

# Block 3 One-Pager

## Overview

Exam Dates:

**Structure Exam:** Feb. 11

**SSEQ:** Feb. 13

**NBME:** Feb 14

Learning Tips:

→ Integrate new topics with Blocks 1 & 2

→ Add context to difficult concepts

→ Memorize as a last resort – link pathways together and visualize the ‘big picture’

→ Meet with Learning Specialists using Penji:



→ Also look for Near-Peer Tutoring and Meta Seminar options in Penji!

## Major Topics

### Nutrition

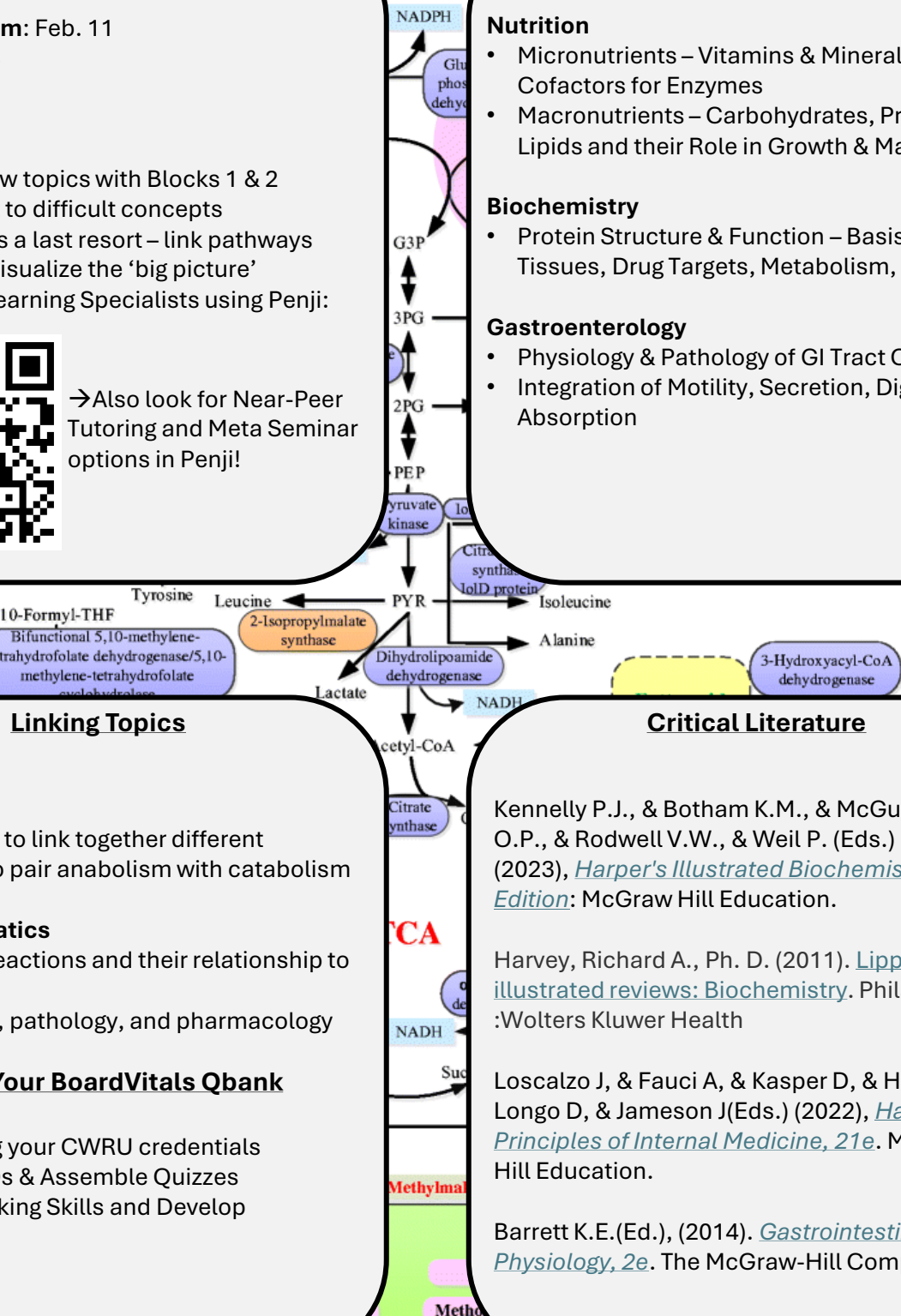
- Micronutrients – Vitamins & Minerals as Cofactors for Enzymes
- Macronutrients – Carbohydrates, Proteins, Lipids and their Role in Growth & Maintenance

### Biochemistry

- Protein Structure & Function – Basis of Cells & Tissues, Drug Targets, Metabolism, Regulation

### Gastroenterology

- Physiology & Pathology of GI Tract Organs
- Integration of Motility, Secretion, Digestion, & Absorption



## Linking Topics

### Metabolism

→ Use this topic to link together different pathways and to pair anabolism with catabolism

### Enzyme Kinematics

→ Understand reactions and their relationship to energy

→ Link enzymes, pathology, and pharmacology

### Utilize Your BoardVitals Qbank

→ Register using your CWRU credentials

→ Practice MCQs & Assemble Quizzes

→ Learn Test-Taking Skills and Develop Metacognition

## Critical Literature

Kennelly P.J., & Botham K.M., & McGuinness O.P., & Rodwell V.W., & Weil P. (Eds.) (2023), *Harper's Illustrated Biochemistry, 32nd Edition*: McGraw Hill Education.

Harvey, Richard A., Ph. D. (2011). *Lippincott's illustrated reviews: Biochemistry*. Philadelphia :Wolters Kluwer Health

Loscalzo J, & Fauci A, & Kasper D, & Hauser S, & Longo D, & Jameson J(Eds.) (2022), *Harrison's Principles of Internal Medicine, 21e*. McGraw-Hill Education.

Barrett K.E.(Ed.), (2014). *Gastrointestinal Physiology, 2e*. The McGraw-Hill Companies.