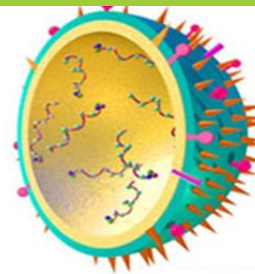


PREVENTING H1N1

Shaina Manuel, Oklahoma State President



There have been a little over one million cases of the H1N1 virus in the United States. Hundreds of thousands of people have been hospitalized and over a thousand have died. The H1N1 virus is currently characterized as “moderate in severity”.

HOSA members can talk to people about washing their hands, vaccine safety and distribution, and infection control. This virus is spread by people sneezing or coughing and touching other objects or people without washing their hands first.

This is not the first year that the H1N1 virus has emerged as an infectious disease. In 1918, the H1N1 virus was referred to as the Spanish Flu. The 1918 pandemic lasted from March 1918 to June 1920, killing an estimate 50 to 100 million people worldwide

Young children, the elderly, pregnant women, and people with medical conditions such as asthma, heart disease and diabetes have an increased risk of getting the H1N1 virus. If you come in contact with a person who is infected with this illness you should try to avoid face-to-face interaction with this person, In order to avoid this you could wear a medical face mask, and always make sure to wash your hands thoroughly.

In the early fall of 2009 there was a problem getting enough vaccines for the H1N1 virus. The vaccine has been determined by the CDC to be safe and effective, but the process to produce the vaccine is too slow to meet public demand. The President of the United States, Barak Obama, has declared the H1N1 flu a national emergency. Efforts are underway to get the vaccine available and out to the public.

Neurosurgery: *A quick look at a long road*

By Deanna Lines, Service Vice President, Utah State HOSA

Imagine that you have just been in a car accident and your brain has begun to swell. The EMTs are doing everything they can but what really matters is time. They rush you to the hospital and hand you off to the neurosurgeon who knows exactly what to do with a swelling brain that has nowhere to go. Time to scrub in and make some room.

When one thinks about neurosurgery the term “brain surgeon” comes to mind. However, if asked a neurosurgeon would never define what they do solely by the brain. Neurosurgeons work with patients who have injuries to their spine, peripheral nervous system, and brain. They treat conditions ranging from strokes to carpal tunnel syndrome.

The journey to become a neurosurgeon is anything but short. To become one of the 3,000 neurosurgeons in the United States, four years of undergraduate college, four years of medical school, and a six to eight year residency is required. Although this specialty requires the longest medical training in the U.S., the average salary is \$192,000 per year.

The life of a neurosurgeon can be very demanding. Many operations can be long and technically difficult. Surgical emergencies such as bleeding within the brain or sudden compression of the spinal cord can occur at any hour of the day or night and demand immediate attention. The high pressure of the job can be emotionally draining yet a successful case can offer a great deal of personal satisfaction. Neurosurgery is a very demanding, yet extremely rewarding specialty. It offers a wide variety of clinical challenges and surgical options. It is well suited to those individuals seeking a career in surgery who have a strong interest in the human nervous system and the various disorders that can affect it. The technological advances that continue to evolve will help keep neurosurgery a fresh and exciting field for decades to come.

