

MEDICAL MINUTE: AN ADVISOR'S UPDATE



August 2024

New Year, Same Commitment: A Note from UME Services

Dear Advisors,

As the new school year begins, we at AACOM want to express our deepest gratitude for the vital role you play in guiding the next generation of healthcare professionals. Your dedication to mentoring and advising pre-medical students is instrumental in shaping the future of medicine. Whether you are a veteran advisor or will be advising your first pre-med student this fall, AACOM remains your committed partner in student success. We encourage you to bookmark our [Pre-Health Advisor Resources](#) page for access to the Universal Advisor Portal as well as our new brochures and other materials to aid you in your student advising sessions.

Please do not hesitate to reach out to us with any questions or for additional support. Together, we can ensure that your students have the guidance and resources they need to become the next generation of osteopathic doctors.

Warm Regards,

AACOM UME Services

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Is DO right for Your Students?

Often times, students know they want to become doctors, but they aren't clear on the distinction between osteopathic and allopathic medicine. As advisors, you are uniquely positioned to help students understand which pathway is right for them. If you're talking to a student who has the following traits, they may be a future osteopathic doctor:

- Leads with compassion and wants to make a difference in people's lives
- Wants to see patients as more than just a set of symptoms or a disease
- Believes that wellness includes the mind, body, and spirit
- Is interested in an approach to medicine that emphasizes prevention
- Values community involvement

DOs are fully licensed physicians who can practice in primary care and medical specialties, not unlike their MD counterparts. When talking to your students about the DO distinction, these three points are key:

- DOs consider the physical, emotional, and social aspects of health, aiming for comprehensive whole-person care.
- DOs place a strong emphasis on preventive medicine and overall wellness. They work with patients to develop healthy lifestyles and prevent illness.
- DOs are the only physicians required to complete training in Osteopathic Manipulative Treatment (OMT), a hands-on technique that involves using the hands to diagnose, treat, and prevent illness or injury. OMT training is built into the DO curriculum and provides DOs with an additional tool beyond medication and surgery to help alleviate pain, restore motion, and support the body's natural healing processes.



Upcoming Events of AACOM UME Activity

- Sept 25, 2024: The Choose DO Virtual Expo is a free event offering students the opportunity to hear from medical school admissions officers, current medical students, and AACOM's UME Services team for guidance on the medical school application and interview process. [Register here.](#)
- By Appointment: Our team is available to conduct customized virtual info sessions for your campus. If you would like to schedule a virtual info session for a class or a group of students, please contact Briana O'Neal at boneal@aacom.org.

We may be coming to a city near you! Be sure to check [our Recruitment Events Calendar](#) periodically as we continue to update it with new recruitment opportunities.

Pre-Med Timeline for Undergrads

Our team has developed a comprehensive timeline of activities designed to help students prepare for medical school. We encourage you to use and share our [pre-med timeline](#) with your advising team and your students.

Application Deadlines

The 2024-25 application cycle is live and will close on April 11, 2025. Historically, 50% of all applications for a cycle are received by July and 90% are submitted by October. Students are encouraged to apply as soon as they are ready and to visit the [DO Explorer](#) to stay on top of application deadlines.

Get to Know AACOMAS

We encourage all advisors to [create a test account in AACOMAS](#) to familiarize yourself with the osteopathic medical school application. Be sure to enter "TEST" as your last name and use a personal email address when creating your account.

In the News

Osteopathic Medical Schools Lead the Nation in Primary Care and Rural Health Rankings
The American Association of Colleges of Osteopathic Medicine (AACOM) proudly announces the impressive performance of its member colleges in the *U.S. News & World Report's Best Medical Schools* rankings. In a remarkable achievement, osteopathic medical schools have secured the top 14 positions for graduates practicing in primary care, and six osteopathic medical schools are ranked in the top 14 for graduates practicing in rural areas. Access to primary care is crucial for better overall health outcomes, and osteopathic medical schools are leading the way in ensuring this essential service reaches all communities, especially those in rural and underserved areas. [Read more...](#)

Osteopathic Medicine: 150 Years, and Counting, of Changing the Healthcare Landscape
This June we celebrated the 150th anniversary of the founding of osteopathy. To use the modern term, Dr. Andrew T. Still, the founder of osteopathic medicine, was a disrupter. He saw the flaws in the status quo of medical treatment and was brave enough to offer a different path. Many of his fundamental healthcare principles—a holistic approach, finding ways the body can heal itself, preventive action—while seen as revolutionary and dismissed at first, are now core practices throughout the medical world. In many ways, our healthcare system is again at a crossroads and, like Dr. Still, we must be brave enough to identify and acknowledge the flaws if we hope to fix them. Once again, osteopathic medicine can help lead the way. [Read more...](#)

Resources

[Pre-Health Advisors Resource Page](#): This site includes access to the Universal Advisor Portal and other materials.

[Informational Brochure](#): Download and share this resource with students for an overview of osteopathic medicine, including insights into the DO distinction, pre-med timelines and more.

[Advising Future Doctors Brochure](#): This brochure contains resources and essential information advisors can share with students who are interested in becoming a medical doctor.

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