

# NSU's Pre-Health Day

Saturday, April 1, 2017  
Carl DeSantis Building

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Hosted by Career Development, the  
Halmos College of Natural Sciences and  
Oceanography and, the Alumni Association



## Pre-Health Day Program Schedule

8:00 – 10:15 a.m..... Mock Interviews  
 ..... *Huizenga Sales Institute*

8:00 – 10:15 a.m..... Resource Fair Involving labs, scribes, research and other resources  
 ..... *Huizenga Sales Institute*

10:15 – 10:30 a.m..... Welcome and Keynote Speaker  
 ..... *Richard E. Dodge*, Dean of College of Halmos College of Natural Sciences and Oceanography  
 ..... *and Nick Carris*, Pharm. D., BCPS  
 ..... *Huizenga Sales Institute*

10:30 a.m.– 12:40 p.m..... Breakout Sessions  
 ..... *DeSantis Class Rooms*

Bracket Number and Color	10:30–10:50 a.m.	10:55–11:15 a.m.	11:20–11:40 a.m.	11:45 a.m.– 12:05 p.m.	12:10–12:30 p.m.
<b>1 – Yellow</b>	<i>Doctor</i> <b>Dr. Inaki Bent,</b> D.O.		<i>PA</i> <b>Dana Altschul Haimo,</b> MMS, PA-C	<i>Research Coordinator and Medical Intern</i> <b>Carlos Alimirola,</b> M.P.H.	<i>PT</i> <b>Betsy Kreymmer,</b> P.T., D.PT, ATC
<b>2 – Blue</b>	<i>Dentist</i> <b>Dr. Zudiyah Darajat,</b> D.M.D.	<i>Pharmacist</i> <b>Dr. Nick Carris,</b> Pharm. D., BCPS	<i>Optometrist</i> <b>Dr. Michael Bacigalupi,</b> O.D., M.S., FAAO	<i>Chiropractor</i> <b>Dr. Hector Andino,</b> D.C.	<i>Speech Language Pathologist</i> <b>Lauren Stephens-Dressel,</b> M.S., CCC-SLP
12:45 a.m.–1:30 p.m.....	Lunch ..... Guest Speaker: Army Scholarships ..... <i>Huizenga Sales Institute</i>				
1:30 – 2:30 p.m.....	HPD Student Panel ..... <i>Huizenga Sales Institute</i>				

# Professional Breakout Sessions

10:30 – 10:50 a.m.

## BREAKOUT SESSION 1

### My Path to Medicine

Presenter: Dr. Inaki Bent, D.O., M.B.A., M.S.

Associate Physician at Unihealth of South Florida, Inc.  
Carmel Barrau, M.D. and Associates

*IBent@med.miami.edu*

Dr. Bent is a Miami native who has worked in Primary Care since 2013. He received his Bachelor of Science degree from Florida State University and a Master of Biomedical Science from Barry University. He went on to Nova Southeastern University and received a Doctorate of Osteopathic Medicine and a Master of Business Administration degree in 2010. He completed his residency training in Internal Medicine at Jackson Memorial Hospital-University of Miami Miller School of Medicine.

After completing residency, Dr. Bent joined Unihealth of South Florida-Carmel Barrau, M.D and Associates as an Associate Physician in Internal Medicine. He is a member of the Association of Haitian Physicians Abroad-South Florida Chapter, Florida Osteopathic Medical Association, the James W. Bridges Medical Society, and the American Osteopathic Association.

Dr. Bent's personal interests include mentoring, community organizing, motivational speaking, and medical outreach. His medical interests include nephrology, HIV/AIDS, correctional medicine, and medical education. Dr. Bent is married with three children.

## BREAKOUT SESSION 2

### My Journey to Becoming a Dentist

Presenter: Zuhdiyah M. Darajat, DMD

Farquhar College Graduate, 2006

Doctor of Medical Dentistry, 2010, University of Florida College of Dentistry

Associate General Dentist, Sage Dental of Plantation, FL

*zuhdiyahd@me.com*

As a practicing general dentist and pretty recent graduate, I understand that GPAs and test scores are important, but are definitely not defining factors in being a good dentist, especially clinically. I know first hand because I was one of those students. Without the perfect grades and test scores, one may think that getting accepted into dental school and becoming a dentist is impossible, but the opposite is true. In my opinion, a successful dentist is measured by qualities including good communication and technical abilities, humility, passion, decisiveness, understanding, care, persistence, and the pursuit of excellence.

My goal is to share my journey from undergrad through dental school and now as a dentist in private practice. With less than a 4.0 GPA and an average DAT score, I will discuss the achievements I accomplished while in undergrad that helped strengthen myself as a dental school applicant. I will also discuss my life and the obstacles I overcame as a UF dental student and as a practicing dentist in South Florida.

10:55 – 11:15 a.m.

## BREAKOUT SESSION

### Freshman at Farquhar to Pharmacy Professor: The Reality of the Journey and Tips for Success

Presenter: Nicholas Carris, Pharm.D., BCPS

Farquhar College Graduate, 2008

Pharm.D., University of Florida, 2012

Assistant Professor, Department of Pharmacotherapeutics and Clinical Research, Department of Family Medicine

Colleges of Medicine and Pharmacy. University of South Florida, Tampa, Florida

*carris@health.usf.edu*

The path to becoming a healthcare provider is a commitment to lifelong learning, constant hard work, and a career that is not about you. Every class you take, everything you learn, every experience you engage in is preparing you to be a competent and compassionate healthcare provider, so that one day you can walk into the room of a desperate patient and help them. The pay is average at best, especially considering the years of training. People will be angry at you when you are doing your best to help them. People will be angry when you do not want to work for free, and you can expect to burn out if you are doing it for the money. However, if you truly want this for whatever your one or many reasons are; it is worth it every day.

For those of you who want to pursue this I will be happy to call you a colleague one day.

Tips for success:

1. **Know what experiences you cannot get back**  
You can work and make money later.  
You only get one chance to make a good grade in General Chemistry 1.
2. **Be focused but flexible**  
If interested in pharmacy – pursue it!  
Take all prerequisites to qualify for medical, dental, PA, etc. programs as well
3. **Exercise reduces stress**  
The less time you have for it, the more you need it
4. **Be social and stay in touch with your classmates**  
They'll be doctors one day too

11:20–11:40 a.m.

## BREAKOUT SESSION 1

### My Journey: From the NSU College Classroom to the Dermatology Office Exam Room

Presenter: Dana Altschul Haimo, M.M.S., PA-C

Nova Southeastern University Farquhar College of Arts and Sciences, August 2005-May 2008

Dual Admission Physician Assistant, Honors Student, Biology Major, Psychology Minor

Nova Southeastern University Physician Assistant Program, Graduating Class of 2010

Practicing Certified Physician Assistant in Dermatology in Hallandale, Florida since November 2010

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I was introduced to the Physician Assistant profession as a high school sophomore during a pre-medical program. I always desired to be in the medical field as I enjoyed science, problem solving, and interacting with others. I decided to learn more about what a PA does and if I could see myself becoming one. I began shadowing my now supervising physician in 2004. At the time, he had a physician assistant working with him, so I had the opportunity to observe their interaction, learn dermatologic terminology and procedures, and strengthen my interpersonal communication skills. I knew I could see myself as an integral part of the patient's care and was determined to become a physician assistant.

Once accepted as a dual admission student, my undergraduate journey began. I had a rigorous schedule for three years which included required science courses and honors program seminars. I was on the executive board of pre-medical clubs and was a peer tutor at Academic Services. It was crucial to have an organized and strict schedule, which I feel helped prepare me well for the challenging and intense coursework in PA school. Being a PA student taught me to persevere and gave me confidence to apply my knowledge when diagnosing and treating patients. I have been practicing as a physician assistant for over six years and still learn new things each day; about medicine, those I take care of, and myself. It's about working as a team to comfort patients, educate patients, and save lives.

## BREAKOUT SESSION 2

### My Journey to Optometry

Presenter: Michael Bacigalupi, OD, MS, FAAO

Optometrist and Educator

*bacigalu@nova.edu*

Dr. Michael Bacigalupi grew up in Fort Lauderdale, Florida. His father was a letter carrier for the US Postal Service and his mother was an office manager for a local optometrist. He decided at a young age that he wanted to become an optometrist and has never regretted this decision. He is proud of his career and hopes to inspire others to consider the profession of optometry.

Dr. Bacigalupi earned an Associate of Arts degree in Chemistry from Schreiner University and a Bachelor of Science degree in Optometry from the University of Houston. In 1993, he graduated magna cum laude from the University of Houston College of Optometry with a Doctor of Optometry degree. He earned a Masters in Business Management with emphasis on Leadership at the H. Wayne Huizenga School of Business and Entrepreneurship at Nova Southeastern University.

Prior to joining the faculty of Nova Southeastern University, Dr. Bacigalupi was in private optometric practice for 12 years. He is licensed as an Optometric Glaucoma Specialist in Texas. His private practice focused primarily on ocular disease and glaucoma care. He served on the Board of Directors of the Texas Optometric Association (TOA) and was honored as the Texas Young Optometrist of the Year in 2003. Dr. Bacigalupi is a Fellow of the American Academy of Optometry and is a clinical examiner for the National Board of Examiners in Optometry. He has been honored by Lions Club International with the International Service Award for his many eye care mission trips into Central America.

Dr. Bacigalupi was appointed Assistant Dean for Student Affairs of the College of Optometry in 2008. He is a lecturer for the 4th practice management course entitled "Current Topics in Practice Management" and lab instructor for "Optometric Theory and Methods." Dr. Bacigalupi is a frequent author and lecturer in the areas of practice management, student affairs, and admissions.

11:45 a.m.–12:05 p.m.

## BREAKOUT SESSION 1

### Road Less Traveled: My Journey to Becoming a Research Associate

Presenter: Carlos Almirola, MPH

FIU Bachelor of Science in Biological Sciences, 2008

FIU Master of Public Health, 2011

University of Miami Miller School of Medicine

Department of Psychiatry – Center on Aging

*carlos\_almirola@yahoo.com*

I didn't arrive in Public Health through conventional means. My father is a physician and I grew up thinking medicine was in my future. Towards the end of my undergrad I started to learn about other careers and eventually came across Public Health. I saw the importance of helping avoid problematic health issues in our community through early intervention. My Public Health training when combined with my background in Biology opened new doors I never knew existed.

Grad School gave me the opportunity to have involvement with different community health initiatives in Baptist Congregational Health, UM Docs Program, and as well as Miami-Dade Area Health Education Center. Through these experiences a disturbing trend was becoming apparent. A lack of meaningful intervention.

I currently work as a Research Associate on several different research projects at the Center on Aging within the Department of Psychiatry. My busiest project is the Alzheimer's Disease/Dementia study for Caregivers. In this project, we are trying to determine if by using computer tablets and other technology to deliver this intervention whether Caregivers can learn the skills and knowledge of being a better caregiver. This could help millions of families improve their quality of life as they care for someone with these diseases.

Public Health opened a world for me that I never knew existed. Before my time on these research projects there were moments where I wondered whether I made the right choice. Looking at the future, I can see myself eventually growing into a role where I could be a Principal Investigator and Author on a research grant proposal and project. What is most important is that with hard work and vision I have been able to find this road, and I hope many other students will find their own road.

## BREAKOUT SESSION 2

### **My Journey to Optometry How Chiropractic changed my life:**

#### **My journey from Business owner to Chiropractor Advice to my future colleagues**

Presenter: Hector L. Andino Rivera II, DC

B.B.A Human Resource Management; Interamerican University of Puerto Rico; 2010

M.S. Sports Health Science Life University; 2016

D.C. Life University; 2016

Chiropractic Physician, Chiropractic USA of Plantation,  
handino@chiropracticusafl.com

Life University Masters Honors Graduate 2016

Life University College of Chiropractic Graduate 2016

Practicing Chiropractic Physician in Broward County, FL

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Raised in a family of doctors, I never had the idea of becoming one. When I started undergraduate school in Puerto Rico, I studied business administration because I wanted to be my own boss and that was my focus. I achieved that degree in 5 years and by my 4th year I had my own business. After working in retail for 14+ and being in business for 6+ years, I visited Life University and that forever changed my life. I decided to go to chiropractic school and with that came many challenges, but that adjustment I received and the response I got from patient when I adjusted them is what reminded me why I choose this profession. My experience working with patients and athletes everyday, and seeing their response after the adjustment is what I love about being a Chiropractor.

I will speak about my transition from business owner to chiropractic student to practicing chiropractic in the real world, out of the school bubble. Chiropractic is a field that is growing all over the world and faces many challenges besides the fact it provides great benefits. It requires not only mental but physical and also precise technical expertise, but you can make a difference everyday in people's lives just by giving patients a scientific, specific adjustment that corrects vertebral subluxations which allows the person's body the ability to communicate better and restore proper function in the nervous system.

12:10– 12:30 p.m.

## BREAKOUT SESSION 1

### **Inspiration Makes Your Dreams A Reality**

Presenter: Betsy Kreymer, PT, DPT, ATC

Doctor of Physical Therapy, Nova Southeastern University 2016

Bachelors of Science in Athletic Training, Nova Southeastern University 2012

Physical Therapist, Sports Medicine Associates of South Florida, FL

kreymer@nova.edu

Ask yourself, "Why do you want to be a physical therapist?"  
That's your inspiration!

I knew I wanted to be a physical therapist when I was treated for an ankle injury sustained from competitive gymnastics in rural England. I was 11 years old. Making that dream a reality included moving around the globe before landing (and sticking!) a cheerleading scholarship to Nova Southeastern University.

I graduated as president of the Athletic Training Students' Organization and with a lot of hands-on experience.

I continued on at NSU in the DPT program during which I was elected vice president of my class. I found the opportunities here were amazing. I became a medical illustrator for published articles and textbooks. Those three years were the most intense, stress-inducing, and exciting of my life. You do not appreciate how great, but grueling, the program truly is until you are in the classroom, the clinicals, or the study groups. My inspiration (and a lot of caffeine) kept me going forward.

Now that I am a practicing physical therapist, I don not have the words to express how "worth it" it all was- I am now on the other side of the table from that 11 year old. I am still motivated, excited, and challenged every day.

## BREAKOUT SESSION 2

### **The Journey to Becoming a Speech-Language Pathologist: Advice to My Undergraduate Self**

Presenter: Lauren M. Stephens, M.S., CCC-SLP

Farquhar College of Arts and Sciences, B.S., Graduate 2007

Nova Southeastern University Abraham S. Fischler School of Education, M.S., Graduate 2012

Certificate of Clinical Competence in Speech-Language Pathology from American Speech-Language-Hearing Association, 2014

Speech-Language Pathologist in Broward County Schools, FL

scubagirl30@gmail.com

Growing up I always had an interest in the medical/science area and really enjoyed working with children. Initially, I wanted to become a Pharmacist however, after experiencing it first hand as a summer job I decided that was not the career for me. I had come to a realization that I wanted something to combine my interest in the Sciences and my love for working with children. Plus, math was never my strong suit and surviving chemistry courses didn't sound very realistic. Therefore, I pursued a degree in Elementary Education and in doing so I discovered about Speech-Language Pathology.

My only regret was that I hadn't discovered about the field sooner. I was already too invested in my bachelor's degree that I had to finish. Taking on a Master's Degree in Speech-Language Pathology was a daunting task because I had to complete 18 credits of pre-requisites and 52 credits of the actual Master's degree. I also had to prepare to not work for approximately a year in order to complete full-time no pay externships (i.e., pediatric/adult setting). This was a challenging time in my life trying to juggle school, working a full time job as a Lead 2-year-old Pre-School Teacher at NSU's Mailman Segal Center and maintaining a social life with family/friends. However, this experience made me the person I am today and taught me valuable lessons that make me a better Speech-Language Pathologist. My transition from student to a practicing Speech-Language Pathologist at a Title I school in the Broward County School System was definitely a reality check.

## **Nova Southeastern University Career Development**

### **Hours of Operation**

Horvitz Office (1st Floor of the Horvitz Building, Room 152)

Mon.–Fri. 8:30 a.m.–5:00 p.m.

Sat.–Sun. Closed

DeSantis Office (Carl DeSantis Building, Room 1042)

Mon.–Fri. 8:30 a.m.–5:00 p.m.

Sat.–Sun. Closed

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