

Digital Literacy Beyond Graduation

Vincent Fu, University of Colorado School of Medicine

[@vincefox8](#) | [vincentfu.me](#)

arctcfx

x



Adobe Creative Campus Collaboration | 16 February 2022

Adobe
CREATIVE
CAMPUS

Vincent Fu

University of Colorado School of Medicine
Founder & Designer, **arctcfx**





My Adobe Story

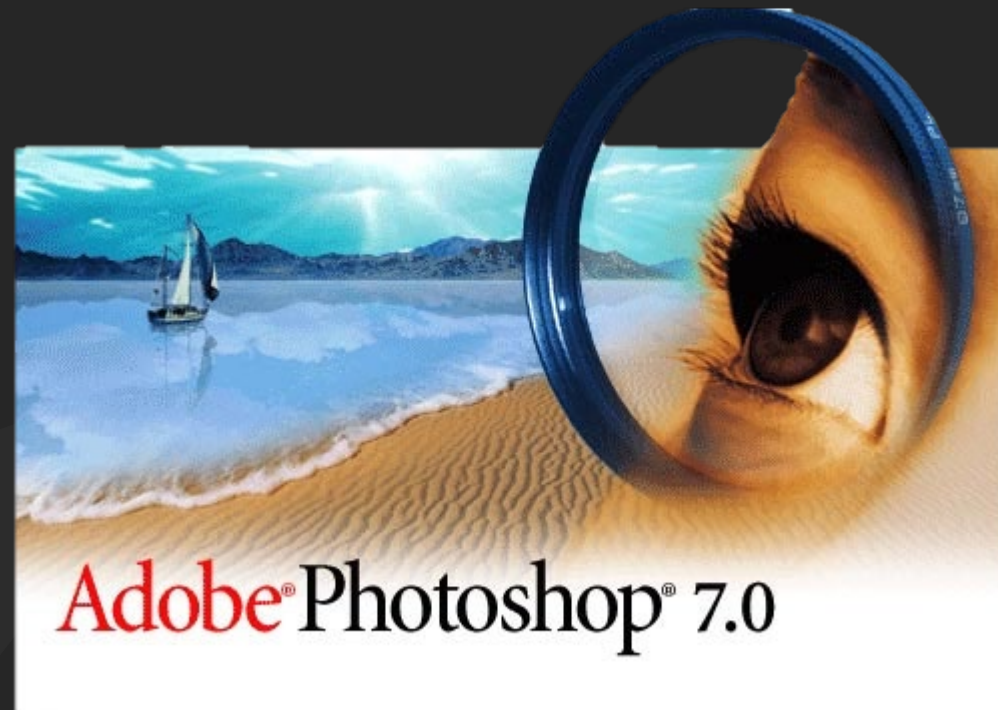


HUMBLE BEGINNINGS

The Early Years

2005-2013





HIGH SCHOOL



HOOKED ON ADOBE



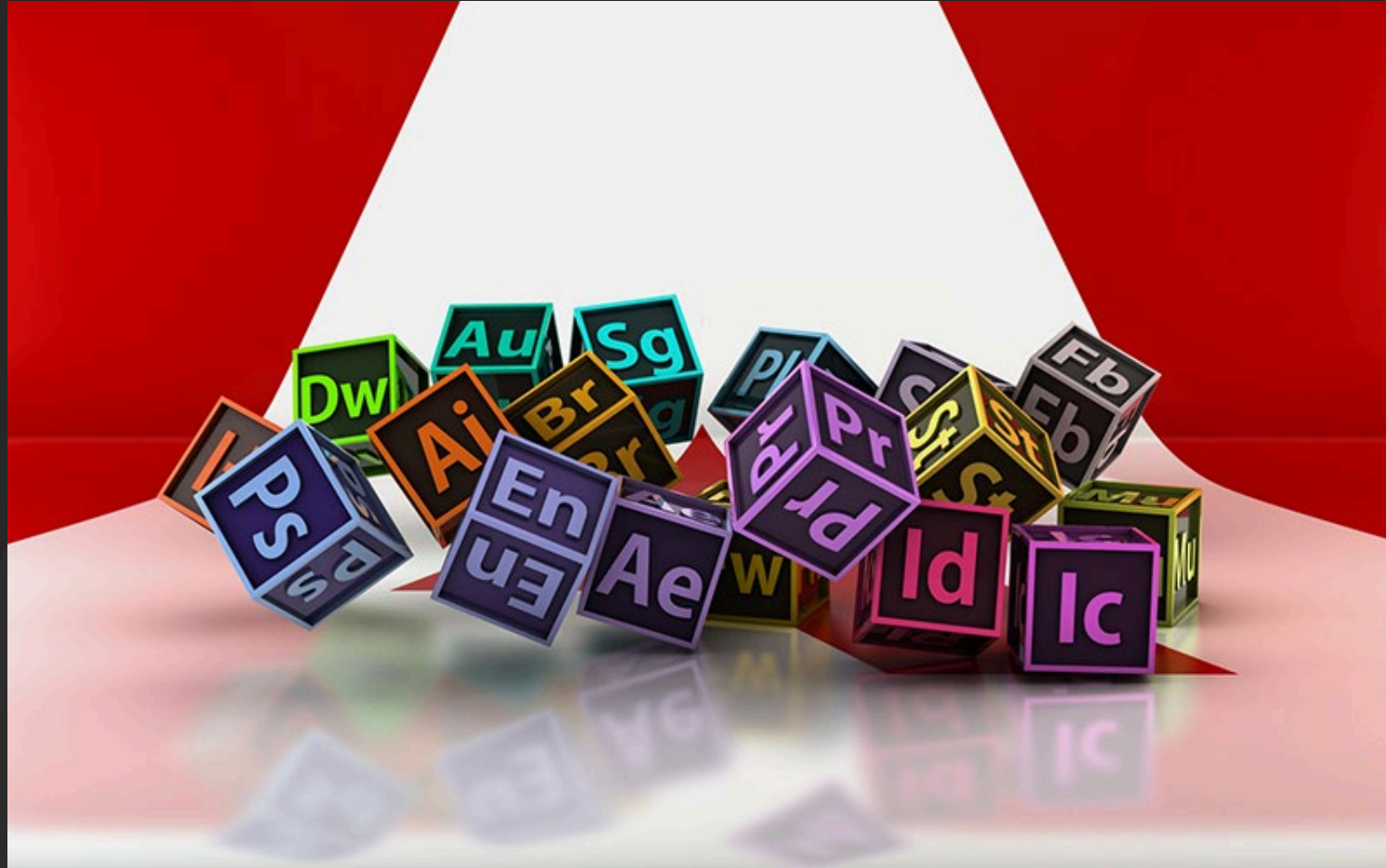
HUMBLE BEGINNINGS

The Undergraduate Years

2013-2017



STARTING COLLEGE





University of Utah '17
Biology Honors BS

DIGITAL LITERACY BEYOND GRADUATION



It's a **way of thinking.**



HUMBLE BEGINNINGS

Year of Adulting

2017-2018

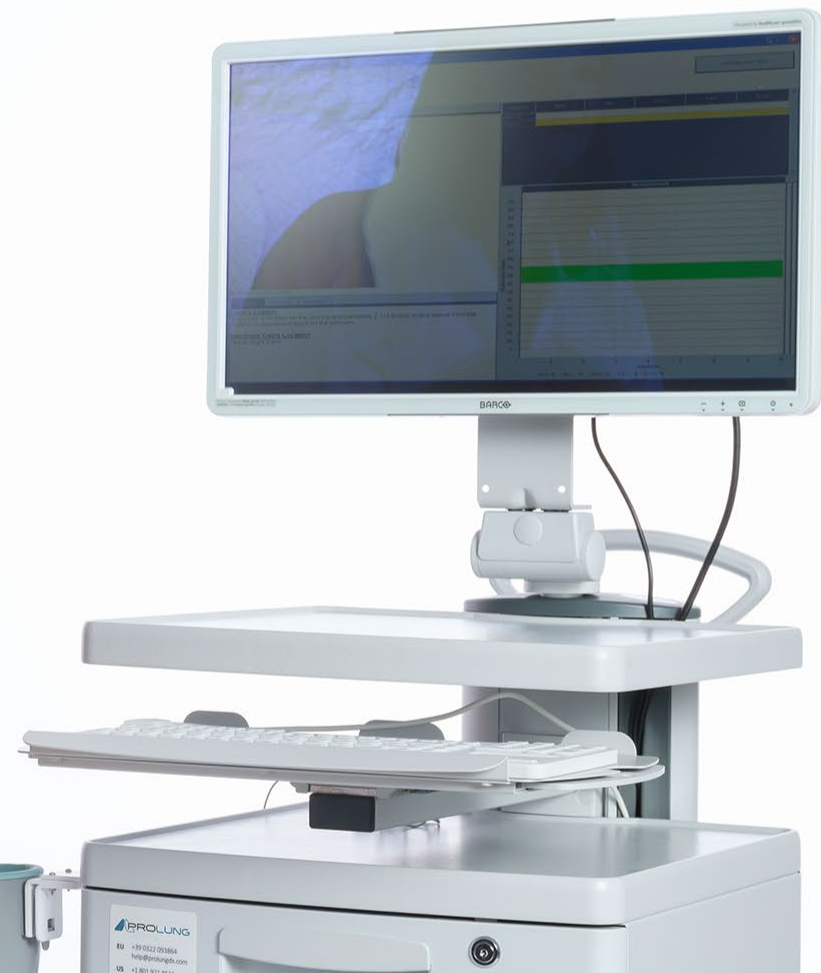




BRÖLUNG

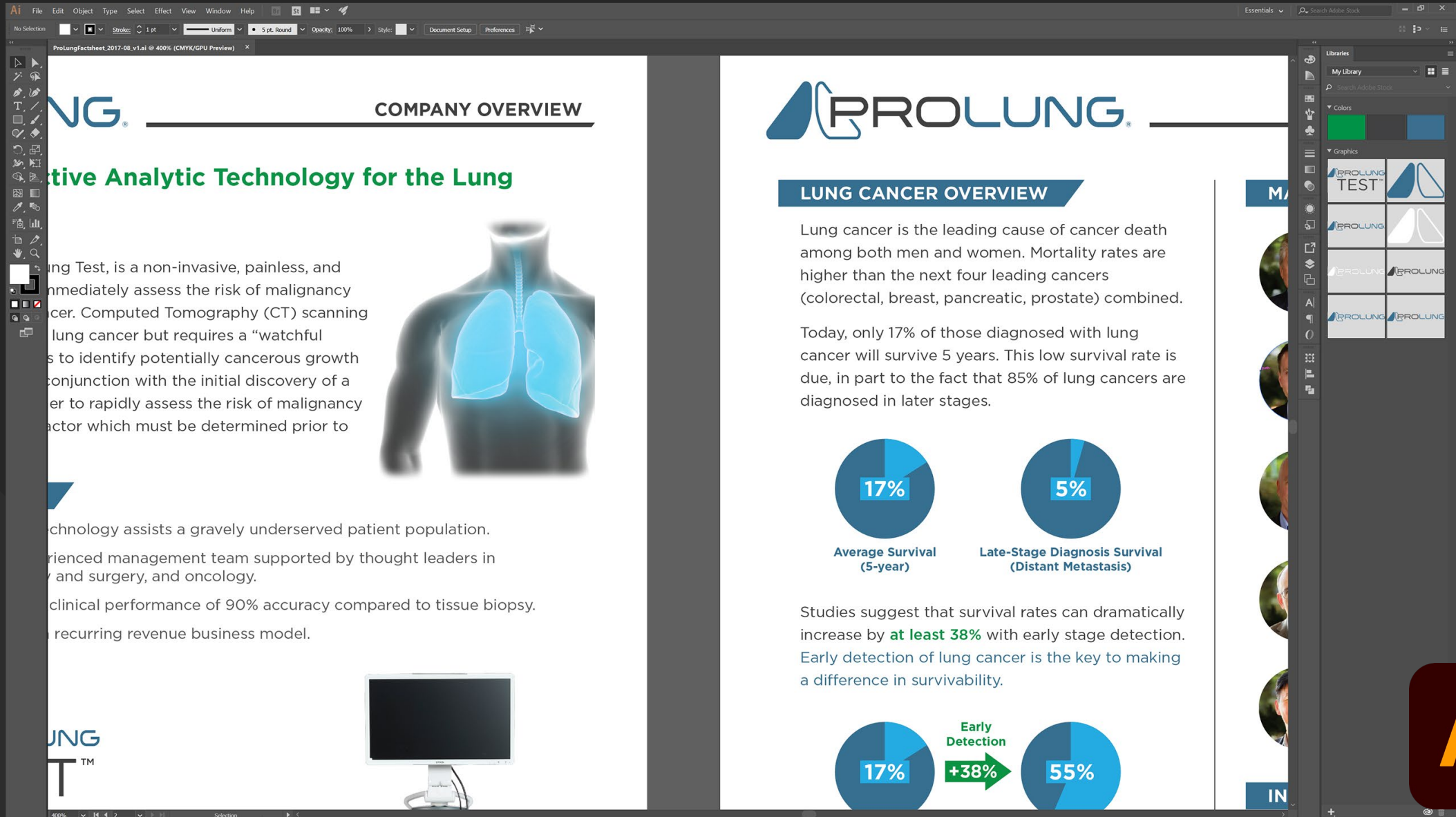


 IONIQ
SCIENCES



PROLONG
EU +39 0822 203864
help@prolong.it
US +1 801 453 8800

YEAR OF ADULTING



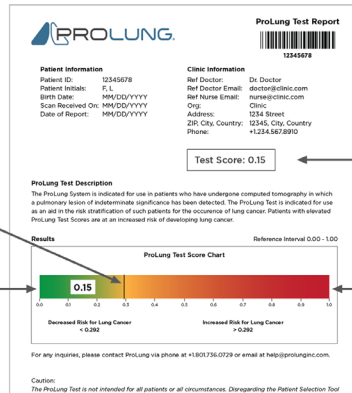
YEAR OF ADULTING



THE PROLUNG TEST REPORT

The value of knowing now.

- Borderline score: repeat test
- Decreased risk of lung cancer



ProLung Test Score (composite score)

Increased risk of lung cancer



VALUE MEDICINE: STAKEHOLDERS



REIMBURSEMENT

Estimated \$16B in cost savings when deployed as adjunct to LDCT screen*

*Source: CMS codes G0296 and G0297 for annual LDCT lung cancer screening and NCCN Lung Cancer Screening Guideline version 1.2017



BUSINESS MODEL

PHYSICIAN REPORT

- Digital Test Report
- Quality Check
- Patient Summary

HOSPITAL-PHYSICIAN REVENUE



DATA ACQUISITION

Accumulate Data in Clinical Database for Research

ONGOING RESEARCH VALUE

CAPITAL EQUIPMENT

ProLung Test™ Scan System

SALES REVENUE

DISPOSABLES

ProLung Test Kit
RECURRING REVENUE



HOW IT'S GOING

Medical School

2018-present



STILL HOOKED ON ADOBE





ESSENTIALS OF NEUROLOGY

Ocular Cranial Nerve Palsies

Double vision and ocular misalignment are caused by dysfunction of the extraocular muscles. This often results from an abnormality of the motor nerves to these muscles (cranial nerves III, IV, and VI).

Neuroanatomy Overview

Three cranial nerves supply motor control to the six extraocular muscles which control the eye, the major eyelid elevator, and the pupillary constrictor.

After travelling through the superior orbital fissure in the skull, all three cranial nerves for ocular movement traverse the cavernous sinus near the internal carotid artery and pituitary gland, accompanied by the ophthalmic nerve (V1) and maxillary nerve (V2). The sinus, enveloped by dura, is situated superior to the sphenoid bone and inferior to the optic chiasm.

Image: Ento Key

CN IV: Trochlear nerve = Superior Oblique muscle
 CN VI: Abducens nerve = Lateral Rectus muscle
 CN III: Oculomotor nerve = all other extraocular muscles

These muscles pull on the globes to direct gaze in every direction and provide coordinated movement.

Image: Springer

Structural pathologies (e.g. metastases or infections) involving the cavernous sinus may lead to a cranial polyneuropathy primarily presenting with diplopia. Notably, the abducens nerve runs in close proximity to the internal carotid artery, identifying the possibility of isolated sixth nerve palsy due to vascular disease.



Relations

Share



Ouch.

Share

AN OVERVIEW OF ANTIDEPRESSANTS

SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIs)

- frequently used as first-line antidepressants
- highly effective, tolerable, and generally safe in overdose
- potent treatment for anxiety; also effective for panic, OCD, social anxiety, PTSD, body dysmorphia, and eating disorders

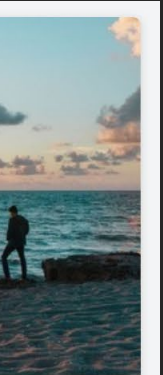
PHARMACODYNAMICS selectively increase serotonergic activity by decreasing action of presynaptic serotonin reuptake pumps (60-80%), leading to prolonged postsynaptic serotonin receptor occupancy

CONTRAINDICATIONS patients with hypersensitivity; patients who have taken a monoamine oxidase inhibitor (MAOI) in the previous two weeks due to interaction with SSRIs; patients taking other serotonergic medications

SEROTONIN-NOREPINEPHRINE REUPTAKE INHIBITORS (SNRIs)

- primarily used for depressive disorders and anxiety disorders
- secondarily used for chronic pain syndromes
- can be effective for body dysmorphia, OCD, and PTSD; menopausal hot flashes, urinary incontinence, and vulvodynia may also respond to SNRIs

PHARMACODYNAMICS block presynaptic serotonin and norepinephrine reuptake pumps, leading to prolonged postsynaptic serotonin and norepinephrine receptor occupancy; SNRIs vary in affinity for each type of pump



PAGE





FROM THE EDITORS

Dear Class of 2023,

Congratulations and welcome to medical school! We are genuinely excited you're here and look forward to meeting you all.

At this time in your life, you are likely facing a great deal of uncertainty. Don't panic! Whether you're moving down the street or across the country, we hope this guide will be helpful in answering some of your questions. Our goal is to minimize the stress of your transition into the best years of your life.

Part A of the Medical Student Guide (available digitally) covers things you should have arranged by the time you arrive on campus.

Part B (what you are reading now) covers things you should know and explore around the Anschutz campus and become an experienced student. In addition to digital distribution, you will receive a printed edition of this guide.

Putting together this guide would not have been possible without the contributions from past editors, interest group leaders, our classmates, and the entire Office of Student Life—with special thanks to Hailey! We all want you, the incoming class, to have the most relevant and helpful information as you begin your journey at the University of Colorado School of Medicine.

So, whether you're feeling nervous, or anxious, or maybe even a little overwhelmed, know that we take care of each other here at CU. You're going to have an awesome and unforgettable first year experience, so enjoy it and make the most of it.

Onward!



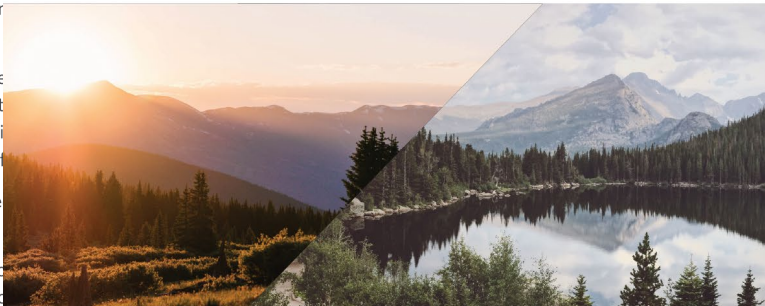
Vincent Fu
@vincefox8 | Class of 2022



Saori Lillian Haigo
@shaigo | Class of 2022

ORIENTATION WEEK

Be sure to read Part A for important information about things to complete before you get to campus and what to expect for orientation week!



CAMPUS & BEYOND

Guide to Navigating Denver

Ten years ago, this section was relevant. In 2019, however, Google Maps is a far more detailed and customized resource than we could ever prepare.



Pearl

Maps is especially useful for live traffic, since your typical commute route may be affected by construction or an incident. Even after commuting for a year, I find that it's still useful to consult Maps before I head out.

Be safe out there!

Campus Coffee & Eats

ED2N Woodgrain Bagels - artisan bakery, breakfast fare, and coffee conveniently located on the east side of the quad



Fitzsimons Cafeteria - new vendor coming Fall 2019

Children's Hospital Cafeteria - coffee and cafeteria with numerous options

RC2 Etai's Café - coffee and deli-style soup, salad, and sandwich selections

UCH Strip - features chain shops including Dazbog coffee and Subway



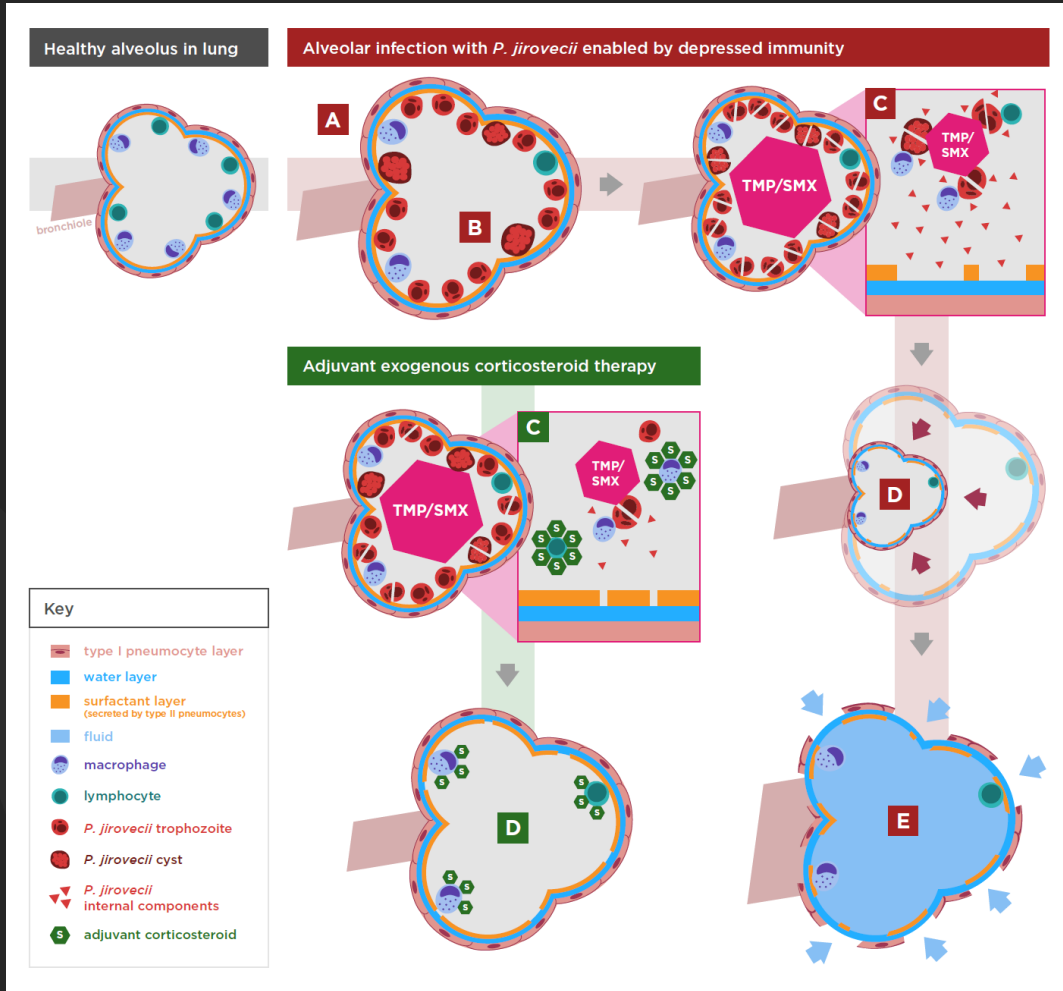
Off-Campus Eats & Happy Hours

Again, Google Maps is better than any list we could put here!

If you're looking for recommendations though, check out [Vincent's Top Eats in Denver](#). This city offers so much to taste and explore!



DIGITAL LITERACY IN A MEDICAL CAREER



Community & Primary Care

Live your life and don't hold back

Pain Management in Pueblo



Care in Our Community

Pueblo is a small city with big potential. As our neighborhoods continue to grow, our healthcare needs become increasingly complex. Fortunately, there are an ever-expanding number of resources available within minutes—and even more specialists located in Colorado Springs and Aurora. Through the UHealth App and My Health Connection online, care is always on hand.

Pain is Complex

Although pain can be caused by numerous conditions, there are just as many management options. Your resources in Pueblo offer a large variety of treatments to help you feel better.

Routine pain management visits and procedures are easily accessible at Parkview Medical Center*, just west of Mineral Palace Park. For more specialized care, the UHealth Pain Management, Physical Medicine and Rehabilitation Clinic in Colorado Springs and Pain Management Clinic at Anschutz Medical Campus are both a short drive away.

In all UHealth clinics, every effort is made to achieve the best possible outcome in the shortest and most cost-effective treatment plan for you. Rest easier knowing your health and well-being are the highest priority.

*Parkview Medical Center is not affiliated with or part of UHealth

Learn more at uhealth.org

Living with pain is not the only option. Feel better, get out there, and enjoy the natural beauty of Southern Colorado.

[Flip to explore options and resources >>](#)



Community & Primary Care
Produced by Vincent Fu / Arctck Design

Options

and Relaxation

Options reduce heart rate and blood pressure, leading to a feeling of calm.

Options

Options (Tylenol® or NSAIDs) block pain signals. They might be used for severe chronic pain.

Options

Options is accomplished using physical therapy, exercise, stretches, and massage.

Options and Ointments

Options such as Voltaren®, capsaicin, and creams absorb through the skin.

Including regular activity, weight management, and a healthy diet—may improve pain.

Options

Options with Pain Management Clinic
Options Medical Center Point, Suite 215
Options Colorado Springs, CO 80907
Options 5.7130

Options with Pain Management - Anschutz
Options E 16th Ave, 1st Floor
Options CO 80045
Options 3.1970



#socialmedia | #digitalscholarship



DIGITAL MD

new elective this fall @ CUSOM

limited spots — sign up now





COVID-19: MYTH VS FACT

- MYTH:** "Coronavirus is a brand new type of virus that we have never seen before."

FACT: We have seen many different types of coronaviruses, just like different types of influenza viruses. This is a family of viruses that can cause respiratory infections, many are fairly mild like a common cold. SARS is another example of a Coronavirus.
- MYTH:** "Having Coronavirus is just like having a bad cold or the flu."

FACT: COVID-19 and the flu both have symptoms of cough and fever. COVID-19 can also cause shortness of breath. Current data shows that COVID-19 is more infectious than the flu. Each person with the Coronavirus infects 2.5 other people on average versus the flu which infects about 1.3. The fatality rate of COVID-19 is estimated to be between 1-3.7%, whereas the seasonal flu is about 0.1%.
- MYTH:** "I don't need to socially distance myself because I'm young and have no pre-existing health conditions."

FACT: Social distancing is a group effort- everyone has to do their part for it to be effective. Even if you are not afraid of contracting the virus because you are young and healthy, you may end up passing it to someone who is in contact with the elderly, immunocompromised, or someone with heart disease.
- MYTH:** "I can't pass Coronavirus if I don't feel sick."

FACT: Studies have shown that you can still be contagious with COVID-19 in the early stages of disease, before you start to show symptoms. This is why it is so important to practice social distancing, even if you don't think you are carrying the virus.
- MYTH:** "I should go get tested immediately if I suspect that I have Coronavirus."

FACT: You should first call your primary care doctor and they will direct you on the best course of action. In about 80% of cases, symptoms of this virus are mild and can be taken care of at home. There is no medication to treat Corona virus. If you are sick, it is best to stay home and avoid public areas so that you don't spread this virus to other people. If you are experiencing trouble breathing, confusion, chest pain, or blue lips, seek medical care immediately.

FOR MORE INFORMATION ON COVID-19: VISIT [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

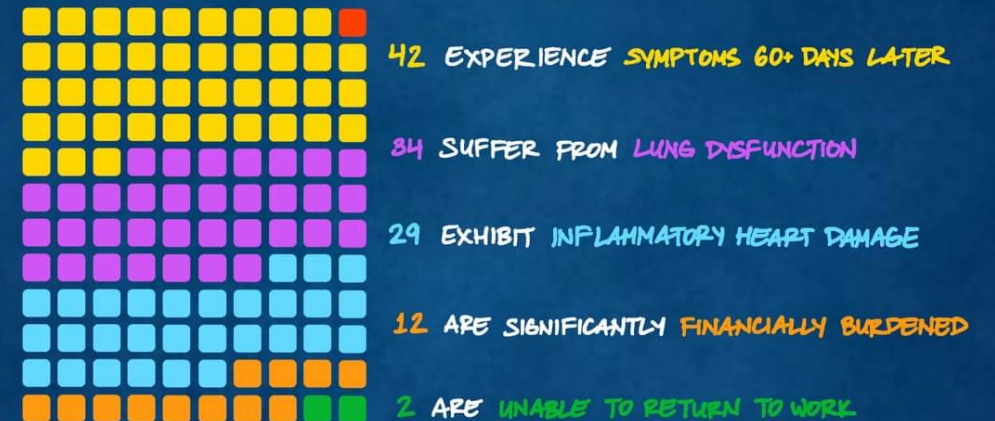
IMPORTANCE OF MENTAL WELLBEING *an overview for medical students*



COVID-19 HAS KILLED 280,000+ AMERICANS.

COUNTLESS SURVIVORS STILL SUFFER.
HERE'S WHAT THE NUMBERS SAY.

FOR EVERY 1 PERSON THAT DIES OF COVID-19,



SOURCES:

- <https://pubmed.ncbi.nlm.nih.gov/32838236/>
- <https://pubmed.ncbi.nlm.nih.gov/32644129/>
- <https://www.acpjournals.org/doi/10.7326/M20-5661>
- <https://jamanetwork.com/journals/jamacardiology/fullarticle/2768916>

Vijay Shimoga
@vijay_shimoga





F E E L T H E N E E D



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FINAL THOUGHTS

Creative Campus



54 INNOVATIVE INSTITUTIONS

Leading the way

