



AISM TIMES

Volume 1, Issue 3

Winter 2012

AISM GRADUATING CLASS OF 2012

Special points of interest:

- American International School of Medicine— Graduation 2012 Exercise
- AISM trains 30 CBJ Airport staff in BLS Skills.
- 2013 Graduation Check List

Inside this issue:

AISM Graduating Class of 2012	1-2
AISM Trains 30 Airport Staff	1 –2
Sixteen Trained as BLS Instructors	3
AISM Alumni Focus Dr. C. H. Braddy & Dr. Rena Mahta	4-5
AISM Featured Student—M. Seepersaud	4
What's New In The World of Medicine	5
World Family Doctor Day	8

And more...



AISM in Collaboration with USAHAP, CDC



Thirty CBJ Airport Staff Receive BLS Certificates

Thirty CBJ Airport staff gained valuable training in Basic Life Support (BLS) skills at the CBJ International Airport last summer. AISM doctors and student carried out the training exercise over a three session period. This was a collaborative effort involving the United States Embassy Humanitarian Assistance Programme (USHAP), the Civil Defence Commission (CDC), and the CJIA.

Continued on page 2...

2012 Commencement Ceremony

On 25th May, 2012 newly minted graduates walked across the stage and picked up degrees at the Georgia Pacific Auditorium, Saturday morning as American International School of Medicine held its 2012 Commencement Ceremony. Much emotion and excitement was visible on the faces of the graduating students and their families.

The Dean Award recipient, Dr. Noreen Khane, delightfully summed up her experience as being privileged to join a league of individuals who have upheld the highest principles of our profession with grace and dedication.

Recipients of the Clinical Science Award, Drs. Shana Marks and Sana Niraj Patel,

received a thunderous applause from their fellow students.

Speaking during the graduation ceremony, the University's President, Dr. Colin Wilkinson reminded the graduates that this is a beginning and not an end and that their charge today is to continue the process of self-education.

The Commencement Speaker, Dr. Carroll Braddy, reminded the graduates that they have the power to transform societies and to fundamentally alter the lives of people. Citing the names of some great leaders such as Martin Luther King Jr., Mother Theresa, Gandhi and Obama, Dr. Braddy proclaimed that the task ahead is bigger than one's self. He added that with determination and love for life and fellow man, it is achievable.



L->R: Dr. Otis Powell, Dr. Carroll Braddy and Dr. Colin Wilkinson



Graduating Class 2012

Continued from page 1...

Participants benefitted from adequate discussions of the subject matter and the sharing of practical experiences during the one-on-one interactions. On the conclusion of the program on 27 July, 2012, the participants were awarded their certificate of appreciation. Representative of USHAP said that they were very pleased about the outcome of the exercise and commended the staff and students on work well done. This is the second collective project between AISM and USHAP. CDC is welcoming a similar training program for its staff in the near future.



Graduation 2013 Information

The Graduation Committee of AISM has begun preparations for the 2013 Commencement Ceremony to be held in May 2013. All members of the graduating class of 2013 are asked to ensure that they have completed the criteria for graduation before applying. This includes:

- Registering and enrollment in the semester in which your degree is to be conferred.
- Successfully completion of all required preclinical courses

- Successfully completion of a minimum of sixty (60) weeks in clinical clerkships which must include all Core Rotations.

The Application for Graduation Forms must be submitted directly to the Registrar's Office at the beginning of your final Semester but not later than March 30, 2013.

All applicants will be charged a one time graduation fee of \$500.00. This fee is due upon receipt of the application in the Office of the Registrar.

You will also be charged an additional \$50.00 late processing fee if you submit your application after the posted deadline.

Commencement attendance is not mandatory. However, if you plan to attend, a cap and gown is mandatory. Caps and gowns are ordered by AISM Graduation Committee. Please ensure that you have indicated your sizes on the graduation application form. If you indicate that you will attend the Commencement ceremony, but later

Continued on page 3...

Sixteen Trained as BLS Instructors

AIMS has recently awarded 16 individuals as qualified Basic Life Support (BLS) instructors.

The course was designed to teach the students methods to effectively instruct others in all Basic Life Support (BLS) resuscitation courses at healthcare provider level.

The BLS Instructor Course was of four days duration and essence of this course was to become proficient in running CPR/BLS/AED Courses.

During the course students practiced facilitating a class with lots of role play. The course was building on class facilitation.

To qualify for this awards students had to successfully demonstrate their teaching skills.

A BLS Instructor is required to re-certify every two years in order to stay current as an instructor. Certification expires at the end of the month two years from the date of the initial training course or last re-certification course.

This training followed the American Heart Association Guidelines 2010.

Graduation information cont'd...

realize that you will not be attending, please inform the AISM Office by April 15, 2013.

Information regarding the ceremony will only be made available to applicants who indicate that they will attend, however graduation fee is charged to all applications.

If you do not meet the graduation requirement, your application will be referred to the following graduation term. If you fail to meet the graduation requirement for that term you will then have to make a New Application for the Semester in which you plan to graduate. This new application will result in another graduation fee.



AIMS welcomes New Staff & Faculty Members:

It is with great pleasure that we welcome you to the American International School of Medicine .

At AISM, we believe that students' educational experience begins with faculty and staff committed to their academic and personal growth. It is our hope that your presence would contribute to this process.

We are honored and delighted that you are a part of the AISM family and hope that your stay would be a rewarding and enriching experience both academically and in terms of your personal life and development .

Staff:

- Mr. A, Craig - Administrator
- Mr. M Jeffrey - Office Assistant

Faculty

- Mr. Elton McRae - Mathematics and Physics Department.
- Ms. Shabakie Fernandes - Psychology Department



“AIMS celebrates the success of each student, graduate and members.

Every success is our institution’s glory”

ALUMNI FOCUS—Dr. C.H Braddy



In his own academic endeavors, Dr. Braddy completed a Doctor of Medicine at the American International School of Medicine in Atlanta. Seeking to become an Obstetrician/Gynecologist, he pursued additional training in psychiatry, emergency medicine, family medicine and general surgery. He also completed a 24-week gynecological clerkship at the Atlanta Medical Center. Separately, he earned an MBA with a concentration in Health Care Management from American InterContinental University's Atlanta-area campus. As a student, he joined the Omega Psi Phi fraternity and continues to participate in the group's events.

Dr. Braddy serves on the boards of directors of a number of community organizations. He also enjoys reading medical journals and traveling. He works regularly to expand his businesses, participates in community outreach and creates education awareness.

Dr. Carroll Harrison Braddy has built a multifaceted career in Atlanta.

He serves as Senior Pastor at Now Faith Apostolic Ministries.

During the week, Dr. Braddy leads several organizations, including Community Healthcare of Georgia, Education System Management (ESM), and Braddy Preparatory Academy. With multiple divisions, ESM employs more than 100 individuals.

Dr. Braddy founded Braddy Preparatory Academy (BPA) in 2000. Specializing in assisting young people with special needs, the school provides instruction for kindergarten through 12th grade. The student body consists primarily of children from underserved neighborhoods, similar to the one where Dr. Braddy grew up. With a 50-member staff, BPA features teachers who adjust their lesson plans to incorporate various learning styles and guide pupils to become college students and entrepreneurs. Some graduates have also gone on to earn advanced degrees.

Featured Student—M. Seepersaud



Medical School is intense and time consuming but so far there has never been a dull moment. Basic Sciences took long hours of studying and memorizing to do well. By the time I was in 2nd year, the excitement of being in Medical School had worn off to some degree and the intensity and difficulty seemed to increase. However, I remained focused and successfully completed my Basic Sciences. I was pleased to be a part of the extracurricular activities AISM offered, the First Aid Training and numerous Medical Outreach Programmes.

Clinical Rotations, I expect to be the practical aspect of all that was taught in Basic Science. Once USMLE Step 1 is out of the way, I expect life at Medical School to significantly improve.

I am excited about the transition from the classroom setting to clinical medicine in the USA. I intend to spend my time learning basic clinical skills and attaining general knowledge and experience in preparation for Residency.

I intend to develop good doctor-patient relationships and fully understand the responsibilities of a physician and to abide by the Hippocratic Oath and the Code of the Medical Ethics at all times.

I don't expect rotations to be any walk in the park and I am determined to pass with flying colors come what may. At the end of it, I plan to take the USMLE Step 2.

ALUMNI FOCUS—Dr. Rena Mahta

Dr. Mehta is a leader in the field of weight loss management. Because of her background in Internal Medicine, she's extremely passionate about the first-hand effects that being overweight can have on the body, including diabetes, hypertension and heart disease. For this reason, she's devoted her career to specializing in the treatment and prevention of weight gain and obesity, and she's proud to have successfully helped many men and women lose weight and keep it off long term.

Recently a patient came to her who was overweight and on 60 units of insulin daily for diabetes management. With Dr. Mehta's physician-assisted, customized weight loss program, in just under 32 weeks the patient had lost 70 pounds and was able to come off of insulin completely. This patient's success is contributed to a medication-free program that incorporates a well-balanced diet and exercise. Dr. Mehta now wants to help you make healthy changes in your life, so you can quickly and simply reach your weight loss goals.

This unique, personalized program is administered exclusively by Dr. Mehta, meaning you'll be monitored by a physician throughout the length of this

program. For this reason, this diet is safe for anyone with health concerns or who is on prescription medications for chronic conditions, such as high blood pressure, heart disease, diabetes, high cholesterol and stroke, among other issues. The other benefit of this program is that it includes a maintenance phase, where you'll learn to keep the weight off long-term. (Vegetarian and kosher meal plans are also offered.)

In addition to weight management, Dr. Mehta emphasizes other preventive care tactics, including annual wellness exams. She also provides for the treatment of acute illnesses and management of chronic conditions, such as hypertension, heart disease and respiratory problems. She treats illnesses due to hormonal imbalances, infectious diseases and disorders of the digestive system, as well. As an internal medicine physician, Dr. Mehta partners with her patients and encourages them to take an active role in their healthcare.

If you're ready to take control of your health and achieve your weight loss goals, schedule an appointment with Dr. Mehta to learn more today. Take part in setting a healthy example for America's youth.

http://www.suburbanwoman.net/doctors_detail.php?ID=69



Dr. Rena Mahta

A Message from

Dr. Colin Wilkinson

**President of the
American International
School of Medicine**

Welcome to the American International School of Medicine (AISM). It is with great pride that I introduce to you an institution, which has grown over the years into an excellent school that provides medical education and training to meet the growing demands for health care professionals worldwide.

What's NEW in the World of MEDICINE

Researchers develop new technique for visualizing blood flow

Stanford scientists have developed a fluorescence imaging technique that allows them to view the pulsing blood vessels of living animals with unprecedented clarity. Compared with conventional imaging techniques, the increase in sharpness is akin to wiping

fog off your glasses.

The technique, called near infrared-2 imaging, or NIR-2, involves first injecting water-soluble carbon nanotubes into the living subject's bloodstream.

The researchers then shine a laser (its light is in the near-infrared range, a



www.facebook.com/aismedu

follow us on
twitter



www.twitter/aismedu

What's New In the World of Medicine cont'd

wavelength of about 0.8 micron) over the subject; in this case, a mouse.

The light causes the specially designed nanotubes to fluoresce at a longer wavelength of 1-1.4 microns, which is then detected to determine the blood vessels' structure.

That the nanotubes fluoresce at substantially longer wavelengths than conventional imaging techniques is critical in achieving the stunningly clear images of the tiny blood vessels: longer wavelength light scatters less, and thus creates sharper images of the vessels. Another benefit of detecting such long wavelength light is that the detector registers less background noise since the body does not produce autofluorescence in this wavelength range.

Courtesy of Stanford University

These images of a mouse's blood vessels show the difference in resolution between traditional near-infrared fluorescence imaging (top) and Stanford's new NIR-2 technique (bottom).

In addition to providing fine details, the technique — developed by Stanford scientists Hongjie Dai, PhD, professor of chemistry; John Cooke, MD, PhD, professor of cardiovascular medicine; and Ngan Huang, PhD, acting assistant professor of cardiothoracic surgery — has a fast image acquisition rate, allowing researchers to measure blood flow in near real time.

The work was published online Nov. 18 in *Nature Medicine*.

The ability to obtain both blood flow information and blood vessel clarity was not previously possible, and will be particularly useful in studying animal models of arterial

disease, such as how blood flow is affected by the arterial blockages and constrictions that cause, among other things, strokes and heart attacks.

"For medical research, it's a very nice tool for looking at features in small animals," Dai said. "It will help us better understand some vasculature diseases and how they respond to therapy, and how we might devise better treatments."

Because NIR-2 can only penetrate a centimeter, at most, into the body, it won't replace other imaging techniques for humans, but it will be a powerful method for studying animal models by replacing or complementing X-ray, CT, MRI and laser Doppler techniques.

The next step for the research, and one that will make the technology more easily accepted for use in humans, is to explore alternative fluorescent molecules, Dai said. "We'd like to find something smaller than the carbon nanotubes but that emit light at the same long wavelength, so that they can be easily excreted from the body and we can eliminate any toxicity concerns."

The lead authors of the study are graduate student Guosong Hong of the Department of Chemistry and research assistant Jerry Lee of the School of Medicine. Other co-authors include graduate student Joshua Robinson and postdoctoral scholars Uwe Raaz, MD, and Liming Xie, PhD. The work was supported by the National Cancer Institute, the National Heart, Lung and Blood Institute and a Stanford Graduate Fellowship..

Stanford University

<http://med.stanford.edu/ism/2012/december/blood-imaging-1205.html>



AMERICAN INTERNATIONAL
SCHOOL OF MEDICINE
FOUNDATION

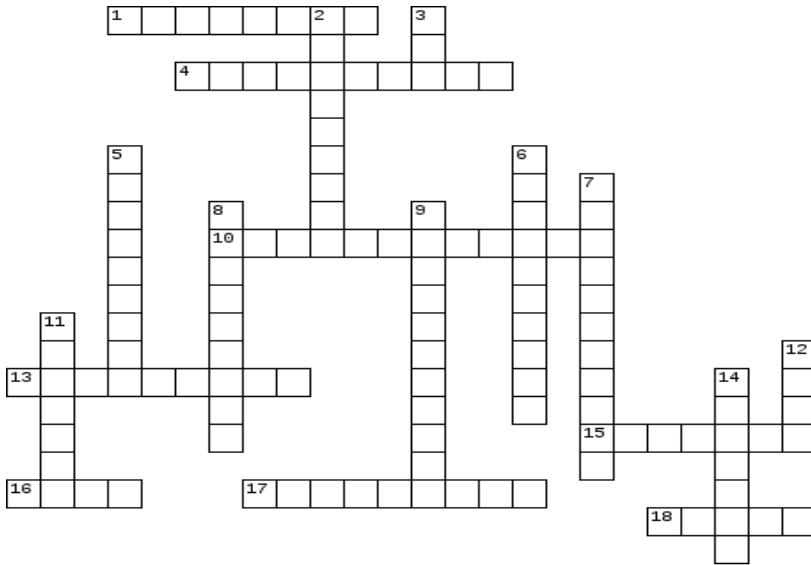
"Ensuring
A Brighter Tomorrow
Starting Today!"



Our Mission
"To Promote and Support
the Mission of
The American International
School of Medicine"

AISM Foundation is the Trust Fund for Future Development of AISM .
It was established in 2005 to attract and accept investment endowment gifts. The Interest-only income is returned to the school to fund various projects and programs.

Crossword Puzzle



Across Clues

- 1. The medical term for the time when menstruation begins is
- 4. The medical term for paralysis on one side of the body is
- 10. The medical term for bending backward is
- 13. The medical term for turning the palm backward is
- 15. A condition seen in infancy due to a deficiency in vitamin D characterized by softening of
- 16. The abbreviation for below or low is
- 17. The medical term for straightening of a body part is
- 18. The suffix "emia" means

Down Clues

- 2. Inflammation of the liver is called
- 3. The abbreviation for dressing is
- 5. The medical term for moving a body part away from the body is
- 6. The medical term for turning the palm forward, as applied to the hand is
- 7. The medical term for the abnormal shortening of a muscle is
- 8. The medical term for moving a body part toward the midline of the body is

Copyright (c) 2009 ClassHelper.org.

- 8. The medical term for moving a body part toward the midline of the body is
- 9. Inflammation of the eyelid is called
- 11. The medical term for decrease in size or a wasting is
- 12. The abbreviation for postprandial blood sugar is
- 14. The medical term for bending a body part is

Answers would be published in the next issue of AISM Times.

CASE STUDIES

Courtesy Belmont Clinic Ltd & Optimum Health Clinic Ltd (Antigua)

CASE 1: Can you spot the fracture?



CASE 2: VS is a multiparous post-menopausal woman who visited her doctor complaining of what she describes as an itchy wale on the dorsal aspect of the hand for 2 weeks. She denies any allergies or contact with any chemicals or abnormal compounds. Her primary care physician had been treating her for hives (allergy) with 120mg of Fexofenadine POQD. The condition remained unresponsive to treatment.

She works with a veterinarian and her main duties involve feeding the dogs and cats and cleaning the kennels.

VS has no constitutional symptom, i.e. fever and malaise and weight loss. She is alert and orient. Physical examination revealed a well-nourished and well-hydrated 53 year old female who is in excellent performance status. Karnofsky performance is 95. On visual inspection of the skin, there were pruritic 2-3 mm wide red snake-like borrow tracks (about 3-4 cm long) and erythematous blisters which resembled track lines. She did say that the tracks seem to get longer daily.

What is the diagnosis?

This Issue of AISM times was compiled by Dr. José Humphreys, Dr. Melissa Varswyk, and Dr. Isis Paden . We welcome your feedback, comments, suggestions and contributions to our newsletter. This Newsletter is among the projects and activities the Alumni Association has undertaken within the structure of AISM.

WORLD FAMILY DOCTOR DAY

J. Humphreys MD - Member CCFP Antigua Chapter

On May 19, 2012, Family Medicine Practitioners around the globe, for the second time, celebrated World Family Doctors Day. This commemorative day was pioneered through a collaborative effort by the General Practice Student Network (GPSN) and the General Practice Registrars Australia (GPRA); to celebrate the critical role Family Medicine and Family Doctors/General Practitioners play within the healthcare sector.

The Council of the World Organization of Family Doctors (WONCA) unanimously approved the creation of "World Family Doctor Day" and it was officially launched on 19 May 2010 by the World President, Professor Chris van Weil in the opening session of the 19th World Conference in Cancun, Mexico. WONCA, recognized by the World Health Organization as the international organization for family doctors, names a day each year as World Family Doctor Day and encourages its regions and member organizations to acknowledge this day in their own special way.



structure of medicine is a major focus.

According to the Australian body, Family Doctors/General Practitioners; being

the single largest specialty in medicine:

- Are key figures in the community and have a responsibility to provide care to all peoples; regardless of age, gender, race, affiliation or socio-economic standing
- Are essential in delivering truly holistic, community-based medicine
- Play a crucial role in preventative health and chronic disease management, and
- Play an integral part in providing health education in their communities.

Family Doctors and General Practitioners are the cornerstone of all modern health care systems. They are an integral component in

Continued on Page 11

CARIBBEAN AIRWAYS EMERGENCY MANAGEMENT COURSE—Willemstad, CURACAO

In September, the annual Caribbean Emergency Airway Management course and conference was hosted in Curacao, the Dutch Caribbean. Healthcare providers from all across the Caribbean participated in this highly sort after course.

It was an intensive airway management course that was offered to all emergency healthcare providers in particular the Caribbean healthcare providers. Airway management is the most critical skill in emergency situations. The purpose of the course was to promote high quality airway management by providing a systematic approach to the airway.

The course was designed to provide participants with a combination of state of the art lectures and hands-on skills that ensure effective and appropriate airway management in emergency situations. This intensive course was taught by a panel of international experts, providing the participants the opportunity to practice in small group sessions with the newest gadgets and airway equipment.

Areas covered included: Emergency intubation techniques, Identification and management of difficult airways, Identification and management of failed airways, Rapid step by step approach to airway management and Adjunct airway management devices and techniques in emergency situations. Participants had hands on experience in Conventional intubations, Extraglottic devices, Optically enhanced and video laryngoscopy, flexible fiberoptic intubation, awake intubation, pediatric airway management and skills, surgical airways management, to name a few. Course Partners include the Netherlands Foundation for Clinical Higher Education (www.naskho.org), Massachusetts General Hospital (Division of Global Health and Human Rights) & The Ujenzi Trust (www.ujenzi.org). Dr. José Humphreys, AISM graduate from Antigua/Barbuda, participated in this course. His training was sponsored by Belmont Medical and Surgical (Belmont Clinic Antigua) where he serves as an Attending Physician.

Graduate Medical Education Information for Residency Matching.

The Accreditation Council for Graduate Medical Education (ACGME)

is a private professional organization responsible for the accreditation of nearly 7,800 residency education programs. Residency education is the period of clinical education in a medical specialty that follows graduation from medical school, and prepares physicians for the independent practice of medicine.

American Medical Association (AMA)

Medical Education, 515 N State St, Chicago, IL 60610

Phone: 312-464-5333 | Fax: 312-464-5830 | E-mail: fred_lenhoff@ama-assn.org

The American Medical Student Association (AMSA) is the oldest and largest independent association of physicians-in-training in the U.S. Founded in 1950, AMSA is a student-governed, non-profit organization committed to representing the concerns of physicians-in-training.

Careers in Medicine is a four-phase course that is designed to assist you in understanding your options for choosing a specialty and selecting and applying to a residency program to meet your career objectives. Careers in Medicine can be used as both a self-managed course and/or combined with career/specialty guidance programs provided by your medical school. Career MD.com is produced by Career Publications, Inc. Program directors pay for the opportunity to have their program descriptions included in the web site; students may also find the articles on personal statements and interview preparation to be informative.

Electronic Residency Application Service (ERAS) is a service which transmits residency applications, letters of recommendation, Dean's Letters, transcripts, and other supporting credentials from medical schools to residency program directors using the Internet.

FREIDA Online – Fellowship and Residency Electronic

Interactive Database Access is a database containing information on approximately 7,500 graduate medical education programs accredited by the Accreditation Council for Graduate Medical Education (ACGME) and 200 combined specialty programs. By defining and prioritizing various selection criteria you can select several programs or key in on a specific program for viewing. For AMA student and resident members FREIDA Online provides a mailing label service at no charge for 30 programs.

The National Resident Matching Program (NRMP) is a private, not-for-profit corporation established in 1952 to provide a uniform date of appointment to positions in graduate medical education (GME).

The San Francisco Match handles applications for residencies in Ophthalmology, Otolaryngology, Neurology, Neurological Surgery & Plastic Surgery. (Residents who have completed 3-5 years of general surgery may apply for plastic surgery positions through the San Francisco match. Senior medical students apply for plastic surgery positions through the NRMP.

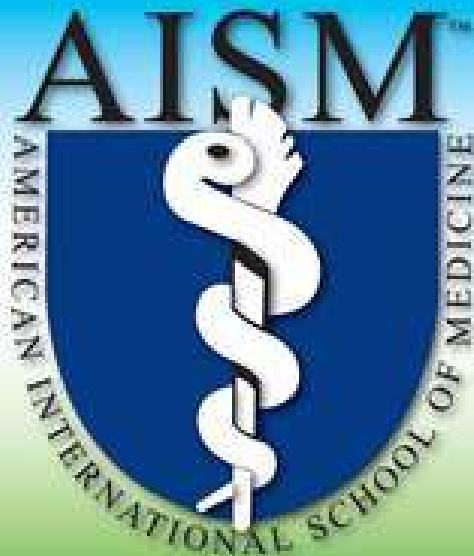
United States Medical Licensing Examination (USMLE) is home of the Boards.



**APPLY
NOW
MAY and
SEPT
SEMESTERS**



AMERICAN INTERNATIONAL SCHOOL OF MEDICINE



OUR MISSION

"Committed to quality affordable medical education and training to eligible students from any part of the world, with the intellectual curiosity and zeal of becoming a Medical Doctor; inspiring them to be life-long learners and compassionate physicians to improve, treat and prevent human illnesses in diverse communities."

www.aism.edu

RESOURCES COLUMN

Pediatric Review For Primary Care 2012

Location: Grand Floridian Resort , Orlando

Duration: 28—30 Dec, 2012

More information: http://www.mceconferences.com/conference-detail.php?conf_id=DN707-37-36-15-37-36

Primary Care Update 2012

Location: Westin Grand Central Hotel , NY

Duration: 28—30 Dec, 2012

More information: http://www.mceconferences.com/conference-detail.php?conf_id=PAR-16-31

8th Global Conference on Health Promotion (WHO)

Location: Finlandia Hall, Helsinki, Finland

Duration: 10—14 June, 2013

More information: <http://www.who.int/healthpromotion/conferences/8gchp/en/index.html>

In athletes bradycardia is because of :

- Increased cardiac output
- Increased vagal tone
- Low venous return
- Decreased sympathetic tone



"Hmmm... Sounds grave, very grave. We'll know more after the autopsy!"

World Family Doctor Day continued.....

both the provision and the delivery of patient primary care and the coordination of other health services. Notwithstanding this, their importance in modern day health care has been poorly defined and understood.

The regional Family Practitioners representative body is the Caribbean College of Family Physicians (CCFP), which was founded in November of 1987 in Jamaica where the Head Office and Central Secretariat are still located. CCFP was accepted into CARICOM in June 1992 as a Liaison Organization and was granted Observer Status on the Council of Regional Ministers of Health and Social Services Delivery. Later in October of 2007, CCFP became a Full Member of WONCA. This entitles CCFP and its membership to reciprocity with sister organizations worldwide.

True to its mandate, CCFP promotes/protects the interest of Family Practitioners across the Caribbean while stressing a united approach in promoting educational activities and public awareness regarding the important role they play within the health care system. This is reaffirmed in its motto, "Cooperating For Excellence". CCFP's passion for education is seen in its devotion to planning and implementing CME (Continuing Medical Education) events, where family physicians can upgrade their knowledge and skills. Completing a set amount of CMEs yearly is required to maintain membership within CCFP.

Regional CCFP Chapters are encouraged to join in the celebration and promote the awareness of World Family Doctors Day.

More information on the CCFP can be found at caribgp.org while information regarding World Family Doctors' Day is available on the World Organization of Family Doctors' (WONCA's) website www.globalfamilydoctor.com or from www.worldfamilydoctorday.com.

The Role of Adiponectin in Glucose Metabolism and Endothelial Function

By J. Humphreys, MD

Adiponectin is a protein hormone secreted by the adipocytes (sole producers and secretors) and is involved in glucose regulation and fatty acid metabolism. There are two Adiponectin receptors: AdipoR1 and AdipoR2.

Like leptin, Adiponectin can cause weight loss via the brain, however it achieves this by raising metabolic rate without affecting appetite. Lower levels of Adiponectin have been implicated in Metabolic Syndrome/Insulin Resistance, Diabetes Mellitus type 2, obesity and coronary syndrome while higher levels have been shown to be cardio-protective and also increase insulin sensitivity.

In addition, high levels of Adiponectin (and leptin) have been found in human milk and some researchers believe this to be the relationship between breastfeeding and reduced risks of obesity later in life.

Adiponectin is involved in triglyceride clearance, increasing

glucose uptake and insulin sensitivity, decreasing glucose production, controlling energy metabolism, upregulating uncoupling proteins and beta-oxidation (fatty acid breakdown).

Moreover, this protein hormone demonstrates anti-inflammatory effects on the endothelium of blood vessels, therefore reducing the risk of thromboembolic events, cardiovascular events and micro and macro-vascular damage. This protection from endothelial dysfunction reduces the risk of atherosclerotic lesions forming within the endothelium.

Diabetics have less Adiponectin than non-diabetics and even though it is found in fat cells, Adiponectin is significantly reduced in the obese. However, research has indicated an increased circulating Adiponectin level for diabetics on Thiazolidinedione/Glitazone therapy. There is a noted increase in Adiponectin with weight loss.

Some evidence has suggested that sleep deprivation is linked to reduced Adiponectin levels and by extension increased risk of cardiovascular events and obesity and other metabolic disorders. There is also a marked increase in inflammatory markers with reduced levels of Adiponectin.



Programs	Premedical	Basic Sciences
Duration	1 year	4 years
Location	Guyana, South America	Basic Sciences: Guyana Clinical Sciences: USA, UK, Canada, Guyana



Visit our Guyana Office: 89 Sandy Babb and Middleton Sts. Kitty
 Online: www.aism.edu Email admissionoffice@aism.edu
www.facebook.com/aismedu Tel: (592)225 2232(GY)
 (1) 404 382 0772(USA)

Registered with the NAC of Guyana and recognized by ECFMG (USA) and UK Medical Council

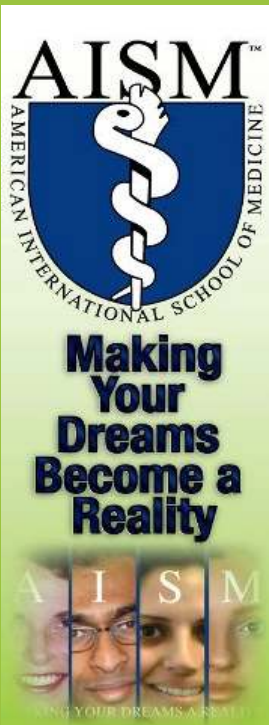
Guyana Campus:
89 Middleton & Sandy Babb
Streets.
Kitty, Georgetown. GUYANA,
South America

Tel: 592 225 2232
Fax: (413) 674-7301

E-mail: info@aim.edu

US Information Office
P.O. Box 545
Stone Mountain, GA, 30086

US Toll Free:
(866) 465-9966



www.aim.edu

AIMS TIMES

Owned and produced by
AIMS. This Newsletter is
circulated to over 800 mem-
bers of the organization as
one of the benefits associa-
tion.

Email: aimstimes@aim.edu

AIMS 2012 Christmas Greeting



As we approach another Christmas season, with all the joy, excitement and merriment that is part of the tradition we would like to take this opportunity to thank the Board of Directors, faculty, staff and students for your hard work and commitment over the past year. Of equal importance, we are especially grateful to the benefactors whose contributions help us on our journey to fulfill our Mission of being the catalyst to provide quality medical education to students worldwide. AISM achievements in education quality improvement, as well as in maintaining advancement of students, staff and faculty were achieved because of the AISM family stood as one and was unanimous in pursuing common goals and objectives throughout the 2012 year.

Please accept our best wishes for the holidays, and for a healthy, happy, and peaceful 2013.

*Merry
Christmas*

for AISM

Submissions

Unsolicited story ideas, articles and photographs are welcome. "Submissions should be written using a word processor software program (Microsoft Word is preferred) and e-mailed as an attachment to aimstimes@aim.edu . Be sure the subject of the e-mail reflects what type of submission is being sent. Please observe editorial deadlines.