Hello Oklahoma HOSA,

This summer has been really fantastic. After a great SLC, your state officer team was able to engage in some helpful training and networking with the other CTSO state officers at CareerTech University. It has been inspiring to learn about our sister CTSO’s; I encourage HOSA members to do the same, as you may fall in love with something entirely new—like I did with HOSA!

But I think the most inspiring point of the summer was something we’re all in love with—HOSA’s National Leadership Conference! Oklahoma swept up plenty of finalist and champion positions in the competitive events; I would like to give an extra shout out to our post-secondary division in their triumph. And most of all, I’d like to give a congratulations to Aamr Hasanjee, our very own 2012-2013 State Treasurer, for making it onto the National Executive Council as your new 2013-2014 Region I Vice President! Make sure to congratulate him when you see him at FLC!

I hope you have enjoyed your summer, and that you are ready to start a new year in school and in HOSA. FLC will be here before you know it! For those of you who may graduating from your program and HOSA, I encourage you to stay involved, especially through the Alumni Association. I challenge you to mentor younger HOSA members, Volunteer at conferences, and give back to HOSA as much as HOSA has given to you. And, for our new members, I also give you a challenge: dive head first into HOSA. Become involved as much as you can at the local, state and even national level, and I promise you will be better prepared for your future health career and life, in general!

Sincerely,

Tyler Watson
Oklahoma HOSA State President
On April 28, 2013 the 13th annual Oklahoma City Memorial Marathon was held. This marathon is held as a tribute to the victims, family members and survivors of the Oklahoma City Murrah Building Bombing on April 19, 1995.

At this event, thousands of volunteers dedicate their time to make the marathon a success! I had the privilege of being one of those volunteers! I helped as a Course Marshal, directing participants at an intersection along the course. From this position, I got to see all participants completing the full marathon. I enjoyed this very rewarding experience and plan to do it again next year!

How to become an alumni!

How to apply:
1) Go to [www.hosa.org](http://www.hosa.org)
2) Then click on the tab Alumni
3) Once you click on the tab it will say Free Alumni Registration
4) This will bring you to the application
5) On the application, on the very first line, it will ask for your Recruitment Referral and you will put OK HOSA in that box
6) Finish the application and once you have done so you will receive further instructions on confirming your registration

Then you will officially be an Alumni! Congratulations!!
Career Tech University!
What is it?!?!

Career Tech University is for all the State Officers from the different Career Tech Organizations. Everybody has a chance to learn about what these organizations are like and consist of. We are able to build more pipelines and meet people who are passionate about their organization, just like we are about HOSA - Future Health Professionals!!

While at CTU, we also were taught many useful techniques in order to become a more efficient leader. We were taught ways to help better manage our time, to become more organized, etc.

This year we had a tornado warning! Thankfully it missed us and nobody was injured, but we had the chance to hang out in the bathrooms and take proper precautions!

Rebecca Plunk
Oklahoma HOSA State Officer
Running for a State Officer

Are you thinking about running for a state officer position this year? If so, congratulations! You have taken the first step in serving our state organization of over 5,000 active members!

1) Work on your application and boost up your resume to reflect you. Your application and resume must be postmarked to be sent in by October 15th.

3) Study: you should learn as much as you possibly can about Oklahoma HOSA history, to current officers, and of course, the HOSA creed. All of this studying will put you on the right track for the online test between October 15th and 18th.

4) After taking and passing your online test with a 70% or higher, you will be taking a trip to Stillwater on the 30th of October.
   - an interview process with your current state officers and a few amazing state advisors of some of our other fantastic organizations.
   - prepare your speech to be recorded and put on the Oklahoma HOSA website for our members to see!

This is the final step you will take before you start campaigning (you may ONLY campaign at FLC).

At the Fall Leadership Conference, you will get the chance to meet our members and get to know them and to let them really get to know you and what you will do for them over the next year as a State Officer.

And that’s a wrap!
Good luck and have fun getting “Hooked on HOSA” this year!

Rikki Wittmer
Oklahoma HOSA State Secretary
Monica Ramirez was our flag bearer during the National Leadership Conference at Opening Session.

Aamr Hasanjee was elected as Region I Vice President!

We were able to have the great pleasure of having Dr. Ben Carson as our Guest Speaker this year at Opening Session!
What was your favorite part of NLC?!

“Would have to be our very own Indian Capital Technology Center student winning 1st!! “
--Carol D. Williams

“My favorite part of NLC would have to be running into people at the hotel who wasn't in HOSA and needed a friend to talk to. I met 2 people like that so I gave them a hug and my ears to listen! I love helping others.”
--Heather Gunn

“My student placing first in clinical nursing! Hard work paid off! “
--Dana Chandler

Aamr Hasanjee lead the pledge of allegiance during the Oklahoma CareerTech Summer Conference at Opening Session before 3,500 CareerTech administrators, instructors, staff, and supporters.

Megan Mueggenborg introduced Oklahoma CareerTech Director, Dr. Robert Sommers, during his session entitled, The Renaissance of CareerTech, on August 1, 2013 at the CareerTech Summer Conference.
Yes, we all know that there are nurses and physicians, dentists and eye doctors, but have you ever thought about the less talked about careers? Well, we are going to give you an insight on a couple that we thought might interest you!

**Radiologist:** are medical doctors or doctors of osteopathic medicine who specialize in diagnosing and treating diseases using medical imaging techniques, such as x-rays, computed tomography and ultrasound.

Radiologists attend school for eight years. Radiologist physicians are usually certified by the American Board of Radiology or the American Osteopathic Board of Radiology. Radiologist physicians have four to six years of unique, specific, post–medical school training that includes radiation safety and ensure the optimal performance of radiological procedures and interpretation of medical images. They make an average of $216,000 a year, but it depends on your geographic location, how many years of experience you have, etc.

**Hand therapy:** is performed by occupational or physical therapists on patients with conditions affecting the hands and upper extremities.

According to the Hand Therapy Certification Commission, hand therapy is “the art and science of rehabilitation of the upper limb, which includes the hand, wrist, elbow, and shoulder girdle.” Patients who may require hand therapy might have been in an accident leaving them with wounds, scars, or even amputations. Hand therapists go to school for five years with 4,000 hours or more in direct practice. They make approximately $70,200 a year. Hand therapy provides management of acute or chronic pain, desensitization following nerve trauma or injury, and conditioning prior to returning to work.
According to the American Cancer Society, Cancer is the second most common cause of death in the United States accounting for nearly 1 in every 4 deaths\(^1\). Cancer is a disease caused by uncontrolled division of abnormal cells in a part of the body\(^2\). As cancer becomes increasingly prevalent, researchers all around the world are looking for new treatment options, vaccination methods, and other forms of a cure for what has been deemed as the “Modern Plague.” Recently elected National HOSA Region I Vice-President, Aamr Hasanjee, has been working under the guidance of Dr. Wei Chen, Dr. Robert Nordquist, and Cody Bahavar at the University of Central Oklahoma on a revolutionary cancer treatment option.

Interstitial Laser Immunotherapy is a new form of cancer treatment which is in the process of being studied and approved for clinical application. It uses phototherapy and the human immune system to destroy tumors that have metastasized, or spread to other parts of the body\(^3\), and prevents cancer reoccurrence. This therapy is revolutionary because it can be used to target and destroy unhealthy cells while leaving noncancerous tissue unharmed.

This therapy is still currently being studied under the direction of Drs. Wei Chen and Robert Nordquist at the University of Central Oklahoma. Interstitial Laser Immunotherapy is a treatment option for metastatic cancer that may lead to a complete cancer cure in the future. For now, this treatment option is being studied and approved for clinical application. Since this innovative treatment can target and destroy cancerous tissue while leaving healthy tissue unharmed, it may be used to finally bring down the “Modern Plague.”

Aamr Hasanjee
Region I Vice President
In this newsletter, I want to share an exciting experience that I think you will be interested in as future health professionals. This past year, I have had the opportunity to shadow two doctors in order to gain familiarity in the medical field: my pediatrician and my dentist. My goal is to be a doctor one day, but I’m still not sure what specialty I would want to go into, and this was a great way to encounter different fields of medicine.

My dentist was calm and pretty routine. Because I was exclusively following him, I did not see any regular cleanings, but rather fillings and some restoration. I saw several filled cavities, including one performed on a girl who had come in with a toothache and didn’t know she had a cavity. It was amazing to see how efficient and skilled my dentist is at his work.

In contrast to the dentist’s office, my pediatrician’s office was less regular; there was about a 50:50 ratio of well-visits and sick visits. Many of the sick visits were either small children with ear infections or kids with cold or flu symptoms. Even though he is a pediatrician, I saw a variety of patients, ranging from nearly newborns to teenagers. It was great to see, however, that no matter what age or how upset a patient was, my pediatrician treated everyone with “respect and love.”

Two of the biggest things I saw at both doctors’ practices were technology and teamwork.

The teamwork at these offices were probably more important than all the technology combined. My dentist and pediatrician both relied heavily on their assistants to prepare the patients for their procedures or visits. The nurses and secretaries were constantly busy communicating with patients on the phone and conveying information between the doctors and patients. I truly hope that HOSA will teach you great teamwork, making you the bright future of health professionals.

I would also like to encourage you as HOSA members to take steps toward your goals as I did; ask a health professional in a field that interests you to shadow them, the worst that could happen is that you can’t, but the possibility of this type of experience could make a lasting impact on you and your future!

Tyler Watson
Oklahoma HOSA State President
Have a great school year!

“The more that you READ, the more things you will KNOW. The more that you LEARN, the more places you’ll GO.” —Dr. Seuss