



GEORGIA RHODES/THE STATE NEWS

Juan Velazquez, a second-year osteopathic medicine graduate student (right), helps first-year graduate student R. J. Bourjally by doing hands-on mentoring Nov. 6 in the basement of Fee Hall. "It helps with burnout because you get a break from regular studying," Velazquez said. Velazquez often helps younger students and is involved in a peer mentor program where second-years help first-years and third-years help second-years on a volunteer basis.

Stress takes toll on med students

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Juan Velazquez, second-year medical student

By Heather Guenther
THE STATE NEWS

Juan Velazquez was just one year into medical school when a patient suffering from a heart attack came into the clinic. The office had just opened its doors and with the physician not yet checked in, Velazquez knew he didn't have time to think. He needed to act. "I did my job and I didn't really stress out about it," he said. "Afterwards, my legs were shaking because I realized what I had dealt with. I said 'You know what, I freak out every day right now in school and if I freak out now, who's going to keep their head?'"

For Velazquez, 26, the stressors he must face as a second-year student in MSU's College of Osteopathic Medicine can only make him stronger. But new challenges of balancing his roles as a husband and father with friends and an increased workload heavy on memorization have forced Velazquez to deal with life under pressure. This lifestyle can send many medical school students spiraling toward burnout — and not all of them are will-

ing to talk about it.

Reaching out
Each year, MSU's College of Osteopathic Medicine ushers in about 200 new students. In a September edition of the medical journal *Annals of Internal Medicine*, a study examining U.S. medical student burnout and suicidal ideation showed 50 percent of more than 2,000 medical students surveyed at seven medical

See STUDY on page 2A

Student burnout
In a study on U.S. medical student burnout and suicidal ideation, about 50 percent of more than 2,000 students surveyed at seven medical schools across the U.S. reported burnout. Eleven percent of those student participants said they considered suicide within the past year. One student in MSU's College of Osteopathic Medicine committed suicide within the last 10 years. No suicides were reported in the College of Human Medicine.

SOURCES: ANNALS OF INTERNAL MEDICINE, MSU

For a video featuring medical students and their professor, Mark Gugel, visit stateneews.com/multimedia.

you oughta know

FOOTBALL Spartans end Big Ten season against Nittany Lions

When MSU and Penn State take the field Saturday for at least a share of the Big Ten title, it will be the conference's biggest game. After years of playing second fiddle to the Ohio State-Michigan season-ending rivalry, the vision of former MSU head coach George Perles and longtime Penn State head coach Joe Paterno will finally materialize regardless of outcome. Perles and Paterno agreed 15 years ago to make the MSU-Penn State game each team's final test before bowl season.

For more on this story, see The game.

INCIDENT Work continues in case of missing horticulture student

Investigators are still searching for clues in the Nov. 11 disappearance of Krista R. Lueth, a 34-year-old MSU student. Lueth is pursuing her second MSU bachelor's degree in horticulture, and was hired to work in the botanical gardens with horticulture professor Art Cameron. Lueth attended a lab Nov. 11 at MSU, but never showed up to a Nov. 12 meeting with Cameron. Her family and friends have not been able to reach her since the evening of Nov. 11, but said she would have no reason to leave unannounced.

For more on this story, see page 3A.

CAMPUS December graduation speakers include MSU alumnus

MSU announced the commencement speakers Thursday for its December ceremonies. Steven Squyres, the mastermind behind NASA's Mars Exploration Rover Project and astronomy professor at Cornell University, will speak at 7 p.m. Dec. 5 at Breslin Center. Undergraduate degree candidates from programs including business and education will hear from former Bank One Corporation CEO John McCoy at 10 a.m. Dec. 6. The final speaker will be Jack Epps Jr. — an MSU alumnus and screenwriter of films such as "Top Gun" — at 2 p.m. Dec. 6.

JUSTIN HARRIS

HOUSE Rep. Dingell loses position as committee chair

Washington — Rep. Henry Waxman has wrested the chairmanship of the powerful House Energy and Commerce Committee from veteran Rep. John Dingell when the new Congress convenes in January. Waxman, a California liberal and avid environmentalist and booster of health care programs, toppled Dingell on Thursday by a vote of 137-122 in the Democratic Party caucus, capping a bitter fight within party ranks. Waxman has complained that the committee has been too slow to address environmental issues like global warming.

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