Third-year medical student Kellen Galster’s scientific background—undergraduate studies in ecology combined with medical and clinical research on blindness—certainly prepared him for his dream of attending medical school and eventually becoming a physician, but, when he started at Albany Medical College two years ago, he says the transition from the tranquil study of wildlife to the busy world of medical school was not easy.

“I found that I had to learn science all over again, and get back into good study habits,” he says. “I was overwhelmed by the mountain of details.

It was during these “hustlebox” first few weeks of medical school that Galster turned, not to the birds and wildlife he loved to study, but to art to find the balance he craved. Using a drawing application on his medical school-required laptop, he created “DNAed and Confused,” a piece of art that eventually was chosen to appear on the cover of the journal, *Academic Medicine* (May 2010).

“I designed this piece of artwork to represent the madness I felt was going on at the molecular level...Creating this piece allowed me to express the chaos I could not put into words.”

In his “artist’s statement” printed inside the journal, Galster explained that he composed the piece when he “felt flustered by the seemingly endless networks of proteins involved in DNA expression, modeling, replication and repair.”

“I designed this piece of artwork to represent the madness I felt was going on at the molecular level. The double helix has vibrant colors, sharp angles, and bold black lines that sharply contrast with its background. Creating this piece allowed me to express the chaos I could not put into words. As a means of stress relief—I am able to create art, drawing, creating, making sculptures, or photography.

“Although humble, Galster is certainly no stranger to artistic pursuits. In fact, he says he has always turned to some form of art as a means of stress relief—be it drawing, creating wood sculptures, or photography.

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“M ultiple Sclerosis is a potentially debilitating disease,” Siskin pointed out. “Examining alternative treatment options that may provide relief from symptoms and being open to potential solutions is critically important.”

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When scheduling an appointment, physicians who will see patients in Latham include: the Latham offices (Suite 126) on certain days of the week. Patients are urged to ask for specifics.

"Albany Med's unmatched level of specialized care 'right in your neighborhood,'" said Dr. Seth Richter, a gastroenterologist. "This collaboration is a smart, cost-effective response to the changing health care environment and the growing needs of our community."

"The new partnership between Albany Medical Center and Saratoga will provide area residents with walk-in to emergency medicine. Albany physicians who specialize in designing and treating a wide range of conditions, said Steven Frisch, MD, Executive Vice President of EMS and Hospital Systems General Director at Albany Medical Center. "It will give peace of mind to those who can walk into the center and be seen by the emergency department, but still need care quickly. It will also alleviate some of the crowding in the emergency departments at Albany Medical Center.

Dennis Brobston, president of the Saratoga Economic Development Corporation, said the new partnership is essential to the continued development at the nearby Luther Forest Technology Campus.

"I applaud Saratoga Medical and Albany Medical Center for Dan's foresight to forge this partnership and invest at Exit 12, a little closer to home."

The new venture is the latest example of cooperation between the two hospitals. Last year, Saratoga Medical President of EMS and Saratoga Hospital, said Dennis Brobston, president of the Saratoga Economic Development Corporation, said this program is open to anyone who wants to improve their health and well-being. "The chief objective is to provide the best care for patients and their families."

"The new partnership between Albany Medical Center and Saratoga Medical will be in the center of it all."