

Practical Advice for Graduate and Medical Students Moving to the USA Resources

Silvania Teixeira, PhD

Brazil

1. Current Institution: **University of Colorado, Anschutz Medical Campus**

Additional Resources:

- 1 <https://www.ninds.nih.gov/current-research/research-funded-ninds/clinical-research/office-global-health-and-health-disparities/grants-information-non-us-scientists-and-us-scientists-foreign-institutions>
- 2 <https://vilcek.org/prizes/vilcek-prizes-for-creative-promise/creative-promise-prizes-biomedical-science/>
- 3 <https://www.grants.gov/learn-grants/grant-programs.html>
- 4 <https://chanzuckerberg.com/science/science-funding/>
- 5 <https://www.science.org/content/page/where-search-funding>
- 6 <https://www.fic.nih.gov/Funding/NonNIH?type=predoctoral>

Biography

Dr. Teixeira is an Assistant Professor at the University of Colorado, Anschutz Medical Campus. Her research centers around understanding the role of thyroid hormones and their metabolites in human health and metabolic disease development. She has a Ph.D. in Human Physiology from the University of São Paulo, Brazil, and has completed postdoctoral research fellowships at the University of Sao Paulo, the Houston Methodist Research Institute, and the University of Colorado. Her work has been recognized with several awards and honors, including the L'Oreal USA For Women in Science Award. She is a member of several professional organizations, such as the American Thyroid Association and the Endocrine Society, and serves on related committees for diversity, equity, and inclusion in these organizations.

Christie G. Turin More, MD

Lima/Peru

Current Role/Institution: Assistant Professor of Endocrinology at the University of Colorado

Biography

I was born and raised in Lima, Peru. I moved to the US in 2016 to start my internal medicine residency at Baylor College of Medicine in Houston, TX. I then completed a fellowship in Endocrinology at the University of Pennsylvania and then moved to Denver, CO in 2021 to start my first job as an assistant professor at the University of Colorado.

Additional Resources

Waiver

USCIS: <https://www.uscis.gov/working-in-the-united-states/students-and-exchange-visitors/conrad-30-waiver-program>

Appalachian Regional Commission: <https://www.arc.gov/j-1-visa-waivers/>

Delta Regional Authority: <https://dra.gov/programs/human-infrastructure/health/delta-doctors/>

HHS Exchange Visitor Program: <https://www.hhs.gov/about/agencies/oga/about-oga/what-we-do/exchange-visitor-program/index.html>

Job Search:

JAMA career: <https://careers.jamanetwork.com/>

NEJM career: <https://www.nejmcareercenter.org/>

Practice Link: <https://www.practicelink.com/>

Practice Match: <https://www.practicematch.com/physicians/jobs/colorado/denver>

Gabriela Pacheco Sanchez, PhD

Country of origin: Peru

Journey: I am a scientist with an internationally scholastic training. Currently, I am a postdoctoral researcher at the Department of Molecular Biology and Biochemistry at University of California, Irvine. I got my Doctor of Veterinary Medicine (DVM) degree from Universidad Nacional Mayor de San Marcos (UNMSM) in Lima, Peru. After that I pursued my postgraduate studies in Sao Paulo, Brazil. I hold a Master in Science (MSc) degree with a mention in Preventive Veterinary Medicine from Universidad Estadual de Sao Paulo (UNESP). I also hold a Doctor in Science (PhD) degree with a mention in Experimental Epidemiology Applied to Zoonoses from Universidade de Sao Paulo (USP). During my undergraduate and graduate studies, my research focused mainly on neglected tropical diseases in the context of One health. After receiving a scholarship to participate in a course at the Pasteur Institute in Paris, I met my future postdoctoral PI which led me to work systems immunology and systems biology in infectious and non-infectious diseases, such as Dengue, Yellow Fever, HIV, COVID19, and blood cancers. Now at UCI, my collaborative research program focuses strongly on Public Health, specifically in health disparities like Type 2 Diabetes.

Adriana Lofrano

BRAZIL

- Graduation at the University of Brasília (UnB) Medical School
- 2-year Internal Medicine residency program followed by 2-year Endocrinology and Metabolism (E&M) residency program, both at the University hospital of Brasilia (HUB/UnB).
- First opportunity to visit the USA came on the last trimester of my E&M residency, as part of a translational collaborative research initiative proposed by my Brazilian mentors at that time. I've spent a 30-day observership at Dr. Larry Layman's Lab at the University of Chicago (ObGyn- Reproduction endocrinology Molecular Genetics). This was my turnaround, breakthrough turning point to start my career as a physician-scientist.
- As an early career endocrinologist, I started both private clinics and was hired at the University Hospital of Brasilia (HUB), where I had the opportunity to coordinate the Adrenal and Gonadal Diseases Clinics.
- Started my PhD program at the Health Sciences School, UnB. My PhD thesis ended up resulting on important collaborative papers (JCEM 2002, NEJM 2007, Fertility and Sterility 2008 (references accessible within the QR code).
- After my PhD title, I got a position as a Professor of Pharmacology and Endocrinology at the Health Sciences School at the University of Brasilia (UnB).
- As a physician-scientist, professor at UnB, I started looking for an opportunity to experience a longer *post doc* training period in the USA, accompanied by my family to provide an international experience for my children. I
- In 2013 I spent a 3-months summer research visit (observership) at Dr Ursula Kaiser's lab at Brigham and Women's Hospital – Harvard Medical School. In 2015-2016, I returned for a one-year research fellow.
- Altogether, my *post doc* experiences resulted in new collaborative projects and recent high-impact publications, in addition to improve the exchange of new generations of Brazilian early career endocrinologists and scientists.
- As a professor at the University of Brasilia in the last 10-15 years inserted both at the University Hospital and at the Molecular Pharmacology, I've mentored undergraduate and graduate students from multiple areas: Medicine/Endocrinologists, Veterinary Medicine, Pharmaceutical Sciences, Biology, Exercise Physiology, among others.
- Publications that can be developed into a QR code to share with the attendees. I think the science that have been produced might be inspiring and motivational for early career ECF participants, as it has been to me as a Brazilian physician-scientist who had the opportunity to live for some time in the US.:

Additional Resources

<https://pubmed.ncbi.nlm.nih.gov/17761593/>

<https://pubmed.ncbi.nlm.nih.gov/17761597/>

<https://pubmed.ncbi.nlm.nih.gov/12161499/>

<https://pubmed.ncbi.nlm.nih.gov/37847567/>

<https://pubmed.ncbi.nlm.nih.gov/17961559/>