

HOSA-Future Health Professionals

OCTOBER NEWSLETTER ISSUE #2

October 1, 2020

Your state officers look forward to seeing everyone at the Virtual Fall Leadership Conference!



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FALL LEADERSHIP CONFERENCE

Great news ahead...

The annual Fall Leadership Conference will be held virtually this year!

When is the Fall Leadership Conference?

The date TBA soon, but like previous years it will be held in November.

What can you expect?

The conference will take place over the course of an 8 hour day starting in the early morning and ending in the afternoon. We will be putting together a great selection of events, programs, games, breakout room sessions and activities as well as speakers. You will get to decide which event to attend but you are required to join the opening and closing sessions as well as the mandatory events which you will be informed of later this month. Each program will occur over one or more zoom sessions and a schedule with all the times and links will be sent out in the coming weeks.

Remember...

This is a great opportunity for new and old members who haven't been to a conference to experience a leadership conference.

This year the registration fee has been waived and you won't have to worry about fundraising for your hotel cost!

UNLOCK YOUR POTENTIAL

Take advantage of this opportunity!

In the coming days we will be sending out copies of a Contract and Code of Conduct that all members must sign if they chose to be in attendance that day. Make sure to email back your paperwork, as soon as possible in order to verify your registration.

BREAST CANCER

AWARENESS



?A bit about Breast Cancer...?

Cancer is one of the most invasive diseases where individuals feel their body is weakening each day due to the ability of cancer cells multiplying and affecting their bodies quickly. One of these many cancers that affects about ¹1 in 8 women in the United States during their lifespan is breast cancer. Breast cancer begins with cells from breast tissue continuously multiplying until it forms a tumor which can either be malignant (cancerous) or benign (non-cancerous). ²It should be mentioned that both men and women have breast tissue and therefore either can concentrate a form of breast cancer. As the second leading cause of death in women in the United States behind lung cancer, it is now estimated that 42,170 women in the U.S. will die from breast cancer. Breast cancer affects so many of the men and women of today but due to a lack of knowledge and testing some people can go without noticing until their three or fourth stage where the potential risk doubles.

?What are the typical signs and symptoms?

Many who are diagnosed with breast cancer have experienced various signs and symptoms that can be early warning signs to seek medical care. Like other cancers as more symptoms develop, the degree and stage of the cancer increases.³ Some of the signs and symptoms to look for are:

¹ <https://www.nationalbreastcancer.org/breast-cancer-facts>

² <https://www.cancer.org/cancer/breast-cancer-in-men/about/what-is-breast-cancer-in-men.html>

³ <https://www.cancercenter.com/cancer-types/breast-cancer/symptoms>

- A lump or mass is felt.
- Breast and/or nipple pain.
- Nipple discharge (clear and colorless, bloody, or pale yellow and transparent)
- Skin irritation or dimpling around/near the nipple area.
- Swelling of the internal breast tissue.
- Nipple retraction.
- Nipples appear inflamed, red, and thickened (may cause peeling or flaking)
- Swollen lymph nodes in armpit or neck.
- Overall change in breast size either an increase or shrinkage can occur.

Stages of Breast Cancer

Determining the stage of a cancer is the most important thing to identify as soon as possible. Staging helps doctors determine prognosis and a treatment plan.⁴ There are five stages of breast cancer (zero to five). Zero stage is a non-invasive ductal carcinoma in situ (DCIS), and stages one through four help diagnose the severity of a patient's cancer. Stage 1 is least invasive, the tumor is small and has not spread while stage 4 is most invasive. The cancer has spread to other parts of the body. According to cancer.net, the most common tool used by doctors for staging is the TNM staging system. TNM stands for tumor, lymph nodes, and metastasis (spread). Doctors must first decide how large is the primary tumor, then determine if the tumor spread to the lymph nodes located in the breast tissue and lastly if the cancer has spread to other parts of the body. Based on clinical and pathological staging an oncologist can determine the stage of the cancer and move forward with a treatment plan from there.



Testing: How to stay vigilant about your health?

A yearly checkup is more than just going to doctors for a regular physical, you should be getting tested regularly for cancer or disease/illness. It's important to be proactive in your own health because it could be the difference between life and death. If you or anyone you know, has a family history of cancer, please know it is especially crucial for them to be tested regularly since some cancers have a genetic predisposition. Finally, monthly self-examination is fundamental in being proactive.

⁴ <https://www.cancer.net/cancer-types/breast-cancer/stages>

OCTOBER CHALLENGE #1

In support of Breast Cancer awareness...

Wear your favorite *pink* clothes, either a sweater or a shirt and get together as a chapter for a virtual zoom meeting.

Take a screenshot of all members, advisors, and officers in attendance.

Email the image to NYSHOSANEWSLETTER@gmail.com and you'll be rewarded with five points! Be sure to include your school name, names of chapter advisor and president, chapter number, name of challenge in the subject line, and a description of the challenge.

DOWN SYNDROME AWARENESS MONTH



What is Down Syndrome?

A genetic condition where individuals have a full or partial extra copy of chromosome 21, known as trisomy 21. It can affect a person's cognitive ability and physical growth and cause mild to moderate developmental issues. Approximately one in every 700 babies in the United States is born with Down syndrome – about 6,000 each year.

Is there a cure?

There is no cure for Down syndrome at this time. Physicians, special educators, speech therapists, occupational therapists, and physical therapists, as well as social workers, can all help to treat and improve the life of these individuals.

What can you do?

Make them feel valued. They enjoy being included and they know when they are being left out or ignored. Treat them with respect and provide empathy and compassion.





OCTOBER CHALLENGE

How can you help bring awareness to this syndrome?

By wearing #LotsOfSocks



But not just any socks...

Wear brightly colored, mis-matched socks

These crazy bright mis-matched socks were chosen to reflect the karyotype imaging of Down Syndrome chromosomes that actually looks like mismatched socks!

🔗 **Make sure to take pictures and videos of you wearing colorful socks and send it to our instagram [@nys.hosa](https://www.instagram.com/nys.hosa) using the hashtags [#LotsOfSocks](https://www.instagram.com/hashtag/LotsOfSocks) and [#WorldDownSyndromeMonth](https://www.instagram.com/hashtag/WorldDownSyndromeMonth)**

Each chapter can submit up to 5 entries and for each entry submitted, you can receive 5 points. Be sure to include your school name, names of chapter advisor and president, chapter number, name of challenge, and a description of the challenge. We will love to see and share your pictures! Due October 21, 2020.

BE THE MATCH SERVICE PROJECT



🔗 **What is this organization?**

Countless of people are diagnosed every year with life-threatening blood cancers and diseases such as leukemia and sickle cell. Be The Match is a global leader in bone marrow transplantation and connects patients with their match.

🔗 **What can you do?**

1. Go to [BeTheMatch.org/HOSAFundraising](https://www.bethematch.org/HOSAFundraising) and enter your info
2. Enter your chapter's team number. If you don't know it, check the [list](#)
3. Customize your personal page, then connect it to your social media
4. Spread the word! Invite your team, friends and family to visit your page and make a contribution.

🔗 **Fundraising Tip**

Every \$100 allows Be The Match to add one more potential donor to the Be The Match Registry®. The money YOU raise grows the registry, provides grants to patient families, and funds research to make transplant safer and more available to all patients.

**I'M COMMITTED
TO SAVING A LIFE**



SOCIAL MEDIA

☒ Benefits of Social Media ...

This year social media will be an integral aspect of the HOSA newsletter and HOSA in general. Being virtual comes with its many challenges, however, through our social media accounts on Instagram and Facebook we hope to engage in more interaction with members across the state

- Polls where can ask you opinion on various HOSA related subjects
- Q and A's which can be filled out by members if they have any questions
- Updates on dates, events, and more!
- HOSA Information
- And a chance to see your very own submissions to each challenge!

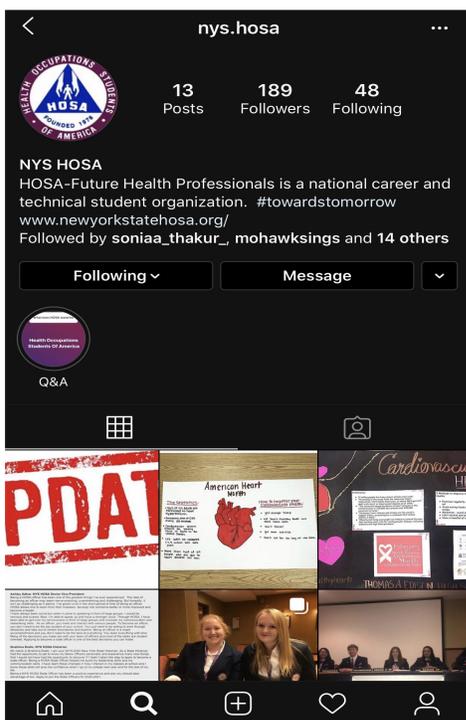
Some of the challenges in future newsletters will require you to send the challenge to our HOSA instagram or Facebook accounts so follow us and don't miss out on sending us your challenges.

Where can you find our social media pages?

Instagram Account: [@nys.hosa](https://www.instagram.com/nys.hosa)

Facebook Page: [New York State HOSA](https://www.facebook.com/NewYorkStateHOSA)

Be sure to follow both our accounts on Instagram and Facebook so that you'll receive quick updates and information!



HOSA REMINDERS

? Promote your HOSA chapter to get more students to join

? Attend the virtual Fall Leadership Conference to participate in many leadership activities and hear from great speakers

? Don't forget to wear mis-matched socks to Awareness & Down

? Please fundraise for Community Service



your favorite pink clothes and support Breast Cancer Syndrome Awareness Month

'Be the Match' HOSA Project to help save a life

Follow our social media links to receive more information and HOSA updates

THE TIME IS NOW TO UNLOCK YOUR POTENTIAL



Through HOSA- Future Health Professionals