



# Louisiana HOSA



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*“HOSA: Leaders of  
Today, Professionals  
of Tomorrow”*

-Hicks HS

## *A Great Year Ends, A Greater One Begins!*

As 2011 is quickly coming to a close, I have looked back over the past year, and realized all the great things I have to be grateful for. Besides a wonderful family, I am fortunate to have a job I enjoy. I find that a great part of this past year and my job has been my involvement in HOSA. I am continually amazed by the fantastic and talented students I come in contact with, and the awesome teachers at the many schools I visit. This is a program that has allowed me to continue to grow as a person, and work with students who, I have no doubt, will be great future leaders and health care professionals.

As we enter 2012, I want you all to know how happy I am to have met all of you, and to play even a small part in your lives and your futures. This is going to be a great year for HOSA in Louisiana, and all of you are the ones who make it so great!

Let's all start out the new year with a bang! Invite someone to join your HOSA chapter, start planning for your competitive events, and get involved in your community!

Happy Holidays everyone!

Shirlene Bender

Louisiana State HOSA Advisor

## *President's Pen*

Hello Future Healthcare Providers,

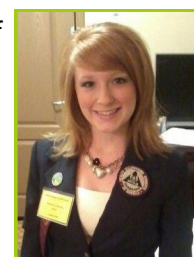
Christmas break is right around the corner. Maybe a good idea is to use this time off from school to get some volunteer hours in. The holidays are a pretty good time to reach out to people and show you care. Do not forget about the Barbara James Service Award you can apply for!

Also, study with your competitive event guidelines. Let's make the competition stiff this year. After all, Spring Conference is swiftly approaching!

On behalf of all the officers, we wish you all Happy Holidays and a great New Year!

Rebecca Stanley

Louisiana HOSA State President



## Pill Mills

The death toll from overdoses of prescription painkillers has more than tripled in the past decade, according to an analysis in the CDC Vital Signs report released from the Centers for Disease Control and Prevention. This new finding shows that more than 40 people die every day from overdoses involving narcotic pain relievers like hydrocodone (Vicodin), methadone, oxycodone (OxyContin), and oxycodone (Opana).

"Overdoses involving prescription painkillers are at epidemic levels and now kill more Americans than heroin and cocaine combined," said CDC Director Thomas Frieden, M.D., M.P.H.

48 states have implemented state-based monitoring programs

designed to reduce diversion and doctor shopping while protecting patient privacy, and the Department of Justice has conducted a series of takedowns of rogue pain clinics operating as "pill mills."

President Obama has also signed into law the Secure and Responsible Drug Disposal Act, which will allow states and local communities to collect and safely dispose of unwanted prescription drugs. This supports the DEA's ongoing national efforts to collect unneeded or expired prescription drugs, which have collected over 300 tons of medications over the past year. National strategies are being strengthened and states are also taking preventative measures. Visit the [CDC](#) to learn more.

## HOSA Chapters At It Again!

**Recently Hicks High School and Comeaux High School have been involved in their community.**



*Hicks High School held a blood drive, and volunteered at the Alexandria Zoo in October.*

Comeaux High School's HOSA Week from November 7-11 was full of activities! On Monday, Comeaux High School HOSA made posters about medical facts that informed students about HOSA. On Tuesday, students made thank you cards to send to doctors and other employees at Our Lady of Lourdes Hospital, to show their appreciation for all that they do. Students also visited a retirement home on Wednesday. Thursday, students visited an elementary school to talk about the opportunities in the medical field. On Friday, students made goodie bags filled with toys and candy for sick children at Women's and Children's Hospital, and collected books from students at their school to give away. Finally, on Saturday, students volunteered at the Alzheimer's walk in Girard Park. Good job, Comeaux!

## Healthcare Limelight:

### Medical Illustrators



**Ghosted Medical Illustration of a Dog**

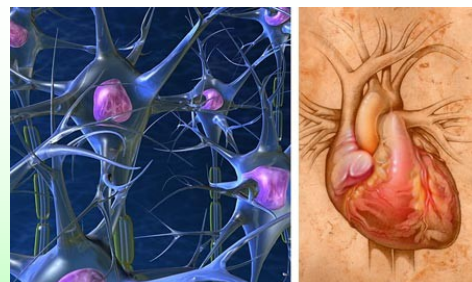
Ever wondered who has the time to draw the detailed pictures in your anatomy and

physiology book or that picture you saw in a medical journal?

Medical illustrators are professional artists who work with a variety of health care professionals and scientists to make the world of medicine come alive. Their drawings and pictures are featured in text books, medical journals, court cases, and many other publications.

Medical Illustrators can be found in medical schools, hospitals, law firms, and research facilities. Many medical illustrators have a master's degree in medical illustration. There are only four programs in the United States! Their classes include human gross anatomy, histology, pathology, and many others.

Medical Illustrators earn anywhere from \$54,000 to \$80,000 per year depending on



**Medical Illustration**

the type of drawings they do, the area where they work, and how much experience they have.

For more information on Medical Illustrators, [visit here](#).

Want to find the right healthcare career for you?

Do you want to help change the world of healthcare?

Visit [explorehealthcareers.org](http://explorehealthcareers.org) today!



Remember to sign up for their e-newsletter and register!



## Event Helpline:

### Concepts of Healthcare

#### *Tips and Techniques*



- Part of this knowledge test, Concept of Healthcare, deals with the general knowledge of health care such as ethics, history of health care, career options, the health care system, and cultural differences of health care.
- Print and read the guideline thoroughly.
- Study the topics stated in the guideline.
- Read the suggested references if they're available, but if they aren't, then any other books or resources dealing with health care works just as well.
- Start studying now, and don't procrastinate and cram at the last minute!
- Remember to study early, and you'll do well!

## JUST FOR LAUGHS

Two patients limp into two different hospitals with the same complaint. Both have trouble walking and appear to require a hip replacement.

The **FIRST** patient is examined within the hour, is x-rayed the same day, and has a time booked for surgery the following week.

The **SECOND** sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week, and finally has his surgery scheduled for a month from then.

Why the different treatment for the two patients?

The **FIRST** is a Golden Retriever.  
The **SECOND** is a Senior Citizen.

Next time take me to a vet!

\*WOOF!\*




## *A Twist on Gift-Giving this Season Could Change Hearts!*



Many stumped adults searching for the perfect gift to give to a loved one this holiday season are finding help from the national *Million Hearts Initiative*. Whether someone is pinching pennies or reaching for the sky's limit, good health is the one thing everyone appreciates. In a little twist on the online postcards called e-cards, the national *Million Hearts Initiative* is asking gift givers to consider taking care of their own health as a gift to a loved one.

"Family members worry about loved ones who are at risk for heart disease or stroke," said Janet Wright, M.D., executive director of Million Hearts. "When someone pledges to learn how to improve their

health, we show respect for ourselves and the lives we share with others. Nothing shows our love like actions that allow us to enjoy the seasons together for years to come."


Although many health-related e-cards let people suggest that others do something, these cards let people show "you get it—your health matters." The digital post card  is available for free on the Internet as well as Facebook and Twitter at [millionhearts.hhs.gov](http://millionhearts.hhs.gov).

Cardiovascular disease, including heart disease and stroke, is responsible for 1 of every 3 deaths in the United States. Americans suffer more than 2 million heart attacks and strokes each year, and every day, 2,200 people die from cardiovascular disease.

The goal of Million Hearts is to prevent 1 million heart attacks and strokes across the United States over five years. One way to do that is for people to learn and improve their ABCS of health. ABCS stands for aspirin, blood pressure control, cholesterol management, and smoking cessation.

Less than half of Americans at highest risk of cardiovascular disease take daily aspirin, less than half with hypertension have it adequately controlled, only a third with high cholesterol have adequate treatment, and less than a quarter of smokers get help to quit. Million Hearts' goal is to reduce the number of people who need treatment through prevention and improved management of the ABCS.

"Many people are disabled because of heart disease and stroke, with more than 3 million people across the country reporting serious illness and decreased quality of life," Wright explained. "Most major risk factors, including blood pressure, are controllable. Greater attention and focus on blood pressure control, by patients and their care teams and families, will dramatically reduce deaths and disability from heart attack and stroke."

Million Hearts is a public-private initiative that involves multiple federal agencies and key private organizations. Million Hearts is securing commitments and participation from many more partners in health care, public health, industry, and government. Million Hearts was launched this fall by the Department of Health and Human Services to help Americans live longer, more productive lives. To learn more about Million Hearts and to pledge your support, visit <http://millionhearts.hhs.gov/index.shtml> .



# Welcome New Chapters & Members!

## Carroll High School-Medical Magnet **New Chapter!**

**Chapter Advisors:** Ms. Georgia Jones and Ms. Catherine Johnson

Candedra Beard	Breonna Freeman	Claudetteia Love	Jamonica Ross
Danielle Broadway	Hannah Freeman	Shannon Lowery	Timothy Smith
Cia Brooks	JoKia Greely	Tikira McClanahan	Robyn Washington
Taja Chambliss	Shantecia Johnson	Mary Millsaps	Eboni Williams
Carla Edmonds	Nakeisha Lenard	Breanna Pratt	Jazmene Williams

## Comeaux High School

**Chapter Advisor:** Ms. Lisa Ranney

Brittany Benoit	Tobi Jackson	Martie Miller	Krithika Senthil
Gina Biddick	Tracy Kendrick	Lauren Myers	Rithika Thirumal
Angelle Cleney	Kinzie LeBlanc	Olivia Ours	Kierra Tolbert
Jordan Holladay	Maria Lugo	Sydney Parker	Bryanna West
Kyesha Isadore	Amanda Martin		

## Merryville High School **New Chapter!**

**Chapter Advisor:** Ms. Michelle Stark

## University of Louisiana at Lafayette **New Chapter!**

**Chapter Advisor:** Ms. Lisa LeBlanc

Monique Babineaux	Tiffany Deville	Jonathan Lee	Ronald Pellegrin
Michelle Bagur	Elvis Gaston	Chase Luguette	Lloyd Riley Jr.
Natasha Barnhill	Elizabeth Gilchrist	Courtney Majcina	Kayla Steckler
Brittney Bradford	Laura Gilchrist	Brittany McDade	Lauren Stutes
Mamie Briley	Joshua Guillory	Tiffany Murphy	LaBrittany Wyatt
Heather Bullara	Philip Judice	Morgan Pellegran	

## *Louisiana HOSA Fundraiser*

Anyone need to buy anything? You, your family, friends (anywhere in the country)? Please send them the link below to do their online shopping. Money raised from this will help offset the cost of conferences and other Louisiana HOSA activities! This is a year-round fundraiser, so please keep reminding everyone to use it.

Just click on the link, and that will take you to the page where you can choose from a list of stores!

<http://www.louisianacommunitymarketplace.com/lahosa>

*Thank You For Your Support!*

## National Opportunity

Did your chapter participate in any event this year? Do you have photos of those activities?

Louisiana HOSA has been asked to submit a story that includes chapter activities and photos to the National HOSA E-Magazine.

*Submit your story to the State Advisor today!!*

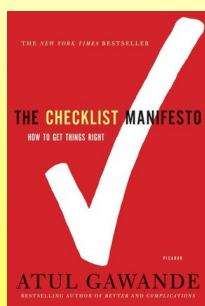
**"Every accomplishment starts with the decision to try."**

-Anonymous

### On Your Medical Book Reading List!

In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drowning victim who had spent half an hour underwater, to Michigan, where a cleanliness checklist in intensive care units virtually eliminated a type of deadly hospital infection.

He explains how checklists actually work to prompt striking and immediate improvements.



Do *you* know anyone who used to be in HOSA? Ask them to sign up as an alumni. Alumni membership is free! They could judge, help chapters, or share in some way!

Sign up [here!](#)

# HOSA



### Upcoming Events

February 17

State Officer Applications Due

Contact Ms. Shirlene Bender for Application

March 11-12

Spring Leadership Conference  
Lafayette, LA

June 20-23

National Leadership Conference  
Orlando, FL



Questions? Comments?

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