

PHOENIX RISING

In memoriam of Evangeline Semple



September 2009 – Vol. IX published bi-annually by the N.J. State Society of the AMT

This is the **LAST PAPER PUBLICATION** of the **Phoenix Rising**. Future editions will be posted on our website: WWW.NJAMT.ORG.

If you are interested in continued home mailings of **Phoenix Rising**, please complete the enclosed form inside. Thank You!!!

Message from the Vice President-

As a summer draws to a close, we are all kicking into high gear with school re-opening, sports practices, extra-curricular activities; and AMT is no different. Your State Society has been working diligently on this year's Scientific Meeting. The Meeting will be held at Hyatt Place, Mt. Laurel, NJ on October 17th and 18th, 2009. By attending this meeting, you can obtain almost all of your CEU credits for 2009. Remember, if you received your certifications after January 2006, you **MUST** have enough CEU credits to keep your 16 credits per calendar year!!! Seating for our meeting is limited so get your reservation in early.

The flu season is already here with the H1N1 strain. H1N1 vaccine will be available in October 2009, until then remember to practice good hygiene. Wash your hands thoroughly, do not touch around mucous membranes, if you cough or sneeze do so in the crease of your elbow, not into your hands. Encourage people who are sick to stay home from work or school, stay on bed rest and consume plenty of fluids. There are test for the flu, nasal swabs and blood tests, if you feel you have the flu, have yourself tested, get medication and limit your exposure to others. Remember to get your regular flu shot also!

Have a Happy and Healthy Holiday season and I hope to see you at the Scientific Meeting.

Sincerely your vice president,
Jennifer Grogan, RMA, RPT, COLT

Message from the District Councilor –

The 70th American Medical Technologist National Convention and Business Meeting were held June 21-27, 2009 in Minneapolis, MN. The Eastern District was very well represented at the Awards Banquet on Thursday evening, and I would like to congratulate and recognize those winners:

Honor Roll State Society Winners:

1. DC/DE/MD
2. Maine/New Hampshire
3. New Jersey
4. New York
5. Pennsylvania
6. West Virginia

Distinguished Achievement – Pamla Sharp, RMA – New Jersey

Exceptional Merit

1. Melissa Martin, RMA, Pennsylvania
2. Tonya Satterfield, MT – West Virginia

Pillar Award – Pamela Vieta Kriegel, MT – Maine
Silver Service – Charlene Maturi, MT – Maine
AMT Feature Writing Award 2nd Place – William M. Bracey, Jr., MT, Fort Washington, MD

Congratulations to all of the award winners, and thank you for all your service and hard work!

At the Eastern District meeting held during the National Convention, the following information was shared with members:

1. Members wishing to serve on national committees should send their requests to me as soon as possible. National committee members

for 2010 will be chosen at the Board of Directors meeting in October.

2. Please submit the names of any deceased AMT members who have been active at the state and/or national level to Peggy Oiler, MT, for the Book of Memories. Pictures and a brief article about the member are greatly appreciated, and is a wonderful way for the state society to honor the member.
3. More information is being added to the new AMT website – if you have not visited it lately, be sure to take a look at www.amt1.com.
4. If you have a topic that you would like to see discussed in future Councillor's Corner articles in AMT Events, please forward them to me. The October issue features an article on ways to become active in your state society.

National Medical Assistants Week is October 19-23, 2009 – this year's theme is "A caring touch that means so much". This is a great time to say "thank you" to the nearly 420,000 medical assistants who care for our patients each and every day.

Future National Convention dates:

- a. 2010 – July 12-17 in Summerlin (Las Vegas), NV – JW Marriott Golf Resort
- b. 2011 – Possibly joint with CASMET – Southern District
- c. 2012 – Central District

Please support your state society and attend your next society meeting. Here is a list of upcoming state society meetings in the Eastern District:

- d. DC/Del/MD – September 26, 2009
Beltsville, MD
- e. ME/NH – October 21-23, 2009-
Portland, ME
- f. NJ – October 17-18, 2009 –
Mount Laurel, NJ
- g. NY - October 17, 2009 - Queens, NY
- h. PA – April/May 2009 - Valley Forge, PA
- i. WV – October 15-16, 2009 -
Charleston, WV

In conclusion, I would like to thank the members for the opportunity to serve you. Please feel free to contact me if I can assist you in any way.

Sincerely,

Janet Crigler, MT

Eastern District Councillor

Message from the Editor

Hello Everyone,

It is that time again, our annual Scientific Meeting of 2009. We reviewed the notes of last year and the suggestions made and come up with a great event filled with topics you wanted to know more about. I would like to thank our board, AMT members and speakers for volunteering their time and effort to make this meeting a huge success.

We are looking forward to seeing everyone there. Remember, this is also a great opportunity to earn the CEU necessary for your AMT certification requirements as well as get to know your State Society and all the opportunities you have to benefit your state and your profession.

This is also the **LAST PAPER EDITION of the PHOENIX RISING**. If you have no internet access, please make sure you complete the Hard copy request and send it to me. We will be going all electronic after this letter. Don't miss out on the valuable information of your career field and the state society.

Also, if anyone has any articles or job postings or other news you would like to see in the newsletter, please feel free to contact me at kjtd0320@yahoo.com. We are always looking for input from our members; after all, this is your newsletter.

See you in October,

Kimberly Angelastro

Editor; Chairperson of the Scientific Committee.

AMT Proctors needed in North & South Jersey

Can you give a few hours of your time to proctor an AMT examination? We desperately need proctors in both South and North Jersey. You must be an active member of the AMT to proctor. The job responsibilities simply include:

1. you receive tests from the AMT
2. check the contents of package
3. bring them to location
4. check ID at door
5. have person sign in
6. monitor room
7. send tests back (UPS) in envelope supplied

The AMT pays \$50 honorarium (tax free!) for your time (about 4 hours) and will pay per mile (.36/mile) for travel over 30 miles with a maximum of 200 miles.

Contact Pam Sharp if you would like to help.

E-mail: pdsharp@pdsharp@gmail.com or www.njamt.org

Reserve your place now for our 2009 NJSSAMT – Scientific Meeting!!!

Grab a pen and mark your calendar for your chance to meet fellow members and students and earn CEU credit in a comfortable and fun loving environment:

When: Saturday, October 17th 2009 through Sunday, October 18th 2009

**Where: Hyatt Place
8000 Crawford Street
Mount Laurel, NJ 08054**

**Phone: (856) 840-0700
Website: HyattPlace.com**

**Registration Cost: \$95.00 for Members
\$65.00 for Students**

Room Rates: \$99.00 a night (single/double occupancy) includes free continental breakfast.

Reservation for overnight hotel stay must be called in by September 30, 2009.

Registration information is included with this letter and if you have additional questions feel free to contact:

Kim Angelastro: kjtd0320@yahoo.com or
Pam Sharp: pdsharp@r@gmail.com

**CEUs – Networking- Friends- Food – Great Topics
2009 Scientific Meeting – Hyatt Place, Mt. Laurel
Register Today!!! Rooms go quickly!!!**

Editorial Content:

The Phoenix Rising is a bi-annual publication sent to the certified individuals of the American Medical Technologists in the state of New Jersey. If interested in advertising or announcement space that spans the entire state of New Jersey, please contact Kim Angelastro at kjtd0320@yahoo.com or 856-309-1116.

Costs:

1 issue –

Full page	½ page	¼ page	Card
\$75.00	\$60.00	\$40.00	\$20.00

2 issues –

Full page	½ page	¼ page	Card
\$140.00	\$110.00	\$70.00	\$30.00

The Phoenix Rising is all about YOU, the NJAMT members. Let me know what topics you want to hear about. Email me, Kim Angelastro at KJTD0320@yahoo.com with your thoughts and ideas

American Medical Technologists – New Jersey State Society Officers - 2009

**Pamla Sharp, RMA
President
Email: pdsharp@r@gmail.com**

**Jennifer Grogan, RMA, RPT, COLT
Vice President
Email: msmousennj@aol.com**

**Richard Huysie, MT
Secretary
Phone: 856-931-7352**

**Virginia Mamaril, MT
Treasurer
Email: teovir@verizon.net**

Phoenix Rising:

**Kimberly Angelastro, AHI, RPT, RMA
Editor, Scientific Committee Chairperson
Email: kjtd0320@yahoo.com
Phone: 856-309-1116**

Board Members:

Aaron Domenico, MT	Past President
Andrew Bertone, MT	Director at large
Mary Lee Weber, RMA	Director at large
Christina Baroni, RMA	Director at large
Maria Grajales, RMA	Director at large
Elizabeth Suarez, RMA	Director at large
Deborah Roman AHI, RMA NCPT	Director at large
Lucrecia “Cookie” Carrasquilla RMA, AHI	Director at large



This year's theme is A Caring Touch That Means so Much. For a promotional kit that gives you lots of great ideas and to order MA Week gear, go to: <http://www.amt1.com/page.asp?i=183>. Please join AMT and medical assistants across the country in celebrating National Medical Assistants Week.

Tentative Schedule for NJSSAMT Scientific Meeting
October 17th and 18th 2009.

Times and Topics are subject to change as deemed necessary by the NJSSAMT. Some of the seminar times may exceed the 1 hour time limit.

Saturday, October 17th, 2009 – 9am – 5pm

7:30am – 9am – Continental Breakfast Served

9am – Swine Flu, Carol Ward, Virtua Hospital

10am – Health and Nutrition, Dr. Michael Edenzon
South Jersey Health and Wellness.

11am- Effects of Scoliosis, Dr. Anthony Carabasi
South Jersey Health and Wellness.

12pm – Lunch (provided by the Society)

1pm – Interpersonal Relationships in Healthcare,
Marge Williams

2pm - Laboratory Procedures, Jean Burrell,
Laboratory Coordinator, Virtua Health

3pm – TBD – to be determined

4pm – Red Flag Rules of OSHA, Kathie Voldish
POC Consultants, LLC.

5pm – NJSSAMT Business meeting
All members of the society are invited to attend

(List of local restaurants will be provided for members for dinner planning).

Those who are reserving a room at the Hyatt Place will have a Continental Breakfast offered that is included in the room rate.

Sunday, October 18th, 2009 – 9am – 12pm

8am – 9am – Breakfast Break

9am - Diseases, Bioterrorism, MRSA
and Laboratory Safety Guidelines
Marcia Pindling-Watkins, Corporate
Microbiology Manager, Virtua Memorial
Hospital, MS, MT (ASCP)

10am-11am - OSHA Blood Borne Pathogen Standard
and CPR Update Workshops.
Christina Baroni, RMA
NJSSAMT Board Member
(no certifications will be given)

DO NOT FORGET!!!!

- 1. Newsletter Mailing Form for Home Mailings.***
- 2. Registration and Fees for October Meeting.***
- 3. Send ideas for topics for next meeting or letter to KJTD0320@yahoo.com.***

Rubella –Quantitative IgG

Rubella, also known as German Measles, occurs throughout the world. The prodromal stage includes malaise and low-grade fever, followed by characteristic lymphadenitis and finally macular or maculopapular rash. While rubella is primarily an infection of children, rubella infections during pregnancy can result in congenital infections with disastrous consequences. Birth defects such as deafness and/or congenital heart defects are the most common. Multiple defects such as mental retardation, cataracts, and hepatosplenomegaly may also occur and contribute to death of the infant in the first year of life. Infants with congenital infections may secrete the virus for up to two years. Contact with these children poses a risk to susceptible pregnant women.

Clinical symptoms of rubella infection are frequently mild or nonspecific, making the infection difficult to diagnose clinically. For these reasons, pregnant women with an undiagnosed illness with rash should be evaluated for the possibility of an acute, primary rubella infection. While the virus can be cultured in- vitro, serology remains the principal means for establishing a clinical diagnosis of acquired rubella and congenital infections. As two thirds of the defects are not apparent at birth, it is recommended that children exposed in utero be monitored for clinical and serological status until school age.

A rubella vaccine, introduced in 1969, has significantly lowered the incidence of both acute disease and congenital rubella syndrome. However, the vaccination program may vary with geographical location and as a level of immunity provided by vaccination is not always adequate. Pregnant women and women of child-bearing age are routinely screened for immune status.

The presence of rubella antibodies indicates a previous vaccination or infection and is indicative of presumptive immunity. Patients suspected of having primary, acute rubella infection should be tested for the presence of IgG antibodies.

References: Gershon, A., Rubella Virus (German Measles) in Mandel GL, ET AL Editors, Principles and Practices of Infectious Diseases, 3rd edition, New York Churchill Livingstone, Inc. 1990.

Submitted by: Virginia Mamaril, MT, NJSSAMT Treasurer.

How Anger Makes You Sick

Ever slam your office door in your colleague's face or tell your mouthy sister-in-law to can it? Or maybe you're a fist-clenching tongue biter.

Whether you blow your lid or bottle it up, your anger takes a toll on your health. Find out where it hurts, plus how to simmer down safely.

Your Brain –

Anger may be hampering your memory. The emotion can trigger the release of high levels of cortisol and other stress hormones which may shrink the brain's memory centers.

Your Heart –

Harboring hostility can release adrenaline, a stress hormone that spikes blood pressure. And persistently high blood pressure is linked with stroke and heart disease.

Your Immune System –

Fightin' Mad? You're pumping out the fight-or-flight hormone epinephrine. Chronically high levels may depress the immune system, making you more prone to infections.

Your Eyes –

Watch out: Anger may spark ocular migranes, with visions of light flashes and wiggly lines. Soaring stress hormones may constrict blood vessels in the brain, causing the odd optics.

Your Teeth –

Repressed ire could fuel bruxism, unconscious teeth gnashing that occurs during the day or while you sleep. Grinding can cause facial and jaw pain and, over time, even broken teeth.

Your Belly –

When we get peeved, the brain releases the neurotransmitters acetylcholine and serotonin, which can reduce blood flow to the belly. The fallout may include stomach pain and diarrhea.

Anger Management –

Chill out using these strategies when your blood begins to boil.

1. Breathe deeply, yoga style.
2. Repeat a calming word such as "slow".
3. Picture a peaceful scene, like a sunset
4. Plan a workout or other sanity break daily.

Author: Mary Brophy Marcus

References: Self , You at Your Best Magazine, May 2008; Easiest Shape Up Ever.

Need more information on what affects your overall health? Come listen to Dr. Michael Edenzon from South Jersey Health and Wellness in Cherry Hill, NJ at our Scientific Meeting - October 17th at 10 am.

At Home Gene Testing

Tempted by an at-home gene results could lead to a bigger life change than you bargained for. Read on before you swab...

Nearly three dozen companies now offer mail-in DNA tests that claim to estimate your risk for diseases from a saliva or cheek swab. An enticing prospect, but critics warn that the market has developed far more quickly than have the rules to govern the tests or the science to guide the results. If you decide to move forward, ask...

Is your privacy protected?

Last spring, Congress passed the Genetic Information Nondiscrimination Act, which will prevent employers and health insurers from using any test results that you share with others against you. The law takes full effect in November, but it won't apply to life insurance companies, and some genetic-testing companies could still give your name and DNA details to marketers or anyone else willing to pay for them. Use companies with clear privacy guidelines that post results to password-protected sites.

Can you trust your results?

The FDA does not review most consumer DNA tests for safety or efficacy. And although genotyping by 23AndMe.com and DecodeMe.com (two of the best known companies) proved accurate in research by James Evans, M.D., associate professor of genetics and medicine at the University of North Carolina at Chapel Hill School of Medicine, the extent to which gene mutations and health risks are linked is often uncertain. Ask to see sample test results before you buy; those results should cite specific studies from which conclusions are drawn. And stay away from any business hawking supplements claiming to help you overcome any genetic deficiencies – there is no such thing.

What does it mean for your health?

Testing positive for a gene mutation doesn't mean you'll develop a related disease. Likewise, a favorable result doesn't guarantee you won't be diagnosed with that disease later. Before you hand over your DNA, line up a medical geneticist for help deciding the best course of testing and understanding the findings. Locate one through the American College of Medical Genetics (ACMG.net) or National Society of Genetic Counselors (NSGC.org). Without guidance, Dr. Evans says "testing results are arguable worthless".

Author: Rebecca Adams

Reference: Self, You at your Best Magazine; February 2009; Self.com; 2009 Health Handbook.

Craving more laboratory information? Marcia Pindling-Watkins will be discussing many issues related to laboratory safety and testing at our Scientific Meeting, Sunday, October 18th at 9am

Publishing Information: The *Phoenix Rising* is published by the N.J. AMT twice a year. The views and opinions expressed in this publication are those of the contributors and do not necessarily reflect the opinions of the American Medical Technologists. The Editor reserves the right to accept, reject or revise materials submitted for publication.



Newsletter Mailing Request Form

Please fill in your mailing address information below **if you wish to receive the Phoenix Rising newsletter by mail**. If you are not interested in receiving the mailing and prefer to use the WWW.NJAMT.ORG, do not fill out and return this form.

Thank you.

Name: _____

Address: _____

**Return this portion of the form to: Kim Angelastro, 6 Laguna Drive
Magnolia, NJ 08049**

Newsletter Advertisement Form

The Phoenix Rising is a newsletter that is sent throughout the state of New Jersey to our over 1,800 members on a bi-annual basis. If interested in advertising space within our letter please fill out the following information.

Advertising prices are as follows:

	Full page	½ page	¼ page	Business Card
1 issue:	\$75.00	\$60.00	\$40.00	\$20.00
2 issues:	\$140.00	\$110.00	\$70.00	\$30.00

Name of company: _____

Contact person: _____

Address: _____

Phone number: _____

Type of Business: _____

Size of Advertisement: _____

Send information to: Kim Angelastro, 6 Laguna Drive, Magnolia, NJ 08049

Advertising funds will be collected upon confirmation of information with business and Kim Angelastro, Editor (check or money orders accepted). Please enclose a copy of the logos and pictures of entry. Advertisement or announcement will not be published into the next letter until all funds for payment are received.



*Scientific Meeting Registration Form
Saturday, October 17th-Sunday, October 18th, 2009
Hyatt Place Hotel, Mount Laurel, NJ*

Please fill in the fields below:

Name: _____

Address: _____

Phone: _____

Email: _____

AMT Certifications Held:

Registration Costs:

___ AMT Member - \$95.00 each

___ Students - \$65.00

_____ Total Amount Enclosed

Please include your check or money order for the amount of the registrations you noted above along with this form and mail it to:

Ms. Pamela Sharp, RMA
11 Washington Blvd
Stratford, NJ 08084

Any questions contact Kim Angelastro – kjtd0320@yahoo.com or Pam Sharp at pdsharpsr@gmail.com

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