
FEINBERG FOOTNOTES 2



A student-to-student guide to the second year

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INTRODUCTION

Congratulations, M2s! You have made it through several milestones already, including your first white coat ceremony and a whole year in the anatomy lab. At this time, you may have many questions about M2 year, such as “Is it really as bad as people say it is?” In truth, how “bad” the year will be largely depends on your own time management and other responsibilities that may vie for your time and attention. Perhaps JXT says it best: “M2 year is when you actually work as hard as you told everybody you were working during your M1 year.” It’s tough, but manageable.

In the spirit of mentorship and advice-giving, we are proud to present the 2nd edition of the Feinberg Footnotes M2 Edition – a compilation of advice from the previous two classes to help you succeed during your second year. Like the 1st edition, it is a work in progress but I must commend Darren Boyd ('11) for the fantastic initial effort. For the first few units of the year, we’ve included a handful of tips from students about study skills, books, and other helpful resources. It is important to note that there may be differing opinions depending on individual study styles. Nonetheless, we hope you find this advice helpful as you progress through the year, and strongly urge you to pay it forward and offer this same level of advice to future M2s.

There is a tremendous amount of lecture material during M2 year, and it is easy to get stuck in the details and the monotony of studying every day. The best advice I can offer is: always keep the big picture in mind. You are doing all this in order to provide the best care you can to your future patients. They are depending on you and will be grateful for your knowledge and compassion.

Don’t forget that you have a wide network of support to help you, including the deans in AWOME, your college mentors, your big sibs, and other upperclassmen. Use them! They have all been in your shoes and can tell you what worked for them and what didn’t. Everybody is rooting for you.

Good luck,

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Special thanks to previous editors:
Darren Boyd ('11)

SCIENTIFIC BASIS OF MEDICINE (SBM)

The Scientific Basis of Medicine (SBM) is the heart of the M2 year. Like Structure–Function, it is arranged into units organized **mostly** by organ system. The first two units, Toolbox I & II, are the exceptions... these are a grab bag of the basics of microbiology, immunology, genetics, pharmacology, and some important concepts of pathology that you'll revisit throughout the year. Since each of these units is a little different, we've tried to give you some advice by unit:

A quick note on Small Group Sessions (SGS)

A component of SBM, Small Group Sessions can be hit-or-miss. The quality of the student-led groups varies considerably, depending upon the level of effort folks put into their presentations. The faculty led sessions are generally very good, especially for the clinical aspects of how to recognize, work-up and treat the diseases under discussion. There are guaranteed to be some images on each of the SBM exams from the SGS sessions, so at least look over the images before each exam.

"I found SGS to be helpful! A great majority of the class does not go, but if you use it as an hour (or 2) to review material, then it is absolutely worth your time, and there is a pathologist/tutor person there to answer questions too."

"I found the staff-lead SGS sessions very helpful in making the material from lecture make more sense and seem more practical."

Toolbox 1: Microbiology/Immunology

Do you have any general tips on Toolbox 1?

Make charts/flowsheets/tables for the bacteria lectures. It may seem like extra work, but it'll be much easier to remember in the long run than reading and re-reading the laundry list of toxins and properties of each bacterial species.

Studying for Toolbox 1 is like vacuuming your apartment. You can go over some parts just once, but it might take ten passes to get the dirty parts clean. In other words, don't be alarmed if you need to go over some lectures 5, 6 times before you really understand the content. You'll be able to make up the time with some of the easier lectures.

During the first week of school, I had to completely change my way of making notes for the microbiology lectures. Instead of typing my notes, I wrote them out by hand and organized each virus/bacteria using a flow chart. Also, use different colors to write these notes out. The visual cues including color and location on the paper really helped me remember stuff.

Don't get overwhelmed by the amount of material. The exams are just like they were last year - mostly fair questions and a few small details that no one gets. This unit is all about memorization. Lock yourself in a room and memorize every bacteria, their toxins, the viruses, their genome types, etc. Categorize things to make it easier. If you put in the time you will be fine.

Study the SGS and STS things; they will appear on the exam.

Try to read the precis/scan the slides prior to class - it helps to be prepared for lecture the next day because at least you have an idea of what to expect. Make tables/flow charts of the microbes. Other people's tables are helpful, but you get more out of it when you make your own.

Start studying earlier than you did during M1...

The first week is super intense, but don't worry... it gets better. The immuno is a much slower pace. Just read the books they recommend, and you'll be fine. Know the virus "family tree," which diseases are caused by which virus and which ones are RNA/DNA, etc.

Study the viruses and bacteria early and in great depth. Don't worry about details of pathogenesis for parasites or fungi. You'll have to do some outside work to get a comprehensive overview of viruses, because Dr. Smith doesn't cover them all. Immunology isn't as tough as it seems. Don't skimp on the immunosuppressants or inflammation lectures.

Forget the virus lectures - use a book!!! You'll have to know viruses for the boards so might as well try to learn them now. Also, he asks questions that were not in his lectures - so what you study on your own may show up on the test too.

Do not put things off till the week before the test. I used to cram M1 year but realized very soon that it would be very very difficult to pull that off this year. The lectures are much more information-dense and require a lot of memorization. So unless you have PHOTOGRAPHIC memory, keep on top of things!

What books/resources did you use?

Clinical Microbiology Made Ridiculously Simple-- definitely a keeper. Microcards are great but don't get bogged down with them for the exam-- there's a lot of detail on them that is difficult to learn in a short time period, but you'll eventually have to learn it for the boards. First Aid has some good acronyms.

Here's my system of using sources: 1.) Start with the lecture and powerpoints 2.) Go to Robbins and Cotran's Pathologic Basis of Disease for additional information 3.) Go to First Aid to see if there are any good mnemonics or alternative ways of organizing information 4.) consult Access Medicine for any lingering questions.

Lange Micro and Immunology was great for many of the lectures. Also - Clinical Micro Made Ridiculously Simple is a MUST!

MEDICAL MICROBIOLOGY MADE RIDICULOUSLY SIMPLE: simply the best book ever. Levinson Microbiology and Immunology: very concise but sufficient. Include questions at the end of the chapter.

Clinical Microbiology Made Ridiculously Simple was my savior. It was an easy read and the mnemonics really stuck with me. I don't think I would've made it through this unit without this book! Flash cards were also key. I used the Lippincott's ones which I would definitely recommend. I learned most of inflammation from Rapid Review Pathology. I found it to be much more organized and easier to follow than the lectures on these topics.

Microbiology Made Ridiculously Simple is a good one for ToolBox I. Even though it's not as comprehensive as the lecture notes/syllabi, it is helpful for those wacky mnemonics. Depending on your background in Immunology, the Lange Immunology book was pretty helpful for those looking to brush up on the basics and get a little more background to help with the lecture notes.

Clinical Microbio Made Ridiculously Easy - awesome book! Levinson was actually really good, even for immunology. Don't get microcards, they're not worth it.

Microbio Incredibly Simple. Superb. Get cards. Any will do. I used Bug Cards.

Do you have any general tips on M2 year so far?

Don't freak out about STS/SGS - there are images on the example, but you don't need to know nitty/gritty details from individual cases.

Relax and enjoy the material. It's a big year and a long one so don't get too stressed.

Deactivate your Facebook account. I promise, you'll love it.

They come at you hard with 16 lectures the first week, which is something you never experience M1 year. Might have to extend your "2 week mark" to a "2.5 week mark", but other than that, stay on top of things and you'll do well.

Every M2 will say this - but stay on top of the material! It's really easy to fall behind especially since it's the first unit after summer break.

Don't fall too far behind. The material is a lot more manageable when you are only trying to catch up on 2 lectures a day as opposed 4 or 5. Plus, when you get the occasional 4 lecture day it buries you. If you stay almost caught up, then the 4 lecture days won't put you so far behind and you can catch up on the weekend. Don't feel too overwhelmed.

Breathe. It seems like everyone comes back from first year all charged up and ready to spend 12 hours a day at the library. But don't forget to enjoy the summer while it lingers, and reconnect with the people in your life that matter. These are prime years of your life - learn what you need to learn but don't forget to be a real person too. Balance, little grasshopper, balance.

Keep up to speed with what is going on in class. Also, review material frequently, because there is so much of it, repetition is one of the best things you can do.

Don't let everyone else stress you out.

The material isn't harder, it just requires more of your time. Also there is always one week that really sucks in the unit and the rest are fine. So as long as you keep up with that one week of 15-16 lectures, you're golden

Toolbox 2: Genetics/Pharmacology/Neoplasia

Do you have any general tips on Toolbox 2?

Don't get frustrated if you don't immediately retain all the antibiotic information. Just keep going through it, layer by layer. That and repetition is the only way you'll be able to master that amount of material. Antibacterials part is hard!!! Focus on toxicities and cross-reactivities. Make sure you know which cancer viruses are associated with which cancers.

This unit is the most jumbled of any you will have up until now. You will have 1 lecture on hematology, followed by 4 on cancer, followed by 1 on transplant medicine. Then they'll mix in a little antibiotics, and some pathology. And to top it all off, you'll have some molecular diagnostic techniques like PCR and Electrophoresis to learn about. There is lots of material, so just stay on top of things and you'll be good.

It helped me to study things in relation to clinical cases, rather than memorizing things in the abstract. A lot of questions on the boards are supposedly in this format as well, where they give you a clinical case and you have to fish information out of it.

At least skim the genetics readings for common genetic abnormalities not covered in class. Do not get overwhelmed by the pharmacokinetics lectures, there are only a couple and you only need to know the 3 basic equations and not all of the derivatives. Learn all of the antimicrobials in terms of side effects, what they are used to treat, and contraindications (meaning if someone is allergic to x which other drugs can they have).

There is lots of memorization in this unit, and the antimicrobials are a little more difficult to learn than the microbes because the names are even more foreign. Start memorizing early in the unit. Flashcards helped me, as well as coming up with an organization scheme.

The syllabi are pretty good in general, but use Robbins if it doesn't make sense. That book helps. For drugs, learn the adverse effects. It is more important than the mechanisms. Genetics are the easy points, make sure you get them.

Toolbox 2 has a lot of different topics that do not always seem to integrate well together –antimicrobials, pharmacology, genetics, auto-immune diseases, cancer. Really know your pharmacology, including side effects of drugs. There were quite a few calculations on the exam, so know your formulas. Overall the exam is tough, but fair.

Train yourself to compare and contrast the antimicrobials as you're learning them -- that way, when you review for the test, you're prepared to answer questions testing distinctions between them. The questions will often put the drugs in clinical context so be prepared for that -- you're tested on more than just facts from the syllabus or readings because you need to link the patient presentation with an organism and then with a drug.

Many people seemed to underestimate the number of questions that would cover the first week of lectures (genetics), but you have to keep in mind that the test gives almost equal weight to each lecture, so when Dr. Charrow lectures for an entire week, that comprises almost 25% of the whole exam!

What books did you use?

Microbiology Made Ridiculously Simple--good for an overall explanation of antibiotics, but I wouldn't memorize from it because it's too different from the syllabus. Lippencott's Pharmacology Review--nice figures

Although books are always good, I studied only off of the syllabus notes and the powerpoint slides and did well. Don't feel like you absolutely have to read to do well on this test.

Buy Robbins Pathology. It might be the best 100 bucks you spend in medical school, or potentially your life. Depends on how much you throw down on a night in Streeterville.

Clinical Micro Made Ridiculously simple has good mnemonics for the antibiotics, and I think Robbins is particularly useful for the Genetics, Autoimmune, and CTD topics.

Lippencott's Illustrated Review – Pharmacology: I really liked the pharmacokinetics section in this book. The lecture material for that topic is pretty advanced and this book gives a nice, easy to understand summary. The actual drug chapters are just "ok". Levinson - Medical Microbiology and Immunology: Nice short summaries of the drugs. This book is not adequate on its own though (more material and drugs are covered in lecture/syllabus).

Still loving Clinical Micro Made Ridiculously Simple. Otherwise, I don't use books except to double check something in which case Robbins is very thorough but I probably would have been fine with the online version.

Robbins and Katzung. The separate question book that goes with Robbins.

Do you have any general tips on M2 year so far?

M2 year is a different story compared to M1 year. We had an exam yesterday and today we have 4 lectures. It is really easy to take a personal day, or a personal week where you relax and don't do any work, but it will come back to haunt you. Keep up on things and you'll do fine.

This is some of the things that have helped me:

1. Make notes from the Powerpoints the night before. You can follow your own notes during lecture time and it helps you remember it much better
2. Look at the lecture stuff the night before
3. Stay on top of everything
4. Plan out your day - this helps you find time to do non medical school stuff.

For instance I never watched football last year since I thought I couldn't afford it but this year I just plan my schedule around it and haven't missed a bears game (although if you're a bears fan like me, watching football comes with a risk of emotional damage)

Don't try to memorize last minute for the tests. Yes you will probably pass, but it will make studying for the boards that much harder. However, don't start studying FOR the boards. Use this time to really understand the material so that boards studying is review.

As JXT likes to say, attack M2 year don't let it attack you.

M2 year is a little tougher than first year but you have more time to study the material (no histo or anatomy) so really just let it sink in that you will be studying a lot and everything will be fine

Enjoy it while you can cause the work really starts to pick up. And DON'T STRESS ABOUT THE BOARDS YET!!!!!! It's CRAZY to start this early--you're totally going to be burned out by the time the end of the year rolls around.

Use your weekends wisely...for study instead of party. It sucks, but you'll drown otherwise.

Don't be afraid to not go to lecture if it's not working for you.

There are topics/diseases we don't cover in SBM that are important, and that may even end up on the Toolbox 2 exam. I would recommend supplementing with First Aid or Brown's USMLE Secrets. That being said, DO learn the SBM material thoroughly, because it certainly is relevant and important.

Hematology/Oncology/Endocrinology

Do you have any general tips on Heme/Onc/Endo?

Study hard. Test is ridiculous. Good luck.

It's important to distinguish between all the heme disorders early on. SGS should not be overlooked. They really helped solidify what we learned in class in a clinical setting.

Reading through Robbins was very helpful for oncology, especially because it gives you a better idea of the big picture which can be tough to see when the lecturers are going through the minutiae.

Know the pathways for hematology inside and out, a lot of your application of knowledge (both pathologic and therapeutic) later will be based on this regardless of the lecture.

If you have any trouble with endocrinology, don't be afraid to go back to your first year notes since they tend to provide a really great overview.

Do the questions in the syllabi. They are accurate representations of the material. Don't stress about the material. There is a ton to cover, but they don't end up testing you on a ton of it. Just learn the slides and it will all be fine.

That first two weeks are rough. DO NOT GET BEHIND THE FIRST TWO WEEKS. You cover so much that you'll never recover. Also, the lecturers (especially in heme and oncology) focus way too much on topics that are beyond the M2 scope. It will help if you have time to review Flouret's endo notes before the endo portion of the unit begins.

It's definitely hard at the beginning since it goes pretty in depth, but at least you've seen endocrine before in detail so that part isn't that bad. The unit is the longest of the year, so be prepared to put in a constant amount of work every day. For the test - make you sure know what clinical diagnosis, imaging, and treatment entails for the cancers.

Practice Questions! Do the questions in Robbins Review of Pathology. Also, read a board review book (like Goljan) to supplement class notes. Also, know your diagnostic tests.

Be prepared to apply what you have learned. You might see cases and then be asked about treatment or the next step. Learn the basic CD markers for oncology but don't worry about knowing all of them.

Most of this unit is pretty straight forward. The only thing I found annoying was that some of the oncology lectures got swapped, so the order didn't always make sense. I found it really helpful to make myself a little chart, so I could figure out what category(ies) each type of cancer belonged to.

Study diagnostic tests and the sequence they're done in. I think making a table of the diseases helps too – it's a quick reference rather than sifting through the syllabi.

Endocrine is easily the best taught and easiest to understand. It can appear daunting in the beginning, but be patient and it will come together. For the lymphomas, READ ROBBINS. There is a great chapter on it and it really helps clarify things.

What books did you use?

No books necessary!

USLME Step 1 secrets is a great book.

BRS Pathology - used it to solidify important concepts for each disease and practice questions

First Aid - good for charts and mnemonics

Step 1 Secrets - good final read before the exam

First Aid was extremely helpful for heme and onc--if anything just to organize your studying. The Hillman hematology book really wasn't that useful in my opinion. I also used Hematology for the Medical Student--which I just found to not have the required amount of detail. Robbins provides a very good overview for oncology--but was not that useful for hematology.

Buy "Hematology-Oncology for the Medical Student." It will save your life. Also, have a copy of BRS Physiology handy for the endo unit; you will NOT have remembered everything from first year.

I only used Robbins and Robbins path review questions. The questions were helpful for overall understanding, but didn't improve my score on the exam

Robbins was helpful. Reviewing the Endocrinology lectures from Structure Function was also very useful.

USMLE Secrets is a great way to organize your thoughts AFTER studying the material once. I highly recommend it.

Goljan Rapid Review

Do you have any general tips on M2 year so far?

Don't cram. It doesn't work. Take the time to read Robbins. It might seem like you forget the stuff you studied at the beginning of the unit if you study a little bit each day--but you really will do much better on exams if you do so instead of cramming.

Just try not to fall behind and try to use the year as a way to refine your studying techniques, it is hard not to be stressed about passing, but you will pass, relax

I write this every time. Get used to layering material. One pass-through is not sufficient. You've got to go through it several times, each time picking up something different. It's too overwhelming to sit down and memorize everything at once. I like to make flash cards, one side with the disease signs and symptoms, the other side with the name of the disease/pathology/cause/treatment. You can mix up the cards and really learn your stuff backwards and forwards.

Don't forget about the rest of your life! You know... eating, working out, sleeping.

Power through this unit. Thanksgiving is a much-needed and much-appreciated break.

Renal/ANS/GU

Do you have general tips on Renal/ANS/GU?

The drug chart for Silinsky's material is an excellent summary great to memorize from before the exam.

The SGS and STS cases for this unit are actually quite good, I recommend going over them thoroughly (in addition to lecture) to help you cement the clinical applications of what you learn in class.

Study Hard for the GU section and don't blow it off even though it's the last section. Know how to manage fluid volumes cold!

STUDY ACIDOSIS AND ALKALOSIS!!!! THEY ARE A HUGE PART OF THE TEST!!!

Dr. Koslowski definitely took questions from his lecture (even though he said he'd only use his syllabus). Be warned. Dr. Silinsky's questions are VERY fair. Do his practice test and get good at it and you'll be fine!

This is a short but dense unit. Try to start off w/ a bang after Thanksgiving and "attack" the material. While Kanwar is entertaining, his lectures do not consolidate the material well (try to look at outside resources and Paparello's lectures to help supplement Kanwar). Spend a lot of time really understanding Silinsky's lectures. He's very high yield for the exam and the boards. Also really know your metabolic acidosis/alkalosis.

Like everyone says, the unit is too short to let yourself fall behind, start studying from the first day. Learn to adjust to Kanwar, he isn't so bad once you get used to him. Silinsky is awesome, but go to lecture. Lots of his examples are directly from splide material, so the stories he tells in class will help on the exam. But ANS is the easiest part so you can make it your last priority. For UG, good luck. Smoke and mirrors with the syllabi.

What books did you use?

Check out the BRS Physiology for acid/base kidney electrolyte balance, as well as the questions at the end of that chapter. Robbins is good for the material Kanwar covers.

I consulted Robbins occasionally for renal things that were unclear, but apart from that, the syllabi and lecture slides are pretty good for this unit, so use them to your advantage.

Robbins Review of Pathology Question Book is really great for practice questions for this exam. Goljan's Rapid Review is also good to look through.

Do you have any general tips on M2 year so far?

Register for the USMLE Step 1 before winter break!

You can still have a life if you really try and do meaningful work every day. If you're not being productive with your time you really need to change your routine. Institute required gym time or something that makes you motivated to work when you do sit down to get things done.

Stay on top of your work! don't let it pile up. You can get away with it M1 year but not now. Also, don't skimp on some topics and tell yourself you'll come back to them before boards - you don't want to be learning things the first time around when you're reviewing for the big test.

Try not to fall behind in the units and try to get a clinical view on everything because a lot of the times, the test questions aren't clinical. It is stressful, but eventually you start to realize that with multiple choice you know more than you realize and you will be fine for the exams.

Study hard, play hard, try to "have fun" some of the time.

Reproduction/GI/Liver

Do you have any general tips on Repro/GI/Liver?

Make sure you go over how to differentiate the cancers! There are a lot of them this unit.

First week is brutal, but it better that it is frontloaded; lots of pathology lectures, don't worry they don't test it that much

It's basically just a lot of memorization and no real concepts so study accordingly (for me, that meant more cramming instead of studying early) but you have to know how you work.

I didn't attend nor listen to a single Yang or Reddy lecture. Goljan and Medium Robbins are all you need for the pathology.

What books did you use?

I read First Aid for the physiology; I found that to be a good resource.

First Aid, Goljan, Goljan's lectures, Robbins.

Do you have any general tips on M2 year so far?

Hang in there :)

Start using USMLEWorld to test yourself after Winter Break.

Class is not necessary in January :) Ah, the beauty of recording lecture. As long as you can motivate, it's much more efficient to watch the lectures at 2x speed later!

Just try to stop on top of it, don't worry about boards, just learn SBM and do some case based learning as well

And beyond...

We didn't run surveys beyond this point, but you've made it this far successfully, which means you've got the chops to finish off the year strong. Don't neglect SBM, but definitely keep an eye on boards and maybe consider some light studying for Step 1 on the side. Seek out upperclassmen to see how they approached boards studying, but like everything else in the medical field, get a second opinion. Some people have advocated putting less emphasis on SBM to study for boards during the second half of the year. Others have said that studying hard for SBM is great preparation for boards. **Do what works for you.**

For more concrete suggestions and resources for the Step 1 exam, visit the Infoplex page: <http://www.infoplex.northwestern.edu/usmlestep1>

Read on for comments about other aspects of second year...

PROBLEM BASED LEARNING (PBL)

PBL is much as it was in M1 year, with a few notable exceptions:

- 1) Cases may involve a patient with more than one diagnosis, so think critically and work on lists of differential diagnoses.
- 2) Try to avoid the temptation to only develop learning issues related to questions that'll show up on the Boards, particularly in later PBL sessions.
- 3) See if your PBL preceptor will let you practice presenting each PBL patient as you would on the wards. This is great experience, and an easy way to get used to what you'll be doing next year.

PATIENT, PHYSICIAN, AND SOCIETY (PPS)

M2 Clinical Skills

You know the format from M1 year, and Clinical Skills is more of the same... more details on the exams you already know, and more examinations to learn. Try to review the relevant physiology &/or anatomy before each week's Clinical Skills class. you'll learn a lot more this way, we promise.

Every other week you'll meet with your preceptor, a clinician in practice who will guide you through the examination of actual patients in the inpatient or outpatient setting.

Organization and Economics of Medicine/Vulnerable Groups/Profession of Medicine/Healthy Living/Seminars

No real advice on these components of PPS, other than show up & and enjoy them... these are some interesting classes!

MEDICAL DECISION MAKING III (MDM)

MDM III builds on the first two MDM courses, and focuses on clinical decision making. Be warned, the material is more difficult than in the first two courses and does require some effort.

The final project involves answering a clinical question. Although it is tempting, given the proximity to the Boards & the NBME exam, do not blow off the project or – and we really want to emphasize this – collaborate with other students. Collaborating on the final project is a violation of the Honor Code and is a great way to land yourself in hot water with the OME.

TEXTBOOK CRITIQUES

A survey was conducted with the Class of 2011 at the conclusion of Toolboxes I & II, and Unit 3, asking the question "How useful were the following required & suggested texts?" Responses were graded on a scale of 1 through 5, with a 1 corresponding to "Not Useful" and a 5 corresponding to "Extremely Useful". Free text responses on each book were collected, and are summarized here. They are divided into "required texts", "supplementary texts" and "additional resources" as designated by the SBM faculty in the syllabi.

Take these critiques and survey results with a grain of salt. Only about a quarter of the class answered each survey, so these views are suggestive rather than exhaustive. In addition, different books work for different people. We have included the books that were recommended often, with the **MOST highly recommended books indicated in red.**

Required Texts

Basic & Clinical Pharmacology. Katzung. Lange/McGraw Hill. - A great book for your pharmacology needs throughout the year. Either this or Goodman & Gilman's would be a good addition to your library.

Pathophysiology of Heart Disease: A Collaborative Project of Medical Students and Faculty. Leonard S. Lilly, ed. Lippincott Williams and Wilkins. - Invaluable. Get it. 'Nuff said.

Harrison's Principles of Internal Medicine. Fauci, et al. McGraw-Hill. - Available online via Galter Library, this will become one of your mainstays for SBM and PBL. A few folks purchased the hard copy version, but it is fairly expensive.

Robbins Pathologic Basis of Disease. Kumar, Abbas, & Fausto. Saunders. - Like it or hate it, Robbins will become your mainstay during SBM. There are two versions: "Basic Pathology", otherwise known as "Baby Robbins", and this full version. The full version is also available online via Galter Library.

Review of Medical Microbiology and Immunology. Levinson, W. McGraw-Hill. - A good book, with a decent level of detail. Particularly good for immunology. Strongly recommended.

Supplementary Texts

Medical Physiology, Updated Edition. Boron, W.F. and E.L. Boulpaep. Saunders. - If you purchased this for S-F, you know that this is a well-written and comprehensive text. If you're looking for a quick review, though, you might be better off with *BRS Physiology*.

Goodman and Gilman's The Pharmacological Basis of Therapeutics. Brunton, Lazo, Parker, Buxton and Blumenthal. McGraw Hill. - A great book for your pharmacology needs throughout the year. Either this or Katzung would be a good addition to your library.

The Only EKG Book You'll Ever Need. Thaler. Lippincott Williams and Wilkins. - A great book. Get either this, or *Rapid Interpretation of EKGs* by Durbin. Thaler's book is more technical and will serve as a good resource well into your career, whereas Durbin's book eases you very gently into EKGs.

Highly Rated Additional Resources

Robbins Review of Pathology. Klatt & Kumar. Saunders. – If you learn from doing questions, this is a great resource. The level of detail is right at the level expected in SBM.

Lippincott Illustrated Pharmacology. Harvey, Champe, Finkel, Cubeddu, Clarke. Lippincott Williams and Williams. – Some people loved this book as an easy, high level overview of Pharmacology.

Clinical Microbiology Made Ridiculously Simple. Gladwin and Trattler. MedMaster Inc. – Absolutely essential. Silly mnemonics, crazy pictures, and yet enough detail to get you through SBM and the Boards. Buy it now. Read it before school starts.

Microcards. Harpavat and Nissim. Lippincott Williams and Williams. – one of the two main flash card series on bugs. People seemed to rate these a little higher than the BRS ones, but you can check them both out before you decide. Be sure to add details from SBM lectures to them as you go. SBM will test you on some details that aren't on the cards.

First Aid for the USMLE Step 1. Le, Bhushan, and Vasan. McGraw-Hill Medical. – Many, many of your classmates will use this as a learning aid, as well as a review aid. The new version comes out each year in January – we'd recommend holding off buying it until then.

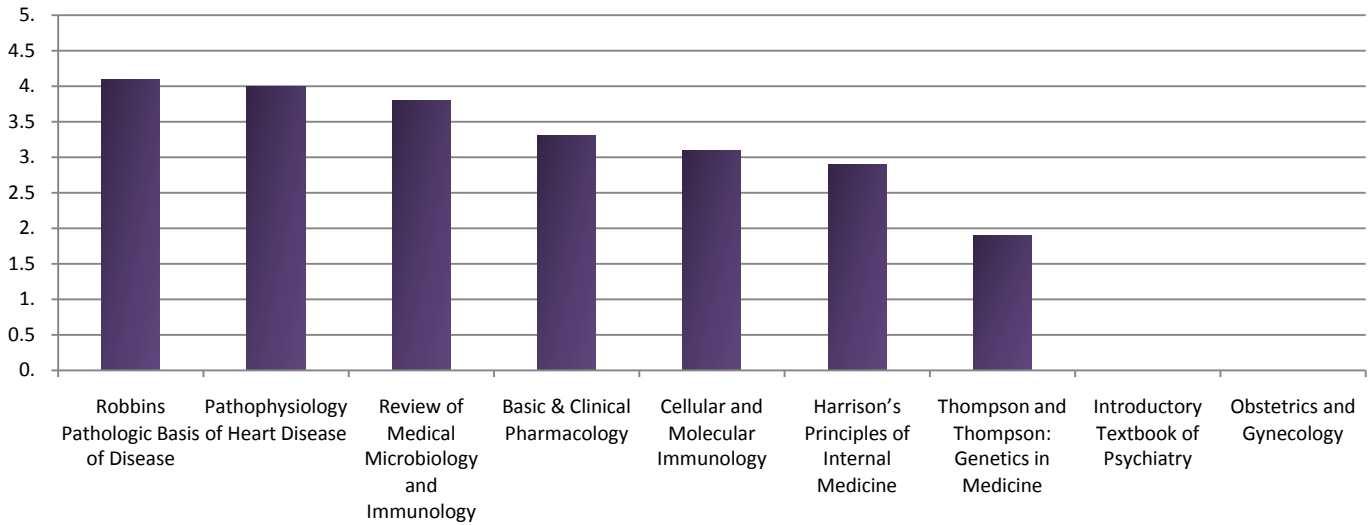
BRS Pathology. Schneider and Szanto. Lippincott Williams and Williams. – If you can learn this book, you'll rock SBM.

BRS Physiology. Costanzo. Lippincott Williams and Williams. – A great review of M1 physiology. Physiology comes up more in some SBM units – notably Respiratory & CV – than others, but it'll help you in all of them. The expanded version, "Physiology" by Costanza, is even better.

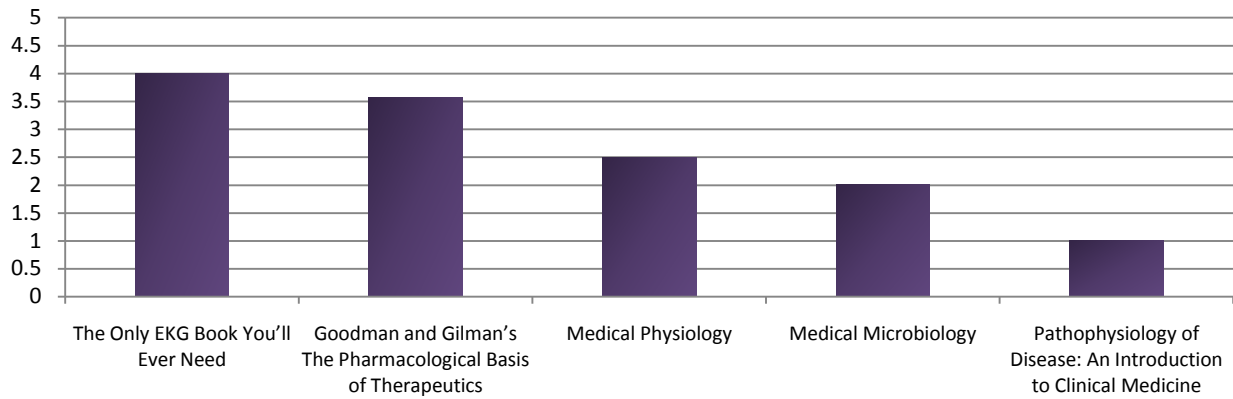
Pharmacards. Johannsen and Sabatine. Lippincott Williams and Williams. – Again, a set of flash cards can help with memorization.

Textbook/Resource Surveys

Required Text Ratings



Supplementary Text Ratings



Additional Resource Ratings

