Studying abroad can be a great opportunity to experience a different cultural context, learn a new language, and find a connection to another part of the world. Studies suggest that students who study abroad also have career benefits, such as higher starting salaries and higher acceptance rates to graduate school. Studying health does not have to stop when you study abroad. In this cover story, we hear from three HMS students about their semester-long study abroad experiences and what it meant to their understanding of health.

Hello from Denmark! My name is Ellie Pinchbeck and I am a junior majoring in psychology and HMS with a business minor. This spring I’ve had the incredible opportunity to study abroad through CIEE’s Open Campus, a three-block customized program with twelve locations across the globe. As a student on the Global and Community Health academic track, I’ve chosen to study in Copenhagen, Denmark for my first two blocks (where I currently am) and Berlin, Germany for my final block. Last block, I took a public health course called Global Health and Emerging Diseases, which delved into major global health challenges, determinants and drivers of infectious diseases, and health policy decisions. One
By the Numbers

What other majors do our students pair with the HMS major?

A new class of HMS majors will graduate in May. The following chart shows the distribution of second majors from our graduating HMS majors.

Data represents 23 HMS majors who declared the HMS major by 2/21/2019 and are expected to graduate in May 2019.

Reasons to engage in sex work differently, it is so challenging to come up with legislation that protects everybody.

We have learned about the legality of sex work in Denmark; prostitutes are not protected under labor laws but must pay taxes. It is highly stigmatized and often pushed to the streets or underground. We traveled to Sweden to learn about their approach; the Swedish model criminalizes the buyer and the third party but not the seller. This is supposed to protect the seller but is still very flawed and pushes prostitution underground. We also went to Amsterdam to see the Red Light District and learn about their model. Prostitution is legalized in Holland. It was very interesting to learn about all of the different approaches.

Ellie Pinchbeck

Hej fra København! My name is Karli Manko and I am a junior. I studied abroad in Copenhagen during the Fall 2018 semester through DIS and loved every minute of it. I loved the city, the people I met, the places I traveled, and the things that I learned.

I am an Economics major in the College of Arts and Sciences and an HMS minor. I took a few economics classes and public health classes in Copenhagen, but my favorite class is called “Prostitution and Sex Trade in Scandinavia”. It encompassed aspects of economics and public health, but is unlike anything I have ever learned before.

Sex work has so many complex factors. It is different for everybody; some people are empowered by it and others are trafficked into it. When we think of sex workers we imagine the “happy hooker” or the “trafficking victim” but in reality, most people fall somewhere in between. Because there are so many reasons to engage in sex work differently, it is so challenging to come up with legislation that protects everybody.
I didn’t know anything about prostitution before I came to Copenhagen and I am really enjoyed applying
the economic and public health knowledge I have gained at Lehigh to a new topic. It was definitely out of
my comfort zone but I learned so much and had the best semester of my life.

- Karli Manko

In Spring 2018, I participated in a study abroad program in India, South Africa, and Brazil focusing on public
health in both rural and urban settings. As I worked through my undergraduate degree in Environmental
Studies and Health, Medicine, and Society alongside the Global Citizenship Program, I knew that I wanted to
participate in an immersive and unique study abroad program. I travelled with a group of 25 students from
different universities, spending a little over a month in each country. In every country, I lived with a homestay
family for the majority of the time, with the exception of about one week per country in which we travelled to our
rural stay. Throughout the course of the semester, I took four classes—Health, Culture and Community,
Globalization and Health, Public Health, and Community Health Research Methods—two of which were taught by
local faculty in each country and two taught by a traveling faculty.

This program was definitely more intense than your typical study abroad program; that being said, I think
the reason I got so much out of it is because of the structure of the program. A big focus was experiential
learning. Being able to learn about the public health systems in depth in each country through both
classroom time and site visits made my academics feel very practical. For example, we learned from our
professor in class about the common birthing practices and then the next day we had the opportunity to
visit a birthing center and ask questions to professionals in the field. Other site visits included NGOs,
hospitals, clinics, museums, and community centers. By far my favorite part of the program was completing a
collaborative comparative research project on the intersections between environment and health. My group
got to meet with some incredible people in each country through this research and it helped me develop
numerous qualitative research skills that given me a leg up back at Lehigh.

This program helped me grasp what it was like to study public health in a global setting. The HMS courses I
had taken prior to this experience gave me a strong background about various social determinants of health
and the interdisciplinary role that health plays in everyone's lives. This experience helped me see some of
these concepts first hand and strengthened my ability to understand, interpret, and compare the socio-
cultural, ecological, economic, political, and biological factors that affect human health. This program not
only taught me cross-cultural competency, but also how to adapt in challenging and uncertain circumstances.
Gaining the skills to welcome change and learning how to find comfort even in the most uncomfortable situations
has given me the confidence to know that I can handle working in diverse environments, and thrive while doing
so. Since being back at Lehigh, I’ve noticed a change in perspective that I bring to my classes, such as the topics
I’ve chosen to write about and the questions I ask. Overall, it was a very meaningful (and fun) experience for
me, both academically and personally.

- Eliania Ginis
From the Director’s Desk

It is that time in the spring semester when we celebrate National Public Health Week. HMS has exciting events planned for the first week of April to bring Public Health content to campus. The Executive Director of the American Public Health Association, Dr. Georges Benjamin, calls us to action for National Public Health Week with the following: “Now more than ever, the nation’s health needs you. You, the people working to make the U.S. the healthiest nation in a generation, are putting in the critical effort to protect everyone, especially our most vulnerable populations. You are part of National Public Health Week.” I challenge all of you students who are in public health classes or thinking about a career in public health to take National Public Health Week to think about how you can work toward this making of the healthiest generation. What are the little steps you can do everyday to aid the health of those around you?

Does thinking about your role in public health get you thinking about classes for next semester? Well, good news, registration is around the corner! If you have questions about what classes you should be taking next, email me for a meeting (jessecae.marsh@lehigh.edu). Now is a great time to declare an HMS major or minor to get priority in the registration process. To fill out major forms, you can email me for an appointment or you can go directly to the Office of Interdisciplinary Programs (incasip@lehigh.edu) to fill out declaration forms. Also, keep an eye on our summer courses. Many courses are available online, allowing for more flexibility in your summer schedule. And if you are looking for internships, keep your eye on your email; several opportunities have been advertised, with more to come!

- Jessecae Marsh

Interested in learning more about study abroad opportunities?

Contact Katy Rene in Lehigh’s Study Abroad office about HMS-related opportunities (ker415@lehigh.edu). Check out these programs in the meantime.

- Lehigh in Ireland (research in Irish Centre for Social Gerontology): https://lehigh-sa.terradotta.com/?go=ireland
- DIS Stockholm: https://disabroad.org/stockholm/
- Boston University Geneva Internship Program (Public Health track): http://www.bu.edu/abroad/programs/geneva-internship-program/
- Boston University Dublin Internship Program (Fall Health Science Track): http://www.bu.edu/abroad/programs/dublin-internship-program/
- SIT IHP Health and Community: https://studyabroad.sit.edu/programs/semester/spring-2019/hcb/
- IES Santiago - Health Studies (knowledge of Spanish required): https://www.iesabroad.org/programs/santiago-health-studies#academics
- CIEE Open Campus (Global & Community Health Track): https://www.ciee.org/go-abroad/for-educators/college-advisors-faculty/academics/global-institutes
- Child Family Health International: https://www.cfhi.org/
Learning More about Public Health

Lehigh’s American Public Health Association (APHA) campus liaisons work to educate Lehigh about public health issues. Here is what they have to share about public health events they have brought to campus.

As the APHA Liaisons for Lehigh University, our main goal is to bring public health awareness to our campus, so that we may all be well informed on the public health in our country! On March 5th, we held a live screening event and showed a recorded talk from APHA’s most recent expo, “Social Media and Its Impact on Well-being.” This talk discussed social bots, social media’s effect on children, and how public health professionals use the media to target their audiences. Thank you to everyone who came to watch, we were very happy with the turnout!

We are looking forward to hosting a similar event for APHA’s Public Health Week. This year the APHA’s public health week, beginning on April 1st and closing on April 5th, is focused on Creating the Healthiest Nation. We will be showing a talk from the same expo titled “All in All: Achieving Universal Coverage.” We are excited to explore how universal coverage could impact the health of a nation. This event will be held on April 5th at 1:00pm in Neville 3, refreshments and deserts will be provided! There will be many interesting events during Public Health Week so make sure to stop by.

- Natalie Martin and Karli Manko

How to Add the HMS Events Calendar to Your Calendar

1) Sign in to your Lehigh Google account. (lehigh.edu/google)
2) Go to this website: bit.ly/HMS_Calendar
3) A screen may come up asking if you want to add this calendar to your Google calendar. Click add. Alternatively, you may see a website that looks like a calendar page. At the bottom is a button called +Google Calendar. Click on that button to add the HMS calendar to your Lehigh Google calendar.

HMS Program Faculty

Kelly Austin | Associate Professor of Sociology | Director of Global Studies
Sirry Alang | Assistant Professor of Sociology & Health, Medicine, and Society
Christopher Burke | Director of Community Health Research Group | Associate Professor of Psychology
Dena Davis | Presidential Endowed Chair in Health, Humanities, and Social Sciences | Professor of Religion Studies
Elizabeth Dolan | Associate Professor of English | Deputy Provost for Graduate Education

Julia Lechuga | Assistant Professor of Counseling Psychology & Health, Medicine, and Society
Linda Lowe-Krentz | Professor and Chair of Biological Sciences
Jesseca Marsh | Director of Health, Medicine, and Society Program | Associate Professor of Psychology
Lucy Napper | Assistant Professor of Psychology & Health, Medicine, and Society
Lorenzo Servitje | Assistant Professor of English & Health, Medicine, and Society
Recent Faculty Publications


A New Concentration in Environmental Health

An exciting new curriculum has been approved for the Environmental Studies Bachelors of Arts Program at Lehigh that includes a concentration in Environmental Health. This concentration is a mix of environmental studies and HMS courses, many of which are cross-listed. The Environmental Studies program is designed to encourage double majors and minors. For more information, contact Sharon Friedman, ES Program Director, at Sharon.Friedman@lehigh.edu.

Sample HMS courses in the concentration include Social Epidemiology, Food Justice in Urban Environments, Health and Environmental Controversies, and Health Communication.

Health Fact Corner

The root in words with the pharma- prefix (pharmacology, pharmacy, pharmacokinetics/dynamics) is the Greek pharmakon, which at once denotes "medicine" and "poison." Attending to etymology attests to the difficulty in defining a substance as essentially a medicine or toxin. While not every substance can be medicinal, virtually anything--even water and oxygen (under hyperbolic conditions)--can be a toxin.

16th century Swiss physician, Paracelsus, observed this, writing, "What is there that is not poison? All things are poison and nothing is without poison. Solely the dose determines that a thing is not a poison," Paracelsus's dictum, today, is a foundational principle of toxicology: "the dose makes the poison."
Inside a Career in Health

What is it like to work in the health care industry? In this issue we talk to Hope Kincaid, a biostatistician in the Lehigh Valley.

What does a day on the job look like for you?
As some of you may be thinking, a day on the job for me can involve spending many hours in front of the computer analyzing data and writing code. But it can also include various other tasks such as building databases, attending meetings to help physicians plan and design their research studies, conducting lectures on research study design and analysis, or writing/reviewing a manuscript prior to submission to a peer-reviewed journal.

As a biostatistician in the Network Office of Research and Innovation (NORI), at Lehigh Valley Health Network (LVHN), my primary task is to provide study design and statistical support and education for investigator-initiated research studies. These types of studies differ from sponsored clinical trials in that they are initiated by our own medical staff (i.e., physicians, fellows, residents, nurses, etc.) driven by their own interest in the topic they wish to research or because of a requirement to conduct a scholarly activity. Some of the things I enjoy most about my job are that I am involved in the entire research study process from start (project conceptualization) to finish (manuscript publication) and getting a glimpse into the world of each clinical department since we are a resource for the entire network.

What surprises you most about your job?
The data cleaning never ends! There is a plethora of bad data out there and identifying it is only half the battle. Once an erroneous data point has been identified it needs to be corrected which isn’t always as straightforward as it may seem. However, this is probably one of the most important parts of the job because even one incorrect data point can alter the results of a study and therefore has the potential to impact patient care.

What is the most important thing you think people should know about health?
You need to be your own advocate! The best way to do that is by being knowledgeable and staying informed about the latest in healthcare. There is a ton of research being done every day providing us with many more options to treat certain diseases/conditions than in the past. While that is wonderful and undoubtedly has saved many lives, everything we do to, or put in our bodies has consequences. Don’t be afraid to ask questions and seek a second opinion.

Biography: Hope Kincaid, MPH, CPH received her Master in Public Health degree, with a concentration in Epidemiology, from Drexel University in 2011 and a Bachelor degree in Sociology and Anthropology with a minor in Health, Medicine, and Society, from Lehigh University in 2009. She is also certified in Public Health through the National Board of Public Health Examiners (NBPHE). Hope has worked as a Biostatistician at LVHN for 7 years. In addition to assisting the medical staff with the design and analysis of their research studies, she helps coordinate and administer the institutions REDCap application, provides oversight and guidance for interns and research assistants, and is part of both the Department of Medicine Research Review Committee and NORI Feasibility Review Committee.
Summer 2019 Courses

**Summer 1**

**HMS/REL/PHIL 116**

- **Bioethics**
  - (HU) 4 credits
  - Professor Steffen
  - T/R 7:00 - 9:50 p.m.

**HMS/PSYC 138**

- **Abnormal Psychology**
  - (SS) 4 credits
  - Staff
  - M/T/W/R 12:00 - 1:35 p.m.

**HMS/SOC 162**

- **AIDS and Society**
  - (SS) 4 credits
  - Professor Alang
  - online

**HMS/PSYC 302**

- **Stress and Coping**
  - (SS) 4 credits
  - Professor Burke
  - online

**HMS/SOC/GS 322**

- **Global Health Issues**
  - (SS) 4 credits
  - Professor Austin
  - online

**HMS/SOC 341**

- **Gender and Health**
  - (SS) 4 credits
  - Professor Alang
  - online

**Summer 2**

**HMS/REL/PHIL 116**

- **Bioethics**
  - (HU) 4 credits
  - Professor Schmidt
  - online

**HMS/SOC 160**

- **Medicine and Society**
  - (SS) 4 credits
  - Professor Noble
  - online

**HMS/AAS/GS/SOC 314**

- **Infections and Inequalities**
  - (SS) 4 credits
  - Professor Austin
  - online

**HMS/PSYC 319**

- **The Psychology of Trauma**
  - (SS) 4 credits
  - Professor Lomauro
  - M 5:00 - 7:50 p.m
  - W 7:00 - 9:50 p.m

**Additional Coursework Requiring Director or Instructor Permission for Registration**

**HMS 291**

- **Independent Study**
  - (HU/SS) 1-4 credits
  - Available with multiple faculty
  - TBD

**HMS 292**

- **Supervised Research**
  - (HU/SS) 1-8 credits
  - Available with multiple faculty
  - TBD

**HMS 293-10**

- **Internship**
  - (HU/SS) 1-8 credits
  - Professor Marsh
  - TBD

Fall 2019 Courses

**BIOS 010**

- **BioScience in the 21st Century**
  - (NS) 4 credits
  - Professor Ware
  - M/W/F 10:10 - 11:00 a.m.
  - *This course can be taken as BIOS 090 for a first-year seminar*

**HMS/REL/ETH 090**

- **Bioethics in the News**
  - (HU) 4 credits
  - Professor Davis
  - M/W 1:35 - 2:50 p.m.

**HMS/REL/ASIA/ETH 090**

- **Buddhism in Mind and Body**
  - (HU) 4 credits
  - Professor Pitkin
  - T/R 3:00 - 4:15 p.m.

**HMS/REL/PHIL 116**

- **Bioethics**
  - (HU) 4 credits
  - Professor Connolly
  - M/W 1:35 - 2:50 p.m.
Want to earn HMS credits for being a research assistant in an HMS faculty member’s lab?

Many HMS faculty members rely on undergraduates to help conduct their research. Students can gain course credit through HMS by signing up for HMS 292, Supervised Research. Email a faculty member you are interested in working with and ask if they are taking students for next semester. Discuss with that faculty member whether receiving credit through HMS 292 or supervised research in their department is right for you.
Connecting Graduate Students with HMS

The HMS graduate research affiliates program connects Lehigh masters and Ph.D. students who have research interests in health to the HMS program. Learn more about three of our affiliates below.

Laura Wolter
Psychology Department
1st year Ph.D. student

My research focuses on health-risk cognitions and behavior. I am interested in factors that influence individuals' perceptions of health-risk behaviors as well as decisions to engage in them. For my first-year project, I am investigating potential normative discrepancies that may influence individuals' decisions to intervene as a bystander to prevent sexual assault in alcohol contexts. This work expands on a line of research conducted in my lab that focuses on decision making and behavior around alcohol use and sexual-risk behavior. I am also interested in the efficacy of community-based health interventions. Last semester, our lab conducted focus groups with Lehigh undergraduates to incorporate student perspectives on drinking and sexual violence into research that will inform future intervention work. I am excited to be involved in the Health, Medicine, and Society program and to continue research on health behavior while at Lehigh.

Gillian Andrews
English Department
1st year Ph.D. student

Gillian Andrews received her M.A. in English from Lehigh in 2018 where she wrote her thesis, "The Hazards of Medicating Memory: Propranolol, Posthuman Ethics, and M. Night Shyamalan’s Split." Now in Lehigh’s English Ph.D. program, her interests focus on the intersections between health humanities, horror studies, and posthuman theory, exploring how horror doesn’t simply reflect cultural anxieties surrounding medicine but provides a productive space of imaginative bioethical consideration for scholars and practitioners. She has assisted in teaching HMS courses 115, 170 and 315, and is the co-author of “Charlotte Smith Story Map” with Elizabeth Dolan, published at Romantic Circles.

Ashlee Simon
English Department
1st year M.A. student

My research interests revolve around the instability of medicinal and recreational substances and the portrayal of addiction during the 18th and 19th centuries. My investment in this topic lies in the impact that medicine makes on the culture and society it works within, and also how quickly something that is deemed beneficial can damage a society. As an undergraduate, my work surrounded absinthe and work of the Decadent Movement, but my current research is interested in Sherlock Holmes and the use of cocaine and curare. I am very excited to continue my research about the history of substances, with the support of HMS and the English Department.

Interested in becoming a graduate research affiliate? Email Dr. Marsh for more info (jessecae.marsh@lehigh.edu).
Opportunities for Students

Internship Opportunity: LVHN Health Advocacy Program

PURPOSE: To bridge the gap between the patient, the provider, and community resources for non-medical related needs such as: food insecurity, housing insecurity, transportation, employment, education counseling, child care, support and follow-up referrals.

Become a Health Advocate!

- Available for students of many different majors
- Great for public health, social work, nursing, and pre-med students
- Gain experience with hands-on patient interactions
- Make a positive impact on your community

Specific need for English/Spanish bilingual advocates for part-time or full-time work over Summer 2019. Applicants for Fall 2019 also needed.

To find out more, go to: hms.cas2.lehigh.edu/content/internships-and-volunteer-opportunities-students

Undergrads, need money to travel to a conference?

Are you attending or presenting at a conference this year related to health? The HMS Program offers student travel grants to help fund your trip. The HMS Student Travel Grant is available to any HMS minor or major who has either 1) already booked travel for a conference, or 2) has an acceptance to present at a conference. Applications are accepted on a rolling basis and awards will be given on a merit basis as funds are available. For more information and to download an application, visit: hms.cas2.lehigh.edu/content/student-grants

Apply to be a H.E.A.R.T.S.Link Volunteer! Applications due April 11th.

Health, Education, Advocacy, & Resources at Temple & St. Luke’s is a student-run free clinic dedicated to serving the uninsured and underinsured population of Bethlehem. As a HEARTSLink Volunteer, you will work with patients and their families to address barriers to care and make a real change in healthcare delivery in our community.

For more information, call: 484-526-6569 or Email: michelle.wagner@sluhn.org
Health, Medicine, & Society
2019 National Public Health Week Events

National Public Health Week is April 1 - April 7. Come join us at these fun events to help spread awareness of public health issues and public health careers.

“Roadmap for the College of Health”

Tuesday, April 2 @ 4:10 p.m. Linderman Library, Room 200
Whitney Witt, PhD, MPH
Inaugural Dean
College of Health, Lehigh University

Careers in Health Panel Discussion

Thursday, April 4 @ 4:10 p.m. Linderman Library, Room 200
Featuring multiple health professionals from different health fields, many of whom are Lehigh alumni. This panel will provide advice and perspectives on pursuing a career in health. Featured panelists include:

• Dr. Marilyn Gorney-Daley, DO, MPH (Lehigh class of 1988), Medical Director of Maternal and Child Health Service, New Jersey Department of Health
• Theresa Elko, MPAS, PA-C (Lehigh class of 2012), Clinical Research Physician Assistant, Adult Bone Marrow Transplant Service, Memorial Sloan Kettering Cancer Center
• Lauren Dennelly, MSW, LCSW, Behavioral Health Specialist, Lehigh Valley Health Network
• Emily Moriarty, M.Ed. (Lehigh class of 2016G), Psychotherapist, Allentown Women’s Center
• Peter Navario, Ph.D., MPH, Executive Director, HealthRight International, Director of Global Health Strategy & Clinical Associate Professor, College of Global Public Health, New York University

Health Equity Live Screening: “All in All: Achieving Universal Coverage”

Friday, April 5 @ 1:00 p.m. Neville 003
Come out and watch a recorded talk from the American Public Health Association’s most recent expo for APHA’s Public Health Week! This is a unique opportunity to hear from established professionals discussing their work and opinions regarding universal healthcare coverage in the United States. Come and learn how California has been able to reduce the rate of uninsured people in their state, as well as how a proposal for more coverage for Americans would work, and how this could be put into action, and much more. If you are a student or faculty member that is interested in public health you will love this event! Refreshments and dessert will be provided.

Thank you for reading the HMS Messenger, the official newsletter of the Health, Medicine, and Society Program of Lehigh University. To see your content in the HMS Messenger email jessecae.marsh@lehigh.edu.