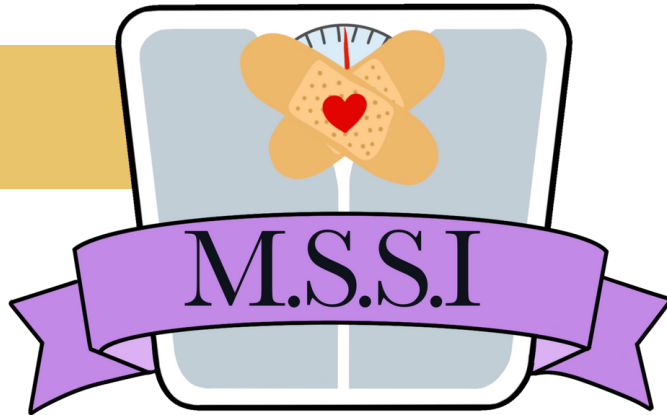


NEWSLETTER



Medical Students
for Size Inclusivity

In this issue:

Meet the Community
Engagement Team

New: MSSI Chapters

SELF Magazine
Feature

Resources For You

Latest Research

Our Mission

We are an international community of medical students raising awareness about the interplay between eating disorders and the weight bias in medicine.

Our mission is to educate future physicians about the harms of diet culture and weight discrimination in the healthcare system, and to advocate for equitable care on behalf of patients in larger bodies.

Our goals include advocacy among current and future healthcare providers, community outreach and education, student-led research, and medical school curricular reform.

Our vision is a healthcare system that is equitable and inclusive of all patients, regardless of body weight, shape, and size.



Meet the Community Engagement Team



Taylor Lees, MPH

MD Program, University of Minnesota Medical School

Taylor (she/her) is a Co-Director of Community Engagement and Education at MSSI. She has an MPH from the University of Minnesota and, as a physician, aims to use her public health experience to provide holistic care that addresses the impacts of social and structural factors (including fatphobia and weight-based discrimination) on health outcomes. She is excited to be a part of the work MSSI is doing to advocate for non-stigmatizing, equitable, and evidence-based healthcare for all bodies!

Mariana Sales

DO Program, Rowan-Virtua School of Osteopathic Medicine

Mariana is a Co-Director of Community Engagement and Education at MSSI. She is interested in pursuing a career in Obstetrics and Gynecology. As a future DO, she plans to approach healthcare through a holistic and size-inclusive lens as every person is deserving of equitable and personalized care.



Sophie Lalonde-Bester, RD

MD Program, University of Alberta Faculty of Medicine and Dentistry

Sophie (she/her) is the Newsletter Co-Lead at MSSI. As a registered dietitian, she enjoys working with patients to reclaim their hunger cues, trust their inner wisdom, and find body neutrality. She hopes to practise medicine in the field of eating disorder recovery and/or endocrinology.

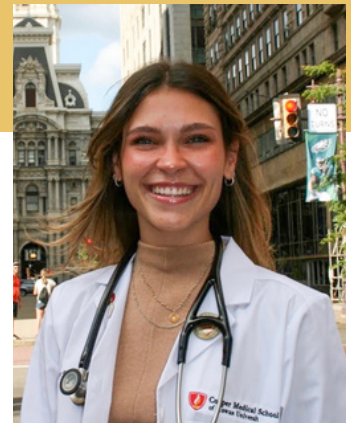


Meet the Community Engagement Team

Mary Penckofer

Cooper Medical School of Rowan University

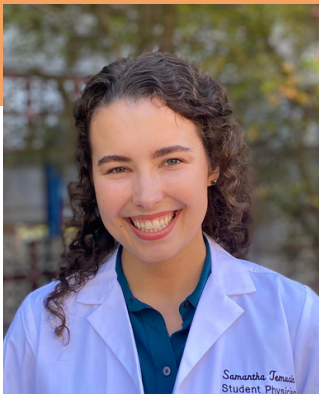
Mary (she/her) is the Newsletter Co-Lead at MSSI. Mary became interested in this work due to witnessing how bias plays a role in healthcare daily. She is excited to be a part of the social media team at MSSI and looks forward to all of the work MSSI will do in the future in order to make healthcare equitable for all body sizes



Samantha Temucin

DO Program, Philadelphia College of Osteopathic Medicine

Sam (she/her) is the Twitter/X and Threads Lead at MSSI. Both her personal history and experience in the medical field thus far inspired her to join MSSI in working to decrease weight bias in medicine. She aspires to become a surgeon, with a special interest in increasing affirming care for LGBTQIA+ patients and eliminating fatphobia within the specialty.



Madeline Breda, MSc

Hackensack Meridian School of Medicine

Madeline (she/her) is the Instagram Co-Lead, member of the Research Committee, and a co-founder of MSSI. Her experience both as a long distance runner and in the medical field illustrated that there was a weight bias problem in medicine as well as society at large, inspiring her to join forces with students from other medical schools to address that bias within our profession. She is particularly interested in reproductive health and hopes to use her position as a future physician to make medical care both accessible and welcoming to every patient, regardless of size.



MEDICAL STUDENTS FOR SIZE INCLUSIVITY

Chapters & Affiliates

Interested in bringing Medical Students for Size Inclusivity to your school?

Why Become an Affiliate?

- ★ Join an **international community** of students and interdisciplinary professionals, passionate about size inclusive healthcare
- ★ Connect with student leaders across the country, exchange ideas for initiatives and events
- ★ Help to amplify the impact of individual efforts aimed at combating weight bias in medicine
- ★ Have access to MSSI's amazing team of advisors, for guidance, feedback, networking
- ★ Enhance the sustainability of your organization for future years of medical students

Click below for those wanting to form a chapter of Medical Students for Size Inclusivity (MSSI) at your school, or affiliate an existing organization at your school with MSSI.

Once received, a member of MSSI will reach out with additional details, and our Chapter & Affiliate Application form!



[Fill out the Interest Form!](#)



CLICK TO READ THE ARTICLE "HOW TO FIND A DOCTOR WHO ISN'T LASER-FOCUSED ON YOUR WEIGHT" IN

SELF

"When Arielle Schultz started med school last fall, she immediately found anti-fat bias baked into her lessons. She wasn't surprised. 'I've definitely had the experience of going to the doctor's office and being told to lose weight,' Schultz, a member of Medical Students for Size Inclusivity, tells SELF."

Health

How to Find a Doctor Who Isn't Laser-Focused on Your Weight

Anti-fat bias is baked into our health care system, but there are providers who will see you as more than a number on a scale.

By Sarah Stark
July 20, 2023



Dmitry Vereshchagin/Adobe Stock

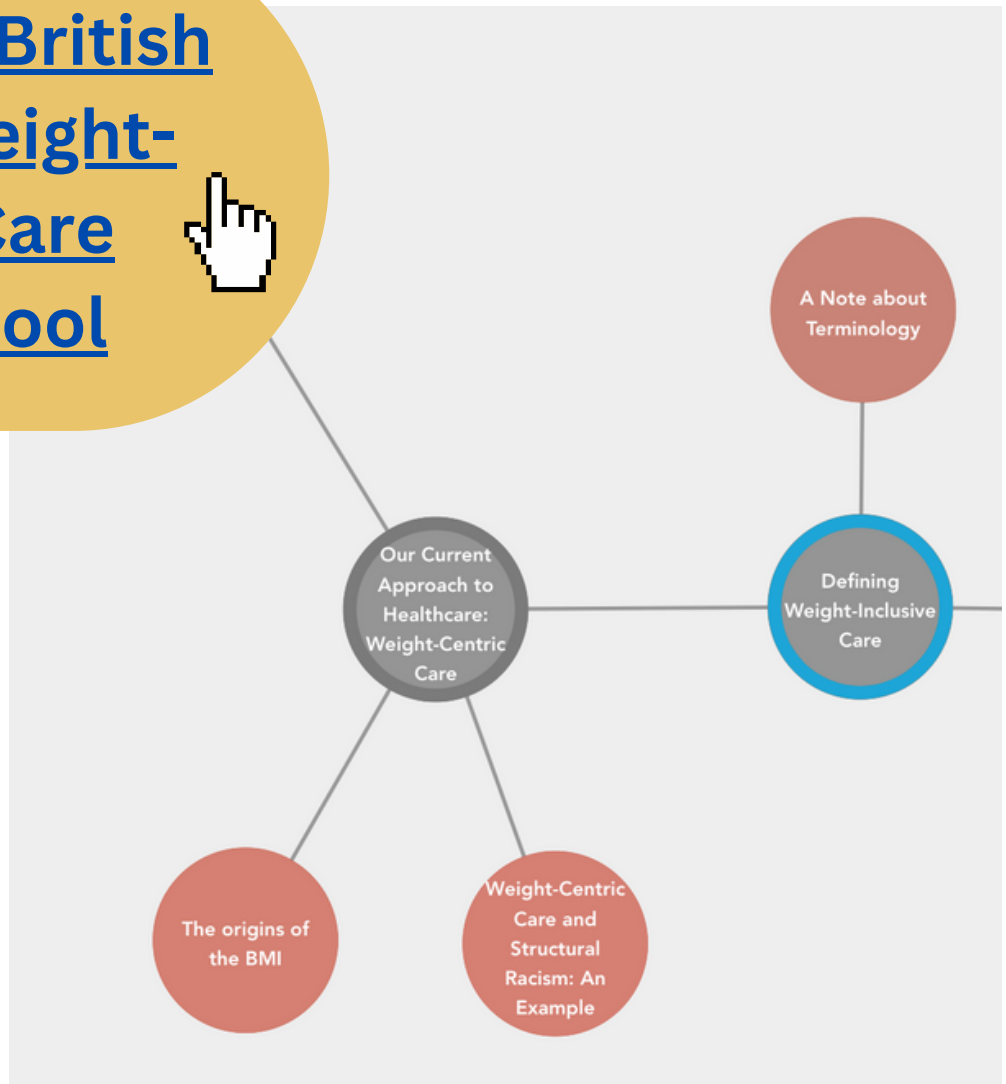


[Click to read the article "How to Find a Doctor Who Isn't Laser-Focused on Your Weight" in SELF Magazine](#)



Resource for you

[University of British Columbia Weight-Inclusive Care Tapestry Tool](#)





Research spotlight



This randomized crossover trial published in August 2023 found that when a regular blood pressure cuff was used in folks requiring a large or extra-large BP cuff, the readings resulted in **4.8 mmHg and 19.5 mmHg higher systolic and diastolic BP readings, respectively.**

The results of this study serve an excellent reminder to use the appropriate size BP cuff with all our patients. Using a cuff that is too small can lead to incorrect diagnoses of hypertension.

Ishigami J, Charleston J, Miller ER, Matsushita K, Appel LJ, Brady TM. Effects of Cuff Size on the Accuracy of Blood Pressure Readings: The Cuff(SZ) Randomized Crossover Trial. JAMA Intern Med. Published online August 07, 2023. doi:10.1001/jamainternmed.2023.3264

