PHOENIX RISING

Pod Cast – Inside Medical Assisting Page 2

Index
Page 1 ......................... Cover Page
Page 2 ................. President’s Message
Page 3 ................. Officers and Board
Page 4 .......... District Councillor Message
Page 5 .................. The Gut-Brain Axis
Page 6 ................. The Student Corner
Page 7 ...................... Student Article - Carcinoma of the Lung
Page 9 ...................... Educational Program and National Meeting
Page 10 ............ 2019 News and Events
Page 11 .......... Spring Scientific Meeting
Page 12 ....................... Photos

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Entering the first spring of my 2-year term, I find myself full of hope and anticipation. Our new officers and board are working together like a well-oiled machine. We have improved communications and are accomplishing great things on behalf of our members.

Susan Smuzinsky, Vice-President, recently participated in a podcast discussing the roles of a Medical Assistant. If you would like to hear it, we have the link added in this newsletter.

Martha Howard, Treasurer, participated in a career event at AIMS (The American Institute of Medical Science and Educations). Martha shared information regarding AMT Certification with Phlebotomy and Medical Assistant candidates. As the chairperson of our Membership Committee, Martha will continue to represent our state society and AMT at career events across the state.

We have strengthened our alliance with Lincoln Technical Institute. They have graciously hosted our board meetings and our educational session. We will be present at their career fairs and are coordinating the start of a student chapter for NJSSAMT. As the first mark of our student chapter, we have started a student writing contest. Our first submission is in this issue of the newsletter.

We are looking for someone to serve on our Legislative Committee. The perfect candidate to serve as chairperson for this committee is someone who has appreciated a long and successful career in allied health. Someone with advanced credentials, such as AHI or CLC, has seen the good, the bad and the ugly of healthcare. If you are this someone, and you are ready to be part of the solution, we welcome you and invite you to reach out.

After almost having our charter revoked for lack of involvement, I am proud to share NJSSAMT will be awarded the Leona Lyons Carter Award at the National Meeting in Chicago. The Leona Lyons Carter Award is given to the AMT state society that has demonstrated significant organizational development in the past year.

I predict this is the first award of many for our chapter. We are up for the challenge. And we hope you will join us.

On behalf of the officers and board, I wish you all a great year.

Margaret
OFFICERS AND BOARD MEMBERS
Elected October 20, 2018

President and Editor:
Margaret Blaetz CLC, MLT
Phone Number: 856-981-0061
Email: eastcoastclinical@comcast.net

Vice-President:
Susan Smuzinsky RMA
Phone Number: 856-982-7586
Email: zumss@aol.com

Treasurer:
Martha Howard RMA
Phone Number: 908-400-2205
Email: pathfinder825@hotmail.com

Board Member (2years):
Constance, Mead RMA
Phone Number: 609-744-4007
Email: mscmead@comcast.net

Board Member (2years):
Payal Shah RMA
Phone Number: 908-400-3457
Email: payalshah262@gmail.com

Board Member (2years):
Tirsa Castillo RMA
Phone Number: 347-753-2817
Email: tirsau@gmail.com

Board Member (1y):
Mirna Velasquez RMA
Phone Number: 908-482-0130
Email: mgrodriguez13@gmail.com

Board Member (1y):
Dada Ayodele MT
Phone Number: 256-337-2107
Email: dada.ayodele@gmail.com

District Councillor
Ivette Rivera, RMA, AHI, RPT
Email: yrive7@aol.com

Judiciary Councillor
Kimberly Cheuvront, Ph.D, MT
Email: kimberly.cheuvront@gmail.com
Warm greetings to Everyone.

Congratulations, Diane Powell, Director (AMT). She has retired after completing 23 years as an AMT staff overseeing publications and annual meetings. Salutations to the Officers of the AMT Board of Directors:
President: Jeannette Hobson, RMA, RPT, CMAS, AHI
Vice President: Christopher Seay, MT
Secretary: Deborah Westervelt, RMA, COLT
Treasurer: Ken Hawker, MT

For meeting updates, click onto the AMT website and check the State Society website, newsletter or email blasts announcements. Members enter onto your digital calendar the date, time, and place of the State Society Meetings and the AMT Convention. Attend and participate in your state society meetings. Learn about your state officers, board members, and the various committees. At the AMT convention participate in the committees, attend various events, and meet fellow members. The educational programs offer a selection of topics to earn continue education points to maintain certification. The meetings offer an opportunity to network with the best and brightest allied health professionals.

The 81st AMT Educational Program and National Meeting, July 1-5, 2019 in Chicago, IL; the “Windy City”, at the Chicago Hilton Hotel. A preliminary educational program will be available April. The May 1st early bird registration and the link for the hotel reservation is available on the AMT website. This year, I wonder who takes home the state society gift basket or gift card at the AMT Welcome Party raffle drawing!

State Society Delegate should be a member in good standing, is up to date in renewal dues, and if required to; has completed the CCP requirements. Remember to record continued education points using AMTrax on the website. Be ready for that possible surprise Audit.

A full day Leadership Training will be included in the AMT Educational Program for Friday. All members are invited to attend. Although CE points will not be granted, the sessions will be an enjoyable learning experience with power point presentations and games. However, only the delegate members attending the leadership training sessions will receive reimbursement for the Friday.

In 2020, the 82nd AMT Educational Program and National Meeting will be held at Albuquerque, New Mexico. Step up and be involved, attend the state society meetings and the AMT Convention.

Best regards,
Ivette Rivera, RMA, AHI, RPT (AMT)
Eastern District Councillor
The Gut-Brain Axis

By: Susan Smuzinsky
RMA

We all know mood affects our digestion and digestion affects our mood, but did you know there’s real scientific evidence of the connection between the two?

For hundreds of years, we’ve known that people react emotionally to food. You’ve heard the expression “comfort food”. We also know that when our digestive tract isn’t optimal, our desire for nutritional intake waxes and wanes. Research on this connection began as far back as 1818 by William Beaumont, a German psychiatrist. He suggested that some gastrointestinal issues were psychological in nature.

Actual research into this area only truly began over the past few decades when tools to study the biological basis became available. The “gut-brain axis” is why the state of our stomach affects our moods and why our mood can affect the state of our stomach.

Two key players in this power struggle are microbiome and neurotransmitters. Microbiome compromise bacteria and microorganisms that reside in the gastrointestinal tract. The vagus nerve transmits signals between the brain and the GI tract. The neurotransmitter serotonin is primarily thought to be a brain chemical, but 90% of it originates with production in the gut. Changes in the gut and its environment can affect mood by increasing or decreasing the amounts of hormones produced, yet, on the other hand, changes in stress level, mood or environment affect signals by the vagus nerve, which directs functions of the stomach and small bowel. The study of microbiome is a fairly new discipline and has been found to have an active role in determining what neurotransmitters are released and the production of inflammatory signals. Because of this, it is important for health care providers to take a step back and look at the whole picture when diagnosing and treating patients.

One example of this intricate system is Irritable Bowel Syndrome (IBS). In a majority of cases, symptoms can be brought on by stress and most patients with IBS are likely to have psychological issues before development of this condition. It has been found that depression and anxiety can cause gut issues, as well as, gut issues causing depression and anxiety.

Clinical trials in Massachusetts are studying the effects of cognitive behavioral therapy on one condition called gastroparesis, which is food moving through the GI tract by muscle contractions. Clinicians are careful to note that although there is a psychological approach to these conditions, it does not mean what the patient is experiencing is “just in their heads”.

Research on how the environment of the gut affects mood is limited because of the challenges in controlling and monitoring human diet over a long period of time, although there are a few promising studies. Complicating research further is genetics, lifestyles, cultures and environments. Researchers are also note that despite the growing understanding of the gut-brain axis, there is no quick fix for either the physical or mental health of patients. It has become a game of “which came first...the chicken or the egg?”.

Printed by permission of Susan Smuzinsky based on various internet sources
Martha Howard, RMA CPT(AMT)

NJSSAMT Treasurer recently attended a career fair at The American Institute of Medical Sciences & Education (AIMS).

AIMS is an allied health institute with locations in Piscataway and Edison, NJ, offering education and training to adult learners who want to join the healthcare field.

Martha met students from the 2020 class of Medical Assistants to share information about AMT.

STUDENT WRITING CONTEST

Would you like to be more involved in AMT and possibly earn a little cash? Consider submitting an article to Phoenix Rising for an upcoming newsletter. Articles must be of a technical or medical nature.

1st Place: $200.00
2nd Place: $100.00
3rd Place: $50.00

Submit articles, with or without photo and graphics to: newjerseyamt@gmail.com
Lung cancer was first discovered in early 1700’s and since has become the leading cause of cancer mortality among both men and women in the United States. However, at the same time, the medical science has become quite advanced and has introduced effective treatments options to fight against such diseases. Many anti-smoking campaigns had been conducted to make people aware about the negative effects of smoking encouraging them to quit that habit.

This distinct disease also known as carcinoma is uncontrolled growth of unusual cell that lies in the cells of air passages and metastasized rapidly than any other cancer in the body. There is a strong connection between smoking and lung cancer disease due to which American Board of Physicians has strongly recommended for getting lung screening done regularly especially if an individual has a smoking history, asbestos or any chemical exposure or family history of lung cancer. Smoking plays a vital role in the growth of lung cancer and about 80 to 90% of cancer cases are caused by the long-term chain smoking. Once an individual develops symptoms related to lung cancer, the great majority of the time it’s something that can be treated but not cured. On the other hand, those non-smokers who are exposed to Radon, air pollution, second-hand smoking or even genes mutations still carry a risk of developing lung cancer.

Lung cancer is widely divided into two type Non-small cell lung cancer (NSCLC) and Small cell lung cancer (SCLC). Among those two, Non-small cell lung cancer is the most common and about 85% of the cases involving cancer are NSCLC related. It can be further categorized into three types depending on the type of cell present in the tumor.

1. Adenocarcinoma of the lung is quite common among the other types of cancer especially in United States. It is found in outer, or peripheral, areas of the lungs and is more curable than other types and is pretty common among current and former smokers.

2. Squamous cell carcinoma cancer tends to be found in the central part of the lung near airways and mostly related to smoking history.

3. Large cell (undifferentiated) carcinoma cancer can be found in any part of the lung and it is difficult to treat. One of its subtypes is called neuroendocrine carcinoma which is very similar to small cell cancer and untreatable.

If a lung nodule is found during screening, the doctors may decide to monitor it with additional tests throughout the year. A biopsy is usually conducted in order to determine if it is cancer and can be removed by surgically right away.

The symptoms can range from coughing, difficulty in breathing, loss of appetite and weight loss, hoarseness, weakness and fatigue, nausea, pneumonia and chest pain. However, many other underlying issues such as hypertension, diabetes cannot be excluded in relation to lung cancer findings.

There is a voluminous number of tests offered to confirm the diagnosis about characterized lung cancer by a dedicated team of physicians like pulmonologist, thoracic surgeon, radiation and medical oncologist.

Tests involve sputum cytology, thoracentesis, bronchoscope, bone marrow aspiration, testing of the tumor, mediastinoscopy, thoracotomy, thoracoscopy and endoscopy. It would also include molecular testing of the tumor to a certain level of biopsies by direct removal of the tissue to determine the extent of the infection.

The biopsy involves different kinds of procedure depending on the location, size and nature of the nodule. For example, Endoscopy can be a next step after confirmed diagnoses to look closely the abnormal areas. EBUS also known as Endoscopic bronchial ultrasound is a continued procedure after the bronchoscopy if any lymph node is needed to be biopsied in the area between the lungs, at the same setting. Thoracoscopy is a little more complex way for chest,
lung tissue or lymph node biopsy. It's also a known procedure for small lung cancer treatment to remove a part of the lung.

In conclusion, the lung cancer is a tough diagnosis and doesn’t have a simple cure once the disease reaches to its later stages. However, it can be better controlled by diagnosing this disease at an early stage. It can certainly prolong the life of lung cancer patients for another good couple of years. Also, from the prognosis's standpoint, if one adopts a healthy lifestyle by avoiding smoking, exposure to radon gases and asbestos materials, the lifespan may increase significantly.


https://www.cancercenter.com/cancer-types/lung-cancer/types?invsrc=non_branded_paid_search_google&t_pur=prospecting&t_med=online&t_ch=paid_search&t_adg=60832980655&t_ctv=344110603637&t_mtp=b&t_pos=111&t_plc=kwd-30724644884&t_si=google&t_tac=none&t_con=non_brand&t_bud=corp&t_d=c&t_tar=non_targed&t_aud=any&kxconfid=s8ymtaI82&dskid=7btrackerid%7d&t_mod=cpc&t_cam=1604505295&t_trm=%2Bcarcinoma%20%2Blung&t_src=g&dstrackerid=43700037991476273&gclid=EAIaIQobChMImfmg85uZ4qIAVZSzCh2JkwXqEAAYASAAEgl8O_D_BwE&gclsrc=aw.ds

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The AMT Educational Program and National Meeting equips allied health professionals to take on new challenges and leadership roles that benefit both the individual attendee and the profession.

Get informed and immerse yourself in your choice of over 40 CE sessions. No matter your interest or area of focus, if you have a desire to learn something new, you will discover it at the AMT Educational Program and National Meeting.

Looking for something fun to do? Do you want to meet new people, exchange ideas and learn some new tricks of the trade from other allied health professionals? AMT has some can’t miss events to help you connect to your colleagues and profession.

Session **1909**
**Proficiency Testing: Turning Pitfalls into Positive Outcomes**
Presented by Margaret Blaetz, CLC, MLT(AMT), CCCP(AAPOL), MLT(ASCP)
1.00 CE Hours
Laboratory Track

Session **1925**
**Pre-Analytical Specimen Quality: Closing the Gap in Quality Laboratory Testing**
Presented by Margaret Blaetz, CLC, MLT(AMT), CCCP(AAPOL), MLT(ASCP)
1.00 CE Hours
Other Allied Professions Track

NJSSAMT President/Editor, Margaret Blaetz, presents 2 sessions at this year’s Educational Program. Dates and times of the sessions are located in the brochure at [www.americanmedtech.com](http://www.americanmedtech.com).
DENTAL ASSISTANTS RECOGNITION WEEK – MARCH 3 – 9, 2019

NJSSAMT honored our Registered Dental Assistants by sending Thank You gifts to dental offices in each county a letter of recognition along with packs of EXTRA Gum for going the EXTRA mile offering free or low-cost dental care to persons in need.

NATIONAL MEDICAL LABORATORY PROFESSIONALS WEEK

APRIL 21 – 27, 2019

Mayor Thomas Lankey of Edison Twp. presented members of NJSSAMT and guests from Med Screen Labs with a Proclamation recognizing National Medical Laboratory Professions. Mayor Lankey is a faithful supporter of NJSSAMT and careers in healthcare.

In addition to presenting proclamations for MLPW and RMAW, Mayor Lankey has facilitated local cable coverage of our April Educational Session in Edison, NJ.
27 Members and guests of the NJSSAMT gathered on April 27 for a day of learning and networking.

NJSSAMT holds 2 Scientific Meetings per year offering members between 4 and 6 CEU’s at little or no cost.

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<th>SPEAKER</th>
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| Jamal Hester                          | Holistic Explanation of Why We Get Sick | 1. Look beyond the obvious reasons for illness  
  2. Discuss the connection in everything we do and our health |
| Marylou Morano Kjelle, MS, MA          |                                  | 1. Illustrate the differences between formal and informal writing  
  2. Review common grammar, spelling and syntax errors – and how to avoid them |
| Emily Thompson MT(ASCP), SME           | Digital Hematology               | 1. Describe digital hematology  
  2. Teach an understanding of why and how it is being used in labs today |
| Mohammed Khan                         | Vaccines                         | 1. Discuss why some people choose not to vaccinate and the debate  
  2. Discuss pro’s and con’s of vaccinations |
| Adam Kaplan, DPM                       | Common Podiatric Issues          | 1. Discuss common podiatric disorders  
  2. Discuss preventative care and corrective footwear |
| Joel DeJesus                           | Components of Reimbursement      | 1. Discuss the three key components of reimbursement  
  2. Transition the “use” of coding to the utility of “language” |

NJSSAMT welcomes speakers from all health-care disciplines to share their knowledge and experience with our group. If you or someone you know would like to present at an upcoming meeting, please let us know via email at newjerseyamt@gmail.com.
Past Treasurer, Beligca Castillo joins us for a day of education

Past and present officers present the door prize to Karen Bradley

President Margaret Blaetz presents an AMT laptop tote to member Pammi Weiss

Emily Thompson MT(ASCP), SME prepares for a presentation on digital hematology

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