

# COSGP NEWSLETTER



## WHO IS COSGP?

The Council of Osteopathic Student Government Presidents (COSGP) is an official council of the American Association of College of Osteopathic Medicine (AACOM). COSGP serves as the liaison between osteopathic professional organizations and is the official national representative voting voice of all osteopathic medical students. Its members work to maintain communication, disseminate information, foster student leadership, and provide a mechanism for the exchange of ideas between students of different colleges of osteopathic medicine. COSGP is made up of 2 representatives from every College of Osteopathic Medicine and an Executive Board that work to represent the student voices at the National Level.

[Learn More](#) 

## MEET THE COSGP E-BOARD:



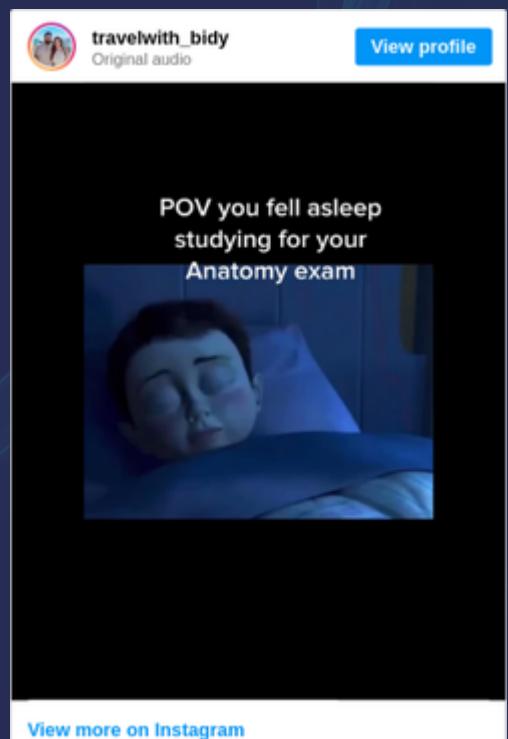
## Upcoming Events:

Sept 08-11 | Know Your Own Wellness Week

Sept 09-10 | [AACOM Advocacy Day](#), Virtual

Sept 25-28 | [OMED Conference](#), Nashville TN

## MEME OF THE MONTH:



[View more on Instagram](#)

## Past Initiatives Links:

[Wellness Toolbox](#)

[OMELA](#)

[Research Resources](#)

[Sample CV](#)



## ATHEROSCLEROSIS

Common form of arteriosclerosis  
(hardening of arteries)

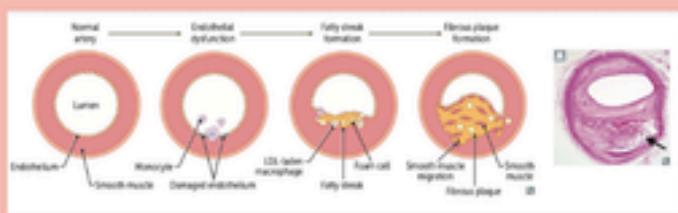
**Risk factors:** HTN, smoking, dyslipidemia, DM, family history, age, male sex, and postmenopausal.

**Symptoms:** Angina, claudication, can also be asymptomatic.

**Complications:** Ischemia, infarction, aneurysm formation, peripheral vascular disease, thrombosis, and embolism

### Pathophysiology:

Endothelial cell dysfunction → macrophage and LDL accumulation → foam cell formation → fatty streaks → smooth muscle cell migration, extracellular matrix deposition → fibrous plaque → complex atheromas



## IN THIS ISSUE:



Atherosclerosis



Marfan Syndrome



Congestive  
Heart Failure

## MARFAN SYNDROME

FBNI MUTATION ON CHROMOSOME 15

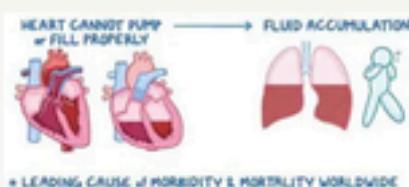


DEFECTIVE FIBRILLIN-1

### Symptoms:

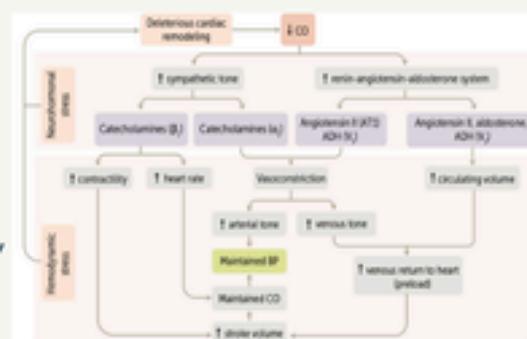
Arachnodactyly, lens dislocation (upward and temporal), aortic dissection, hyperflexible joints

## CONGESTIVE HEART FAILURE



Cardiac pump dysfunction

**Signs & symptoms:** dyspnea, orthopnea, fatigue, S3 heart sound, rales, jugular venous distention, and pitting edema.



# WELLNESS

## Know Your Own Wellness Week

Sept 8-11, 2025



The Wellness Committee is launching the inaugural "Know Your Own" Wellness Week in coordination with National Suicide Prevention Awareness Week on September 8-11, 2025. During this week, we will partner with COSGP Wellness Liaisons across the country to:

- Promote COM-funded locally available wellness resources for osteopathic medical students during preclinical and clinical years
- Promote locally accessible wellness resources in COM communities
- Promote awareness of national resources that are available
- Share COSGP's role in promoting wellness in osteopathic medical education

Our hope is that this event will start discussions across students, faculty, and staff about wellness resources that are currently available for students while identifying gaps that could use extra advocacy efforts from COSGP.

## August Initiative: Physical Wellness

 [Meet the Committee](#)

**WHAT IS PHYSICAL WELLNESS?**

- Proper nutrition
- A suitable exercise regime
- Adequate hydration
- Sufficient rest

**COSGP**  
COUNCIL OF OSTEOPATHIC STUDENT GOVERNMENT PRESIDENTS

**AACOM**

## Committee Goals

Our committee has split into three tracks this year to all support the goal of increasing the awareness of wellness across COMS, increasing the body of research for wellness-specific topics in osteopathic medical education, and increasing opportunities for wellness advocacy. Our three tracks are:

1. **Wellness Tool-Kit Track:** Create a web-based platform to house wellness resources and information relevant for osteopathic medical students and campus wellness committees
2. **Research Track:** Propose and investigate research projects that are wellness-focused in osteopathic medical education
3. **Advocacy and Resolutions Track:** Author resolutions to be submitted through the Student Osteopathic Medical Association (SOMA) that focus on wellness-related topics in osteopathic medical education

# LEGISLATIVE AFFAIRS

## AACOM ADVOCACY DAY

SEPT.  
9-10

- **Day 1: Advocacy Training Webinar (1-3PM ET)**
  - Hear directly from Members of Congress
  - Receive detailed advocacy training from the AACOM GR Team
- **Day 2: Congressional meetings and online advocacy (TBD)**
  - Dean, faculty, and student participants
  - Each COM's COSGP representative is responsible for assembling student groups for their COM
- **COM SGA Competition**
  - The COM SGA with the most student participants will win \$1000
  - Participation includes attending the webinar, participating in congressional meetings, and using the AACOM Action Center



### **COMMITTEE MISSION STATEMENT:**

- "Our committee's mission is to engage students in medical advocacy and make legislative policy understanding accessible, empowering all students to actively participate in shaping healthcare policy."



Meet the Committee

### **COMMITTEE GOALS:**

- Participate in national advocacy discussions
- Educate your student body on legislative efforts both nationally and locally
- Draft and advance resolutions that encourage the AOA's support of student-led causes

### **WHO'S INVOLVED:**

- COSGP GC Assigned Members
- National Leg Affairs Liaison's
- AACOM Advisors
- Anyone who wants to be! Feel free to reach out! 😊

### **AACOM RESOURCES**

- [AACOM OBBBA Webinar Recording](#)
- [AACOM Slide Deck](#)
- [AACOM OBBBA FAQ](#)
- [AACOM OBBBA Summary](#)
- [AACOM Action Center](#)
- [ED Dear Colleague Implementation Letter](#)
- [ED Negotiated Rulemaking Announcement](#)
- [More Info on Negotiated Rulemaking](#)
- [NASFAA Reconciliation Web Center](#)
- [NASFAA OBBBA Impact Chart](#)
- [ACE OBBBA Summary](#)

# STUDENT SERVICES

## School Spotlight



### TOUROCOM GREAT FALLS

The TouroCOM Great Falls Student Government Association helped lead our school's participation in the Great Falls "Back to School Blast," connecting with over 1,600 children and their families. Touro students played a key role throughout the event, running sign-up tables, giving out free backpacks, and assisting with the on-site vaccination and sports physical clinics. By providing hands-on support and sharing health education, we are deepening our roots in the community and demonstrating our commitment to the well-being of Great Falls.

 Meet the Committee

### WHAT IS TOUCH?

TOUCH (Translating Osteopathic Understanding into Community Health) is a national service initiative created by COSGP that recognizes and encourages osteopathic medical students to engage in meaningful community service. While it may seem like just another way to log volunteer hours, TOUCH is far more impactful for both students and the communities they serve.

For residency applicants, TOUCH participation can be a significant asset: hours logged through the program can be included in the Medical School Performance Evaluation (MSPE), also known as the Dean's or President's Letter, which is a key component of residency applications. In addition, TOUCH awards and recognitions can strengthen a student's CV by demonstrating a consistent commitment to service, leadership, and the osteopathic tenet of holistic, community-centered care.

Beyond individual benefits, TOUCH helps unify efforts across campuses, ensuring that students' service has structure, accountability, and broader community impact. By participating in TOUCH, students not only enhance their own professional development but also directly contribute to addressing health disparities and social needs in underserved populations which is a core value of osteopathic medicine.



### STUDENT DOCTOR OF THE YEAR AWARD

Nominations Open in September  
More Info Coming Soon

Research Committee Updates:

# RESEARCH

## RESEARCH OPPORTUNITY

Have research, ideas or innovations to share? The **call for abstracts** for **Educating Leaders 2026, the AACOM Annual Conference**, is now open!

Join us in Las Vegas, Nevada, April 22–24, 2026, to present your work, spark new ideas and connect with colleagues shaping the future of osteopathic medical education (OME).

We welcome submissions from all members of the OME community, students, residents, fellows, faculty and administrators, aligned with our official tracks and themes.

### Awards for Outstanding Posters

Poster presenters are eligible for our prestigious awards program, which celebrates exceptional research and innovation from both faculty and students. The highest honor, the President's Osteopathic Tenets Research Poster Award, recognizes work that exemplifies the values and principles of osteopathic medicine.

Learn More and Submit Your Abstract Now!

Please help us spread the word by sharing this opportunity with your networks.

If you have any questions, contact Lynn Bragan at [\(301\) 968-4186](tel:(301)968-4186) or [lbragan@aacom.org](mailto:lbragan@aacom.org). Don't miss out, [submit yours today!](#)

**The Call for Abstracts for Educating Leaders 2026 will close on September 8.**



[\*\*Link To Apply\*\*](#)



[\*\*Meet the Committee\*\*](#)



### STUDENT RESEARCHER OF THE YEAR AWARD

Nominations Open in September  
More Info Coming Soon

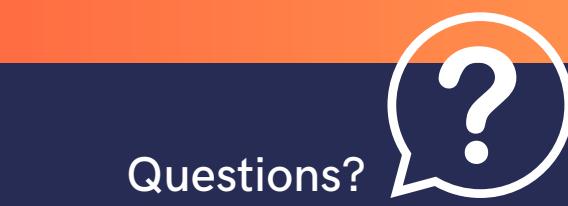
# LEADERSHIP



## Importance of Leadership

Leadership is important because of its capacity to drive development, encourage teamwork, and successfully handle hurdles. Strong leadership offers direction and clarity, ensuring that goals are clear and attainable. It stimulates people to perform at their best, generates a good and harmonious work atmosphere, and encourages innovation and problem-solving.

 Meet the Committee



Questions?  
[cosgpvc1@aacom.org](mailto:cosgpvc1@aacom.org)

## Challenges Leaders Face



Leaders frequently encounter a wide range of issues that put their skills and decision-making abilities to the test. One common problem is managing conflict within teams, as opposing viewpoints or personalities can cause tension. Leaders must also negotiate uncertainty and change, whether it's adjusting to market developments, new technology, or unexpected catastrophes.

## »»» ANNUAL GOALS

01.

National Leadership Training Series: equips student leaders with practical skills, valuable connections, and tools in communication, conflict resolution, and leadership

02.

SGA Best Practices Manual: a national resource offering guidance, templates, and strategies to help SGAs operate efficiently

03.

OpenTalks: to give members of COSGP a place to reconvene every month and discuss important topics regarding leadership

Finance Committee Updates:

# FINANCES

## COMING SOON: FINANCIAL LITERACY SPEAKER SERIES

The Finance Committee is hard at work to bring professional finance speakers to our medical students. Be on the lookout for our first online seminar in October.



## COSGP SILENT AUCTION UPDATE:

Every year at AOA House of Delegates, COSGP hosts a silent auction for the physicians who attend. The money made from this event makes up COSGP's budget for the year and provides funding for national initiatives and business meeting programming for your COSGP School Representatives.

Thank you to all who participated in this year's silent auction. We raised a record-setting \$16,465 to support student-led initiatives throughout the year.

## SPECIAL THANK YOU TO ALL THE SCHOOLS THAT PARTICIPATED IN THE AUCTION:

WVSOM  
LECOM-BRADENTON  
KCU-COM - KANSAS CITY & JOPLIN CAMPUSES  
PNWU COM  
UIWSOM  
MSU COM - EAST LANSING  
WCU COM  
VCOM-VIRGINIA  
LMU COM - DEBUSK - KNOXVILLE  
BURRELL COM - MELBOURNE, FLORIDA  
NYITCOM - NEW YORK  
TUCOM  
MARIAN UNIVERSITY WOOD COM  
SHSU COM  
RVU MCOM - MONTANA  
WVSOM

PCOM - SOUTH GEORGIA  
OKLAHOMA STATE COM - CHS  
NOORDA COM  
BUCOM  
CUSOM  
OCOM  
UNTHSC-TCOM  
MIDWESTERN UNIVERSITY-DOWNERS GROVE  
RVU SOM  
VCOM - LOUISIANA  
EDWARD VIA COM - AUBURN  
ATSU-KCOM  
PCOM-PHILADELPHIA  
OUHCOM - DUBLIN CAMPUS  
PCOM- GEORGIA  
LECOM ERIE  
CHSUCOM  
BURRELL COM - NEW MEXICO



Meet the  
Committee

Diversity Committee Updates:

# DIVERSITY

## COSGP x SNMA MENTORSHIP PROGRAM

The Diversity Committee has several exciting initiatives planned for this year. We are launching a COSGP x SNMA Mentorship Program, continuing student spotlights on social media during nationally recognized months (including but not limited to Black History Month, Pride Month, Hispanic Heritage Month, and Native American Heritage Month), and developing a Cultural Competency Series this spring to highlight key themes in inclusion and cross-cultural care.

Together, these projects aim to celebrate our diverse student community, build stronger networks of support, and showcase how diversity strengthens the osteopathic profession.

As part of the mentorship program, we are seeking physician mentors who are passionate about supporting student leaders. A diverse pool of mentors ensures that students see themselves reflected in the profession, while also exposing them to a wide range of experiences and perspectives that enrich their growth. If you know a **PHYSICIAN** who might be interested in getting involved, they can sign up through the [link](#).

**LINK FOR STUDENT SIGN  
UPS COMING SOON**

 [Meet the  
Committee](#)

Global Health Committee Updates:

# GLOBAL HEALTH



### **GLOBAL SCHOLAR OF THE YEAR AWARD**

Nominations Open in September  
More Info Coming Soon



Global Health Spotlights  
Coming Soon

 [Meet the  
Committee](#)

Public Relations/Web Committee Updates:

# PUBLIC RELATIONS



Expand  
Online Reach  
and Access

Launch the  
COSGP  
Alumni  
Association

**COMMITTEE  
GOALS**

Grow  
COSGP's  
Social Media  
presence



**Follow Us:**

Instagram: @COSGP

Twitter: @COSGP

LinkedIn - COMING SOON



Meet the  
Committee