

HOSA HAPPENINGS

THE BCMAR HOSA CHAPTER NEWSLETTER



PENNIES FOR PATIENTS

By Naavya Agarwal

During the previous month, the BCMA HOSA chapter raised money for families and kids who have suffered from Leukemia and Lymphoma. Leukemia is a disease in which blood-forming organs produce many abnormal white blood cells that protect you against infections and viruses. Lymphoma is cancer in the lymph nodes, which causes them to enlarge. Around 176,200 people in the US were expected to be diagnosed with leukemia and lymphoma during 2019. Students were given a box to collect money for prizes. We also raised money at lunch by selling tickets to pie teachers in the face. Dean Santos, Mr. Figueroa, and Ms. Masood were pied during the winter showcase. The HOSA chapter raised over \$300 for the "Pennies for Patients" campaign.

We would like to acknowledge some individuals that were a significant segment of this campaign. Brayan Hernandez and Evan Cantu sold tickets to get a staff members pied in the face for sixth grade. For the seventh grade, Ashly Hernandez, Asma Munir, and Naavya Agarwal sold tickets during lunch. Neela Ravi and Srilalitha Jyosyula sold tickets during eighth grade lunch. Victoria H. Rodriguez raised the most money during the "Pennies for Patients" campaign.

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7 MYTHS ABOUT THE HEART

By Jathziry Cruz, Neela Ravi, Srilalitha Jyosyula, Jennifer Rivera, and Trinity Hewitt

1. Taking statins have damaging side effects.

BHF-funded research has provided very strong and clear evidence that statins reduce the risk of someone dying from or being debilitated by a heart attack or stroke. If you are prescribed a statin, you need to take it every day. Statins are most beneficial when you take them on a long-term basis.

2. Cardiac arrest and heart attack are the same thing.

A heart attack is not the same as a cardiac arrest. Many cardiac arrests in adults happen because of a heart attack. This is because a person who is having a heart attack may develop a dangerous heart rhythm, which can cause a cardiac arrest. A heart attack and a cardiac arrest are both emergency situations.

3. Heart disease is due to an unhealthy lifestyle, so slim and active people aren't at risk.

This could be due to genetic factors, (for example, inherited heart conditions). But there are other factors that cause heart disease, which are unclear.

4. Coughing during a heart attack could save your life.

There is no evidence supporting this. If you truly are in cardiac arrest, you would be unconscious and unable to consciously cough, and you would need immediate CPR. Coughing could help get the attention of others so they can get you medical help.

5. You can have a "minor" heart attack.

Heart attacks can vary, but you cannot have a "minor" heart attack. Heart attacks could range from total blockage of your main artery or more commonly, partial blockage in one or more arteries. Heart attacks mean you have heart disease and come with many more issues and risks, which isn't minor at all.

6. Women don't have to worry about heart disease.

Heart disease is the number one cause of deaths for women in the US. Women don't realize that heart disease is a huge health threat that affects 34 million woman every year. Women aren't more prone to heart disease but they do have different symptoms.

7. Heart failure is when your heart stops beating.

Heart failure means that your body isn't pumping blood to your body properly. It can be sudden, or it can happen over many years. The most common reason for this is that your heart muscle is suddenly and unexpectedly stops beating, it's called sudden cardiac arrest and you would need help right away.





VAPING CAMPAIGN

By Ramya Elangovan

Many people die from vaping each year, mainly due to misinformation. Knowing the truth about this highly addictive substance is necessary, especially since vaping products are primarily targeted at minors.

What is VAPING?

Using an e-cigarette is commonly called vaping. There are several forms of e-cigarettes like vapes, e-hookahs, vape pens, tank systems, mods, and electronic nicotine delivery systems (ENDS). They heat a liquid to produce an aerosol that users inhale into their lungs. The liquid can contain harmful substances like nicotine, tetrahydrocannabinol (THC), cannabinoid (CBD) oils, flavorings, and chemical additives.

Vaping is NOT safe.

Vaping is deadlier than smoking classic cigarettes. Vaping one e-cigarette has the same effects as smoking 20 regular cigarettes. The toxic substances in e-cigarette damage your lungs and heart, causing pulmonary and cardiovascular diseases. Recently, there has been a massive outbreak of e-cigarette and vaping associated lung injury (EVALI). Since the beginning of 2020, a total of 2,668 hospitalized EVALI cases have been reported to the Centers for Disease Control and Prevention (CDC).

Vaping is addictive.

E-cigarette contents like nicotine are extremely addictive. It is difficult to quit any addiction, and vaping is no different.

Prevention

Make a firm decision. Be Strong. Don't give into peer pressure. Just because your friends or classmates vape, does not make it cool or okay for you to vape. Be strong, and say no. Relax. Use SMARTadopt "Stress Management and Relaxation Techniques (SMART)" like meditation, yoga, music therapy, progressive muscle relaxation. They bring peace and calm to your mind, and relieve your stress.



A HEALTHY HEARTY MEAL

By Ashly Hernandez

Eating healthy is essential to the human body, because healthy foods give us needed amino acids, proteins, vitamins and minerals. Eating unhealthy can put you at risk for long-term heart diseases. Eating processed food with excessive amounts calories can put you at risk of getting obese and becoming diabetic.

Fried foods are unhealthy because of all the high calories, fat, and oftentimes salt. There are so many alternatives to fried food, like air-fried and baked food. For example, this baked chicken tender recipe can be a healthy alternative to fried chicken tenders.

Healthy Chicken Tenders

Ingredients

- 1 pound chicken breast tenders, uncooked
- 2 slice bread, whole wheat
- 2 tablespoon parmesan cheese
- 4 tablespoon mustard, (preferably dijon)
- 1/4 teaspoon paprika
- 1/4 cup whole wheat flour
- 2 tablespoon olive oil
- 1/4 teaspoon salt

Directions

1. Preheat oven to 400 F°, and place a metal roasting rack on top of a cookie sheet. Set aside.
2. Add the bread, parmesan cheese, paprika, salt, and a few grinds of pepper into a blender; blend until medium crumbs form.
3. Drizzle olive oil over crumbs and toss to combine.
4. Add the flour to one wide shallow bowl. Add the mustard to a second bowl, and add the fresh bread crumb mixture to a third bowl.
5. Dredge the chicken tenders in the three bowls, starting with the flour, then the mustard, and finally the crumbs. (To save time, you can dredge the tenders in the flour and mustard bowls in groups of 2-3 tenders at a time. We recommend one tender in the crumb bowl at a time.)
6. Arrange the chicken tenders on the roasting rack. Bake 20 minutes, then flip each tender with tongs, and bake 20 minutes more, or until an instant-read thermometer in the tenders reads 170 F.
7. Serve hot with ketchup, barbecue sauce, or another favorite dipping sauce.



PUZZLE CORNER

T E E X J E V L T J Y I R W X E E X C B Y S R C Z A F O P L
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 U W E F B N C O E Y G W T U K B H G W B P I G R N J W J J M
 Y H J R X K O T H W S P S U C F S Q Z I B I T R Y N R U C V
 L G E J R D R J J T B S S L G T P V V F T A L B J I N S W W
 B P X A V A E Q W Y E A E O X Y G E N A T E D L S C Z Z T X
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 L I Q Z Z T X A P L T I V S D Z T R N N M U L C A R I J F N
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 M R G B B R E H Z Q I O C L S V V F R K X I Y D P E T B R E
 G A W R I M C N I I F B P L H Y V I F N D G T D J O A U U S
 N O D C D A L I T Z Q X O N M C X A V R S I V J L S J B S I
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 J E E T P I C E L E I Y R W H I T E B L O O D C E L L S E T
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 U W L O N C R G Z W S B Z W G D P R L A P H R C C T X S L N
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 E T Y Z N L Y U K N J O G T M W M Y O N G H D R Z O B Z H F
 T Y Z G V L N B B P A V A C A N E V D Z R F C S D A L V G K
 O Y E G Q S D N R J M B L H E Z E U W P I N H M P M O U I P
 T Y E V C A Q P N U R R W G X S G D M F Z B J V O O K K H E
 V P Z Y S P M U P I E M E V F V A V Z N F V L A F H V X O M

ARTERY

REDBLOODCELLS

BICUSPID

RIGHTVENTRICLE

HEARTDISEASE

ISCHEMIC

TRICUSPID

HIGHBLOODPRESSURE

LEFTVENTRICLE

VEIN

CARDIACARREST

LOWBLOODPRESSURE

VENACAVA

HEART

MALIGNANTCELLS

WHITEBLOODCELLS

OXYGEN

BLOOD

OXYGENATED

BLOODCLOTS

PLATELETS

CAPILLARY

PUMPS