

# January 2021

Issue #5

## Welcome NYS HOSA - Future Health Professionals



### Table of content

Page 2 .....Glaucoma Awareness Month  
Page 3 .....Glaucoma Awareness Challenge  
Pages 4-5 .....National Birth Defects Prevention Month  
Page 6 ..... National Birth Defects Prevention Challenge  
Page 7 ..... NYS HOSA Spring Leadership Conference

# Glaucoma Awareness Month



## Background Information:

January is 'Glaucoma Awareness Month', currently 3 million people in the United States have glaucoma. Glaucoma is a group of diseases that is also called the "sneak thief of sight". This disease has no outward signs or symptoms, but once a person with this disease loses their eyesight it is irreversible. "The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase." <https://www.glaucoma.org/news/glaucoma-awareness-month.php>

## What is glaucoma?:

Glaucoma is a disease that involves the permanent damage to the optic nerve in the eye. Although glaucoma is most susceptible in people middle-aged to elderly, it does not discriminate and it can affect people of all ages. Unfortunately, there is no cure for this disease, but one can slow down the progression of this disease with medications and surgery and can help prevent further vision loss.

<https://www.glaucoma.org/news/glaucoma-awareness-month.php>

## Vision Loss and Check-ups:

Health professionals report that much as "40% of vision can be lost without a person noticing." "The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately."

<https://www.glaucoma.org/news/glaucoma-awareness-month.php>

## Are You At Risk For Glaucoma?:

Glaucoma is more common in African American, Latinx and Asian populations. This disease is "6 to 8 times common in African Americans than Caucasians." Other high-risk groups include people over 60, people with family members who have it, diabetics, and people who are severely nearsighted. "Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss." Glaucoma can occur immediately if a person injures their eye or even years later. "Blunt injuries that "bruise" the eye (called blunt trauma) or injuries that penetrate the eye can damage the eye's drainage system, leading to traumatic glaucoma." Lastly, some more possible risk factors include high myopia (nearsightedness), hypertension, and a central corneal thickness less than 0.5mm.

<https://www.glaucoma.org/glaucoma/are-you-at-risk-for-glaucoma.php>

## Glaucoma Awareness Month Challenge



**How can you bring awareness to  
Glaucoma Awareness this month?**

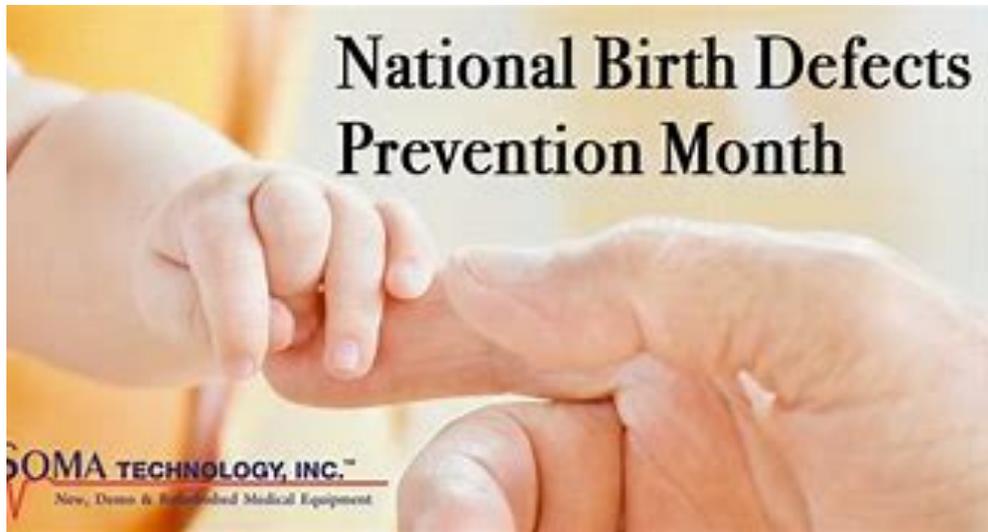
To enter this challenge we ask you to do the following...

**Wear a green ribbon, green shoes or green shirt to show your support for Glaucoma Awareness. Make a sign and be creative with your entries.**

**Take a picture with your chapter.  
You can take it on Zoom or in the classroom.**

Send the pictures to our **Instagram Account @nys.hosa**. Pictures are due by January 31, 2021. Each chapter can submit 5 entries, for 5 points each. Don't forget to include your school's name, the names of your chapter advisor and president, chapter number and name of the challenge.

We can't wait to see what you came up with!



### **Background Information:**

Birth defects are common, costly, and critical conditions that affect 1 in every 33 babies born in the United States each year. Every 4½ minutes, a baby is born with a birth defect. Not all birth defects can be prevented. But you can increase your chances of having a healthy baby by managing health conditions and by adopting healthy behaviors before and during your pregnancy. Taking care of yourself and doing what's best for you is also best for your baby!

<http://bit.ly/2WL1t0V>

### **What causes birth defects:**

Birth defects can be a result of:

- genetics
- lifestyle choices and behaviors
- exposure to certain medications and chemicals
- infections during pregnancy
- a combination of these factors
- unknown factors

<https://www.healthline.com/health/birth-defects#Common-birth-defects>

## **Common birth defects:**

Birth defects are typically classified as structural or functional and developmental.

The most common types of functional or developmental birth defects include:

- Down syndrome - causes delay in physical and mental development.
- sickle cell disease - red blood cells become misshapen, have impaired ability to carry oxygen and impacts cellular health of all tissues of the body.
- cystic fibrosis – causes damage to the respiratory and digestive systems.

<https://www.healthline.com/health/birth-defects#Common-birth-defects>

# National Birth Defects Prevention Challenge



**Help raise awareness for National Birth Defect Prevention...**

- 1. As a chapter, create a poster (18"x24") that educates others about some birth defects and how you can prevent them. Submit your chapter's poster as a pdf, jpeg or png. (5 points)**
- 2. Have members take a selfie while wearing pink & blue (ribbons, t-shirts, headbands, scarves, etc). (1 point each, max. 5 entries)**

Send the pictures to our **Instagram Account @nys.hosa**. Pictures are due by January 31, 2021. Don't forget to include your school's name, names of your chapter advisor and president, chapter number and name of the challenge.

We can't wait to see what you came up with!

# HOSA Updates:



## **Did you know the Spring Leadership Conference (SLC) is April 14-16, 2021?**

At this conference HOSA – Future Health Professional members get to compete in different events for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals. Winners are then invited to compete at the International Leadership Conference in Orlando, Florida in June 2021. This year the Spring Leadership Conference will be conducted virtually, to keep everyone safe, due to COVID.

Now is the time to start thinking about participating. The Board of Trustees voted to reduce the registration fee to \$10 (regularly \$45), so we hope to see all of you competing. Remember, your HOSA dues must be paid (\$22).

The first thing you should do is check out the competitive event guidelines to decide which event(s) you want to enter. The link is [www.hosa.org/node/117](http://www.hosa.org/node/117) Read the guidelines to make sure you are eligible to enter and what you need to do to be a winner!

Carefully review the rules for entering events:

1. Each member can enter as many “Health Science Events” that they choose to (*except Medical Spelling, which is a “live” event*) **and** up to two “live” events from categories A-C (see the chart on the next page). A member can only enter one event from a single category A-C.
2. Each chapter can only submit 3 entries for each “live” event from the chart.
3. Chapters can submit as many entries for the “Recognition Events” as they wish.
4. In order for an event to happen, there must be at least two chapters and three entries registered by the deadline on March 11, 2021. If not, the event will not be held and the conference committee will contact you to pick another event, so make sure you have a “Plan B”!
5. Online testing for many events will be held March 15 to March 26, 2021.

<b>Event Categories</b>	<b>Group A</b>	<b>Group B</b>	<b>Group C</b>
<b>Health Science Events</b>	Medical Spelling		
<b>Leadership Events</b>	Extemporaneous Writing	Healthy Lifestyle	Research Poster
	Research Poster	Interviewing Skills*	Prepared Speaking
	Health Career Photography	Job Seeking Skills	Speaking Skills*
			Researched Persuasive Writing and Speaking
<b>Health Professions Events</b>	Clinical Nursing	Nursing Assisting	Biomedical Laboratory Science
	Clinical Specialty	Personal Care*	Home Health Aide
	Dental Science	Sports Medicine	Pharmacy Science
	Medical Assisting	Veterinary Science	
	Physical Therapy		
<b>Emergency Preparedness Events</b>	Epidemiology	CPR/First Aid	Emergency Medical Technician
	Public Health	Life Support Skills*	
<b>Teamwork Events</b>	Community Awareness	Biomedical Debate	Forensic Science
	Medical Innovation	Creative Problem Solving	Health Education
		Health Career Display	HOSA Bowl
		Public Service Announcement	

All events will be held virtually, either by submitting your entry using TALLO or via Zoom.

The February issue of this newsletter will have directions on how to sign up for the SLC.

Create your TALLO account now ([Hosa.org/tallo](https://Hosa.org/tallo))! TALLO is the way you will learn about scholarships and how you will be able to upload materials for some competitive events for NYS HOSA SLC and HOSA International Leadership Conference in June 2021.