



# Louisiana HOSA

July  
2012



## HOSA:

*"Leaders of Today,  
Professionals of Tomorrow!"*

*-Hicks HS*

## Summertime!

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Nurse Minnie and  
State Advisor Shirlene Bender

Hi Everyone!

What a great time we all had at the National Leadership Conference in Orlando!! Our Louisiana students competed in 19 different events, attended workshops, heard an awesome & inspirational speaker, and met new friends! It was a week to remember!

Now, with only a few weeks until school begins, is the time to start planning a new and exciting year of HOSA. Start thinking about what activities your chapter can be involved in. How can you raise money now and all year to attend all the conferences in the coming year? What can you do for HOSA week? Who at your school can you invite to become a HOSA member? Who do you know at another school that would like to start a HOSA chapter? What can you do to earn HOSA CUP points?

Put on your thinking caps, and together let's make another exciting year happen for You and Louisiana HOSA!

Enjoy the rest of the summer!

*Shirlene Bender*

*Louisiana HOSA State Advisor*

## President's Pen

### Hello Everyone,

First, I expect those who attended the National Leadership Conference had a spectacular time and represented Louisiana very well! I also hope that you learned a lot by going to many of the very educational workshops.

Second, as the 2012-2013 school year comes closer you all should want to think of the impact that you want to make on your lives as you begin the journey in the medical field. What you do now can make a difference for years to come. Strive to make an impact not only in your life but in the life of every person you meet, because you never know when you have made a friend for life. Always remember these are the Keys to Success:

*"Expect more than others think is possible; dream more than others think is practical; risk more than others think is safe." –Anonymous*

I wish you all Good Luck in the upcoming school year and I'm very eager to meet those who attend the Fall State Leadership Conference!

Thanks and God Bless,

Victor Fields-Meaux

*Louisiana HOSA State President*



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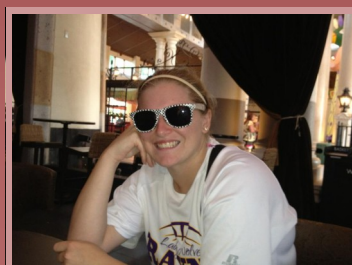
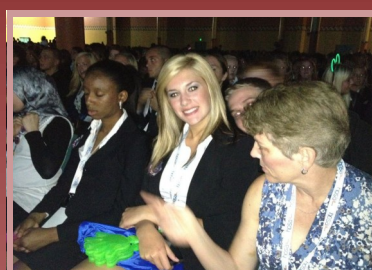
Shirlene Bender

[www.lahosa.org](http://www.lahosa.org)

[www.hosa.org](http://www.hosa.org)

# 35th Annual National Leadership Conference

## Orlando, Florida





## “Stretching”

contributed by State Historian Melissa Lam

**Stretching** used to be considered the main activity before a workout. That all has changed now. Stretching is still a beneficial activity prior to working out, but only after you have sufficiently warmed up. The reason for this is that stretching cold muscles can directly contribute to pulled and torn muscles. It's also known that stretching is important after a workout as well.

Stretching properly may reduce muscle injuries and provide these benefits:

- An increase in flexibility and joint range of motion
- Correct exercise posture
- Relaxed muscles
- Better sports coordination



**Stop If It Hurts.** Stretching should never hurt. If you have reached a point in your stretch where it hurts, relax to where it feels comfortable and hold the stretch.

**Maintain Each Stretch For 10-30 Seconds.** Holding a stretch won't sufficiently lengthen the muscle. Stretch the muscle gradually and don't force it. Avoid bobbing. Bobbing or bouncing while stretching may damage the muscle you are stretching. This damage may even cause scar tissue to form. Scar tissue tightens muscles and can get in the way of flexibility.

**Remember To Breathe.** Breathing is a necessary part of any workout, including stretching.

**Practice Equality.** Even if you are a righty, it doesn't mean that you should neglect the left side of your body. Make sure you stretch both sides equally, so all of your muscles are evenly ready for action. If you play a sport, you should do warm-ups that go with that sport.

## Healthcare Limelight

## “Orthopedic Surgeon”

contributed by State Vice-President Mariana

Orthopedic surgery or orthopedics is the branch of surgery concerned with conditions involving the musculoskeletal system. The musculoskeletal system, also known as the locomotor system, gives us the ability to move using the muscular and skeletal systems. The musculoskeletal system provides form, support, stability, and movement to the body.

Orthopedic surgeons use both surgical and nonsurgical means to treat musculoskeletal trauma, sports injuries, degenerative diseases, infections, tumors, and congenital disorders. In the United States, orthopedic surgeons have typically completed four years of undergraduate education and four years of medical school. Subsequently, these medical school graduates undergo residency training in orthopedic surgery. The five-year residency consists of one year of general surgery training followed by four years of training in orthopedic surgery. Selection for residency training in orthopedic surgery is very competitive. Approximately 700 physicians complete orthopedic residency training per year in the United States. Examples of orthopedic subspecialty training in the United States are:



- Hand Surgery
- Shoulder and elbow surgery
- Pediatrics orthopedics
- Foot and ankle surgery
- Spine surgery
- Musculoskeletal oncology
- Surgical sports medicine
- Orthopedic trauma

The median salary that a typical orthopedic surgeon can expect to make every year is around \$410,903 a year. This is according to analysis and survey data and this is the average all throughout the country. The top tier, which consists of the top 10% in the country, can make up to \$680,000 a year and the lower tier can expect about \$242,000. The overall salary that you can expect will depend on a few factors. In general, orthopedists are employed by hospitals, medical centers, trauma centers, or free-standing surgical centers where they work closely with a surgical team.

# Unveiled—The New HOSA Brand!!

## Humor

Contributed by State Reporter Victoria Burris

Welcome to the future of HOSA! The goals in developing a new logo for HOSA were to modernize the image, retain familiarity, and establish HOSA's identity. The new HOSA brand took careful thought and some bold moves. In our eyes, this new logo design represents the most natural evolution of the HOSA brand. Its modern type and stylish color palette give the brand a fresh face that will maintain its appeal among current and future generations of eager health science students, advisors, and our partners.

So move forward with us as we take the organization into the new millennium with a crisp new identity for HOSA - Future Health Professionals!

- HOSA, Inc. Board of Directors



Use hosa as a word. When someone asks, just say,  
"I belong to hosa-future health professionals!"  
That says it all!

Hospital regulations requires a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman-- already dressed sitting on the bed with a suitcase at his feet--who insisted he did not need my help to leave the hospital.

After a chat about rules being rules he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. "I don't know," he said "she's still upstairs in the bathroom changing out of her hospital gown."



**Be sure to log onto the LA HOSA Website**

**[www.lahosa.org](http://www.lahosa.org)**

## *Upcoming Events*

**October 8**      **Fall Leadership Conference  
in Opelousas, LA**

**September 2012**      **HOSA Membership Drive**

**November 4-10**      **HOSA Week**

*Questions? Comments?*

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*The mission of SWLAHEC is to improve health status through access to information, education, and health services."*