

How important is ABSITE?



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**How important is ABSITE?**

**By Alex Kavokin MD,**

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Thousands of surgical residents take the in-service exam in the end of January. The American Board of Surgery In-Training Exam tests the knowledge related to the General Surgery.

How important is the exam?

I heard from residents in categorical General programs that they don't care much about the results. It is true that in private practice, in real life, none of these tests scores mean much. Nobody asks what was your score.

However other residents cite reasons about why it does worth to prepare to ABSITE more seriously.

- Program Directors prefer Residents with high ABSITE scores. High scores increase a program reputation. High score help to attract better residents to a program
- Fellowships and private practices Use ABSITE score as a part of evaluation process.
- Some programs use ABSITE for promotion process. RUSH, for example, starts probation if the score is below 25th percentile. RUSH. Sometimes that cut off score is as high as 30%.
- Correlation between high ABSITE score and passing the written American Board of Surgery Certification Exam makes preparation worthwhile.

In the recent years some new books and on-line curses make the preparation easier.

Alex Kavokin MD, [http://geocities.com/surgical\\_review](http://geocities.com/surgical_review) <http://kavokin.com>

## Vitamin Supplement

By Rolf Rasmusson

### Vitamin Supplement by Rolf Rasmusson

Vitamin supplement – why is it important?

Vitamin supplement or supplements are very important for us because if we do not intake enough vitamins necessary for our bodies, the vitamin supplement will substitute for the shortage of the amount of vitamins in our system. Many times a good diet will be enough, but when it is not, the vitamin supplement will make sure that you intake enough vitamins for you to be healthy.

Vitamin supplement – vitamin A.

Why is it important to use vitamin A vitamin supplement? Many health sources state that vitamin A plays an important role in vision, bone growth, reproduction, cell division and cell differentiation. Vitamin A can be found in many animal foods like liver and eggs and in some plants. But if you don't intake enough vitamin A with you foods, the vitamin supplement will definitely help.

Vitamin supplement – vitamin D.

Another important vitamin supplement is the supplement for vitamin D. The major function of vitamin D is to maintain normal blood levels of calcium and phosphorus, helping to form and maintain strong bones. Vitamin D can be found in foods (for example vitamin D fortified milk, fatty fish, and fish oils). Another important source of vitamin D is exposure to sunlight (ultraviolet rays).

Vitamin supplement – vitamin E.

Vitamin supplement for vitamin E is another example of important supplement. Vitamin E is a very powerful biological antioxidant, which plays a great role in preventing cell damage that may contribute to the development of cardiovascular disease and cancer. Vitamin E can be found in, for example, vegetable oils, nuts, and green leafy vegetables. If you do not intake enough vitamin E with your foods, the vitamin supplement will help.

Additional interesting contentat [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)

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