



Dear Friends & Colleagues,

It is a pleasure to introduce to you the launch edition of the newsletter of the recently launched World Young Doctors' Organization (WYDO).

WYDO was founded on the 24th June 2011, and launched on 17th July 2011. It is a not-for-profit organization and its main purpose is to serve as a collaborative platform for young doctors to help improve both their own working environment and the public health of their communities.

In this edition we introduce some aspects of how and why this organization was created, the people behind it, and most importantly how you can be actively involved.

A preview of what is available through the website and online forum is included, as well as interesting articles on dilemmas in humanitarian aid and the history behind the symbol for medicine. Hopefully this makes you curious to visit our website: www.wydo.org.

You may also be interested in the vacancies posted at the end of the newsletter.

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WYDO vision

By 2015 the World Young Doctor's Organization will be the main forum for young doctors around the world to network, collaborate and improve public health.

WYDO mission

The mission is to provide young doctors around the world with opportunities to work together for the improvement of public health, to facilitate networking between young doctors for professional collaboration and recreation and to improve the general environment of young doctors in their place of practice.

Why WYDO?

The idea to set up an organization for young doctors must have come across many people's minds. There are already numerous organizations for medical students and for physicians, some involved in one hospital and others spanning the globe. However an international organization dedicated for young doctors was still lacking.

But is there a need for such an organization anyway?

Young doctors entering the healthcare system have a fresh view of their environment, and are often able to give critical insight to how improvements can be made. Yet they are often not empowered to share their opinions or take action.

Young doctors are also typically at a stage in their lives which requires them to make several important decisions, such as how to balance between starting a family and their work, or how to choose specialties and what career paths to follow.

Many of those who were previously involved in student organizations often experience a gap in their ability to collaborate on public health initiatives with their colleagues from other countries. There are many examples of local projects which despite their success are limited in sharing their experiences, and sometimes are entirely unaware of similar initiatives in other countries.

It is also important that young doctors find their way in a changing world, which asks different qualities from doctors. Re-emerging infectious diseases, frequent natural disasters and increasing burden of chronic diseases are all examples why doctors will have to be able to deal with the public health implications and consider individual patients in a broader context which includes social, economic and cultural aspects.

For young doctors visiting a medical museum is not an unusual activity, indeed many are curious about the origins of their profession, yet few medical schools or institutions actively support such curiosity. Other issues such as art and medicine, medical sociology and anthropology are also the domain of a few, though many are interested in knowing more.

The purpose of WYDO is to provide a global forum for young doctors to actively engage in collaboration together, both to improve their own working environment and careers, as well as the public health of their community. WYDO also seeks to increase awareness of the role of culture, history and art in the practice of medicine, as well as to support social activities and networking among young doctors. WYDO cannot claim it will have all the answers, but it is committed to provide an umbrella for young doctors from around the world to share their opinions on professional and social issues, help each other develop their careers, understand of the world around them, and to help making a better tomorrow.



World Young Doctors' Organization

A physician is obligated to consider more than a diseased organ, more even than the whole man - he must view the man in his world.

~Harvey Cushing

"Isn't it a bit unnerving that doctors call what they do 'practice'?"

~Georges Carlin

Goals

- Be an international forum for young doctors to work on the improvement of public health.
- Support and advocate for the improvement of young doctors' issues, in particular working environment and career opportunities.
- Survey and convey the opinions of young doctors on a variety of issues.
- Establish partnerships with other organizations.
- Collaborate with partner organizations towards the mission of the foundation.
- Provide and support social and cultural activities for young doctors.
- Perform any further actions, which are related or could be beneficial to the aforementioned goals.

Values

- Respect the individual, regardless of culture, religion or philosophy of life.
- Recognize teamwork and compassion as central for working towards our mission and goals.
- Emphasize collaboration with partner organizations for mutual benefit.
- Be independent of political and commercial influences contradicting the values of the foundation or limiting the activities of the foundation.
- Commit to apply our mission, vision and values in all that the foundation does.

How it started: the journey

The initial planning began in the spring of 2007, with a proposal being completed in the following year which outlined the organizational concept and other details. The period that followed further refined the concept and outlined the details related to founding and maintaining such an organization, with the involvement of a gradually increasing number of people into the founding board.

During 2010 an online communication platform was adopted, and several Recommendation Working Groups were created to thoroughly discuss and evaluate different aspects of the organization such as constitution and bylaws, financial and book-keeping system, website and online services, corporate identity, and archiving and continuity.

Much of this work was concluded at the first in-person WYDO board meeting, which took place in Berlin from 23-25 April 2011. At the Berlin Board Meeting the strategic plan for the long term was developed, and details for the launch scheduled in July finalized.



Board members at the first board meeting in Berlin



Board members discussing online with a colleague 9 time zones away

The people behind it

The organization is run by an international board of 6 persons, each from different countries dotted around the world map, and fluent in a total of 9 languages.

Sophie Gubbels studied Biomedical Sciences (2005), and Medicine (2006) in Leiden, the Netherlands. She is currently working in Denmark in the field of infectious disease epidemiology as part of the European Programme for Intervention Epidemiology Training – EPIET.



Jade Khalifé is a Medical Doctor (2005), and Master in Public Health (2009) from Lebanon. He is mainly interested in non-communicable diseases and health systems, and is currently involved in projects on health sector reform and on tobacco control in Lebanon.

Eduardo Ríos is a Medical Doctor since 2010 and is currently working as an Intern Doctor in Panama City, Panama. He has an interest in oncology, global health and health policy. He is can communicate in Spanish and English.



Maximilian Mehnert is from Germany. He has a background in medicine and genetics, as well as software development, network infrastructure and publishing projects for hospitals, the European Genetics Foundation and the International Federation of Medical Students' Associations.



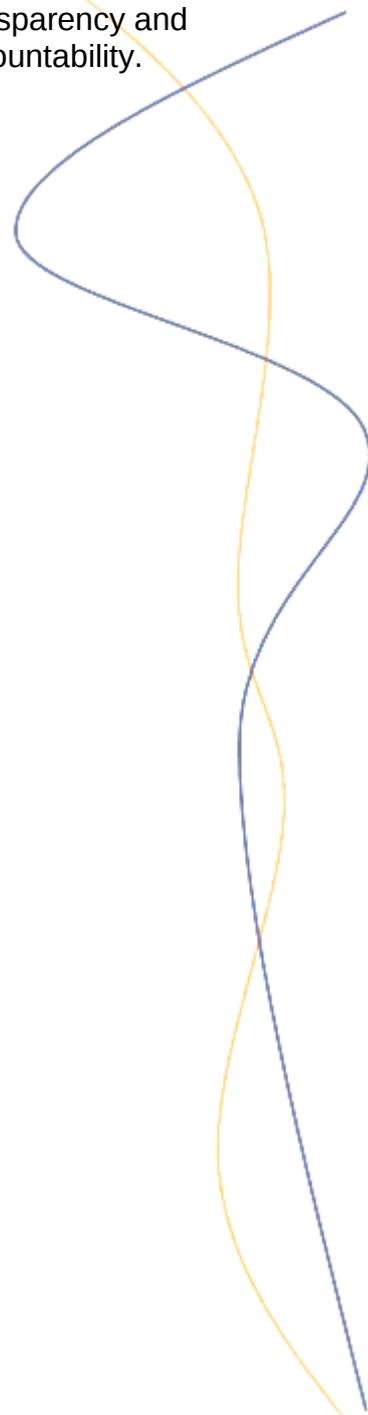
Alberto L. García-Basteiro is a Medical Doctor (2007) and Master in Epidemiology (2010) from Spain. He is interested in global health and infectious disease epidemiology. He is in the final year of the Spanish training program on public health and preventative medicine. He is currently working at Hospital Clínic in Barcelona, Spain.

Akihito Watabe is a Medical Doctor (2008) from Japan. He is interested in Health System Management and Planning in the developing countries. He worked in the Medical Center for Global Health and Medicine for three years as a General Physician. Currently, he is working in Ministry of Health, Vanuatu, as a Public Health Physician.



What is working in the board like?

Decision-making within the board encourages collaborative problem-solving, critical thinking, constructive criticism, value of minority views and collective ownership; all aspects of an inquiry process rather than an advocacy process. The board itself is a board of equals, with democratic decision-making and commitment to transparency and accountability.



How to be involved in WYDO

There are many ways one can get active in WYDO.

Many may be interested in registering as members of the WYDO forum and actively participate in the various discussions and activities there. The forum's focus is on young doctors, but persons from any background are welcome to register.

You can share your thoughts on issues related to young doctors and healthcare by writing for the website, in particular the Speakers' corner which includes exciting sections on reflections, new developments, history and medicine, art and medicine, laughter is the best medicine and blogs from young doctors.

Some of this content shall also be included in the WYDO Newsletter.

Vacancies shall also be regularly posted on the website as needed, for roles such as board or committee members, officers, website contributors, forum moderators and others...so keep an eye out for the vacancies!

WYDO is an organization primarily by and for medical doctors, but recognizes the richness that comes with collaborating with persons from diverse backgrounds. We therefore also encourage persons who are not medical doctors to be involved.

Website and Forum

We invite you to visit the WYDO website. Our aim is to have a dynamic website where medical doctors can find useful information, news, tips and interesting discussions. In order to do so we hope that you will also share your thoughts and suggestions.

One of the features on the website is the Speakers' corner. Here we will publish articles on a wide variety of issues. If you like writing and would like to share your experiences and opinions with colleagues please drop us a line. You can also register as a forum member and take part in discussions and other activities within the professional and social subforums.

Below you can find a sneak peek of some health news, Speakers' corners articles and vacancies from the website.

Do visit us at www.wydo.org!

In the news

Fluorescent bulbs keeping you awake?

Scientists have discovered that men exposed to light from fluorescent bulbs produced 40% less melatonin than when exposed to older incandescent bulbs. This resulted in remaining more awake.

Other research also suggests that different wavelengths and greater artificial light exposure in modern society has important impact on humans. One day we might have light bulbs and computer screens which adjust their wavelength according to the time of the day. Read more:

<https://www.nytimes.com/2011/07/05/health/05light.html?pagewanted=2&r=2&ref=health&src=me>

How to respond to plagiarism?

The Committee on Publication Ethics (COPE) recently prepared a discussion document on the issue of plagiarism in academic publishing: *How should editors respond to plagiarism?* COPE invites anyone who's interested in this topic to give their input. Find more details on this document on:

<http://www.publicationethics.org/resources/discussion-documents>.

The Rod of Asclepius or the Caduceus of Hermes?

Ask most people in the medical profession, or the general public, what symbol is best associated with medicine, and you will probably get a reply that includes a snake. But how many snakes and with what else? Few people are aware that there is much confusion as to which is the correct symbol, the rod of Asclepius, which includes a rod and a snake, or the Caduceus of Hermes, with two snakes and a pair of wings.

The rod of Asclepius is named after the ancient Greek physician Asclepius, who lived around 1200 BC (later considered to be the healing god, son of Apollo), although the first example of a snake on a rod appears in a Sumerian vase of the healing god Ninishita as early as 2000 BC. It has been suggested that the reason for such a figure comes from the advertising of physicians in the ancient world of their ability to treat *Dracunculus medinensis* worms, which would typically involve removal of the worm from under the skin using an incision and rolling it on a rod.

The Caduceus is one of the symbols of the Greek messenger god Hermes, also known as Taaut of the Phoenicians and Mercury of



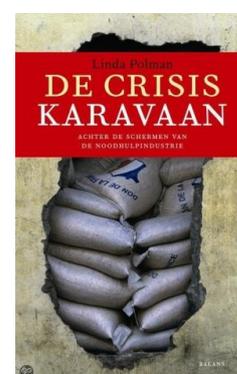
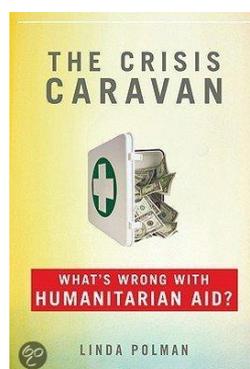
the Romans. He was the patron god of commerce, but also of thieves, invention, weights, measures and sports among other things. The symbol became associated with medicine through alchemists who were referred to as 'sons of Hermes', however it was not popularly used to symbolize medicine until after 1902 when it was mistakenly adopted as the symbol for the US Army medical corps.

The issue of which symbol is most correct continues to be discussed among certain groups. Some have suggested that while the rod of Asclepius is historically the correct symbol for medicine, in today's commercialized healthcare system the caduceus may be more accurate. Interestingly a survey conducted in the US found that 62% of healthcare professionals used the rod of Asclepius, while 76% of commercial healthcare organizations used the caduceus of Hermes.

Dilemmas in humanitarian aid

We have all seen the devastation of natural disasters, famine and violent conflicts, whether on television or in real life in our own countries; the images of people who lost their houses, their belongings and their loved ones. Many of us have probably asked ourselves how we can help these people. The easiest way might be to give money to one of the numerous humanitarian aid organizations that try to help these victims. But being medical doctors we may want to go further and travel to the disaster zones ourselves to provide medical aid.

However, the answer to how we can help is a lot more complicated than giving money or



going to a disaster zone. The answer touches many ethical dilemmas. For example, what if most of the money and goods that are sent to a country have to be 'paid' to war lords? Do we actually help the victims, or do we in fact help the war lords to extend war and make more victims?

Billions of dollars are spent yearly on humanitarian aid and up to 1000 humanitarian aid organizations are active in any given crisis. Instead of joining forces, these organizations are often competing for the attention of donors and defending their own right of existence.

These are only a few of the dilemmas and problems which the Dutch journalist Linda Polman discusses in her fascinating book *De Crisiskaravaan*. The book has been translated to English (*The Crisis Caravan - What's Wrong With Humanitarian Aid?* (USA) or *War Games – The story of Aid and War in Modern Times* (UK)), to Italian, Swedish, Norwegian, German, Polish and soon to Hebrew.

It is a must-read for any medical doctor! Therefore, we encourage you to read it and share your thoughts on this issue on the WYDO Forum. It would be great if medical doctors who have experience in humanitarian aid also share their own observations with us on the forum.

For more information on *De Crisiskaravaan*, you can check the website of Linda Polman: <http://www.lindapolman.nl/uk/#/home>. You can also watch an interview with her on The Daily Show: <http://www.thedailyshow.com/watch/wed-september-29-2010/linda-polman>.

Vacancies

We are looking for people who would like to join us build this organization. If you would like to apply for any of the below vacancies, please write to us at contact@wydo.org expressing your interest and include a short curriculum vitae. The deadlines for these applications are 31st August 2011.

Forum Moderators

Tasks:

- Moderate discussions on the online forum according to the forum rules
- Support forum members for proper use of forum tools
- Support development of the online forum content and functions
- Support membership registration to the online forum

Publications Officer

Tasks:

- Compile the annual report and semi-annual newsletter
- Draft press releases and other communication materials
- Support development of communication plan
- Support development of promotion materials

Fundraising Officer

Tasks:

- Develop a sponsors package
- Support implementation and development of fundraising plan, including identification and contact with potential sponsors
- Support in grant-writing activities

Final remarks

If you would like to contribute to this newsletter, please contact us at contact@wydo.org.

NOTICE: Every care has been taken in the preparations of this newsletter. Nevertheless, errors cannot always be avoided. WYDO cannot accept any responsibility for any liability. The opinions expressed in this newsletter are those of the authors and do not necessarily reflect the views of WYDO.



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