

# Louisiana HOSA

HOSA: Saving the World, One Germ at a Time.

~ Comeaux High School



## President's Pen



Hello My Fellow HOSA Members!

"Your present circumstances don't determine where you can go; they merely determine where you start," – *Nido Qubein*. Everyone comes from different backgrounds with different struggles. However, those struggles should not prevent anyone from reaching goals. It might seem harder for you to reach some goals than others, but that should not make you quit. In the end, you have achieved your own goals—not someone else's. Your hard work to overcome those struggles is what makes the battle worth fighting. The struggles faced in life may seem awful and heart wrenching but your fight against them is what makes you original. And your originality is what makes the world more inspirational.

Yours truly,

Melissa Lam

*State President*

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*"Believe you can and you're halfway there."*

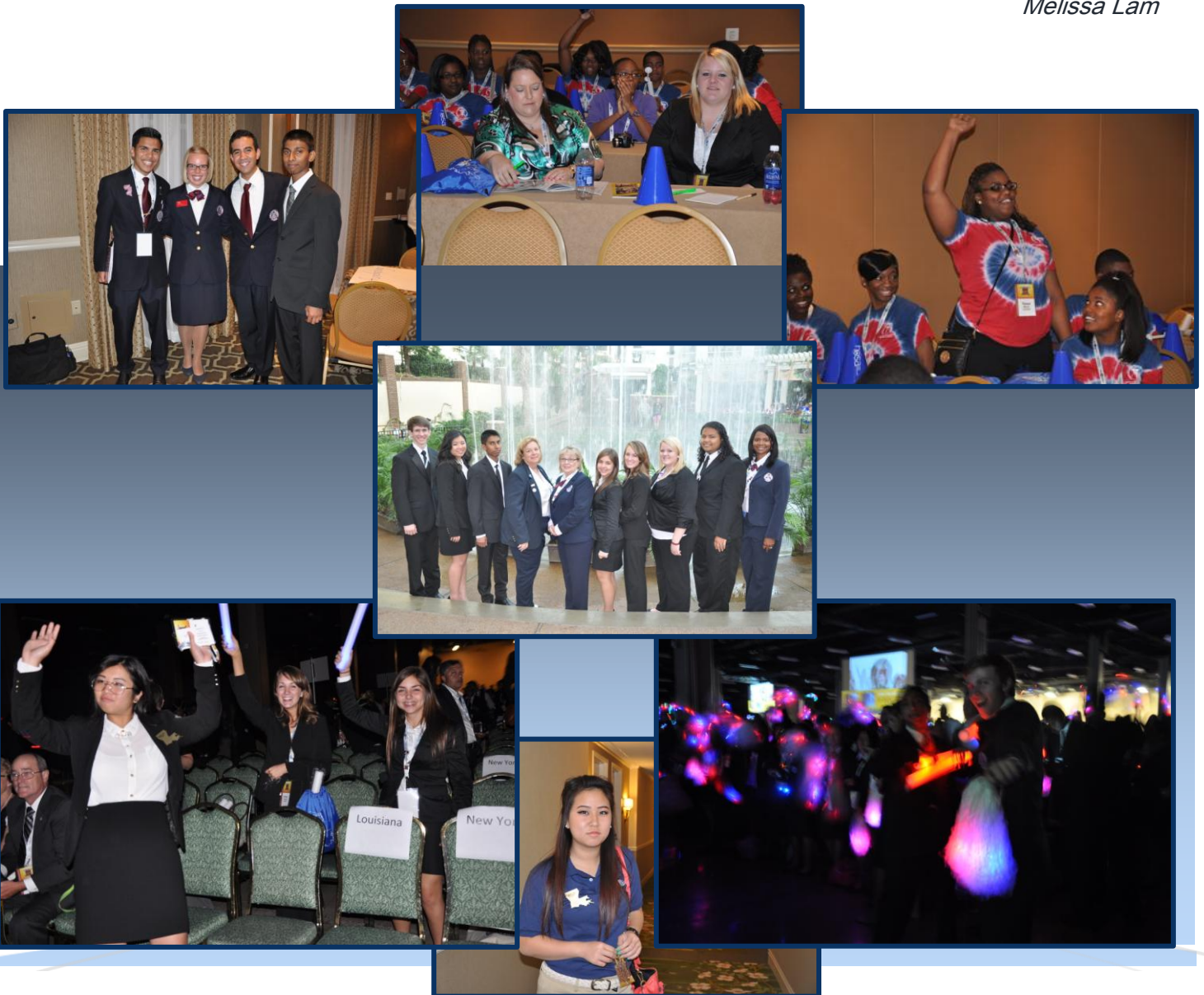
~ Theodore Roosevelt

## Experiencing Nationals!

The National Leadership Conference was an experience that went above and beyond my expectations. From meeting such amazing people from all over the country, to screaming at the top of my lungs at opening session; Nationals has made my love for HOSA even stronger. The keynote speaker, Dr. Ben Carson, was so inspirational. He spoke such wise words that made me wish he had spoken longer. There were so many educational symposiums that gave me a lot of information to bring to our state.

So, fellow HOSA members of Louisiana, please look into going to Nationals next year in Orlando, Florida! It is a costly trip, but definitely worth every penny. So, save up now for such a life-changing experience!

*Melissa Lam*



# Filing Secrets Is Actually A Profession!

Health Information Management (HIM) Coordinators are the people who deal with all of the patients' medical records and safeguard their confidentiality. Stephanie Domingue, HIM coordinator with Our Lady of The Lake in Napoleonville said, "The HIM department is very important as it compiles all the information that is related to patient care in a hospital." She also said, "The most interesting part of my job is Medical Record Review. It entails reading the medical records and making sure the Doctors are in compliance with their documentation." However, like all jobs, there are some difficult parts. When asked what the hardest part of the job is, Stephanie answered, "The hardest part of my job is the ever changing rules and regulations that are indicative of Healthcare today." The HIM Department is the organized foundation on which health care is based!

*Whitney Veron*



## Does Not Eating Make You Fatter?

Your body needs food in order to produce energy to keep your heart pumping, your brain working, and the body functioning. If you eat more food than needed in a day, then your body will store it as fat. Those fats can be later used as energy on days that you do not eat enough. So technically, in a simplistic view, not eating would make you thinner. *However*, the human body is not that simple. After a day or so of not eating, your body becomes more efficient by using less energy to do daily actions. Then, when you begin to eat normally again, your body will store **more food as fat** than it usually does. This is called the "yo-yo diet" and it will make you more fat than thin. NOT only does starving mess up your food-storing process, but also it affects your brain and heart by weakening and damaging both. In conclusion, the best way to lose weight is **regular exercise and a healthy diet**.



*Taseen Karim*



*If you are coughing in the cold for too long, you could wind up in a cold coffin.*

*Losing your head in an emergency is a no brainer.*

*Diabetics should not be allowed to have sweet dreams!*

*Julie Nguyen*



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

#### State Advisor Message:

Hello,

What an exciting time we all had in Nashville at the National Leadership Conference! I was so proud of all of our students who attended, and very thankful for the help of the three State Officers we had there.

We are starting a new year now, and already we are seeing growth in Louisiana HOSA! Plan to be in on the excitement. Start planning now for what you will accomplish this year.

I'm looking forward to seeing all of you at the Fall Leadership Forum!

Gratefully,  
Shirlene Bender