You are a survivor from the moment you are diagnosed.

I'll never forget being wheeled away from my husband and mother at Mt. Sinai Hospital in New York City through large double gray doors bearing a diamond-shaped yellow sign reading “no visitors beyond this point.” Dressed in a thin cotton gown, on a cold metal gurney, I was wheeled into my parking spot alongside other patients coming in and out of surgery. Doctors and nurses were dashing around as I lay there at 8 a.m. for my 9 a.m. surgery.

At noon, I called over a nurse. “Excuse me, I'm sorry to bother you but my surgery is supposed to be 12 hours long and at this point, they'll be operating on me at midnight. Can I reschedule for tomorrow?”

“Oh honey,” she said, “Don’t you worry about it, they do this AWL (NY accent) the time? Now, do you want a magazine?” At that moment, the frustration simmering deep inside began to erupt. Why didn’t my dentists know what was staring at them on my lateral tongue? Why didn’t the oral surgeons question the first biopsy, perform a second? I took my frustration out on this nurse. “Do you know, I may never speak articulately again. I may never swallow normally; I may not recognize my own face! And, you’re asking me if I want a magazine?”

She backed up, apologized, and walked away. I had nowhere to direct my frustration but upwards. “How could you do this to me?”

I stopped myself remembering wise words of a friend who said, “When you are angry, you’re weak.” I wanted to be strong! “Thank you for doing this to me and not to my children.”

I lashed out again, “But why stage IV?”
Again, I stopped myself. “Thank you for doctors who give me hope.”

“But why my tongue, out of all the parts of this body?” I had been a professional performance artist specializing in interactive storytelling. “Why my tongue?”

Once again, I stopped myself. “Thank you for taking a third of my tongue and not a third of my brain.” When I started to think this way, I felt this strength well up in me. I looked my cancer in the eye and said, “You are not going to squat your ugly face in this vessel, because I am going to fight.”
Recently, Christopher Michael Everett, 33-year old actor in Los Angeles, went to his first spin class and within minutes, he started experiencing a slight pain in his thighs. He assumed that his muscles were simply just becoming sore, so he did not give much thought to it.

However, a couple of days after Everett’s workout session, he was undergoing some excruciating pain within his thighs. The pain made him unable to sleep at night, so he decided to research his symptoms. Soon, he discovered an article written by a lady who had complained about the same uneasiness as Everett: soreness, swollen thighs, nausea and an inability to bend the knees. He rushed to the ER and was diagnosed with Rhabdomyolysis, translating directly to breakdown of muscles. He was hospitalized for a week until all the toxins were flushed out of his body and his CPK levels were back to normal.

What is Rhabdomyolysis? According to John Hopkins’s Dr. Derek Fine, “it is when the muscles break down, releasing myoglobin, a protein that poisons the kidney, into the bloodstream.” Rhabdomyolysis is commonly caused by trauma associated with the muscle or toxins released from faulty medications. This diagnosis was first executed after some citizens had been trapped underneath a bombed building in World War II. Yet recently, more cases of Rhabdomyolysis appeared from simple physical exertion, like weight lifting, running, and or CrossFit.

Fortunately, Rhabdomyolysis cases are curable, simply by patients given fluids to rehydrate and alleviate the toxins released.

Hence, if you are ever experiencing any sort of pain when exhausting any physical exertion, do not second guess, assuring with a doctor if everything is alright.
Do you want to be an anesthesiologist? Or possibly a pediatrician? How about a cardiologist? Regardless of the health career you are aiming to achieve, America's ToothFairy: National Children's Oral Health Foundation wants to help you understand the importance of dental health and its connection to overall health.

Dental Health Facts:

- Tooth decay is the #1 chronic childhood disease in the US
- 20% of children ages 5-11 have untreated tooth decay
- Lower income children have twice the amount of untreated tooth decay than other children
- Poor oral health is linked to cardiovascular disease, dementia, respiratory infections and diabetes

No matter your chosen health profession, you are likely to face someone in need of dental treatment. An anesthesiologist may find herself in the operating room sedating a young child who requires emergency surgery due to severe tooth decay. A pediatrician may be the first to advise parents of young children about the importance of positive dental hygiene habits, since many parents do not know their child should see a dentist by age one. A cardiologist may see increased heart disease in patients with long-term poor dental hygiene. A nurse in the ER may be faced with multiple dental patients a day requiring skills she did not learn while attending nursing school. For these reasons, America’s ToothFairy provides educational materials and financial grants, when available, to HOSA chapters to increase awareness of the importance of oral health and its connection to overall health.
Pediatric dental disease is the #1 chronic childhood disease in the U.S.

Many HOSA students want to be nurses. Do you know the #2 reason students visit their school nurse? Tooth or mouth pain.

How about this: Every 15 SECONDS, someone goes to the local emergency department for a dental issue.

America’s ToothFairy is also home to the Smile Drive, our national service program, aimed at raising awareness of the importance of dental health and collecting dental care supplies for children in need. Taking place in February, National Children’s Dental Health Month, Smile Drive is a great way to have fun while giving back to your community. All you have to do is register, collect as many toothbrushes and dental care products as possible, and report. We have a national contest with great prizes for your HOSA chapter. Learn more about Smile Drive and register today!

Is your HOSA chapter interested in providing oral health education in your community? If so, register for the Oral Health Education Program. We’ll let you know when we have grants and other incentives available. You can also apply for our ToothFairy 101 Community Education Kit, a hands-on educational tool for teaching dental health to children in your community.
As a future health professional, you may be wondering what you would like to do in the vast field of healthcare, or perhaps you would like to further your horizons. From Western to Eastern medicine, there is something for everyone! Just last year, only forty-one percent (41%) of the adults in the United States with a mental health condition received appropriate health services. To put this in perspective, 1-in-5 adults in the U.S. experience mental illness in any year, and less than half of them receive health services! As we prepare to “pop and freeze” the stigma through HOSA-Future Health Professionals, we should look at ways to create a better future for mental health care.

The term therapist is used generally to describe any mental health professional who interacts with patients in spite of their qualifications or title. People tend to use the words counselor and therapist interchangeably, but a therapist is a broader title. Becoming a Licensed Professional Counselor (LPC) means you have achieved a master’s degree in psychology or a relevant field.

To become a psychologist, you must have earned your doctorate degree. Psychologists work in clinical or research settings and are licensed in the area they choose to work. You may see psychologists attached to the term LCP, which stands for Licensed Clinical Psychologist. They can diagnose mental illnesses and assist patients.

What’s the difference between a psychologist and a psychiatrist? The two positions are similar as both require a doctorate, but psychiatrists have to be Medical Doctors (M.D.’s) and are able to prescribe medication. Psychologists are trained to work directly with patients whereas a psychiatrist may or may not be. In this case, the two positions work closely as a psychologist working intently with a patient may refer them to a psychiatrist to be prescribed medication.

As you consider these fields, why wait to make a difference? Did you know you could take a course for mental health first aid? Even better, you could become an instructor and help teach others with your mental health first aid skills! Mental health first aid provides skills used to help someone experiencing a mental health crisis or helps to identify those who are developing symptoms. This includes learning how to help someone through a panic attack, aid overdosed individuals or guide someone who might be suicidal. Visit https://www.mentalhealthfirstaid.org/ to learn more! Let’s make these skills as important as CPR!
The 2016-2018 National Service project is the National Alliance of Mental Illness (NAMI). NAMI, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. The mission is to educate, advocate, listen and lead in terms of mental illness.

Educate Yourself and Others

- Understanding mental health isn’t only about being able to identify symptoms and having a name for conditions, but dispelling false ideas about mental health conditions as well.

See the Person, Not the Condition

- 1 in 5 Americans live with a mental health condition and each of them has their own story, path and journey that says more about them than their diagnosis does.

Take Action

- We can take action now as we push for better legislation and policies to improve lives for everyone. By lending your support, you can show that this cause is important to you.

#POPTHESTIGMA CHALLENGE

1.) On a balloon, write a word or phrase that you feel discriminates towards people with mental illness
2.) Read what you wrote and say “I see the person, not the illness.”
3.) Pop your balloon
4.) Challenge someone else
5.) Write a mental health statistic in the caption
6.) Use #pop the stigma and tag California HOSA and HOSA – Future Health Professionals

HOSA has also chose to adopt the Freeze Mental Illness in its Tracks challenge by Texas HOSA. We challenge you to freeze the stigma by eating a popsicle as quickly as possible and challenge others to help raise awareness for NAMI.

This year, HOSA adopted California HOSA’s #PopTheStigma Challenge. We hope to use this idea not only to raise money for mental illness but also to raise awareness that HOSA sees the person, not the illness.

Just last year, only forty-one percent (41%) of the adults in the United States with a mental health condition received appropriate health services.
“What advice can you give to HOSA members for the upcoming year and beyond?”

OFFICER

Devindra Persad
Postsecondary/Collegiate Vice President
2013-2014

Jude Alcide
Postsecondary/Collegiate Board Representative
2007-2008

Amit Sandhu
President
2015-2016

Santina Cherian,
Region I Vice President
2015-2016

Tammy Phillips
Secondary Board Representative
2015-2016

Jessica Fults
Region II Vice President
2013-2014

ADVICE

Networking is one of the most important things that HOSA members can do. It allows members to stay connected globally, and build friendships that last throughout our professional careers.

“Don’t just build your resume, build yourself. The most impressive thing to good organizations is someone who focuses more on developing themselves as a well-rounded person. These people are more memorable.”

Be bold. Socially: smile, be kind, and believe in yourself. Academically: Go to office hours, study the readings/PowerPoint before lecture, never be afraid to ask questions in said lectures. Everything else: say what you mean, and mean what you say. In moments of doubt, ask yourself “am I being bold?”

Suspend your preconceptions and approach situations with an open mind, listening to understand, and taking time to think critically. Consider that you do not know everything, that you could be wrong, and with that humility be willing to quickly adjust if needed. If nothing comes to mind about how to respond in a certain situation, don’t be shy to respond with thoughtful questions.

My biggest advice would be to never forget where you came from. There have been times when I’ve started a new job/class and have been close to burning out. I kid you not, looking back at my time in HOSA and remembering the pillars of professionalism, education, and compassion have carried me through those hard times. My time in HOSA, even years later as an alumnus, has made me who I am and continues to help me succeed today.

“If you are thinking about running for office, at any level, go for it. You have nothing to lose. The worst-case scenario is you are not elected but have the chance to grow and learn about yourself. The best-case scenario means you get to push yourself to new heights as a leader throughout your term.”
Advice from a former Executive Council Member

Strengthening the Connection

The longer you’re a part of something, the more it becomes a part of you. Most members of HOSA-Future Health Professionals are currently in high school. However, your journey doesn’t have to end when high school does, you could just be getting started at that point. Transitioning from high school to college is oftentimes intimidating because there’s a lot of new challenges, whether it’s living by yourself for the first time, or learning how to study for college exams, and the list goes on. The one thing that can be constant during your transition is your involvement in HOSA, a familiarity that will provide you comfort and remind you throughout your college education why you’re doing what you’re doing.

The beauty of connecting more with HOSA is that it’s a mutual relationship; it strengthens you as a future health professional, and you can help strengthen the organization as well. As a Postsecondary/Collegiate HOSA member, many members will look up to you and seek advice from you because you’re in a situation to which they strive to be. Having the opportunity to positively influence members is extremely rewarding, and you may find a new passion for mentoring.

You can also take the next step in leadership in HOSA. As a college student, you can provide a unique perspective to the leadership teams you’re a part, and by doing so, make the leadership team more complete. Additionally, by being exposed to various networking opportunities, engaging in competitive events with students in health career programs, and having numerous internship and scholarship opportunities, the Postsecondary/Collegiate connection is one that’s extremely valuable; a connection worth forming and strengthening.

And after college and you have your first job, don’t forget being an alumni member! Membership is free, and it is easy to be involved. You want to give-back to an organization that has given you the skills to help you get your first job. You want to be a great role-model to other future health professionals!

“My Time in HOSA, Even Years Later as an Alumnus, Has Made Me Who I Am and Continues to Help Me Succeed Today.”

Jude Alcide

Jessica Fults

Having the Opportunity to Positively Influence Members is Extremely Rewarding, and You May Find a New Passion for Mentoring.
Get Creative in Your Chapters!

Whether you are having a state conference or even a chapter meeting, getting to know your members and peers is extremely important. The best way to meet new people is to interact with fun and exciting icebreakers.

*Here is a fun activity you might want to use:*

When hosting a chapter meeting, make sure the officers think of a secret word before the meeting starts. For this activity to work, this secret word needs to be something special. For now, the secret word is “butterflies.”

As the members are walking into the room, the officers will tell two members the secret word. The beginning of this icebreaker starts as the meeting begins. Everybody will stand up and must begin by introducing themselves with their name, their favorite color, and a fun fact. After this quick introduction, then only can you ask the question of “Do you know what the secret word is?” It is okay to share the secret word at this point.

Eventually everyone will know and have spread the secret word after 5-10 minutes of introductions. The officers can then reconvene the meeting and ask the group as a collective what the secret word is.

The point of this icebreaker is for everyone to get the opportunity to meet one another while working together to achieve a common goal – to learn the secret word. This combines meeting people and working together both extremely important qualities on our path to becoming better future health professionals.
Marshmallow Tower

Team building activities can be extremely important when trying to build a cohesive and fun chapter. An icebreaker you can use at meetings is the Marshmallow Tower.

Materials Needed: Uncooked Spaghetti and Marshmallows

How to conduct the activity?

• Have everyone split up into equal groups of people.

• The objective of this activity is build the tallest and sturdiest structure possible, with one caveat, you cannot talk to your team mates.

• Now, the teams will have five minutes to complete building.

• At the end of the five minutes, each team will then compare heights.

• After the team with the tallest and sturdiest tower is announced, there will be a second building opportunity, except this time, teams can communicate with each other.

• Each team will get the same five minutes to build their towers but this time with verbal communication and then the towers will be compared.

At the end of this activity, it is very important to debrief what happened. The use of communication amongst team members is vital to the teams’ success. This activity also showcases how while there may be a quick and easy path to the top, just building as straight up as possible, it is not always the best plan. Having a strong foundation underneath is what always keeps “us” up.

GET ACTIVE WITHIN YOUR HOSA COMMUNITY AND MEET NEW PEOPLE.
YOU NEVER KNOW WHO YOU CAN ADD TO YOUR HOSA NETWORK.
What is HOSA-Future Health Professionals?

HOSA-Future Health Professionals is an international student-led organization with over 225,000 members! HOSA provides a unique program of leadership development, motivation, and recognition exclusively for middle school, secondary, postsecondary, collegiate, and adult students enrolled in health science, biomedical science, and other programs preparing the next generation of health professionals. HOSA is 100% health!

HOSA is a Career and Technical Student Organization (CTSO) which is recognized by the U.S. Department of Education!

Did you Know? HOSA is one of 11 CTSOs! Other CTSOs include: FBLA, DECA, SkillsUSA, FCCLA, The FFA and more!

HOSA’s Mission

The mission of HOSA is to empower HOSA Future Health Professionals to become leaders in the global health community through education, collaboration, and experience.

How does HOSA work?

Think of a pipeline!

Middle School Division → Secondary (High School) Division → Postsecondary/Collegiate Division → Alumni membership

How is HOSA organized?

Local Chapter → Region/District/Area (depending on State) → State → International

2016-2018 Service Project:

National Alliance on Mental Illness (NAMI)

2017-2018 Theme:

Create Future

Social Media Corner

- Website: www.hosa.org
- Instagram: @nationalhosa
- Twitter: @NationalHOSA

True or False Questions:

- HOSA stands for Health Occupation Students of America.
  FALSE: As of the June 2004 National Leadership Conference, the official name of the organization became HOSA-Future Health Professionals.
- HOSA is just for anyone interested in becoming a doctor.
  FALSE: HOSA is for any student interested in pursuing a career in the health - this can encompass veterinary medicine, nursing, physical therapy, dental, pharmacy, speech therapy and more.