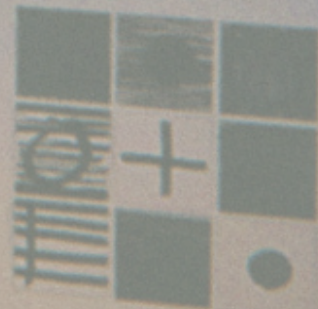


STIMULUS

CREATOR
BIOGRAPHIES





Catherine Gomez, the creator of *“Reaching out”* is a graduating senior at UTA she feels very fortunate to have experienced art through the lens of Medical Humanities at UTA.

In her free time, she likes to draw and roller-skate. She also loves to spend time with Benito, her pet bunny. One of her greatest motivations to pursue a career in medicine is to serve her community. Coming from an immigrant family, she has seen the disparities in healthcare that have affected them. These disparities continue to be widespread issues, which is why she believes that it is imperative for future physicians and healthcare providers to have a strong foundation in the humanities and ethics.

Laisha Verduco, the author of *“Who Could Be?”*, is an undergraduate student at UTA.

Laisha Daniela Verduco is a current undergraduate student at UTA. This particular poem means a lot to her because it is the first poem that she has submitted to be published. Also, with this poem, she expresses how anyone has difficulties in life, so people should not wish to be someone else. Her work was created in prose because she believed that a short poem would be better suited to create a reflection in the reader without requiring an extended explanation. Her inspiration for this work was the bad temper of her grandmother, as she constantly states that she wishes to be another person. However, Laisha wanted to remind individuals that everyone has difficulties in their lives, so it is best to appreciate their own lives.





Susan Phan, the creator of *“Eleven: FiftyNine”*, is a high school student.

Susan Phan is a current high school senior with interest in photography. She is taking photography classes offered at her school and takes most of her pictures on her phone since she doesn't have a camera. Susan has always had a passion for art as a way to convey her thoughts and feelings. Photography is easier to utilize than traditional drawing, so she turned to it as her preferred medium. As a student, she has always felt the pressure to keep up with grades and deadlines and tends to neglect other aspects of her life, her piece *“Eleven: FiftyNine PM”* reflects that.

Serena Karim, the author of *“Kidneys for Jesus: Religious Motivations for Organ Donation”* is a sophomore Pre-Nursing student at UTA pursuing a History minor and a Medical Humanities certificate.

Her passion for the arts has deeply informed her interest in bioethics, where her scope of research interests stretches from behavior at the bedside to national health policies. Through her studies, she wishes to spotlight marginalized groups in healthcare and share their stories with clinicians and policymakers alike. Her piece, *Kidneys for Jesus: Religious Motivations for Organ Donation*, was showcased at the Capitol of Texas Undergraduate Research Conference in March 2023.





Shuang Gou, the creator of “*The Charging Heart*” and “*Laborer, take heart!*” is an art graduate student of intermedia at UTA.

She likes Studio art because it integrates a broad range of technical, conceptual, and aesthetic practices. Crossing borders is appealing to her. She often likes experimenting with different media like paintings, sculptures, and digital art. She often uses symbols and metaphors in her works, hoping subtle emotions and feelings words can't describe can be conveyed by means of symbols, trying to create a state between illusion and reality. She thinks verbal and written language gives us ways to communicate and meanwhile gives us limitations, too. But art can break those boundaries. It's universal and can build understanding beyond language, culture, and race. She hopes her work can communicate well with the beholders and give them a different angle of viewing this world. Even though the audience may have different feelings and understandings from me, it becomes a process of re-creation.

Joshua Cupps, the creator of “*Wayfarer*” and “*Only Moments*” is an alumnus of UTA, receiving a Bachelor's of Science in Biomedical Engineering in 2022.

Joshua Cupps is an alumnus from the University of Texas at Arlington with a Bachelor's in Biomedical Engineering and has served as Vice President and President for the Mavericks for Medical Humanities club at UTA, additionally he took Medical Humanities courses during his undergraduate experience. Cupps' piece “*Wayfarer*” by the deep spiritual sense of finding peace and purpose amid the struggles of life. The poem illustrates several Islamic teachings of patience and surrender and how they guide our way home.





Jessica Nwankwo, the creator of *"Bittersweet In-betweens"* is a fourth-year undergraduate

Jessica is a fourth year Biology and Psychology double major at UTA. She wears several hats on campus through her various involvements, but at the end of the day, she is an artist at heart. Through art, she is able to convert her observations, perceptions, and thought processes into something more tangible and share it with others. Medical Humanities has shown her how her enjoyment of art and aspirations towards a career in the medical field can come together cohesively. Her art piece approaches the topics of death, grief, and hope in a more palpable way, allowing her to conceptualize the feelings involved in such a life process. The songs she was inspired by are *"Give Me a Sign"* by Breaking Benjamin, *"Lightning Crashes"* by Live, and *"If I Die Young"* by The Band Perry, as they all include similar themes in their lyrics and music video visuals; the lyrics from those songs contributed to imagery in her artwork. She drew her art digitally, as it grants her the ability to control and manipulate her work in a way that better depicts the scene and feelings she is trying to capture.

Nina K. Parvari, J.D., the author of *"The Irony of Death"*, is a second baccalaureate student majoring in Microbiology at UTA.

Nina is someone who is endlessly curious about the interdisciplinary space of life sciences and the human condition. Her background straddles healthcare, human rights, and law. Her education includes a Bachelor of Science in Economics, a Master of Arts in Interdisciplinary Studies, and a Juris Doctorate. After coming to UTA to obtain a second Bachelor of Science in Microbiology, she discovered the world of medical humanities, finding it to be a compelling discipline centered at the crossroads of medical science, ethics, public policy, the arts, and the human condition. The inspiration behind her work of prose has been the recent life-changing experience of losing her mother.





Cynthia Tran, the creator of “*komerebi*,” is a pre-med student at UTA.

“Epiphany. The moment of sudden revelation and realization.” For Cynthia Tran, a moment of epiphany that was important was finding out she had simply saved a person’s life through her actions. Ever since then, her life focuses on finding and creating moments that may possibly change one’s life. As a first-gen, pre-med student studying to be a doctor, she gets the chance to create life-changing moments for those she provides to everyday, whether that be through holistic care, or simply by making someone smile. As a creator, she gets to create and capture those little moments of epiphany and share them with others, whether that be through photographs, paintings, or playing music. Medicine is not simply about curing a patient, but also helping a patient heal and connect with their soul; and the purpose of Medical Humanities allows the physician to learn how to build those connections. She is grateful for the chance to be a part of this year’s issue of Stimulus, as it allows her the platform to share her works.

Camille Condrón, the author of “*When Can it Feel like its About Me?*” is a Mexican American senior at the University of Texas at Arlington majoring in biology and psychology.

She attends the university with her two sisters. She works as a Lead Peer Health Educator on campus, with a focus on financial wellness, as well as a scribe and a leasing agent during her other spare time throughout the week. She enjoys working as an undergraduate researcher in Dr. Chang’s microbiology lab on campus; through this, she has been able to present at the American Society of Microbiology and won second place at Discover 2022. She enjoys working with her team of peers to expand her student body’s understanding of wellness and is looking forward to applying for medical school.





Harley Mayfield, the creator of *“Biopsy of the Human Soul”*, is a junior at the University of Texas at Arlington, where she is majoring in biology on the pre-med track.

She is from a small town outside of Fort Worth where she enjoys being around her family and friends. She loves being around children and hopes to practice pediatric medicine one day as well as study oncology. She was inspired by her family to care for others and to treat people with the love and care that her family showed her. She believes that every person is unique and special and should be treated with grace and shown kindness. In her off time, she loves to paint, watch movies, and spend time with her family and friends. Her dream is to one day travel the world helping others and embrace what life has in store for her.

UTA Loyal, the creator of *“A Thirty Five Year Journey Back to UTA”* and *“UTA 3”* has children who attend the University of Texas at Arlington.

UTA Loyal has children who are currently attending the University of Texas at Arlington. Witnessing their university life has been both an enjoyment and inspiration for their recent writing and music compositions.

This husband-and-wife team has a special interest in education and acquired the love for learning from their professors throughout the years. With an affinity for the virtues and the simplicity of Aesop’s fables, they help learners adapt a growth mindset. They aspire to pay tribute to their predecessors by touching the lives of each student that comes their way. Their ongoing journey in education and involvement in the community attests to their commitment to all students who desire to learn.





Hannah Nguyen, the creator of *“Eyes Closed (heart open)”*, is a senior undergraduate student majoring in Biology.

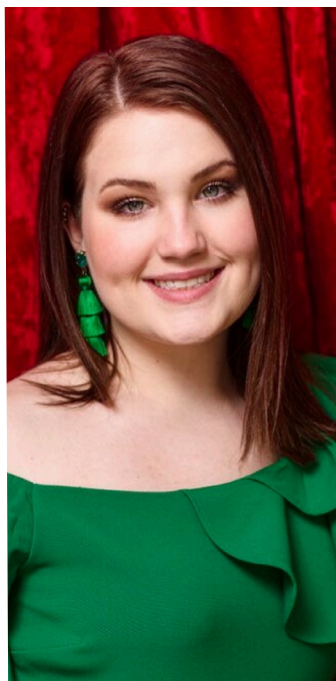
Hannah Nguyen is currently a senior Biology major on the pre-medical track at UTA. She is the current president of Pre-SOMA and hopes to practice primary care either as a family doctor or pediatrician in the future.

Navvin Sadarangani, the author of *“The Importance of Patient Health Literacy in Medicine,”* is an alumnus of UTA.

Currently a pre-PA alum of UTA, and in his gap year before PA school, this author has spent his time away from school working several patient contact jobs such as pharmacy technician, physical therapy technician, and ER scribe. Throughout his time in these jobs, he noticed a common theme amongst the majority of patients and that is – a lack of health literacy. His inspiration

behind writing this essay is to inspire future healthcare professionals to take initiative in educating patients about their health in detail so they are able to make informed decisions.





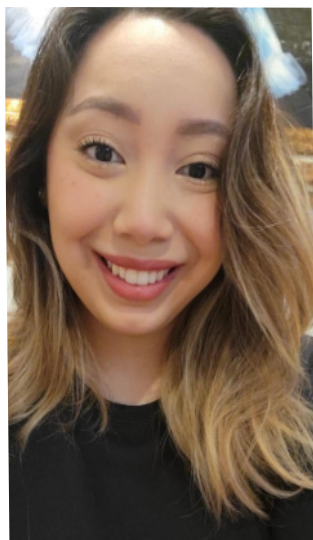
Reagan Huskin, the creator of “*Sick in May*” and “*Feel it in My Bones*”, is a Mid-Level Math and Science Education major at UTA, with a minor in Disability Studies.

She is also the Vice President of a student organization called Mavericks with Disabilities. Her journey with disabilities started at the age of 13 when she was diagnosed with an incurable connective tissue disease. Throughout the years following this diagnosis, she acquired multiple others, including, but not limited to, a neurological disorder and an autoimmune disease. Her disabilities are invisible, which led to many years of misunderstanding and judgment from her peers. This is what sparked her passion for disability advocacy. Reagan’s artwork was created during a time when she was practically bedridden, and although they depict despair and sadness, they brought her comfort in a very dark time. She hopes that they can allow others with invisible disabilities to feel seen and heard in a world where no one can visualize exactly what they are going through.

Ami Patel, the author of the poem “*It’s Not the End*” and “*Part of me*”, is a junior undergraduate student majoring in Public Health at UTA.

Ami Patel is a third year undergraduate student majoring in Public Health at the University of Texas at Arlington. Currently, Patel is an officer for the Mavericks for Medical Humanities club at UTA, serving as the Vice President. In the future Patel’s goal is to pursue a career in epidemiology or infectious diseases after completing the masters program in Public Health (MPH) with a concentration in Epidemiology at UTA. Patel’s poem “*It’s Not the End*” was created with the intention of giving hope and meaning to those who are struggling with personal obstacles in their life as way to relieve stress.





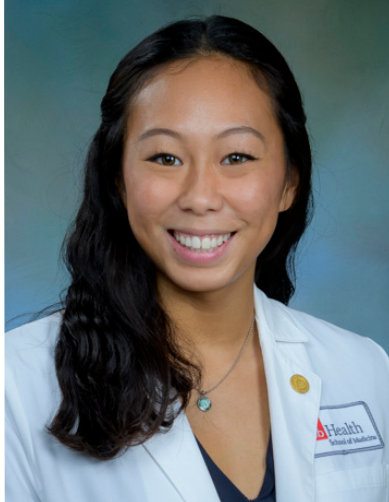
Shakyra Silva, the creator for “*Gone*”, is a nursing undergraduate student with a minor in Medical Humanities and Bioethics at UTA.

Shakyra Silva is a Nursing major with a minor in Medical Humanities and Bioethics on the pre-medicine track. Their work “*Gone*” is important to Silva because they have witnessed how mental health issues such as depression can manifest in people close to them as well as many of the misconceptions many people have about mental health, specifically depression. Silva is incredibly passionate about mental health and the importance of taking the time to learn the range of ways it can affect someone. Silva made “*Gone*” to comment on the ways depression might look and feel, which is a bit different from the regular narrative of how depression manifests. Silva hopes that through art, others can find a better understanding of mental health issues.

Caroline Nguyen and Madelina Nguyen, authors of “*From MS2 to You: Advice I Wish I Knew*”, are both second year medical students at the UTMB John Sealy School of Medicine. Caroline is an alumna of UT-Arlington and Madelina is an alumna of UT-Dallas.

Caroline Nguyen is currently a second year medical student at the UTMB John Sealy School of Medicine, and an alumna from the University of Texas at Arlington with a Bachelor’s degree in Biology. Nguyen was involved in numerous on-campus opportunities while at UTA, and received a certificate in Medical Humanities. Nguyen’s passion for medical humanities originates from their belief that before being a clinical science, medicine is a unique way to connect with others in their most vulnerable states. As a medical student, Nguyen aims to be intentional about wellness and authenticity throughout their journey in medicine, as it is impossible to pour from an empty cup. The piece, “*MS2 to You: Advice I Wish I Knew*” was inspired by the sentiment that Nguyen believes they would not be where they are today without the help of numerous mentors, and hopes to share their advice with those who can identify with her former self.





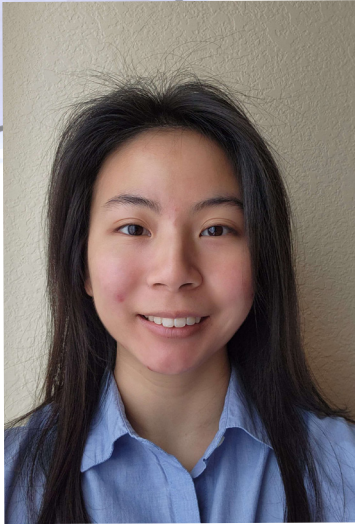
Madelina Nguyen is currently a second year medical student at the UTMB John Sealy School of Medicine, and an alumna from the University of Texas at Dallas with a Bachelor's degree in Neuroscience. During the day, Nguyen is a medical student, but at night they are a foodie, a violinist, a surfer, an outdoor enthusiast, and an amateur meditator. One of Nguyen's most successful mentors encourages them to shoot their shot at things, because the worst that can happen is receiving a "no" and as a result of approaching opportunities with this mentality, it has launched Nguyen into places that they never believed they could have

achieved. As a pre-medical student, Nguyen found themselves too scared to step outside of the box and do things they genuinely had a passion for, and through *"MS2 to You: Advice I Wish I Knew"* they hope it can provide a way for pre-medical students to improve their confidence and mental clarity as they embark on their own journeys toward medicine.

Jasmine Riddle, creator of *"The Healing Hands"*, is a senior undergraduate student majoring in Biology at UTA.

Jasmine Riddle is an upcoming graduating senior majoring in Biology at the University of Texas at Arlington. She plans to continue her education and obtain a master's degree in Diagnostic Cytology however, she has always been interested in holistic medicine. This was Riddle's first time creating a digital art piece, her inspiration for creating *"The Healing Hands"* is her grandmother. Her grandmother was from Japan, and Riddle wanted to incorporate her culture into her art piece. Riddle's grandmother had a very calming presence, so she hopes the audience gains a sense of that when viewing *"The Healing Hands."*





Christina Nguyen, author of *“up there”*, is a third year undergraduate student majoring in Biology at UTA.

Christina Nguyen is a pre-medicine student and External Affairs officer for Mavericks for Medical Humanities. She is an avid adventurer who enjoys concerts and traveling in her spare time. Christina finds inspiration to write in many forms, from her experiences volunteering at the Mission Arlington Medical Clinic, scribing in the emergency room, interacting with fellow passionate peers, and from her time spent resting. She hopes to one day serve as a physician who aims to improve community health education.

Yanina Blanco, the creator of *“Healing”*, is a Graphic Designer and an MFA Graduate Student in Visual Communication at the University of Texas at Arlington.

Yanina is originally from Barranquilla, Colombia, a country in South America. She has been living in the United States for more than 14 years. She is a free determined person, who finds in her roots her source of inspiration. A designer and a thinker who transforms her ideas into art as a method of solving problems that society faces today. After working several years for small and medium multicultural companies in Latin America and the United States, she moved to the DFW area to finish her degree in Graphic Design and consecutively her MFA in Visual Communication at the University of Texas at Arlington. Currently, while in her fourth semester, she focuses her studies on cultural sustainability, cultural intelligence, and technology, she also teaches future designers as a Graduate Teaching Assistant and works as a graphic designer in the Publications area for a non-profit organization. Yanina really enjoys talking to people who want to bring their ideas to life.





Alexandra Nieto, author of *“Psychosis”* and *“Una Mexicana”* is a post-baccalaureate student at UTA, receiving her Bachelor’s of Arts in Psychology in 2022.

Alexandra Nieto is an alumna from the University of Texas at Arlington, receiving a Bachelor’s of Arts in Psychology in 2022. Currently, Nieto is a post-baccalaureate research assistant in the Controlled Attention and Memory (CAM) laboratory within the Department of Psychology at UTA. Nieto’s line of work comes from a personal perspective of seeing someone close to them

experience psychosis and the hardships that they’ve encountered during their experience. Nieto uses poetry as a medium to express their thoughts, emotions and bring awareness to certain topics relating to mental health. The inspiration behind *“Psychosis”* stems from one of Nieto’s family members becoming diagnosed with schizoaffective disorder in 2019 at the age of sixteen.

Zainab Muhammad, the creator of *“Where No One Goes?”* and *“Eye of the Beholder”*, is an undergraduate student at UTA.

As a Pakistani American, Zainab was born and raised in the United States, but her cultural roots are deeply embedded in Pakistani traditions. She wears her honey-colored skin proudly and adores the vibrancy of her cultural identity. However, reconciling the differences between modern American culture and traditional Pakistani heritage has been challenging for her. Despite this, she finds the beauty of her cultural identity equally captivating.

Her experiences have taught her that the differences and similarities between cultures should be celebrated and embraced, not feared or ignored. As a future healthcare professional, she hopes to create a bridge between the cultural differences and similarities found across cultures. She is excited to embark on a career in healthcare and utilize her unique perspective as a Pakistani American to become a more culturally competent individual in every aspect of life. She strives to break down



barriers and provide compassionate care to patients from all backgrounds. Through her passion for art and her dedication to cultural competency in medicine, she hopes to make a positive impact on the lives of those around her.



Leila Abdelhadi, the creator of *“The Flooding Bridge”*, is a graduate student at UTA.

Leila is currently a UTA graduate student doing research at UTA, working on her second publication in her work. She was highly invested in the medical field when she stumbled across the Medical Humanities course here at UTA. The course alone altered her perspective of the ethical dilemma that’s presented in the medical industry. Her piece was created to represent the split between the two sides of the conflict that arises between the conflicting opinions of the doctor and the patient’s family. One side may believe they’re doing the best for the patient, while the other may believe it’s only making matters worse. This situation also ignores the empathy that needs to be highlighted with the patient’s own consent. For this piece, she used watercolor paint, which really enhances the flow between the two sides of the story. With that being said, she found inspiration after interning with a hospital, where she experienced every department that’s crucial to the patients stay.

Esther Kentish, the author of *“Poetry as Space in Medicine”*, is an alumna from UTA, receiving her Bachelor’s of Arts in English Literature and Language with a minor in Philosophy.

Esther Kentish holds a Bachelor of Arts (2017) in English Literature and Language with a minor in Philosophy from the University of Texas at Arlington, a Master of Science (2018) in Technical Communication from North Carolina State University, and a Master of Science (2020) in Medical Humanities from King’s College London. Esther matriculated at the University of Oxford in 2020 and spent two years in the Faculty of English. Esther worked with patients in a hospital as a Mental Health Technician in the geriatric in North Carolina, United States, and is currently working in Britain on COVID-19 research. Her research focuses on scientific communication, medical humanities, poetry, life writing, autobiography, and biography. Authoring 6 books, one of which, *“The Emotional Healing Behind Words”*, is a poetic memoir featuring a critical, meta-data analysis of 47 poems written between 2009 and 2012. Esther is a member of the Royal Society of Literature and an Associate Member of the Royal Society of Medicine.



Misrah Memon, the author of *“Core of Medicine”*, is a junior majoring in Biology with a minor in Medical Humanities and Bioethics.

Misrah Memon is a junior currently majoring in Biology and minoring in Medical Humanities and Bioethics. The drawing she did represents how she realistically views Medical Humanities. It is taking art and medicine and combining them figuratively together. Misrah knows that the artwork is on the simpler side. However, she feels it describes the term Medical Humanities in an efficient way.

Lea Arista, the author of “*Death of the Muse*” graduated from UTA in 2016 with a Major in Theatre and a Minor in Creative Writing, and has returned to pursue a Masters in HR Management.

A new major focus in her life is practicing Shadow Work and funneling negative emotions into an art form - typically literature. Her work is usually featured and performed at SODA Dallas art shows, where she showcases the therapeutic nature of her writing and how she has evolved with every challenge encountered. Previous works include: *True Education* (Honorable Mention) published in “The Little Orange Book II: Student Voices on Excellent Teaching” by the UT System Academy of Distinguished Teachers.

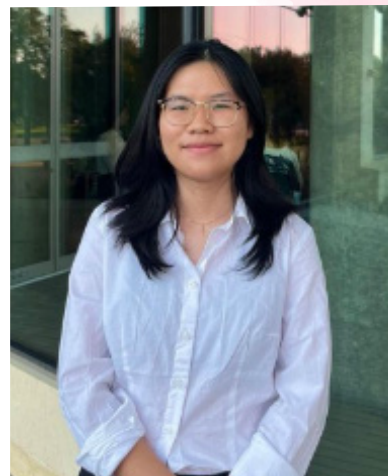


Marcy Davis, creator of “*Demise Life*” is an alumna from UTA, receiving a Bachelor’s of Fine Arts in Sculpture, minoring in Glass in 2022.

Marcy has received a BFA in Sculpture and glass minor at UTA in 2022. She is currently undergoing her Master of Fine Arts, exhibiting sculptures throughout the DFW Metroplex, and producing her work as @_mars_studio_. Her artistic interest combines geoscience with installation art. Marcy creates in today’s multi-modal art world by exploring nontraditional media, carving plaster, and hot sculpting glass. Additionally, Marcy is a manager at a coffee shop and adding more plants to her inordinate collection.

Lisa Phan, the creator of “*Junk Drawer*” is a senior Biology major at UTA.

Lisa Phan is a senior Biology major and has found herself involved in art ever since she was a child. For her, art is a fun outlet but also a way to process personal emotions and experiences. She feels that her art has always been created for her child self the most. *Junk Drawer* tells the story of her brief and early experience in the healthcare setting, not as a patient but as an interpreter. She wanted to emulate that feeling of truly being out of your element and hopes those who resonate with it also find comfort in not being alone.



Puja Ankitha Ivaturi, the author of “*In the Palace of Loneliness...*”, is a graduate student pursuing her Masters in Computer Science at UTA.

As an introverted individual, Puja Ankitha Ivaturi from Kaikalur, India, has always found solace in writing. She is currently pursuing her Masters in Computer Science from the University of Texas at Arlington. Ankitha has always been drawn to listening to people’s stories and being there for them, which led her to create an Instagram page called life_admirer where she shares her writing. Her writing style is freestyle, and she believes that words have the power to heal and inspire. Ankitha is known for her passion for spreading joy and happiness in people’s lives. She sees writing as a way of connecting with others on a deeper level and has used it to help her deal with the low points in her life. Each of her works is a part of her that she cherishes deeply, and she has the desire to make a positive impact on others through her writing. Ankitha’s biggest strength, source of inspiration is her family.

Ramiro Reyna III, the creator of *“Heartfelt: A Heart that is Understood”* is a sophomore biology student at UTA.

Ramiro Reyna III is from Brownsville, Texas and is currently a sophomore biology student at UTA. He is on the pre-medical track and is considering adding the Medical Humanities & Bioethics minor to his studies. Ramiro’s piece holds significance as it serves as a reminder of an electrophysiologist he met a couple of years ago for a cardiac condition he had. After seeing four different physicians for his cardiac condition, Ramiro felt stuck in a diagnostic limbo, just another patient to be processed through their medical algorithm. However, Ramiro’s experience with this electrophysiologist was different. The electrophysiologist took the time to effectively communicate with Ramiro and his parents, informing them about his condition and possible treatments. Her approach made Ramiro feel listened to and valued, and she currently serves as an inspiration for his aspiration to become a physician in the future.



Amani Salem, the author of *“Listen to Your Patient,”* is a 3rd year at UTA majoring in Biology and minoring in Medical Humanities.

Amani Salem is a third year at UTA majoring in Biology (pre-med) and minoring in Medical Humanities. She got into the Medical Humanities program but has always loved the humane side of science and medicine and the humane experience with healthcare. This piece of art had the initial thought in her head from the first week of her Medical Humanities class, and she stuck with it all throughout the semester until the final project came up. The method she used was a charcoal pencil and pen to outline and darken the drawing. Her inspiration was the quote that Dr. Gellman presented on the first day of the lecture, and Amani has featured that quote and famous physician within her art piece.

Alfredo Palacios, the author of “*English Proficiency and its Effects on Healthcare Perception and Quality*” is a senior majoring in both Linguistics and Biology at UTA.

Throughout his life, he has witnessed the difference language can make in the medical setting. As a result, he has invested a large portion of his career at UTA serving as a medical interpreter and performing research on language barriers in healthcare. His research addresses these issues from the patient’s perspective and strives to bring more awareness to them.



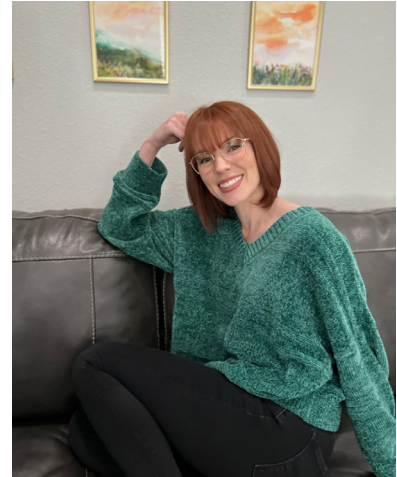
Mahdi Dezhm, the author of “*How do you treat a UNIQUE MASTERPIECE?*”, is Dentistry retiree following his self journey at the age of 40.

Dr. Dezhm graduated from dental school in 1998, built a successful dental practice chain, and decided to retire from dentistry in 2009 to follow his self-journey at the age of 40. His quest to explore the ultimate reality took on importance during his teenage years. Through research in self-knowledge and self-discovery, he realized that everyone is a unique masterpiece. Therefore, as a healthcare provider, Dr. Dezhm had never advocated for a general or “cookie-cutter” treatment plan for all. Every new discovery and healthcare method that has been adapted into mainline treatment was at one time “out of the mold” and different at its inception. People are individuals with differing needs, perspectives, and treatments that often need to be tailor-made to those needs. Over the years, Dr. Dezhm noticed that professional schools do not address this issue, leading to professionals graduating with one singular restricted mindset. To add to this dilemma, regulatory agencies and insurance companies limit healthcare professionals and allow very little room from the conforming framework created for professionals. His purpose for this article is to raise awareness and bring to the surface that every healthcare provider is unique and should feel free to practice without rigid and conforming

frameworks. This will eventually lead to new discoveries and improvements in treatment. Dr. Dezhnam hopes that this topic will soon be at the forefront of discussions and receive the required acknowledgment.

Dana Johnson, the author of *“Battle of Will”* and *“Do the Birds Still Sing”*, is Licensed Professional Counselor in the Dallas-Fort Worth area.

Dana Johnson is a practicing licensed professional counselor (LPC) in the DFW area. She is not a UTA student but was made aware of this article through a friend who is. Dana is very passionate about her professional career and chose to write about something that impacts her regularly. Trauma impacts so many people in so many different ways. Trauma can also be excited by so many different life experiences that are unexpected, harmful, and difficult to cope with. Dana’s hope for people reading this is that they can find the courage to ask for help and find the motivation to want this experience to look different. Trauma is complicated, complex, and lonely. The light on the other side and the empowerment of working through something this impactful can be so encouraging. That is the hope Dana wants to provide to the public.



Eman Saad, the author of *“Lifeline,”* is a neuroscience pre-medical student.

Eman Saad is a neuroscience pre-med student. She has a keen interest in psychology and enjoys incorporating her two interests, psychology, and art, together. She created this artwork to signify mental illness. The figure in the drawing represents someone suffering from depression. The hands on top demonstrate hands reaching out to help others in need. Although the figure may be consumed by depression and darkness, their heart remains strong in contrast to the bleak surroundings. Eman created this artwork with the

intention that people would look at it and realize how concern for others can bring color, life, and hope to them. For her piece, she used digital art, as she wanted to take advantage of all the digital effects and brushes to contrast the bright colors against the dark, gloomy background. Eman hopes that her artwork will inspire others to lend support to those suffering from mental illness.

Zoie Bright, author of “*Death and Life*” is a senior marine biology undergraduate student at Texas A&M-Corpus Christi.

Zoie Bright is currently a senior at Texas A&M-Corpus Christi majoring in Marine Biology with minors in Chemistry, Environmental Science and Creative Writing. Bright possesses a deep passion for the natural world, and their goal is to ignite that passion in others through their writing. Bright likes to play with writing styles that employ themes that deconstruct traditional villains—blurring the lines between good and evil, which is where the inspiration for “*Death and Life*” originates from. In both life and literature, the villains aren’t always as obvious as we think they are...



Steven Gellman M.D., MFA, the author of “*Shoreline Rhythms*,” is the founder of the Medical Humanities Program at UTA.

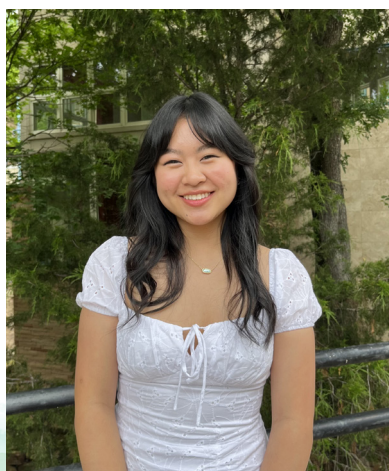
Dr. Steven Gellman MD, MFA, the photographer of “*Shoreline Rhythms*,” is the founder of the Medical Humanities program at UTA. He became an educator of humanities within the Philosophy Department at UTA after retiring from his 30+ year career as a family physician. “*I am a father, grandfather, physician, teacher, and advisor; however, when people ask who I am — I am a photographer. Ever since I could hold a camera, here is where my creative spirit lives and my passions are unleashed*”. Dr. Gellman has always been drawn to the shoreline as a constant source of spirituality and inspiration. Here, he and his black lab, Roma, find respite, and solace.

Chris Casarez, the author of “*A Warm Embrace*” is a third-year undergraduate student at UTA majoring in Biology and minoring in Medical Humanities and Bioethics.

Chris Casarez is a third-year undergraduate student majoring in Biology and minoring in Medical Humanities and Bioethics on the pre-medicine track. Additionally, he is a proud first generation college student. Throughout his time at the University of Texas at Arlington, he has served as an undergraduate teaching assistant, an undergraduate research assistant through the UT-System LSAMP program, a volunteer at the Tri-C food



pantry, resident assistant through the department of Apartment and Residence Life, and was one of the first student interns for the Medical Humanities and Bioethics internship program at Arlington Memorial Hospital. Through the program, he learned about the humanistic side to medicine by observing both clinical and non-clinical roles of the patient-provider relationship within a hospital setting. The experiences he had as an intern encouraged him to continue his path towards medicine. In the future, he plans to attend medical school in Texas to become a family medicine physician. As a member of the Editorial Team for Stimulus Volume III, he is both amazed and inspired by the creativity and narratives that each author has contributed to the journal.



Sarah Le, the author of “*Growth through Suffering: Beautiful Blossoming*,” is a sophomore at UTA majoring in Biological Chemistry with a pre-medicine focus.

As a sophomore at UTA majoring in Biological Chemistry with a pre-medicine focus, Sarah wanted to create a piece that embodied the beauty of growth through suffering and how physicians can navigate a patient’s story to better understand and heal their patients. Pain and suffering are inevitable parts of life and can come in many different shapes and forms, but she believes that with the

right mindset, guidance, and support, one's pain can allow one to grow in beautiful ways. Each and every experience will shape us uniquely. However, Sarah also wanted to emphasize in her work that though we may all be experiencing different types, lengths, and severities of pain, we are all essentially the same, experiencing this journey of life together. Sarah hopes her work can shed some light on the power of empathy and an optimistic mindset in providing healing, growth, and fostering a kinder world.

Eman Khan, the author of *“Dismantle Ableism,” “Exhausted Spirit,” “Medication,” “Motor Skills,” “Healthcare,”* and *“Haldhi Dhoodh (Turmeric Milk)”* is the Director of Events of Mavericks for Medical Humanities and the President of Mavericks with Disabilities.



Eman Khan is Director of Events of Mavericks for Medical Humanities and President of Mavericks with Disabilities. Eman organizes events such as the annual Medical Humanities Fair and the annual symposium to spread the joy of Medical Humanities throughout the campus. At Mavericks with Disabilities, Eman works to promote Disability equity and inclusion, build a community for people with disabilities and allies, and foster Disability reform on campus. In addition, Eman often participates in open mic poetry and art galleries in Austin and the DFW to express herself. Science is her new love, and she believes swirling Erlenmeyer flasks and looking at samples through microscopes are art forms. Science and art are inseparable to Eman, and as a Muslim, she even finds them to be spiritual experiences. Eman is on the pre-med track and hopes to bring a culmination of these experiences and perspectives to enhance patient care.



Darashagam Nahal, the author of *“Cognitive Disease and Age-Related Cognitive Decline”* and *“Postcard From Punjab”*, is a third-year undergraduate student at UTA majoring in Biology.

Darashagam Nahal is a junior at UTA. She enjoys expressing her creativity through writing and photography. She is passionate about health, culture, and the link between the two. Additionally, she enjoys raising awareness about lesser-discussed health topics. She hopes to continue learning more about the medical humanities and population health as she progresses through her career.

Mayte Campos-Tovar, the author of *“Sky: Look Up,”* is a freshman Interdisciplinary Studies student at UTA and pursuing a minor in Medical Humanities and Bioethics.

Mayte Campos-Tovar is a Mexican-American first-year student steadily working towards an honors bachelor of arts degree. Their passions include all types of art, from fiber arts to welding and musical theater, which they like to incorporate into all aspects of their life. Mayte may sometimes get lost in their hobbies, but their loving partner, Rommy, always encourages and inspires them to keep moving forward and look up.





Amal Eltahir Ali, the author of *“My Castle,”* is a senior at UTA majoring in Biology with a minor in Medical Humanities and Bioethics.

Amal Eltahir Ali is a senior at the University of Texas at Arlington majoring in Biology with a minor in Medical Humanities and Bioethics. Amal aspires to become a pediatrician because of her admiration for children. Furthermore, throughout the various classes taken under the Medical Humanities and Bioethics minor, the importance of how hospital rooms and spaces should be designed for patients was explored. Her aspirations of becoming a pediatrician, her knowledge of the importance of designing hospital rooms to benefit the patient, and her love of creative writing inspired this short story from the view of a child. “My Castle” explores the imagination of a child staying at a hospital for a long period of time.

Kelsey Wells, the author of *“Get Well Soon,”* is a Visual Communication Design senior at UTA.

Kelsey Wells is a Visual Communication Design senior here at UTA. Her goal is to use design to tell the stories she’s passionate about. After graduating, she hopes to work in publication design and write children’s books. Follow her on instagram @ksrwdesign!





Cami Henyan, the author of “*Luna*,” is a senior at UTA majoring in Biology and minoring in Medical Humanities and Bioethics.

Cami Henyan is a senior at UTA majoring in biology and minoring in medical humanities. She hopes to become a pediatrician in the future to combine her interests in healthcare and childcare. She has worked with kids as a swim teacher, nanny, and now as a scribe in a pediatrician’s office. Cami was drawn to the medical humanities after working in the ER as a scribe and seeing the need for compassion and understanding from providers when communicating with patients. She also has a passion for volunteering with her dog Luna as a therapy animal team. She visits patients and staff at hospitals, children at libraries, and patients at rehabilitation clinics. Through volunteering in the healthcare setting, she has seen the importance of focusing on someone as a unique person instead of only as a patient. Cami has found that medical humanities is the perfect training ground to learn about considerate and thoughtful patient care. As a previous editor for Stimulus, she has been inspired by our author’s creativity and insight on the human experience behind medicine. She believes that her experience in the medical humanities will guide her to become a caring, well-rounded healthcare provider in the future.

