



The University of Vermont

LARNER COLLEGE OF MEDICINE



PUTTING
MEANING
BACK INTO
MEDICINE



**Treat every patient
using the absolute
best of our knowledge.**

**Always employ your
innate empathy.**

**Pursue breakthroughs
rigorously.**

That is what we teach at the
College of Medicine at the
University of Vermont.

Humanity desperately needs
doctors for these complex times.
And that informs all of our
teaching methods and moments.

ON HUMANKIND'S FRONT LINES

There is so much we still don't know when it comes to medicine.

THAT—THE UNKNOWN—IS WHAT DRIVES US TO BE ON THE FRONT LINES OF SOME OF HUMANITY'S GREATEST BATTLES.

The scientists and researchers at the UVM College of Medicine come to work every day to dig in, head first. To unlock the keys to cure cancer. To create the vaccine for the next deadly outbreak. Or even to fully understand the mind-body connection.

These scientists—our scientists—use their knowledge to find today's breakthroughs. Then they teach tomorrow's brightest medical minds everything they know.



GIVING HUMANITY

A SHOT AT PREVENTING

THE NEXT OUTBREAK.

The UVM College of Medicine Vaccine Testing Center is currently developing a vaccine for the Zika virus in partnership with the National Institutes of Health.

New infectious diseases are creating challenge after challenge for humankind to face.

THAT'S WHERE THE VACCINE TESTING CENTER AT THE UVM COLLEGE OF MEDICINE COMES IN.

Dr. Beth Kirkpatrick, UVM Professor of Medicine and Vaccine Testing Center (VTC) Director, and her team of scientists and researchers develop vaccines of importance to global health, including typhoid fever, Campylobacter infections, dengue virus infections, cholera, rotavirus, polio.

And most recently, they've been involved in the trial phase of a vaccine that world desperately needs: one for the Zika virus. Declared a global health emergency by the World Health Organization on February 1, 2016, UVM is on the front lines of trying to halt this crisis.

COLLEGE OF MEDICINE

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FEATURE • NBC OUT

OutFront: Medical Student Brings Health of LGBTQ Youth to Forefront
by ANN BRONSTEIN

National Observer Nick Rosenblatt is working as an acting associate in the Pediatrics Department at the LAMC Medical Center. © Contributor / UVM Larner College of Medicine

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"Are you and people like you trained to talk to people like me?"

The 17-year-old transgender girl's question took medical student Nicholas Bonenfant by surprise. The gay pediatrician in training was leading a medical questions-and-answers session in a Boston LGBTQ youth clinic in July 2016. He came prepared to answer questions about anxiety and acne, not transgender health. Having received little training on the topic, he felt helpless.

"I was so caught off guard by what she asked, but also, I just didn't have an answer to give her," Bonenfant told NBC Out.

The girl, who was assigned male at birth, told Bonenfant that when she went to see a pediatrician, he argued with her about her gender identity.

"She felt a lot of judgment in her pediatrician's office in the city, which was surprising to her," Bonenfant said.

Her story reminded the University of Vermont medical student of his own experience going to a pediatrician and the reason he decided to become a doctor. He recalled the pediatrician after asking about whether he had a girlfriend, or if there were any "cute girls" in his class.

"When I was young like that, I knew that my feelings and emotions didn't match what this medical authority — this pediatrician — was saying, which made me feel like there was something wrong," Bonenfant said.

"I think if I had had a pediatrician who felt more like an ally to me, I would have been a much more confident kid ... I wouldn't have struggled so much, through all of adolescence, with just accepting who I was."

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TABLE OF CONTENTS

College Guide for LGBTQ Students.

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For prospective college students who identify as lesbian, gay, bisexual, transgender, questioning, or queer (LGBTQ), it's crucial to find a college with a supportive learning environment where they can thrive. **Campus Pride**, the predominant national nonprofit organization serving LGBTQ students, functions as a primary resource for such a search. Each year, the site provides a comprehensive listing of the most LGBTQ-friendly colleges in the nation and hosts a college fair specifically geared toward LGBTQ youths and their families.

Interviews • College Access for LGBTQ Students

To get a more personal perspective, we interviewed industry professionals who gave us their unique insight on the challenges and questions LGBTQ students may face when attending college. These experts come from a variety of fields, including mental health counseling and LGBTQ advocacy. Look for the [i] icon throughout this page to expand and read their responses.

To view our featured experts' full profiles and interviews, [click here](#).

In 2015, the **Consortium of Higher Education LGBT Resource Professionals** joined with 25 other organizations to request that optional questions related to gender identity and sexual orientation be added to the Common Application used for admission at more than 500 colleges in the US and internationally. The data would facilitate more accurate statistics pertaining to LGBT students, and

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Doctors Stress The Importance Of Comprehensive Treatment For Patients With Coronary Artery Disease

Jeena Cho, CONTRIBUTOR
I cover mental health, mindfulness and work-life integration. FULL BIO

TWEET THIS

- It is not the mountain ahead that wears you out, but the grain of sand in your shoe.
- chronic stress results from our body's inability to turn off the stress response.



There are a number of elements used to promote optimal health in any person, including those with coronary artery disease (CAD). These include whole food-based nutrition, safe use of nutritional supplements, an active lifestyle and regular mind-body practices to build resiliency.

Some physicians such as [Andréa Fossati, M.D.](#), are focusing on taking a more comprehensive approach to treating patients. Fossati is physician in integrative health at the University of Vermont, an instructor at the Larner College of Medicine at the University of Vermont, and an attending physician in adult primary care at the University of Vermont Medical Center. Previously a board-certified cardiologist, Dr. Fossati became interested in helping her patients make lifestyle changes to promote their optimal health and well-being, leading her to adjust her career path.

Benefits Of Mindfulness Practices For Patients With CAD


According to Dr. Fossati, "mindfulness is one of the most effective mind-body approaches I have used myself and with students, colleagues and patients."

THE NEW YORK TIMES

WELL | MIND

How to Be Mindful at the Doctor's Office

Meditation for Real Life
By DAVID GELLES MAY 3, 2017



"Life presents us with this quandary: When we most need to communicate effectively, we are often filled with anxiety. When we are reactive to anxious states, we tend to shut down, act impulsively or crave solace. None of these responses helps us work with our doctors. To have a better experience — to ask the difficult question, share a moment of vulnerability or discuss symptoms — start by being mindful." — Lee Rosen, Ph.D., assistant professor of psychiatry at the [Larner College of Medicine at the University of Vermont](#)

Before you enter the doctor's office, pause at the door and take two deep breaths, count slowly to three on both the inhalation and the

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POPULAR SCIENCE

Stop looking for the latest superfood and eat a chili pepper

A hot lesson in nutritional studies.

By KENDRA PIERRE-LOUIS MAY 27, 2017

"Tears in Eyes" is a Sichuan dish of soft rice noodles covered in a spicy sauce made of dried, fresh, and pickled chili peppers, chili oil, and, of course, the iconic Sichuan peppercorn. It more than lives up to its name. The dish's capsaicin content (capsaicin is what gives chilis their bite) is so intense that as tears stream down your face, you start to believe that you're doing irreversible damage to your tongue.

ADVERTISING

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JUL 21, 2017 @ 11:34 AM 77

In Vermont, Students And Lawmakers Are Getting The Facts On Cannabis

WOMEN@FORBES



Janet Burns, CONTRIBUTOR

FULL BIO

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As U.S. business and government continue to butt heads over medicinal cannabis, some educational institutions are turning to science to help elevate and inform the conversation.

Helping blaze the trail toward cannabis' acceptance in academia is none

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More and more US universities are adding 'cannabis classes' to their syllabuses

More and more universities in the United States are starting to offer 'cannabis classes' to students wanting to learn more about the plant.

Cannabis is a multi-billion pound industry across the pond, with increasing numbers of states seeking to legalise it.



Why are we so obsessed with filming ourselves having sex? »

As such, we're seeing an explosion of innovative products and companies popping up – keeping the US economy afloat with green dollar bills.

So it makes sense that as weed increasingly seeks to pervade American life, that it gets some representation in academia.

Universities across the states are starting to offer the classes in the hope of delving deeper into the legal and biological ramifications of cannabis use.

Who needs lectures? Vermont medical school chooses other ways to teach

By Felice J. Freyer Globe Staff, January 31, 2017, 9:26 p.m.



Students learn through interactive and problem-solving methods at the University of Vermont medical school. (CALEB KENNA FOR THE BOSTON GLOBE)

BURLINGTON, Vt. — The doctors of tomorrow — eight of them — huddle at the conference table, puzzling over the case of a girl whose growth has mysteriously slowed. What could be wrong? A genetic syndrome? An enzyme



POLICY-ISH

Vermont Medical School Says Goodbye To Lectures

4:04

+ PLAYLIST

August 3, 2017 - 4:57 PM ET

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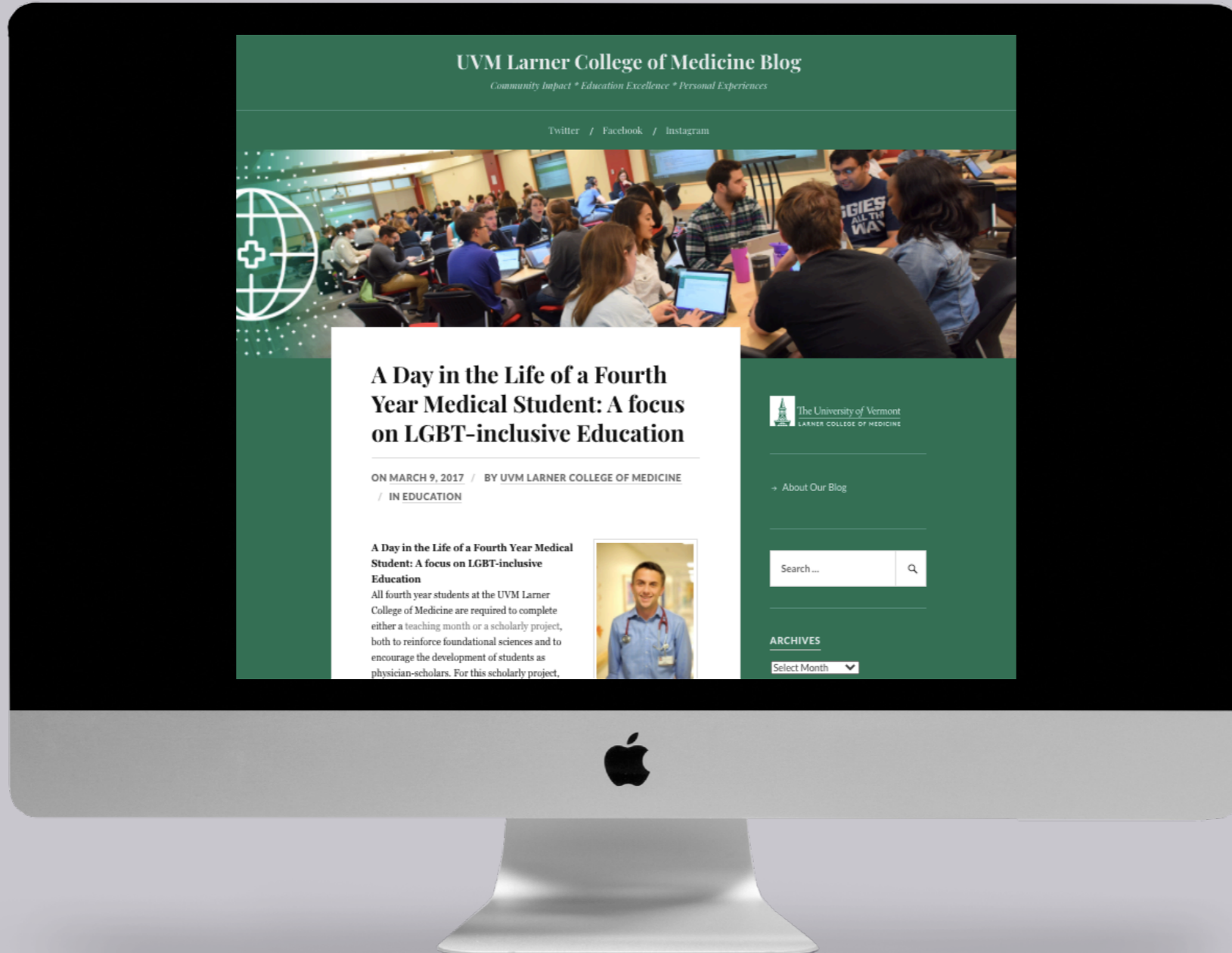
TRANSCRIPT



University of Vermont medical students in the school's new Larner classroom, built to facilitate the active learning environment.

Andy Duback/Courtesy of Larner College of Medicine

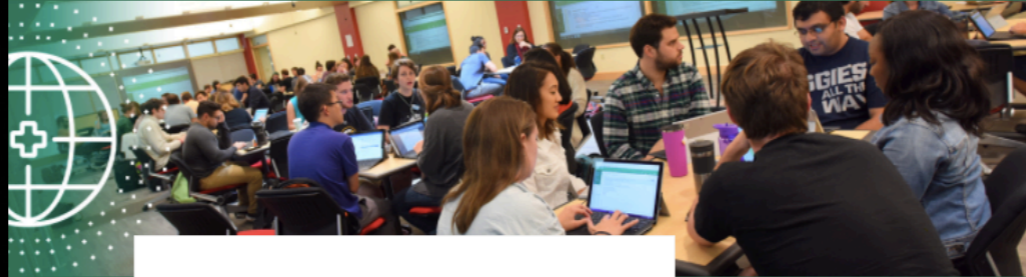
For students starting medical school, the first year can involve a lot of time in a lecture hall. There are hundreds of terms to master and pages upon pages of notes to take.



UVM Larner College of Medicine Blog

Community Impact * Education Excellence * Personal Experiences

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A Day in the Life of a Fourth Year Medical Student: A focus on LGBT-inclusive Education

ON MARCH 9, 2017 / BY UVM LARNER COLLEGE OF MEDICINE
/ [IN EDUCATION](#)

A Day in the Life of a Fourth Year Medical Student: A focus on LGBT-inclusive Education

All fourth year students at the UVM Larner College of Medicine are required to complete either a teaching month or a scholarly project, both to reinforce foundational sciences and to encourage the development of students as physician-scholars. For this scholarly project,



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