



# NYS HOSA

**FUTURE HEALTH  
PROFESSIONALS**

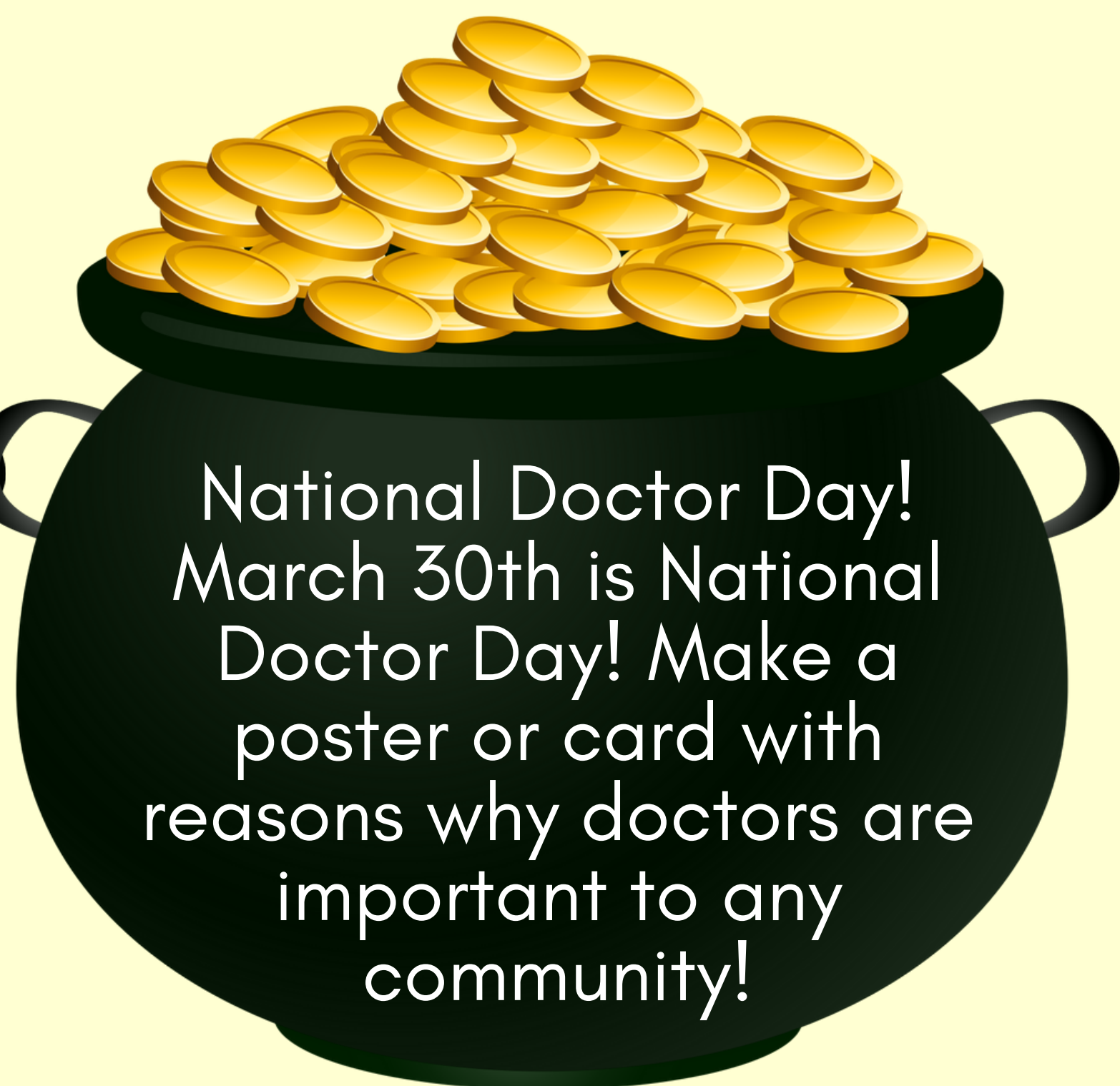
## MARCH 2024 NEWSLETTER

**NATIONAL  
COLORECTAL  
CANCER  
AWARENESS  
MONTH**

# HOSA CHAPTER



# CHALLENGES



Email HOSA Chapter Challenges to:  
[NYSHOSANewsletter@gmail.com](mailto:NYSHOSANewsletter@gmail.com)

**TO RECEIVE CHALLENGE POINTS, BE SURE TO INCLUDE:**

- Chapter school name and Chapter number
- Name of the chapter advisor and chapter president
- Name & description of the challenge

Each Challenge is worth **5 Points!**



# NATIONAL



# WOMAN'S MONTH

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In March, we celebrate National Woman's History Month. During this month, we celebrate the accomplishments of man women and their impacts in our society.



## Clara Barton (1821 - 1912)

Clara Barton was an American nurse who is credited with founding the American Red Cross. She was an nurse during the Civil War where she provided treatment to many of the wounded men.

## Susan La Flesche Picotte, MD (1865 - 1915)

Susan Picotte became the first Indigenous woman to receive a medical degree and she went on to open the first hospital on a reservation that was not funded by the government.





# COLORECTAL CANCER



## WHAT IS IT?

Colorectal cancer is a serious disease in which the cells of the colon or rectum grow uncontrollably. It is also known as colon cancer. The earlier the screening for this disease, the higher the chances of catching it in its early stages become which is why screening for this disease is extremely important to one's health. Some symptoms include bowel changes, abdominal pains, or a bloody stool

## STAGES

**Stage 0:** Cancer cells found on innermost lining and have not spread.

**Stage I:** Tumour has spread beyond inner layer, but not past colon

**Stage II:** Cancer grown outside colon, but not to lymph nodes

**Stage III:** Cancer has grown outside colon AND lymph nodes

**Stage IV:** Cancer has spread to other parts of the body

## TREATMENTS

- **Surgery (Polyp removal, Laparoscopic Surgery, Partial Colectomy, etc)**
- **Chemotherapy**
- **Radiation Therapy**
- **Palliative Care**

# **SPRING LEADERSHIP CONFERENCE**

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**Are you ready for the 2024 Spring Leadership Conference? This year's conference will be held from March 19th to 21st at the DoubleTree Hilton in Syracuse, NY! As you prepare for your competitive events, be sure to visit [hosa.org/guidelines](https://hosa.org/guidelines) to view the guidelines and requirements for all of your events! Some may require more or less than others.**

**Also be sure your advisor has ALL the required paperwork for you to attend the conference!**

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**Winners of the events at SLC qualify for the International Leadership Conference (ILC) which be held in Houston, Texas from June 26th to 29th! Get excited!**

**All the officers and advisors look forward to all participants! Best of luck in studying and all tests!**

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# SLC PACKING LIST



- **HOSA Attire**
  - **MANDATORY for ALL meetings, competitions, and meals**
  - **Black or Navy Blue pants/skirt (must be no more than 1" above knee)**
  - **Black or Navy Blue Blazer**
  - **Black or Navy Blue Socks (tights/stockings are acceptable for skirts)**
  - **Black or Navy Blue closed toe shoes**
  - **White shirt (button down - men, button down or scoop neck - women)**
  - **maroon long tie (men), (optional maroon bowtie for women)**
- **Pajamas**
- **Casual Attire**
- **Optional food/snack**
- **Cash for raffle basket!**
- **Personal hygiene items**
  - **makeup, moisturizer, feminine products, hair products, deodorant, etc.**
    - **the hotel will provide blankets, towels, soap, and pillows**



# BE THE MATCH RAFFLE

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Each HOSA chapter is required to bring a raffle basket worth about \$20 to be entered in the raffle basket. During the duration of the conference, officers will be selling tickets for \$1 each. You can buy as many tickets as you wish (the more you buy, the greater chance of winning!)

All the money will go to Be The Match, a non profit organization with the aim of providing marrow transplants to those in need.

## **Raffle basket item ideas:**

candy  
gift cards  
candles  
spa themed  
fidget toys