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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.

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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.

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Advancing the Human Condition, Unconditionally

Public Health

Mindfulness

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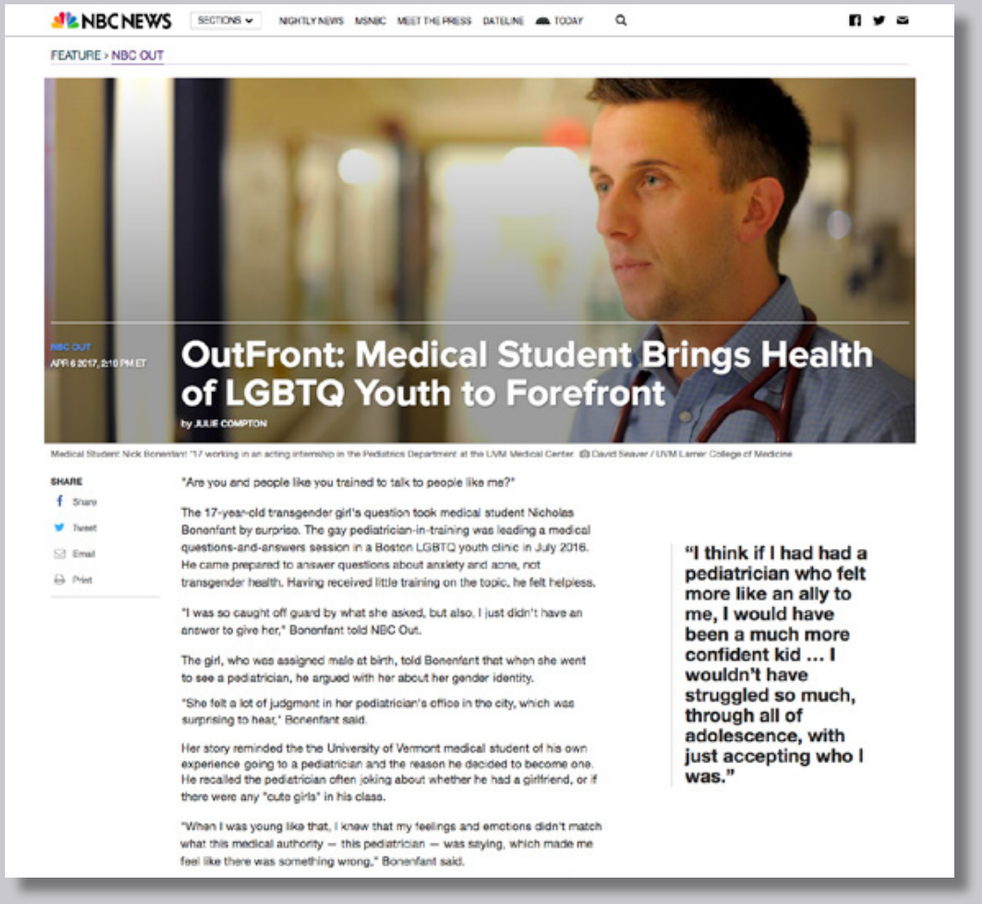

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NBC OUT
APR 6 2017, 2:10 PM ET

OutFront: Medical Student Brings Health of LGBTQ Youth to Forefront

by JULIE COMPTON

Medical Student Nick Bonenfant '17 working in an acting internship in the Pediatrics Department at the UVM Medical Center. David Seaver / 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 hear," Bonenfant said.

Her story reminded the the University of Vermont medical student of his own experience going to a pediatrician and the reason he decided to become one. He recalled the pediatrician often joking 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."

Best Colleges

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College Guide for LGBTQ Students.

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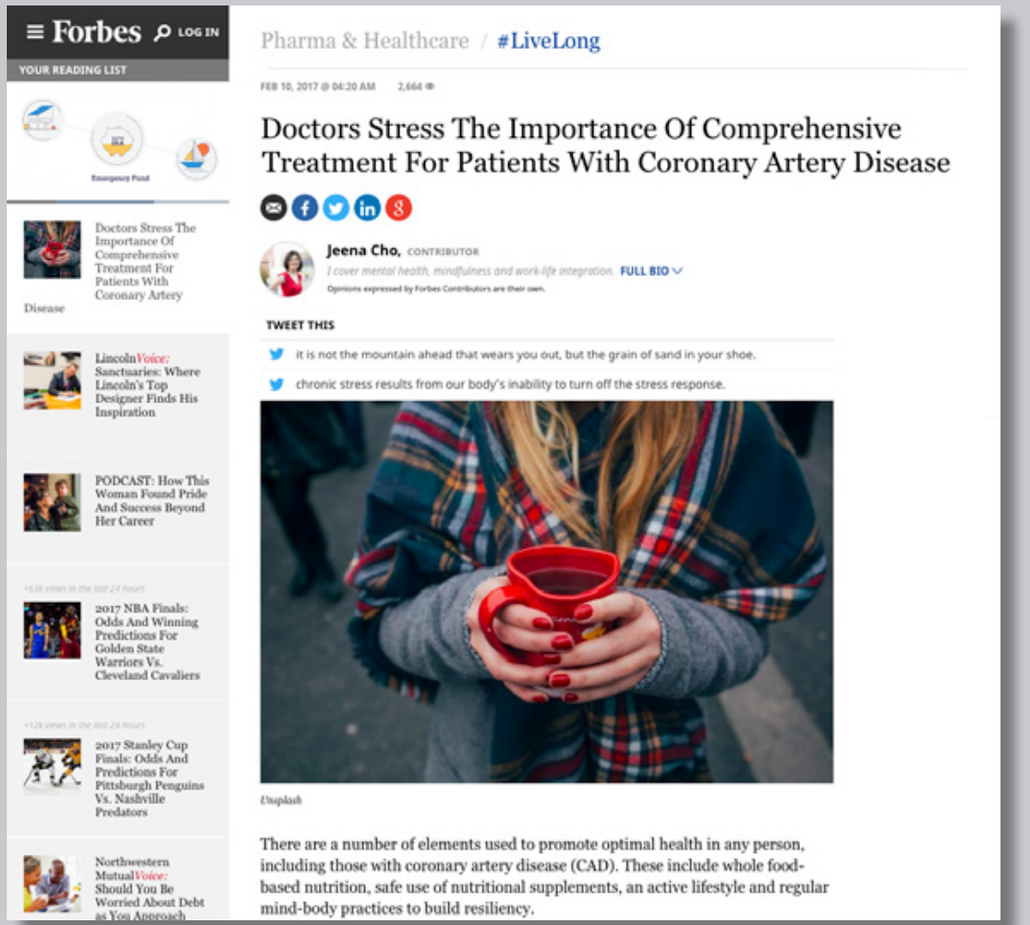
For prospective college students who identify as lesbian, gay, bisexual, transgender, questioning, or queer (LGBTQ), it's crucial to find a college with a supportive learning environment where they can thrive. Campus Pride, the peredominant national nonprofit organization serving LGBTQ students, functions 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 [?] icon throughout this page to expand and read their responses.

To view our featured expert's 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

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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.

Unsplash

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.

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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

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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.

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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.

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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

npr

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August 3, 2017 · 4:57 PM ET

Heard on All Things Considered

AUDIE CORNISH | SAM GRINGLAS

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.

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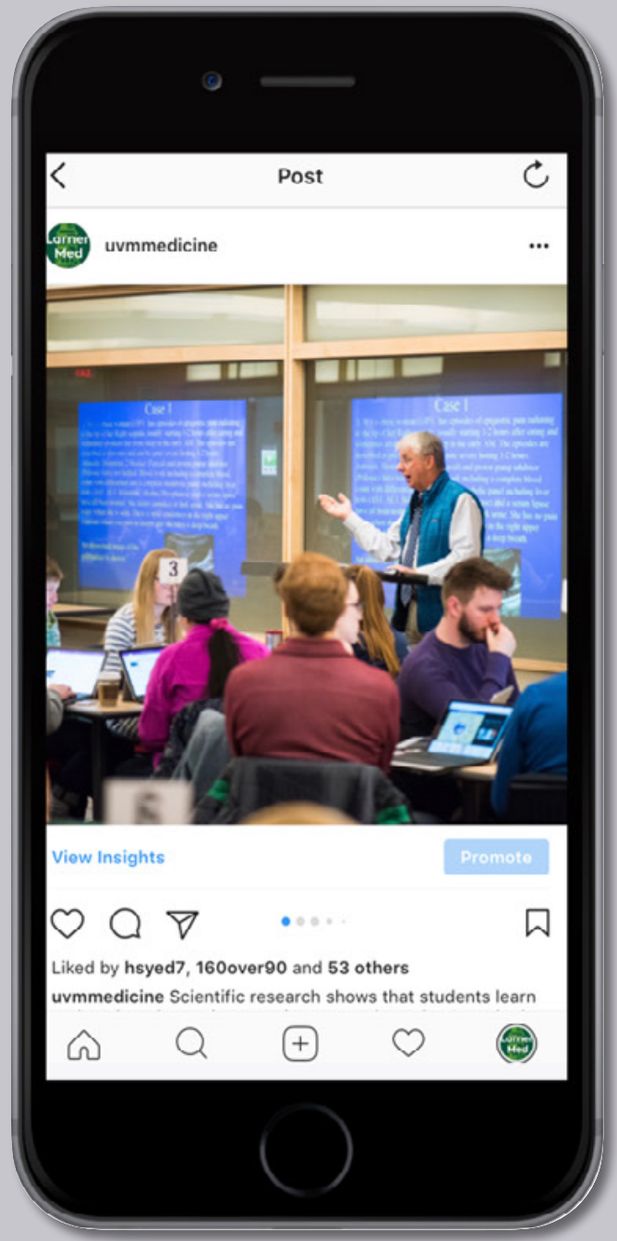

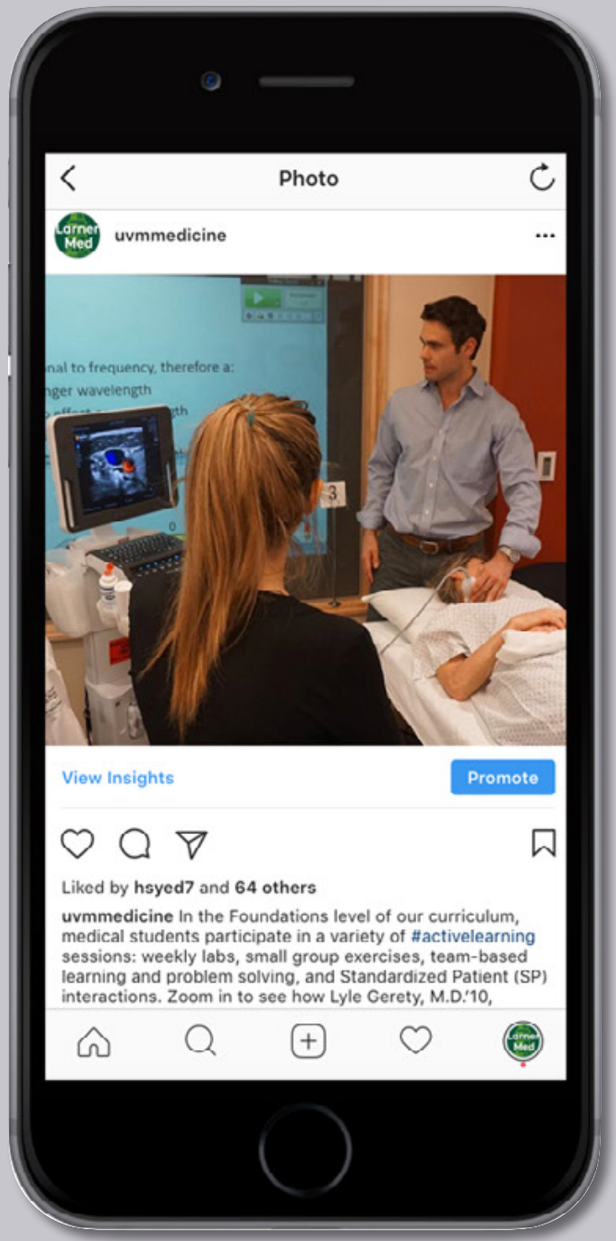

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THERE'S WEIGHT IN A NAME.

It makes sense that a physician educated by our own college would develop a long-standing reputation for giving back. Since 1822, we have been educating and training researchers, scientists and physicians who work to make the world better. It is in that spirit that Robert D. Larner, M.D. and his wife, Helen Larner, gave us a historic gift. And though Dr. Larner would never ask for recognition, we wanted to acknowledge his generous spirit for years to come by renaming our college the Robert Larner, M.D., College of Medicine at the University of Vermont.

Despite the change to our name, we still uphold every value we've always been known for: intelligence, empathy and a deep desire to help humankind.

We recognize the weight a name holds. We honor the weight of yours, and the educational improvements it stands for. And we hope you'll join us in honoring our new one.

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