

MEDICAL--Allopathic (M.D.), Osteopathic (D.O.) & Podiatric (D.P.M.)

RECOMMENDATIONS ONLY

Schools Referenced	Creighton University--Omaha, NE Des Moines University--Des Moines, IA University of Iowa--Iowa City, IA AT Still – Kirksville, MO University of Minnesota--Twin Cities, MN
Notes	<ul style="list-style-type: none">➤ The minimum cumulative GPA required 3.0. Typical average science and cumulative GPA of accepted candidates is between 3.5 and 3.8. University of Iowa - 2023 class mean GPA 3.79➤ Medical College Admission Test (MCAT) required. Target score 510-520 University of Iowa – 2023 class mean MCAT 513 www.aamc.org/students/applying/mcat/➤ Centralized application for M.D. schools; www.aamc.org/students/applying/amcas/➤ Centralized application for D.O. schools, acomas.aacom.org➤ Centralized application for D.P.M. schools, https://portal.aacpmas.org/➤ All grades are factored into GPAs. All repeated coursework is averaged.➤ Summer Health Professions Education Program; www.shpep.org
Biology	____ General Biology: Organismal Diversity--BIOL2051 ____ General Biology: Cell Structure and Function--BIOL2052 ____ Anatomy and Physiology I and II – BIOL3101 & BIOL3102 AND/OR ____ Vertebrate Anatomy- BIOL3106 (may be taken in place of Biol 3101)
Chemistry	____ General Chemistry I--CHEM1110 ____ General Chemistry II--CHEM1120 ____ Organic Chemistry I--CHEM2210 ____ Organic Chemistry II--CHEM2220 ____ Organic Chemistry Lab--CHEM2230 ____ Biochemistry I--CHEM4510
Math	Advanced college mathematics course or statistics course ____ Statistics--STAT1772 OR ____ Pre-calculus--MATH1140 OR ____ Calculus I--MATH1420
Physics	____ General Physics I--PHYSICS1511 ____ General Physics II--PHYSICS1512
Psychology & Sociology	____ Introduction to Psychology—PSYCH1001* ____ Introduction to Sociology—SOC1000* ____ Abnormal or Developmental Psych Racial Course: ____ SW 2045 – American Racial & Minoritized Populations ____ Minority Health – PH 3330 – University elective <small>*or related course recommended for the MCAT Exam</small>
English	Composition and Literature (heavy reading) course
Suggested Electives	____ Genetics--BIOL3140 ____ General Microbiology—BIOL3151 ____ Cell Biology--BIOL4128 ____ Immunology—BIOL4150 ____ REL 1020 – Religions of the World (UNIFI Global)

<p>Experiential Component</p>	<p>Shadowing & volunteering in a hospital or clinic setting, science research or related service organizations strengthens applications demonstrating well-rounded health experience. Commitment to “service of others” through non-medical volunteer activities expected. UI Virtual Office Hours visits for questions</p>
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MDs, DOs and DPMs

From explorehealthcareers.org

Physicians (M.D.s/D.O.s) examine patients; obtain medical histories; order, perform and interpret diagnostic tests; and prescribe and administer treatment for people suffering from injury or disease. They counsel patients about illness, injuries, health conditions and preventive healthcare (diet/fitness, smoking cessation, etc.). They can also conduct medical research, teach and run medical centers. People with medical education are in demand in many areas.

There are two paths to becoming a doctor: allopathic medicine, which leads to an M.D. (medical doctor), or osteopathic medicine, which leads to a D.O. (doctor of osteopathic medicine).

DPM/Doctor of Podiatric Medicine

Podiatric medicine is a branch of the medical sciences devoted to the study of human movement, with the medical care of the foot and ankle as its primary focus. A Doctor of Podiatric Medicine (DPM) undergoes lengthy, thorough study to become uniquely well-qualified to treat a specific part of the body.

Many practitioners focus on a particular area of podiatric medicine, including surgery, sports medicine, biomechanics, geriatric care, pediatrics, orthopedics and primary care. Additionally, care of diabetic patients is a rapidly growing podiatric medicine specialization as lower extremity problems often develop.

The skills of podiatric physicians are in increasing demand because disorders of the foot and ankle are among the most widespread and neglected health problems.

From Des Moines University’s website <https://www.dmu.edu/do/what-is-osteopathic-medicine/>

What is Osteopathic Medicine? The difference between a D.O. and an M.D.

Both D.O.s and M.D.s are fully qualified physicians licensed to perform surgery and prescribe medication. Is there any difference between these two kinds of doctors? Yes.

Similarities between D.O.s and M.D.s

- Applicants to both D.O. and M.D. medical colleges typically have a four-year undergraduate degree with an emphasis on scientific courses.
- Both D.O.s and M.D.s complete four years of basic medical education.
- After medical school, both D.O.s and M.D.s can choose to practice in a specialty area of medicine – such as surgery, family practice or psychiatry – after completing a residency program (typically two to six years of additional training).
- Both D.O.s and M.D.s must pass comparable state licensing exams.
- D.O.s and M.D.s both practice in fully accredited and licensed health care facilities.

Characteristics of a D.O.

- D.O.s practice a “whole person” approach to medicine. Instead of just treating specific symptoms or illnesses, they regard your body as integrated whole.
- Osteopathic physicians focus on preventive health care.
- D.O.s receive extra training in the musculoskeletal system – your body’s interconnected system of nerves, muscles and bones that make up two-thirds of its body mass. This training provides osteopathic physicians with a better understanding of the ways that an injury or illness in one part of your body can affect another.
- [Osteopathic manual treatment \(OMT\)](#) is incorporated in the training and practice of osteopathic physicians. With OMT, osteopathic physicians use their hands to diagnose injury and illness and to encourage your body’s natural tendency toward good health. By combining all available medical procedures with OMT, D.O.s offer their patients the most comprehensive care available in medicine today.
- [Colleges of Osteopathic Medicine](#) emphasize preparing students to be primary care physicians.