



Medicine Reading List

We're looking forward to welcoming you to the Medicine course, and we hope you're looking forward to joining us too!

If you'd like to start exploring the subject ahead of the start of your course, here's a list of resources that will help you engage with some of the ideas you'll be exploring in more depth across the week. These are by no means in order of importance and you don't have to look at all of them – let your instinct choose what sounds more interesting to you.

Whether you're joining us for one or two weeks, the reading list below is applicable!

In our first week, we will cover three important themes: the Cardiovascular System, the Respiratory System, and the Digestive System. The following resources should provide you with a great overview of the content we'll cover and help you make the most of our lessons.

- **Video: Introduction to Anatomy & Physiology by Crash Course** – Whether you're coming to this course having looked at medicine in some detail before, or you've never looked into the subject at all, this resource is a great place to start. The video runs through what we actually mean by the terms "anatomy" and "physiology" – learning or refreshing your understanding of these definitions will set you up well for the course content.

Link: Watch [here](#)

- **Video: What happens during a heart attack? by Krishna Sudhir** – Approximately seven million people around the world die from heart attacks every year. And cardiovascular disease, which causes heart attacks and other problems like strokes, is the world's leading killer. So what causes a heart attack? Watch this video to find out more and bring your learnings to class!

Link: Watch [here](#)

- **Video: On Christmas Eve heart attack risks spike to their highest levels according to study, Fox Business** – It's admittedly not a very festive time of year, but the video is actually really informative and sheds light on mounting concerns over the rapid increase in teens using e-cigarettes and a new study that the risk of a heart attack increases by 37% on Christmas Eve.

Link: Watch [here](#)

- **Video: Smoker's lungs versus healthy lungs by MD Anderson Cancer Center** – In this video, watch the stark difference between a healthy set of lungs and a set of lungs similar to someone who smoked a pack of cigarettes every day for 20 years. You can see that tar has formed a sticky black layer inside the lungs, which restricts oxygen flow and contributes to cancers forming. Keep this picture in mind for our discussions in class!

Link: Watch [here](#)

- **Article: Revealed: air pollution may be damaging 'every organ in the body' by Damian Carrington** – Discover how air pollution, a hidden threat, may be silently damaging every organ and cell in our bodies. This animated article takes you on a journey through the findings of a groundbreaking review, revealing how this invisible threat may be silently damaging every organ and cell in our bodies.

Link: Read [here](#)

- **Video: How the food you eat affects your brain by Mia Nacamulli** – Our digestive systems are complex! And when it comes to what we bite, chew and swallow, our choices have a direct and long-lasting effect on the most powerful organ in our body: our brain. So which foods cause you to feel so tired after lunch? Or so restless at night? And how do we balance it all?

Link: Watch [here](#)

Looking for more? We've got you covered with a list of general resources that might be useful to your journey into the world of medicine and your future as a medical professional. Feel free to explore these!

- **Video: Doctors Nominate The Most Important Organ by Doctor Mike** – In this intriguing video, delve into the captivating world of human anatomy and witness the passion of doctors as they unveil their favourite organs, shedding light on the remarkable functions and complexities of the human body.

Link: Watch [here](#)

- **Book: Anatomy Colouring Book by Stephanie McCann and Eric Wise** – Looking for a nice chill way to learn and revise anatomy? This innovative and accurate colouring book will have you memorising things without even noticing you're doing it! The perfect introduction to anatomy while you're on your summer break, you'll be amazed by how much you learn as you're colouring (hopefully inside the lines!).

If you're joining us for two weeks here are some more exciting resources that will push you even further!

One surefire way to stay engaged with medicine as a subject over the next few years is to find out more about what your own future in the field could look like. These resources will help you to understand what studying medicine and working as a doctor or other medical professional is really like. We'll cover this in lots more detail in our classes on history taking and patient communication, but these resources will give you a great place from which to start!

- **Article: Life as a Medical Student by the Oxford Scholastica Academy** – If you're looking to find out exactly what a day in the life of a student at medical school in the UK looks like, then look no further than this article on Oxford Scholastica's blog! Remember, you'll be able to ask any other questions you have about med school during our sessions, so make sure to note them down so you don't forget them!

Link: Read [here](#)

- **Video: Life as a doctor: what has changed in a generation? by Joe Manjaly** – As with many (or perhaps any) career, life as a doctor is almost constantly changing. Whether it's legislative changes to the number of hours you can work in a row or culture changes that see more women entering the workforce, things are different than they were 40 years ago. Hear this doctor's take on what has changed and what the future of medicine might look like.

Link: Watch [here](#)

- **Article: Hippocrates, Biography** – This article is a little less action-focused, but it still details a really important part of the medical experience – the Hippocratic Oath underpins everything a doctor does in a clinical setting. But who was Hippocrates and why do we still take his oath today?

Link: Read [here](#)

Next Steps:

We're really looking forward to welcoming you to the course! If you'd like to take your learning to the next level, you're welcome to join one of our other programmes too – many of our students sign up to multiple programmes as they prepare for their futures. Your options include:

- At Oxford Scholastica, we run a residential Oxford Summer School every summer - you might be interested in the [Discover Medicine Academy](#). This is an

immersive, two-week residential experience which takes place on the Oxford University campus – you'll take your understanding to the next level and meet like-minded students from around the world.

Other Resources:

Clarity about your future career direction will help you in your academic studies and in your university applications. We've created a quick Careers Test to help you to know what careers might suit you best. You'll then receive a personalised Careers Report, with recommended careers and resources to explore.

It's mostly aimed at 15-18 year olds, but you're still more than welcome to try it out for yourself. We hope you'll find it useful!

Try the Test [here](#)