive, walking distance to English Village, very close to UAB, cons - small kitchens, no dishwasher

Colonial Grand at Mountain Brook - very convenient to grocery stores, etc. and only 10-15 minutes from school. It is somewhat expensive to live here alone though. Great pools and good workout room.

Southside

Southside Station - Great place to live. Safe. Hillside manor - very nice, clean, quiet, and perfect location

Gyms – Workout time

UAB Gym - it is convenient and free

Shades Valley YMCA - it has good facilities, plenty of classes, and it is relatively inexpensive

Sportsplex in Hoover - Great aerobics classes. Good equipment. Indoor walking track. Pool.

Jewish Community Center – cheap for med students, nice

Homewood Community Center - Cheap: \$75 a year, and convenient

SportsFirst – more expensive, several locations, comprehensive array of free weights, nautilus, aerobics classes, treadmills, stationary bikes, on and on and on.

Others enjoy running in **Jemison park** or **Homewood Park**. Others go to **Oak Mountain State park** where there are great bike/hiking trails, camping, and swimming. At least one person's dog loves the trails at Oak Mountain State park.

Many are involved in **intramurals** – including football, volleyball, softball, tennis, soccer, racquetball, among others. This seems to be the biggest stress-relieving regimen in existence at the school.

Where Are People Eating and What Are They Doing For Fun?

Eats

AI's Deli and Grill (lunch)- good sandwiches, good prices

Anthony's – great little Italian place that has great pasta lunch specials.

Back Alley – 1312 Cobb Lane sandwich place

Bottega - 2240 Highland Ave. café

CeCe's Pizza – \$2.99 Buffet

Dugan's –2011 Highland. Pub-like food.

Dave's - 1919 29th Ave S. Homewood. Pizza place.

The Fish Market - 611 21st Street South and Hwy 31 in Hoover. Good seafood at good prices.

Golden Temple - 11th Ave. South. good vegetarian options

Ixtapa Mexican restaurant and

Little China Chinese restaurant, both on 280 both are very yummy and cheap and right next door to each other in case one is crowded

Los Compadres - Palisades. Mexican

McAllister's - 18th street south another sandwich place some people like the baked potatoes

Mexico Lindo - 354 Hollywood Blvd. Apparently, people really like the margaritas there!

The Mill - Fivepoints. Brewery and great place for sandwiches.

The Garage – another bar, good place to go after a stressful day

Mr. Wang's- 217 Lakeshore Pkwy has lunch and dinner buffet seafood buffet at night great prices

New York Bagel - 801 20th St. S. opens at 6:30.

P.F.Chang's - Summit Blvd. Chinese restaurant catering to western tastes
Macaroni Grill 241 Summit BLVD. Prices are fair with really good food

Purple Onion - 10th Ave. S. Mediterranean cuisine.

Silvertron - 3813 Clairmont Ave. Apparently, they have a wide variety here.

Surin West - Five points. Thai food, nice atmosphere.

Taj India - 2226 Highland Ave. People really like the vegetarian selections here.

A Taste of Thailand - 3321 Lorna Rd. Hoover. Have some spicy dishes here.

Tracey's - 20th- across from N.Y. Bagel
Good home-cooked food at a reasonable price, very convenient to school.

Fun Places

Arte Nuda - art bar in Southside. Off the beaten track, small gathering, ambience, classier atmosphere.

Blue Monkey – Cobb Lane. jazz bar.

Bell Bottoms - five points. disco nightclub.

Dave's - Five Points South. Bar.

Mind Games - has really cool atmosphere with fun games to play.

PT's- 350 Hollywood Boulevard. It has the best happy hour in Birmingham and really cheap, good wings.

Summit - has movie theater, shopping, Barnes and Noble.

T.C.'s - 6th Ave S. Bar.

Phone Numbers You Might Need

Huntsville Campus (256) 551-4432
Tuscaloosa Campus (205) 348-1384
LRC 934-5296
Police Dispatcher 934-4434
Escort Service 934-8772
Computer Lab A 975-2577
Computer Lab B 975-2578
VIVA Health 558-7474
Wellness Center 934-5816
Needle Stick 934-3411
Student Health 934-3580
Student Dental Health 934-5234
Associate Dean for Students 934-0556
Academic Counseling 934-3483
Personal Counseling 975-9845
Financial Aid 934-8707
Student Accounting 934-3570

Student Organizations

Everything you need to know about any of the student organizations can be found on the web site. They each have a page to use as they see fit.

<http://main.uab.edu/uasom/2/show.asp?durki=2164>