

NEWS RELEASE

East Carolina University News Services

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Photo attached: ECU Brody Scholar Dana Shefet

Cary native receives ECU's most prestigious scholarship

Greenville, N.C. (9/22/21)—A Cary native at ECU's Brody School of Medicine has been awarded the university's most prestigious scholarship.

Dana Shefet has been chosen for the Class of 2025 Brody Scholar award, valued at approximately \$118,000.

As a Brody Scholar, Shefet will receive four years of medical school tuition, living expenses and the opportunity to design his or her own summer enrichment program that can include travel abroad. The award will also support community service projects the students may undertake while in medical school.

Since the program began in 1983, 150 students have received scholarships. About 76 percent of Brody Scholars remain in North Carolina to practice, and the majority of those stay in eastern North Carolina.

Shefet, the daughter of Dr. Sarid and Sigal Shefet, graduated from Athens Drive Magnet High School.

She gained valuable experience and viewpoints as an EC Scholar, ECU's most prestigious undergraduate scholarship, and as part of the university's Honors College. She earned a bachelor's degree in public health and earned the Robert H. Wright Award for academic achievement, service and leadership. She also participated in research on childhood obesity in the Food-based Early Education (FEE) Lab.

Shefet also interned at the British Heart Foundation during a summer abroad in London and spent a summer at Yale University's Sherwin B. Nuland Summer Institute in Bioethics and worked on a research project, "A Right to a Dignified Death: Physician Aid in Dying in

Dementia Patients,” which was accepted for presentation at UNESCO World Conference in Bioethics, Medical Ethics & Health Law in September 2021.

“I have had multiple experiences in the medical field where I have witnessed how the power of the white coat opens an avenue to discuss and intervene in a patient's life at the individual level and on a more regular basis,” she said. “Having the opportunity to learn from physicians throughout my undergraduate experience has demonstrated to me that I want to make a meaningful impact by promoting conversations and initiatives that are vital to addressing social determinants of health of my patients.”

Shefet said she plans to immerse herself in the preclinical curriculum of medical school and continue volunteering in the community, including with Head Start nutrition lessons and the Greenville Community Shelter Clinic.

“Serving my community before becoming a physician demonstrates the potential I have to impact the lives of my future patients,” she said. “The power, privilege and knowledge of the white coat will enable me to better fulfill my future role by combining my personal commitment to humanity, equity and medicine while being a voice for those who do not feel they can speak for themselves.”

She said she also plans to find ways to interconnect her nutrition expertise with patient wellness. “I look forward to exploring how my future role as a physician can allow for conversations and preventative initiatives with my future patients,” she said.

Shefet said being a Brody Scholar means having the freedom to choose a specialty based on her passions instead of financial constraints.

“The Brody Scholars program is the ideal avenue to combine my commitment to eastern North Carolina, family medicine and leadership in medicine,” she said. “Being a part of the Brody Scholar community is the embodiment of East Carolina’s mission of *Servire*, and I know through the Brody Scholars program I will be given the tools and resources to leave an impact throughout eastern North Carolina.”

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About East Carolina University’s Brody School of Medicine

The Brody School of Medicine at ECU was founded more than 40 years ago to increase the supply of primary care physicians serving North Carolina, improve the health status of eastern North Carolina and enhance access of minority and disadvantaged students to a medical education. Each year, the school graduates close to 86 medical students and welcomes about 125 residents and fellows. Nearly half of Brody’s more than 2,400 graduates practice in N.C., many in rural and underserved areas. Brody consistently ranks in the Top 10% of U.S. medical schools for graduating physicians who practice in-state, practice primary care and practice in rural and underserved areas.