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Dates to Remember

AMT Educational Program and National Meeting -
June 22 - 25, 2015
Kona/Kohala Coast, Big Island of Hawaii

OKSSAMT/ASCLS ONE VOICE Educational
Meeting - April 24, 2015
Broken Arrow, Oklahoma

OKSSAMT Fall Educational Meeting
Date and Place - To Be Announced

AMT Educational Program and National Meeting -
2016
Memphis, Tennessee

Home Office
American Medical Technologists
10700 West Higgins Road
Rosemont, Il. 60018
Phone: 847.823.5169 or 800.275.1268
Fax: 847.823.0458
http://americanmedtech.org/

Address all articles for consideration of publication to the Editor. The Editor reserves the right to revise all articles submitted for publication. Articles submitted for publication will not be returned unless request is made by author.

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May 15th & November 15th

Disclaimer
Any article appearing in the newsletter is to be assumed as representing the opinion of the author, and is not to be considered as reflecting the policy of American Medical Technologists unless the article is so designed.
2014–2016 OKSSAMT OFFICERS

President, Proctoring Chair, and NMLW Coordinator
Kim Digby, MLT
2013 Brighton Ave.
OKC, OK. 73120
Cell: 580-309-2247
kd64blue@gmail.com

Vice President
Carlo Ledesma, MT (AMT)MT (ASCPi) LS(H)(NCA)
836 Brookwood Drive #102
Oklahoma City, Ok 73139 405 762-2069
cjledesma0323@gmail.com

Secretary
Alicia Martin
7585 N Luther Rd
Harrah, OK 73045
Cell: 580-210-9128
aliciahouston89@yahoo.com

Treasurer
Lynn Dunlap
115 Gambel Lane
Elk City, OK 73644
Cell: 580-799-1787
lynnmariecrha@yahoo.com

Scientific Chair
Melissa Smith
219 S Oliver
Elk City, Ok. 73644
580-210-8317
Msmith@gprmc-ok.com

Editor
Lia Kaye Spears, MT
15214 South County Road 205
Blair, Oklahoma 73526
Home: 580-301-0724
lkspears@outlook.com

Board Member at Large
Hallie Keahey
819 N. Boone Elk City, Oklahoma
73644 Home: 580-243-5601/jk918@sbcglobal.net

Immediate Past President
Anna Seals, RPT
P.O. Box 304
Clinton, Oklahoma 73601
Phone: 580-331-8297 / anna@suddenlink.net

District Councillor
Randy Swopes, MT
2691 Whittington Lane Westlake, LA. 70669-0340
Cell: 337-794-1164
rswopes1@hotmail.com
As we conclude the celebration of AMT’s 75th birthday, the words describing our National Convention are: “a good time was had by all”.

Central District did extremely well with awards this year.

District Achievement – Tonda Ellis, CMLA, RPT. Exceptional Merit Awards – Lia Spears, MT. Pillar Awards – Art Contino, AHI, RMA and Cecil Hunt, MT.

Silver Service Awards – Vernon Bass, MT and Kathy Sutton, MT.

Cuviello Award – Roxann Clifton, MT. Friend of AMT- George Raven. Norman Frankel Outstanding Student Awards, MLT Student – Heidi Zuniga. Student Technical Writing Awards, 1st Place: Marcia S. Haverly, MLT Program, 2nd Place: Tiffany Jackson, MLT Program, 3rd Place: Shelby McVicker, MLT Program. State Society Publication Awards – 3rd Place: Kim Meshell. Because of all the officers and editors diligent efforts, Central District was again perfect in Honor Roll status. As a result of all this I was awarded the “Becky Award”. I salute all of our winners.

Future Meetings include the Magnolia meeting in Gatlinburg, TN. on October 17th and 18th, 2014. 2015 National Convention will take place in Hawaii. This meeting will be casual attire. There will be no gift baskets for this year in Hawaii. Gift cards will be given by states, in 2016 we will return to baskets. The 2016 National Convention will be held somewhere in the Southern Region. National Lab Assistants Week will be held the 3rd week of October.

Election of Board of Directors winners are Everett Bloodworth, MT, Ken Hawker, MT and Deborah Westervelt, RMA.

I look forward to attending one of your State Meetings.

Respectfully submitted,
Randy Swopes, MT, AMT
Central District Councillor
President’s Message

Aloha! The next AMT National meeting will be held June 22 – 25, 2015 on the Kona Coast of the Big Island of Hawaii. This should be a great opportunity to network with peers, learn, and have fun at the same time. I understand that pre-paid registrants to the meeting will be receiving a discount/rebate. Watch for more information on the AMT website.

Election of State Officers was held at the Fall Meeting on November 1, 2014 at the SWOSU Campus in Sayre. Your officers for 2015-2017 are:

- President – Kim Digby
- Vice President – Carlo Ledesma
- Secretary – Alicia Martin
- Treasurer – Lynn Dunlap
- 1st Year Professional – Heidi Zuniga

Rounding out the Board of Directors in addition to the State Officers will be:

- Editor – Lia Kaye Spears
- Scientific Chair – Melissa Smith
- Immediate Past President – Anna Seals
- Student Member – to be appointed

Being involved on the State level takes commitment and I thank all of my fellow officers and board members for their willingness to serve. I have learned so much these last few years and am hopeful of mentoring new members to become involved in the running of the State Society in the future.

The Spring One Voice meeting is planned for April 24, 2015 at the campus of Northeastern State University in Broken Arrow, Oklahoma. Please mark your calendar for April 24th and watch your mailbox and inbox for more information. We hope to see you soon!

Kim Digby,
OKSSAMT President

BOARD MEMBERS
1’ Year Professional, Heidi Zuniga; Immediate Past President, Anna Seals; Secretary, Alicia Martin; Editor, Lia Kaye Spears; Vice President, Carlo Ledesma; President, Kim Digby; Treasurer, Lynn Dunlap.
Editor’s Notes

What an awesome year I have had with AMT. I got to attend the Spring One Voice meeting in Oklahoma City and was fortunate enough to be elected as an Oklahoma delegate to the National Convention held this year in Chicago. I'm always thrilled to represent our great state and the OKSSAMT. I also served as the National Convention Committee Chair for AMT this year. I've been on the committee several years and have really enjoyed that. The previous chair was Peggy Oiler - a wonderful lady that held the post for many years. She was elected to the National Board of Directors and I was asked to step into her place. Needless to say, I had some big shoes to fill. I always call it the Fun Committee as we host the Welcome Breakfast for First Timers and also, the Welcome/Get Acquainted Party. Diane Powell, from the home office, plans the Welcome Party and this year, she choose The Chicago World's Fair from the late 1800's as the theme. There were games to play (like on a midway at a carnival), cotton candy and popcorn machines, and carnival type food. We also had a DJ with lots of dancing going on. Personally, I had a blast and feel like the Welcome Party was a HUGE success. Thank you AMT for allowing me to serve in this position. Thank you Diane Powell for all your help and for the thrilling theme. Thanks, also, to my committee for the terrific job you do each year. It wouldn't be a Welcome Party without each and every one of you. Thank you Peggy Oiler for all your help getting me through the steps required for the position - she was always only a phone call away - for my thousands of questions.

The 75th Annual National AMT Convention and Business Meeting, in itself, was truly amazing. Besides my duties, I also attended the Editor's Workshop; the Opening Address and Keynote Speaker; several outstanding educational seminars; the Awards Banquet; The Order of the Golden Microscope award dinner; the President's Reception; and, many other meetings such as the Leadership seminar. Speaking of the Awards Banquet, I want to say thank you to the Oklahoma State Society of American Technologists for nominating me for the Exceptional Merit award. I was thrilled to win such a prestigious award.

I was also able to attend the Fall Meeting of OKSSAMT where I was honored to be asked to be the editor again. I have to say here that I have a tremendous amount of help being the editor for the Sooner Scope. I couldn't do it without the help of Lynn Dunlap who also serves as our state treasurer. Martha Bustamante has offered to help with future issues as well. Plus, thank you to the students that contribute articles as well as our District Councillor, Randy Swopes, who always gets me his report promptly and everyone else that submits articles and helps with each issue. Thank you all.

The classes at the fall meeting were outstanding to say the least. Thank you Roxann Clifton, Carlo Ledesma, and Kim Digby for the continuing educational classes. Superb job!

I would also like to say thank you to Alicia Martin for getting me the meeting minutes so quickly - every time. A 'Taking Care of Business' report is in each issue and I couldn't do that report without your help.

Before I close, I would like to encourage every member of OKSSAMT to become involved. We NEED YOU! There are plenty of things to help with; offices to hold; committees to assist with and/or chair. ETC. The Scientific Committee is one of my favorites. Job duties include lining up speakers for our meetings. Usually, all it takes is asking someone where you work if they would like to present a program. Of course, members are encouraged to present, too. Have a favorite topic that you would like to present - just contact any board member and we'll go from there. The requirements for speakers is that their talk pertains to any field that AMT includes in their disciplines.

Finally, let me encourage you to attend our state meetings and our national meetings. Our 2015 meeting is in Hawaii this year. How cool is that? I can't wait.

Editor’s Notes Continued………..
We have places for delegates to each national convention and the requirements to act as a delegate are to attend at least one state meeting a year and submit a Delegate's Report about what you experienced at the National Convention. While at the convention, you must attend the Town Hall Meeting and vote on important issues as well as officers for the Board of Directors when appropriate. The meeting in 2016 will be in Memphis. Our Spring One Voice meeting will be in the Tulsa area next April. There is always something exciting to look forward to and exciting places to go to with AMT! Come join us - we'd love to have you.

Take care and God Bless my AMT/OKSSAMT family. Hope you have an awesome year.

Sincerely,
Lia Kaye Spears, MT (AMT)
Editor

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Minors Rights for Medical Consent

By: Alicia Martin

The right of adolescents to access confidential health care is controversial. Recent challenges in the court system are adolescents’ right to access abortion and contraception. New regulations under the Health Insurance Portability and Accountability Act are adding yet another layer of complexity to the care of adolescents. Understanding these laws can help in the treatment of these individuals.

Experts have identified behaviors that cause major health problems in adolescents. One is sexual behavior that results in pregnancy and sexually transmitted diseases (STDs). The National Institute of Medicine states that STDs cost tax payers at least $10 billion dollars annually. 12 million cases occur in adolescents who are at greater risk because they are more likely to engage in risky behavior. There are few clinicians who specialize in adolescent health and fewer health care providers who are trained to recognize and care for adolescent health problems.

States have the authority to limit individual rights. The protective notion of the state, known as parens patriae, assumes that minors are unable to understand fully and consent to the consequences of certain decisions. The state, acting in the interest of protecting the minor against his/her own immature decisions, may impose considerable constraints. All states have codes limiting minors' rights and exerting parens patriae. A few examples of this are the legal age of drinking, and age to acquire a driver’s license. Parents have a history of legal precedent giving them the right to raise their children without government interference.

The rights of minors are protected, but not as protected as an adult. Three reasons that minors do not have the same rights as an adult: the vulnerability of children, their limited decision-making capacity, and the important role parents play in making decisions for their children.
In 1971, the Twenty-sixth Amendment to the Constitution allowed citizens 18 years and older the right to vote. This established the age of majority at 18 years of age and led most, but not all states, to lower the age of majority from 21 to 18. Laws that affect the minor's right to consent to medical care have been developed under the precedent of parental autonomy. The American Academy of Pediatrics has a long-standing policy statement encouraging physicians and parents to include adolescents in the decision-making process, but parental right to give consent for a minor is the standard.

There are two basic standards required for informed consent: the medical community standard and the material risk or prudent patient standard. The "medical community" standard of informed consent the clinician's duty to inform the patient and obtain consent depends on the circumstances of the case and the general practice of the medical community in similar cases.

The "prudent patient" standard focuses on the risks a reasonable person considers when making a decision to undergo treatment. This standard usually requires the testimony of an expert witness, and the court must decide what a reasonable patient needs to know to make an informed decision. The prudent patient standard is based on the premise that the individuals have the right to make their own health care decisions.

There are several components of informed consent that are important to consider. First, patients should have explanations in understandable language, including the potential risks and benefits of the proposed treatment. Second, the provider should assess the patient's understanding of the information given to them. Third, the provider should assess the patient's ability to make the necessary decision. Finally, the provider should determine that the patient is not coerced into a particular medical alternative.

Lawmakers have resisted attempts to impose parental consent or notification requirement on minors' access to reproductive services, with the exception of abortion. Many states authorize minors to sign a written consent for contraceptive services, testing, and treatment for HIV or other sexually transmitted diseases, prenatal care and delivery services, treatment for alcohol and drug abuse, outpatient and mental health care. Only three states require some form of notification of the minor's parents prior to the minor giving up an infant for adoption. The one exception to the adoption rule is the infant of a Native American tribe. The tribal court decides the infant's future so that the relationship between the infant and the infant's tribe can be sustained.

Under the mature minor exception, a minor may consent to receive medical care without parental consent or notification if the court determines that the minor has the maturity to make independent decisions. Once a finding has been made in court that a minor is sufficiently mature enough to act in her own best interest and make an independent judgment to consent to treatment, it is unconstitutional for judicial authorization to be withheld. Judicial bypass is the process that states a minor is mature, and has consistently allowed minors another option to consent for care in states with parental notification or parental consent requirements for adolescents seeking abortion. Opponents of judicial bypass believe the process of seeking judicial bypass places an undue burden on adolescents seeking abortion. The laws affecting a minor's right to privacy for health care, and specifically abortion, continue to change according to current interpretation of the law. The Supreme Court upheld a parental consent law with judicial bypass provision in 1983 in Planned Parenthood v. Ashcroft.

Unlike the mature minor, an emancipated minor is generally a youth a minimum of 16 years old, live apart from her parents, and be economically self-sufficient. Definitions of an emancipated minor include those who are married, pregnant or a parent, in the military, declared emancipated by the court. Emancipated minors relinquish the right to parental support, and they are expected to be self-supporting. Although state statutes allow emancipated minors to make complex decisions, they are not immune from all state age requirements; for example, they must be 18 years of age to vote. Without going to court to be declared mature or emancipated minor, minors can and do make several decisional choices about reproductive issues. A minor who is sexually active may choose contraception under current laws and if they become pregnant, are responsible for either terminating the pregnancy, putting the infant up for adoption, or raising the infant. Once the minor becomes a parent, the minor is in charge of all decisions for the baby.

Confidentiality is implicit in maintaining a patient's privacy, but confidentiality between provider and client is not an absolute right. Privacy is defined as the ability of the individual to maintain information in a protected way. Both federal and state laws protect the confidentiality of the people. HIPAA is intended to establish security and privacy standards and promote the standardized electronic transmission of administrative and financial health care records that are currently carried out manually on paper.
Prior to HIPAA, state law controlled the confidentiality of most health information, and protection varied from state to state. Federal regulation under HIPAA supersedes all state laws.

The federal regulations require a uniform minimum standard of confidentiality protection, preempting all contrary state laws. HIPAA provides greater confidentiality of health information for all individuals with the exception of minors. Minors' confidentiality is protected under the Family Educational Rights and Privacy Act (FERPA).

FERPA defines the term "education records" broadly to include all records, documents, files, and other materials such as files, tapes, or a photograph containing information related directly to a student and gives the parents' permission to have some control over the disclosure of this information. Four specified exceptions to FERPA affect access to a minors' records, which include the following: disclosure of law enforcement records; disclosure under directory information after notification of intent; disclosure under health or safety emergency; and disclosure under the juvenile justice system. Schools may disclose information to the above agencies or under specified circumstances without parental consent. HIPPA will protect the confidentiality of health records within the juvenile justice system.

Adolescent health experts agree that adolescents will not seek care unless they are assured of confidential services. Women, including minors who seek confidential services, closely relate confidentiality to the use of health care services. An example would be a young woman who has been to her regular clinician for family-planning services come home to find a bill sent to her parents even though the minor legally obtained those services. These types of communications can compromise the privacy of an individual and deter the individual from seeking further treatment. Understanding the confidential services that adolescents are entitled to helps clinicians deliver appropriate care to this age group. Clinicians have a window of opportunity to provide primary prevention strategies to youths who may reduce adolescent health risk behaviors, possibly even reduce the initiation of high-risk sexual behavior during an office visit.


Beef Dip with Zip

2 pounds lean hamburger meat or 1 lb. hamburger and 1 lb. sausage
¼ cup chopped onions
1 can Ro-tel tomatoes
1 can cream of mushroom soup
1 pound cheese, American or Velveeta (if you have some odds and ends pieces of hard cheese, you can grate these and put in with the American or Velveeta)

Brown meat and onion; drain grease. Add tomatoes, soup, and cubed cheese; stir until well blended. This dip does well in the microwave. Serves a crowd. I like to keep it in a crock-pot so it stays warm. Serve with a variety of chips.
DELEGATE REPORT
CHICAGO, ILLINOIS
SUMMER 2014

It was my honor to serve OSSAMT as a delegate to the AMT National Meeting in Chicago this summer. Our hotel was downtown with beautiful sites within walking distance. It was great to see old friends and to introduce myself to the new ones.

The meeting has been reduced from five days to four days making it challenging to be in education sessions, attend committee meetings, socialize and sleep. This year, I spent a lot of time at the table selling cookbooks and Oklahoma pins. This gave me more time to chat with first timers and meet and greet other members. It was great fun.

Educational sessions were informative and timely. Members had nothing but positive remarks about the program. Thanks to Ms. Powell and the Convention Committee for a job well done. This year, the 75th anniversary of AMT was celebrated. A historical book was compiled by Daniel Morris. Through pictures, interviews, and records, a wonderful review of AMT from 1939 - 2014 was sold to members. It was exciting to turn pages, look at pictures, and relive some of the stories. Go to the AMT website to order your copy. It is well worth the money.

Politics as usual...it is always interesting and unpredictable. Elected to the Board of Directors was Everett Bloodworth, M.T., Kentucky; Ken Hawker, M.T., Utah; and Deborah Westerfield, RMA, Missouri. Congratulations to all. A very special thank you to Roxann Clifton from Oklahoma that has gone off of the BOD. She has been a tremendous asset to AMT and to our state society. Mary Burden will remain on the BOD as Immediate Past President for two more years. My hat goes off to these ladies for presenting the best of our state to the AMT membership. Thank each of you. My good friend Everett Bloodworth, Kentucky, is our new president. Congratulations to all of those elected.

I want to thank the OKSSAMT and the National Board of Directors for awarding me the Silver Service Award this year. AMT has been a large part of my life for many, many years. I am so honored to be an active member in this great organization.

Respectfully,

Vernon Bass, M. T.
The OKSSAMT Business Meeting and Board of Directors Meeting were held on November 1, 2014 at the Educational Seminar in Sayre, Oklahoma on the SWOSU Campus.

At the Business Meeting, the election of officers took place. Kim Digby and Carlo Ledesma will remain as president and vice-president respectively. Lynn Dunlap as treasurer as well as Alicia Martin as secretary will also retain their offices. Lia Spears will remain as editor/board member. Several other positions will be announced at a later date which include board member at large, student board member, and First Year Professional. Committee positions such as Scientific Chair, Proctoring Chair, Legislative Chair, etc. will also be announced at a later date.

Immediately following the business meeting, the Board of Directors met with Carlo Ledesma serving as Chair. It was announced that there was no longer a need for an in-state audit because the AMT Home Office serves as our banking system now. Bills and disposal of funds were reviewed and paid as necessary. Members discussed Nominations for National Awards. Also, the upcoming ONE VOICE spring meeting details were reviewed; postage costs, current addresses for hospitals, and the need for speakers from the Tulsa/Broken Arrow area.
First, we’d all like to congratulate Heidi Zuniga on completion of the program! She is in the application process to take the MLT exam.

Second, we’d like to brag on sweeping the AMT Student Awards! Heidi Zuniga was named Outstanding MLT Student. The SWOSU at Sayre MLT students took first, second, and third in the AMT Student Writing Awards! First place goes to Marcia Smith-Haverly for her paper on *Trichomonas vaginalis*, second place goes to Tiffany Jackson for her paper on Primary Amebic Meningoencephalitis, and third place goes to Shelby McVicker for her paper on Gilbert’s Syndrome. Congratulations to everyone!

Clinical practice has begun for many of the students. Farrah Duarte is at Elkview General Hospital in Hobart, Dasa Skelley is at Weatherford Regional Hospital, Shelby McVicker is at Woodward Regional Hospital, Racheal Horton is at Pampa Regional Medical Center, and Erica Baker is at Elk City Regional Medical Center.

Four students will be traveling to the AMT National Convention in Chicago. They are: Dasa Chrisman, Farrah Duarte, Marcia Smith-Haverly, and Erica Baker. Everyone is looking forward to the meeting and getting to see sights of The Windy City.

We will see you at the fall OKSSAMT meeting.
The 2014 American Medical Technologist student technical writing awards and outstanding student awards were presented July 9, 2014 at the annual AMT meeting held in Chicago, Illinois. The recipients of the awards are MLT students from our own SWOSU Sayre campus and were given a plaque and cash prize.

Marcia Haverly, MLT student from Las Vegas, Nevada, received first place and two hundred dollars for her paper over *Trichomonas vaginalis*, Tiffany Jackson, MLT student from Hollis, Oklahoma, received second place and one hundred sixty-five dollars for her paper over The Cause and Effect of Primary Amebic Meningoencephalitis, and Shelby McVicker, MLT student from Woodward, Oklahoma, received the third place slot and one hundred thirty-five dollars for her paper over Gilbert’s Syndrome.

Along with the technical writing awards, the Outstanding MLT student award was given to Heidi Zuniga, MLT student from Elk City, Oklahoma, who graduated from SWOSU Sayre in May 2014. Heidi was awarded with a plaque and cash prize of two hundred fifty dollars.

Finally, the American Medical Technologists Institute for Excellence (AMTIE) gave the Cuvello Commitment to Excellence award to SWOSU at Sayre Medical Laboratory Technician Program Director Roxann Clifton. The award is given to an AMT member, nominated by peers, who has demonstrated outstanding continued involvement in continuing education by the way of presentation of workshops, lectures, or seminars at both the state and national levels and publishing articles in scientific and management journals. This award was presented to Roxann by Linda Jones, MT, AMTIE president.
Gilbert’s Syndrome
Shelby McVicker
Woodward, Oklahoma 73801, 2115 3rd Street
Medical Laboratory Technician Student
Southwestern Oklahoma State University at Sayre,
Sayre, Oklahoma 73662, 409 E. Mississippi

Gilbert’s syndrome, also known as hepatic dysfunction, benign familial icterus, constitutional hepatic dysfunction, unconjugated benign bilirubinemia, and familial nonhemolytic jaundice, is a common, hereditary disorder that manipulates the way bilirubin is processed by the liver. Gilbert’s is caused by an abnormal gene mutation that is inherited from the parents. This specific gene controls the enzyme that aids in the breakdown of bilirubin in the liver. It is often referred to as Gilbert’s disease, however, it is actually not a disease at all. In 1901, Gilbert’s syndrome was first described by French gastroenterologist Augustin Nicolas Gilbert and colleagues as a hereditary, congenital, benign, chronic, and intermittent hyperbilirubinemia.

While Gilbert’s syndrome is found in both men and women, it is often found more in men and affects up to 10% of people in a Caucasian population (Medline Plus). Because Gilbert’s syndrome is inherited as an autosomal recessive trait, those who contain this gene are born with it; the affected gene is located on chromosome two (Medicine Net). Many people carry the Gilbert’s syndrome gene their entire life and it goes undetected; these people often carry just one copy of the gene. However, those who carry two copies of the abnormal gene, one inherited from each parent, are usually aware of their diagnosis fairly early in their life because of the jaundice. Gilbert’s syndrome causes jaundice, which is a yellowing of the skin and whites of the eyes, and may come and go throughout life. This happens because the mutated gene controls the enzyme that breaks down bilirubin once it enters the liver. The specific enzyme UFT1A is one of the enzymes called UGT glucuronyltransferases that are critical in the metabolism of bilirubin (Medicine Net). Those who have Gilbert’s have a reduced level of this enzyme that causes a buildup on bilirubin in the blood (Patient). When this process is not done correctly, or normally, there is an excess amount of bilirubin built up in the bloodstream. Bilirubin is a yellow-red pigment that is found in bile, created when the body breaks down red blood cells. Bilirubin moves via the bloodstream into the liver where, normally, an enzyme is there to break down the bilirubin and discards it from the bloodstream. It then goes from the liver into the intestines with bile. Finally, the bilirubin is excreted in stool, mostly in feces, with only small amounts left in the blood.

In Gilbert’s syndrome, the liver is the site where the affected enzyme breaks down the bilirubin. The liver is the second largest organ of the human body. Located under the rib cage on the right side, it is shaped like a football that is relatively flat on one side and only weighs around three pounds (American Liver Found). Gilbert’s syndrome will not cause damage to the liver (Medical News Today).

Those who have Gilbert’s syndrome typically notice signs of the jaundice flaring up during times where they are experiencing high stress, exertion, infection, and when they have gone a while without eating. Often, they will become fatigued, experience high anxiety, asthenia, nausea, and in some cases abdominal pain. Some patients dislike the jaundice color in their skin and eyes. There is a medicine called Pheno-barbital that can lower the bilirubin levels which may reduce the jaundice but because the medicine is not being taken for an actual health issue, it could cause sedation and light headedness (Medical News Today).

Although there are quite a few symptoms that come along with Gilbert’s syndrome, there is not any testing needed because there is no prevention. However, to confirm Gilbert’s syndrome or to rule out any other liver problems, there are a few tests one can go through such as an ultrasound scan of the liver, fasting for twenty-four hours to monitor bilirubin levels increase or decrease, and genetic testing (Medical News Today). The good thing is that, apart from the occasional abdominal pain, there is no life-threatening risk for having Gilbert’s syndrome. While there is not a need for testing in those who have the disease, an indirect bilirubin blood test can show changes that often occur when one has Gilbert’s syndrome (Medline Plus). Long-term monitoring is not necessary for those with Gilbert’s.

An indirect bilirubin blood test will be used to check the bilirubin levels in the blood. Prior to reaching the liver, the bilirubin has not combined with sugars to create a water-soluble form known as conjugated bilirubin. Once conjugated bilirubin enters the colon, it is converted back into the unconjugated form it originally was to be excreted from the body (Mayo Clinic). The reason indirect tests are used in laboratories to look at the blood levels is so they can estimate the amount of unconjugated bilirubin that has been obtained. This may help in indicating the type of liver problem.

Gilbert’s syndrome Cont....
While Gilbert’s syndrome can often go undetected for years, it is most commonly discovered not long after puberty when the modification in sex hormone levels cause the blood bilirubin levels to increase (Medicine Net). To live a healthier lifestyle when living with Gilbert’s, one should avoid liver toxins like alcohol, coffee, tea, or soft drinks. Replacing those drinks with several glasses of water each day will be beneficial (Liver Doctor). Like each person should, choosing a healthy diet packed with fruits and vegetables, avoiding an extremely low-calorie diet, and avoiding fasting or skipping meals are a few ways that may help one manage their disease. Try to stay away from hydrogenated fats and deep fried foods (Liver Doctor). Also, finding ways to deal with stress such as exercising or having a quiet moment alone are great ways to help manage stress to keep their risk of jaundice inflammation occurring.

Gilbert’s syndrome is not always easy to live with. By talking with a doctor there are ways to cope and deal with symptoms that arise with having the genetic mutation. Jaundice often comes and goes. If yellowing of the skin and eyes persists, see a doctor. Living a healthy lifestyle with a nutritious diet could prove to be beneficial throughout everyday life with Gilbert’s syndrome.

References


OKSSAMT Welcomes New Members

**AHI**
Brenda Hebert, Broken Arrow

**MLT**
Jennifer Ricketts, Miami
Yajaira Zuniga, Elk City

**MT**
Haitham Al-Sadi, Broken Arrow
Michael Bediako, Midwest City
Kyia Crouch, Oklahoma City
Monique Lias-Moore, Edmond
Seth Stambaugh, Enid
John Tull, Muskogee

**RDA**
Kendra Hensley, Wyandotte
Summer Morrison, Miami
Nichol Way, Miami

**RMA**
Alyssa Atchley, Ada
Jami Banks, Fort Gibson
Martha Bowen, Oklahoma City
Karen Garrison, Tuttle
Alicia Harrison, Tulsa
Elizabeth Herriman, Konawa
Leila Hicks, Tulsa
Carla Hinkle, Oklahoma City
Latrisha Lewis, Oklahoma City
Angela Lowe, Norman
Jackalin Martinez Reynolds, Oklahoma City

**MA City**
Melissa Najera, Oklahoma City
Amy Owens, Yukon
Kim Pham, Tulsa
Ashley Reader, Oklahoma City
Tenoya Roberts, Edmond
Terry Rowden, Blanchard
Crystal Shaw, Tulsa
Melva Southard, Oklahoma City
Chrystal Sprowl, Edmond
Rhonda Thompson, Oklahoma City
Patricia Tilley, Oklahoma City
Lucero Ugarte, Hooker
Jennifer Williams, Tulsa
MARK YOUR CALENDAR

AMT Educational Program & National Meeting • June 22-25, 2015
KONA/KOHALA COAST, BIG ISLAND OF HAWAII

Kona side of Hawaii is known for its sparkling resorts, world-class golf courses, white sand beaches, big game sport fishing and home-grown Kona coffee.

Hilo side of Hawaii is the gateway to Hawaii Volcanoes National Park, historic small-town flavor and interesting shops, restaurants and museums, tumbling waterfalls and towering banyan trees.

Punalu‘u Black Sand Beach is part of a habitat of turtles who can often be found basking on the sand in the morning sun.

Hawaii Volcanoes National Park — more than 333,000 acres and still growing — is a UNESCO World Heritage site. To appreciate the volcanoes, plan to spend a day exploring the Park.

Hapuna Beach Prince Resort

- Resort is located 30 minutes from Kona International Airport.
- Beachfront resort faces spectacular Hapuna Beach with white sand beach (named “Number One Beach in America” by Conde Nast Traveler magazine).
- Each guestroom has a private lanai with ocean view.
- Spacious marble bathrooms with separate tub and walk-in shower
- In-room coffee maker, mini-refrigerator, iron & ironing board, hair dryer, safe
- 10% discount on spa service | 20% discount in hotel restaurants excluding alcoholic beverages
- Complimentary self parking, Internet in guestrooms and admission to Fitness Center
- No resort fees
- Outdoor pool with cabanas and heated whirlpool
- Hapuna Golf Course designed by Arnold Palmer & Ed Seay (18 holes)
- Group room rate also valid for pre- and post extensions at nearby Mauna Kea Resort and sister hotel in Honolulu

AMT Convention room rates:
$169.00 single or double occupancy + 13.416% tax.
Rate valid June 18 to June 30, 2015.
Third person charge $60.00 per night which includes a roll-away bed. Maximum guestroom capacity is three adults, or two adults and two children under 12 years of age in a master suite. Children 12 years of age and younger while traveling with an adult are complimentary when they utilize existing bedding in the same room.

Hapuna Beach Prince Resort
62-100 Kukio‘a Drive
Kohala Coast, Hawaii 96743
Toll-free reservations
1-866-PRINCE6 (774-6236)
Hotel phone: 808/880-1111

AMT
American Medical Technologists
Certifying Excellence in Allied Health
For additional information:
Contact AMT
10700 West Higgins Road, Suite 150
Rosemont, IL 60018
Phone 847/823-5169 • Fax 847/823-0458
E-mail: mail@americanmedtech.org
Website: www.americanmedtech.org

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