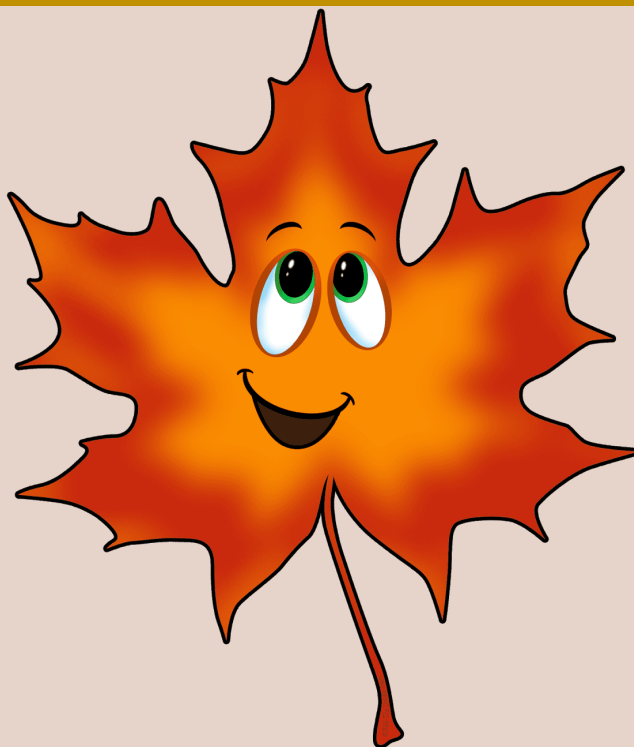


NOVEMBER

*NEWSLETTER*



**NEW YORK STATE HOSA**

2023-2024

[www.newyorkhosa.org](http://www.newyorkhosa.org)

# HOSA CHAPTER CHALLENGES

## **Challenge #1:**

November is a month to spread awareness to the hardships of diabetes. Take a picture with your chapter of all the members wearing blue!! Make sure to all hold hands to represent that we are all in this together!! This challenge can earn an extraordinary **2 points!**

## **Challenge #2:**

Veterans Day honors the service that soldiers have given to protect the citizens of our country. Make a poster card about a monument which honors veterans! Some examples are the Air Force memorial and Washington monument. Get creative to gain **3 whole points!**

**\*\*Please send pictures of completed challenges to:**

**[nyshosanewsletter@gmail.com](mailto:nyshosanewsletter@gmail.com)**

**And include chapter name and number, chapter advisor and president AND the name of challenge and description**



# DIABTES AWARENESS MONTH



## What is Diabetes?

Diabetes is a chronic disease which affects how glucose levels are regulated in the blood. When sugar is released into the bloodstream, insulin is released by the pancreas. Those with diabetes do not have enough insulin which causes the sugar to remain in the bloodstream. This can cause serious problems such as heart or kidney disease.

## Risk Factors and Symptoms

Type 1 factors include family history and age, while Type 2 risk factors include: prediabetes, being overweight, and family history. Symptoms of diabetes include constant urinating, dry skin, increased thirst, unintentional weight loss, and increased hunger.

## Gestational Diabetes

Gestational Diabetes occurs when a woman is unable to produce enough insulin during her pregnancy. 6 out of 100 women are likely to experience this. With this type of diabetes, child births are more likely to be difficult and babies tend to be heavier (9 lbs or heavier).



# PANCREATIC CANCER AWARENESS MONTH

**Pancreatic Cancer** is a disease where malignant (cancer) cells form in the tissues of the pancreas. The pancreas is a gland between the stomach and the spine, which makes juices to help digest (break down) food as well as creates hormones, such as insulin and glucagon, that help control blood sugar levels.

## DID YOU KNOW?

- **Pancreatic Cancer** is the 3rd leading cancer related death in the United States (after lung and colon)
- **Pancreatic Cancer** has the lowest survival rate of all the cancers
- **Pancreatic Cancer** affects women and men equally
- While other types of cancer's death rates are declining, **Pancreatic Cancer's** deaths rates are increasing
- **Pancreatic Cancer** is difficult to diagnose



## RISK FACTORS:



(Anything that increases your risk of getting a disease is called a **risk factor**.)

- smoking
- having a personal history of diabetes or chronic pancreatitis
- having a family history of pancreatic cancer or pancreatitis

# Fall Leadership Conference

NOVEMBER 16-17, 2023 IN ALBANY

Your NYS Officers are so excited to see you all at the fall leadership conference!!

## MUST KNOWS FOR THE ACHIEVEMENT TEST

1. Local officer roles
2. Your 2023-2024 state officer names, positions, and roles in the FLC opening ceremonies
3. The names and positions of the Board of Trustees
4. The Mission, Purpose and Goals of HOSA
5. The official HOSA dress code for both males and females
6. The colors of HOSA and their meanings
7. The HOSA Code of Conduct
8. The HOSA Creed

## REMINDERS

- **ALL** attendees must complete the Medical Release and Code of Conduct forms posted on the official New York HOSA website
- You must earn **at least** an 85% on the achievement test
- During the conference you must recite the HOSA Creed to one of the state officers (**can not be from your chapter**), you may not use your notes but you may recite it individually or in small groups of 2 or 3
- We ask each HOSA chapter to bring a **raffle basket** (worth minimum of \$20) of treats (food OR non-food items) to be raffled at the conference. Raffle tickets will be sold for \$1 and all proceeds will go to **Be The Match** on behalf of NYS HOSA. (Some previous baskets have had art supplies, spa themed goodies, or candy themed. Be creative!)

# FLC Packing List

## ☐ HOSA Attire

- Black or navy pants/skirt (NO leggings, jeans, sweatpants, or skirts 1" more than above the knee)
- Black or navy shoes (NO sneakers)
- Black or navy socks (stockings/tights optional for women)
- White shirt
- HOSA blazer, or a navy blue and black blazer

## ☐ Pajamas

## ☐ Casual clothes and shoes

☐ Your chapter's raffle basket and \$\$\$ to buy raffle tickets to win a basket!

☐ Personal toiletries (makeup, hair products, toothbrush, deodorant, moisturizer, please keep in mind the hotel will provide blankets, pillows and towels)

