

# Happy Birthday!

Director: Dr. Amit Dhamoon  
Coordinator: Andrea Rhea

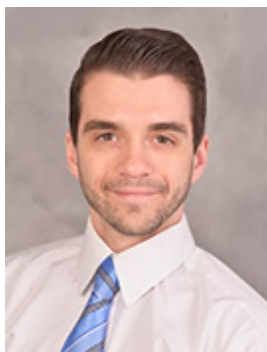
**UPSTATE**  
MEDICAL UNIVERSITY  
COLLEGE OF GRADUATE STUDIES



Gargi  
Feb. 1



Sam  
Feb. 9



Mike  
Feb. 25



Jenni  
Feb. 27



Sanaea  
Feb. 29

# MD/PHD NEWSLETTER

FEBRUARY 2023

## *MDPhD Valentine Poem*

*Roses are red  
Violets are blue  
Physician scientists make the world a  
better place  
And one of the many reasons we're  
extremely proud of you!*



MDPhD  
Nonhuman Companions



Featuring: Laura's Dog  
Stella

"Stella is my rock – I've had her since June 2015 (less than a month after starting at Upstate). She's a rescue dog which is quite apparent in her personality, but she consistently can make me feel better whenever I come home after a bad day. She's gotten me through Step 1, qualifying exam, grant submission, thesis submission, clerkships, and Step 2. She's also going to get me through interview season. To represent Stella I've chosen a photo of her being adorable at the top of Seymour Mountain." -Laura



# MDPhD Paint n' Sip





# Publications, News, Conferences

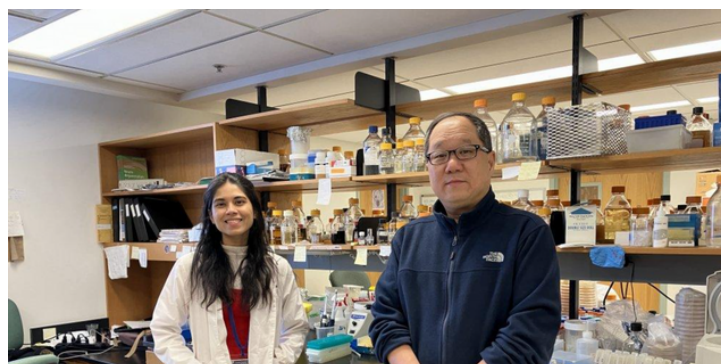


Publication in Nature includes  
MD/PhD students and alum:

Co-first authors: Zach Oaks (2018) and Akshay  
Patel (2025)  
Nick Huang (2022)  
David Fernandez (2009)

**Cytosolic aldose metabolism  
contributes to progression from  
cirrhosis to hepatocarcinogenesis**

**Upstate MD/PhD student  
awarded American Heart  
Association fellowship,  
studying causes of heart  
disease**



**Anna Maria** attended the Yamada Conference with the Amack lab: Origins of Left-Right Asymmetry in Animals hosted by the Riken Institute in Kobe, Japan. Despite some delays in their initial travel (48hrs of travel to be exact), they made it to Japan and had an amazing conference with the very welcome L-R asymmetry community! So many wonderful ideas, innovative science and exciting collaborations! They also got to visit some amazing places include a modern interactive art exhibition, the Osaka Aquarium (for the whale sharks), and Shibuya Crossing.





# Precious Pics, a Toddler Turning 5, and a Thought Trinket

**Olivia** went to California over break to visit her boyfriend, Daniel, in San Francisco. You'll get a toothache from these photos- they are so sweet!!



**Simon** turns 5 this month! Kids are a striking embodiment of the passage of time, which is shocking to realize each year. It seems I just took the picture below of Simon, but it was four years ago!

What was going on in your life 4 years ago? Where will you be 4 years from now? So much can and will change. I find comfort in this concept of fleeting time and change. Anything can seem less daunting or more cherishing if you notice the impermanence of your current experiences and subsequent emotions.

I feared the passage of time. Or maybe it was resentment? It occasionally shocks me still, but I've learned to embrace the concept that there's more impermanence in life than not. While that same thought once seemed ominous, accepting it has brought me comfort. If I am able to remember that my current circumstances and emotions are relatively fleeting, they become more tolerable or more precious.

I hope you are thriving and feeling fulfilled, light-hearted and motivated. Perhaps you're more or less languishing and feeling dull and stressed. Or any combination of these feelings. This snapshot of your life is precious, regardless, because of its impermanence.

This photo was taken a few days after Simon turned one, and I remember saying "OMG he looks like he's 5!" Now, here we are! A lot has changed. I simply look at him to realize life in flux and then I reflect. There were some things that I wish hadn't ever changed and other things that I can't imagine living without. Regardless, time passed, change persisted and it was all precious and delicate and fleeting and terrible and wonderful. Cheers to five years for Simon! He tried so hard to be a Pices yet he's another Aquarian among our MDPHD family, by association.

