

The Helping Hands



President's Message:

**Ivana Susanek,
ALA, CMA (AAMA)**



Dear Members:

Hope your summer is going well! The weather has been wonderful here in NE Ohio. I wanted to give you a few updates in this edition:

- We have submitted Excel Award nominations for OSSMA Web, OSSMA Bulletin and our Spring Community Project to AAMA in a timely manner

- I have also forwarded a list of the new OSSMA officers and HOD Delegates/Alternates to the AAMA in a timely manner
- If you did not submit your individual chapter officer election results to our OSSMA Secretary and to the AAMA, please do so as soon as possible – the membership dues checks are being mailed out to Treasurers in the next few weeks; we have yet to hear from Firelands, Muskingum and Ohio Valley chapters
- Please check your membership cards to make sure you belong to the correct county; you are automatically selected based on your home zip code, but ultimately, you have a choice to which chapter you want to belong to and participate in (report any discrepancies directly to the AAMA)
- We are introducing our fall community project – collecting food/items for the Cleveland Food Bank – please find more details in the enclosed flyer or on our web site. Please share it with others

- Due to unforeseen circumstances, we had to purchase a new domain for our website; our new web address is now www.ohssma.org

I hope you can join us for the AAMA Conference held in Cincinnati on October 6 – 9, 2017. This is a terrific opportunity for all members, especially for those who did not have a chance to experience a national conference before. It is not a long drive and you can come for a day or two of classes if you are on a tight budget. But the best part, at least for me, is to meet new friends and to catch up with the old ones. Registration and more details are available on the [AAMA website](http://www.aama.org).

Another fantastic opportunity to get some CEUs is coming up on November 4, 2017. The Cuyahoga County will be hosting our Fall Board Meeting and CEU Seminar. You can find more details in this bulletin and on our website.

Thank you and enjoy the rest of your summer!

Ivana Susanek, ALA, CMA (AAMA)
OSSMA President 2017-2018

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The Helping Hands

The HELPING HANDS is published quarterly and is the official publication of the Ohio State Society of Medical Assistants.

Advertising inquires should be directed to:
Melanie Shearer, CMA (AAMA)
ossma.mshearer@gmail.com

Rates are available upon request. Subscriptions for members are included as a part of their annual membership dues. All educational articles and materials that are submitted for publication should be sent prior to each deadline. Only electronic copies are accepted. Please submit as a Word or PDF file. Accepted material is subject to editing.

Note from the editor:

**Jennifer Dietz,
CMA (AAMA)**



As editor of The Helping Hands my goal is to continue to make this publication extremely informative. Please continue to submit your items to me at:
jdietzh@gmail.com

Jennifer Dietz, CMA (AAMA)
3312 Archmere Ave
Cleveland, Ohio 44109
Email: jdietzh@gmail.com
Phone: 440-638-9191

Emergency Dues Update

Thank you to those who contributed to the Emergency Dues Fund. Donations are accepted anytime. Please consider donating at the Summer and Fall board meetings.

Reminder: Requests for Emergency Dues payment are accepted **September 1st - November 30th**. We want to have time to get the remittance to the AAMA prior to December 31st. Must be an active member to apply.

Requests can be emailed to:
Carol Watts, CMA (AAMA)
Emergency Dues Chairman
giraffes1213@yahoo.com

All requests are kept confidential.
Please indicate your associated chapter.

Deadline dates

The following chapters are encouraged to submit educational articles for the volumes listed below:

Volume, Issue	Date Due	Chapters
Volume 58, Issue 3: Fall 2017	November 4, 2017*	Montgomery County
Volume 58, Issue 4: Winter 2018	January 14, 2018*	Southwest Ohio Stark County Summit County
Volume 59, Issue 1: Spring 2018	April 29, 2018*	Toledo Tri-County West Central
Volume 59, Issue 2: Summer 2018	July 22, 2018*	Cuyahoga County Firelands Franklin County Heartland County

*Due dates subject to change upon announcement of board meeting dates.

Moving or Changing Your Name?

Please notify the AAMA. The AAMA sends the Helping Hands a list of Ohio members. If you do not notify the AAMA of your new address, phone number, name change, or email change, your edition of the helping hands will not arrive at your location.

American Association of Medical Assistants
20 N. Wacker Drive
Chicago, Illinois 60606



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Ohio State Society of Medical Assistants Districts

District #1

District #2

District #3

District #4

District #5

District #6

District #7

District #8

District #9

District #10

District #11

District #12



Save the Date:



OSSMA Fall Board Meeting / CEU Event

Place: Cuyahoga Community College
Eastern Campus
4250 Richmond Road
Highland Hills, Ohio 44122

Date: November 4, 2017

Time: 8:00 AM - 1:30 PM

Registration is included in this bulletin



OSSMA 2018 Annual Conference

Holiday Inn Dayton / Fairborn I-675
Fairborn, OH

April 26-28, 2018



61st AAMA National Conference

The Netherland Hilton
Cincinnati, OH
October 6-9, 2017

Colorectal Cancer Screening: Why, Who and How We Screen

by Anna Fetzer, MPH

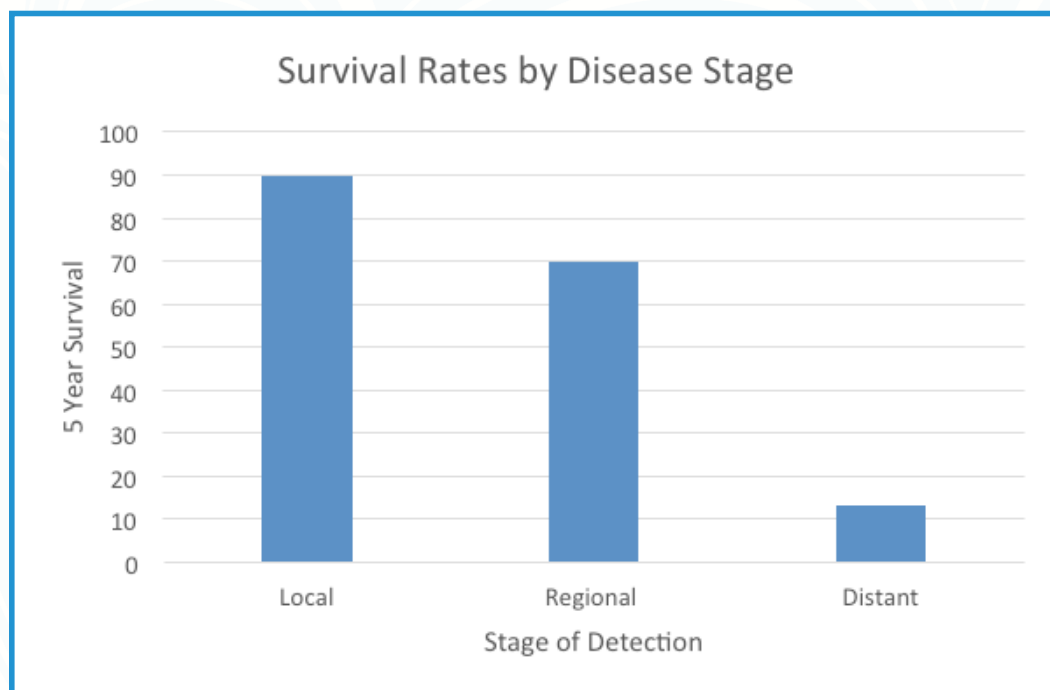
Senior Manager, Primary Care Systems
East Central Division | American Cancer Society, Inc.



I am excited to join you again to share more information about colorectal cancer screening and how you can help save the lives of your patients. If you missed the first article in this 3-part series, I introduced the 80% by 2018 initiative and the basics around colorectal cancer and screening. This article will address the reasons we test, the guidelines for testing, and the recommended tests that are available.

Why do we test?

The American Cancer Society believes that preventing colorectal cancer (and not just finding it early) should be a major reason for getting tested. Having polyps found and removed keeps some people from getting colorectal cancer. Cancer prevention is why colorectal screening is unlike any other cancer screening. It can identify polyps before they become cancer. I think that's amazing. If, however, cancer has already developed, detecting it at its earliest stage is vital for a good health outcome. The following graph tells us that if colorectal cancer is identified and treated at a local or regional stage of detection, the 5-year survival rate is 70% and higher. However, if it is detected at a later, distant stage, 5-year survival is under 15%.¹



Who should be tested?

Starting at age 50, men and women at *average risk* for developing colorectal cancer should use one of the screening tests listed below. If you are at an increased or high risk of colorectal cancer, you might need to start colorectal cancer screening before age 50 and/or be screened more often. Please refer to this link for more information on [Colorectal Cancer Risk Factors](#). You are encouraged to have tests that have the best chance of finding both polyps **and** cancer if these tests are available to you and you are willing to have them. But the most important thing is to get tested, no matter which test you choose.

Tests Used to Find Polyps and Cancer

These tests look at the structure of the colon itself to find any abnormal areas. This is done either with a scope (a tube-like instrument with a light and camera) put into the rectum or with special imaging (x-ray) tests. Polyps found during these tests can be removed before they become cancer, so these tests may prevent colorectal cancer. Because of this, these tests are encouraged for your patients if they are available and they are willing to have them.

- Colonoscopy every 10 years
- CT colonography (virtual colonoscopy) every 5 years*
- Flexible sigmoidoscopy every 5 years*
- Double-contrast barium enema every 5 years*

Tests Used to Find Cancer

These tests check the stool (feces) for signs of cancer, and are less invasive and easier to have done, but they are less likely to detect polyps.

- Fecal immunochemical test (FIT) every year*, **
- Guaiac-based fecal occult blood test (gFOBT) every year*, **
- Stool DNA test every 3 years*

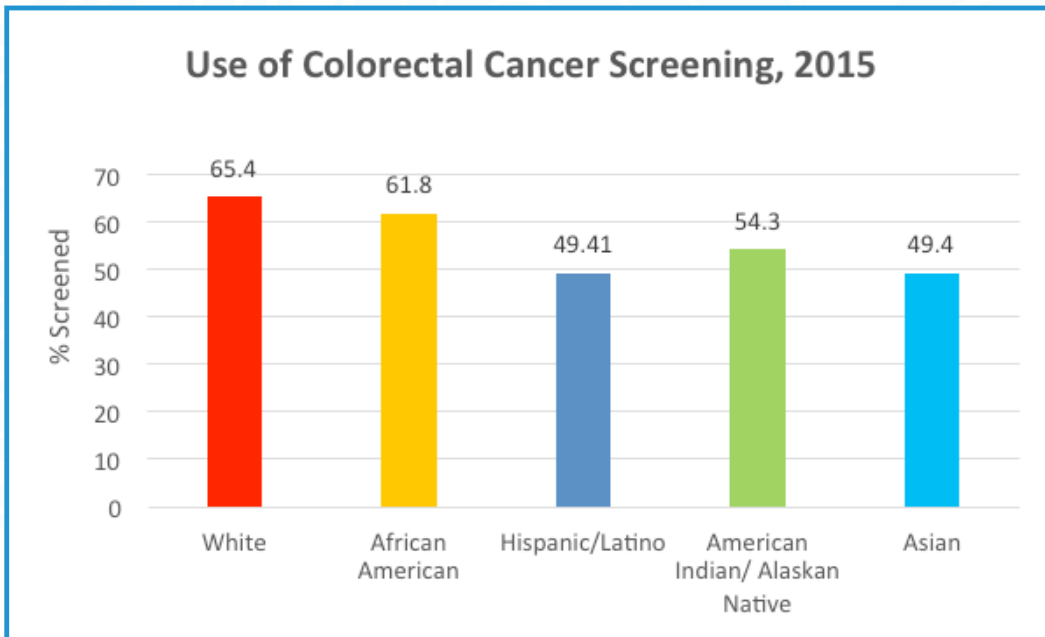
**Colonoscopy should be done if test results are positive.*

*** Highly sensitive versions of these tests should be used with the take-home multiple sample method. A gFOBT or FIT done during a digital rectal exam in the doctor's office is not enough for screening.*

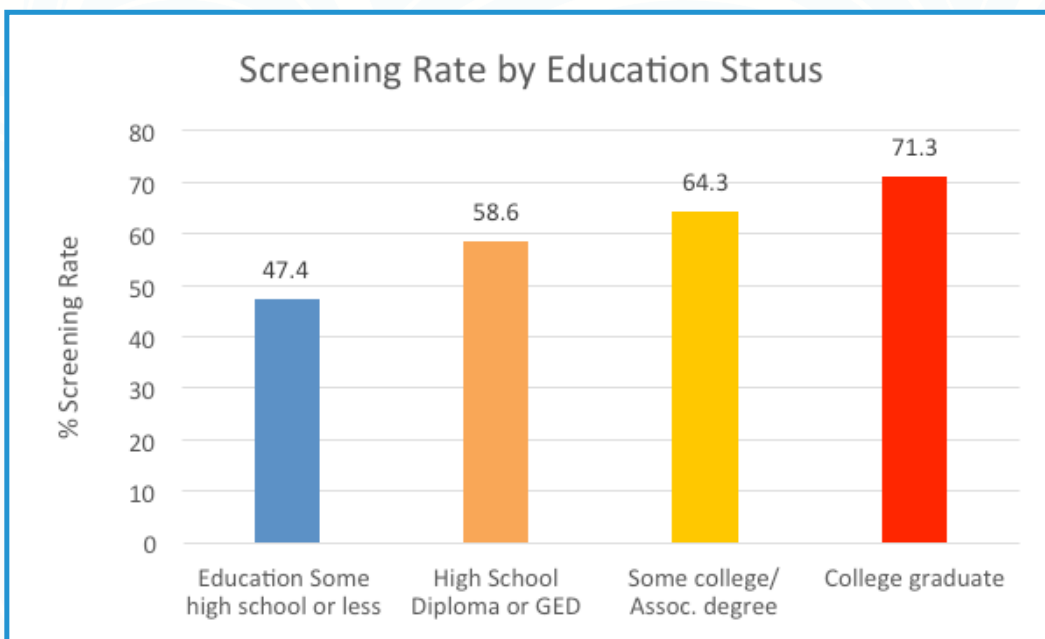
We are often asked if a digital rectal exam enough to screen for colorectal cancer. The research has shown that this type of stool exam will miss more than 90% of colon abnormalities, including most cancers. Because of this, it is NOT recommended as a stand-alone test for colorectal cancer.

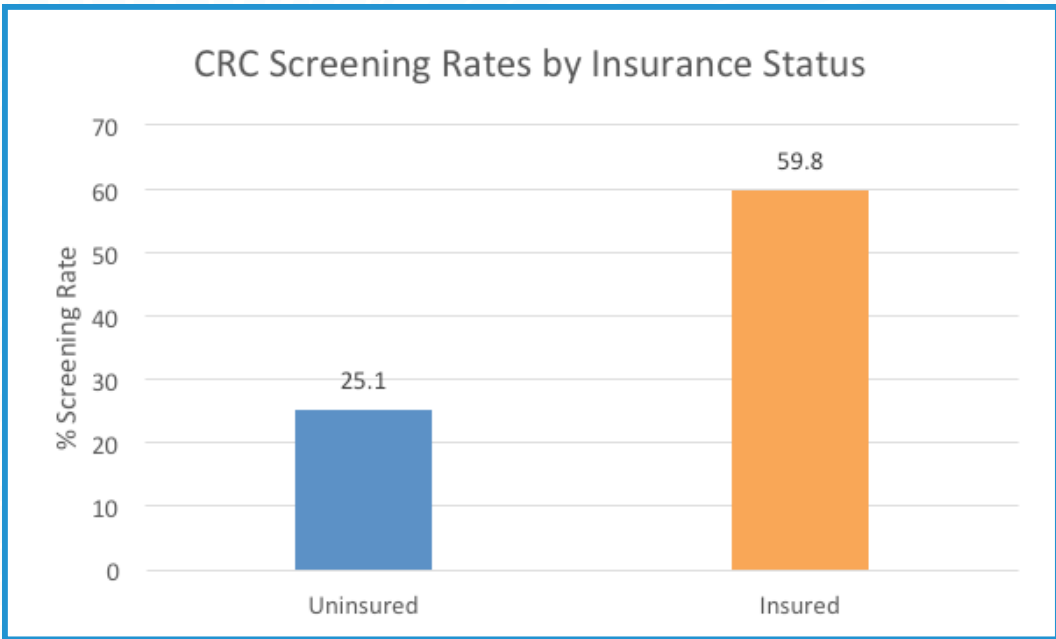
Who is not getting screened?

Ohio is ranked 31 out of 51 in the US for our colorectal cancer screening rate of 66.2%². As I discussed in the last edition of *Helping Hands*, the nationwide goal is to reach an 80% screening rate by the end of 2018. As we work to reach this goal, it's important to identify who is not getting screened.



When we look at screening data by population group, we see lower rates of screening among racially and ethnically diverse populations. We also see similar trends based on educational attainment, and insurance status.





When patients are asked why they don't get screened for colorectal cancer, common answers include: low awareness of colorectal cancer as a personal health threat; lack of knowledge of screening benefits; fear, embarrassment; discomfort; time; cost; access; and other structural barriers. Luckily, we have tools and interventions that have been scientifically proven to reduce barriers to screening. In the next edition of *Helping Hands*, I will share these resources and the 4 Essential Steps to increasing colorectal screening in your practice.

For more information go to: <https://www.cancer.org/content/dam/cancer-org/research/cancer-facts-and-statistics/colorectal-cancer-facts-and-figures/colorectal-cancer-facts-and-figures-2017-2019.pdf>



¹ Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System, 2014. Public use data file. See Sources of Statistics (page 29) for complete citation and more information.

² Source: Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System, 2014. Public use data file. See Sources of Statistics (page 29) for complete citation and more information.

Reports:

DISTRICT COUNCILOR #11

HEARTLAND CHAPTER:

Still meeting at the Hospice House, South of Ashland, off Mifflin Ave at 6:30 PM with CEUs for two hours and then short business meeting, out before 9 PM.

President Vera Merrick, CMA (AAMA) sent out a letter near the first of August listing all the dates for the 2017-2018 season and the coming topics.

First meeting will be August 29th with the topic "More than skin deep – Skin Cancer in America".

The second meeting will be September 26th with the topic "From Silence to sound: Cochlear Implants". This meeting had to be changed because of the Ashland County Fair the week before.

The October meeting will be on the 17th topic "Free yourself from anxiety: A mind-body prescription."

Submitted by:
Judy Harlan, CMA (AAMA)

FIRELANDS CHAPTER:

Vice President Athena Shaffer, CMA (AAMA) attended the OSSMA Summer Board meeting at Gahanna and reported they are still getting more members interested and still need several more officers. Notices will be sent out for the next meeting date and time.

Submitted by:
Judy Harlan, CMA (AAMA)

Cuyahoga County Chapter Fall Seminar

November 4th, 2017

Cuyahoga Community College – Eastern Campus

4250 Richmond Road

Highland Hills, OH 44122

7:30 am - 7:50 am	Registration with Continental Breakfast
8:00 am - 9:00 am	TBA - Dr. Natalie Belle
9:15 am - 10:15 am	Population Health: Health Promotion – Wendy Batch-Wilson DNP, RN
10:30 am - 11:30 am	Heroin Epidemic in Northeast Ohio – Kristy Biggers MSN, RN
11:45 am - 12:15 pm	Lunch
12:30 pm - 1:30 pm	Let's Talk About It – Deborah Vinesky MSN, RN & Debra Wilson, MBA RN
1:45 pm	Board Meeting

*(Topics and speakers are subject to change)**

Cost: Members	\$50.00 before deadline; October 21st. \$60.00 after deadline
Nonmembers	\$60.00

For overnight accommodations: Cleveland Marriott East
26300 Harvard Rd
Warrensville, Heights, Ohio 44122
Phone: 216 378-9191
Room price \$119.00

Please consider taking part in our Fall Community Project.

.....

Name/Credential: _____

Address: _____

Phone#: _____

Send payment to: Ivana Susanek
6341 Smith Rd
Brookpark, OH 4412

Community Projects:

OSSMA Fall Community Project

We are donating items to Greater Cleveland Food Bank!

The [Greater Cleveland Food Bank](#) works to alleviate hunger in our community by providing more than 800 partner agencies and hunger relief programs with food, select non-food products, training and planning strategies. These programs then directly serve the hungry. In the last fiscal year, the Food Bank made possible nearly 48 million meals to those struggling with hunger in our area.

Almost one-third of the people that receive these meals are children under the age of 18 and 15 percent are senior citizens over the age of 65. In our area, one in five children is at risk of hunger. Children need healthy food to learn and grow. The meals provided by the Greater Cleveland Food Bank and its member agencies may be the only nutritious food that some of these hungry children receive. Your support will help provide food to help them be successful.

The six most needed food items are:

- canned beef stew
- canned soup
- canned vegetables
- canned tuna
- peanut butter
- cereal

The six most requested non-food items by our partner agencies are:

- deodorant
- shampoo
- toilet paper
- soap
- toothbrushes
- toothpaste

Please rally the troops, spread the word through your chapter, collect above mentioned non-perishable food/items and bring them to our Fall Board Meeting and Seminar held on 11/4/17 at Cuyahoga County!

CEU Events:

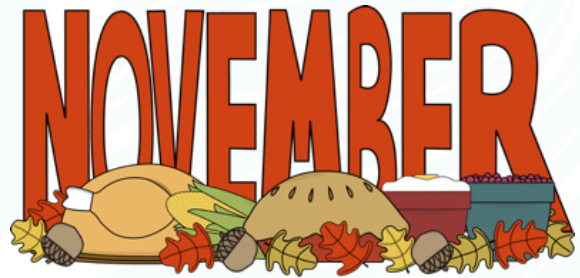
The Franklin Chapter meetings, will be on the following dates:



Date: September 9, 2017

Time: 9:30 am - 1:00 pm

Location: TBA



Date: November 11, 2017

Time: 9:30 am - 1:00 pm

Location: TBA

To all our OSSMA friends: Officers have been selected and meetings are being scheduled for Fall and Winter 2017. If anyone has any professionals that are interested in being a speaker at our chapter meetings please contact Ann Zeller azeller@northweststate.edu so that arrangements can be made. Thank you West Central Chapter for the unforgettable 2017 OSSMA State Conference. Have a wonderful, healthy, and safe Fall season everyone.
~ Toledo Lucas County Chapter of Medical Assisting (TLCCMA)

It's my goal to get TLCCMA active with more involvement with our members.
I'm just waiting to take the reins.

Thanks
Ann Zeller, CMA (AAMA)

Southwest Ohio

Chapter of Medical Assistants

An affiliate of the
OHIO State Society
of Medical Assistants

SWOCMA Executive Officers had a planning meeting in July and it was brought up that the chapter had enough funds to help pay for a few members a 1 days registration to attend the AAMA National Conference in Cincinnati 2017. It was voted on and decided those who get to participate had to be active AAMA members and to have been involved in the chapter by attending meetings, being a delegate or on a committee over the past 3 years. They will be required to attend a leadership training or attend the HOD meetings. Then are to come to the November meeting and report their experience. It's all about mentoring and giving back to members, right? SWOCMA wants to build membership and build confidence to be good healthcare providers and future leaders.

Looking ahead we have our CEU schedule set for 2017-18. The goal is to have 2- 2.5 CEUs per each Saturday workshop. The first event is Sept 16th at the UC West Chester Hospital from 8am-12pm. It is FREE to AAMA members. Watch the www.swocma.org website for continued updates of the events with locations and speaker/topic information. There will also be a meeting during the session so you won't miss any news about what's going in your chapter at state or national levels.

FYI to SWOCMA members, at the Saturday November 11th CEU event, we will be voting for our OSSMA Conference Delegates for April 26th – 28th 2018. Please attend your meetings you will reap the benefits!

I want to shout out a Congratulations to the OSSMA national conference committee for planning and more planning and organizing the conference as OSSMA will host the best conference EVEERRR!! I'm looking forward to attending my first conference and plan to go Sunday in the HOD, too.

Enjoy the Season



April Schachleiter, CMA (AAMA)
SWOCMA President 2017-18

Summit County Society of Medical Assisting

Fall CEU Day: 4 CEUs

Saturday September 16, 2017

8 am to 12 noon

Western Reserve Hospital Auditorium

1900 23rd Street

Cuyahoga Falls, Ohio 44223

If interested please contact:

Tammy McClish M.Ed., CMA (AAMA)

SCCMA President 2017-2018

mcclishtammy@aol.com

Cellular: 330-592-4264



Ads:

The Sky's The Limit!

Join us at the 2018 OSSMA State Conference
April 26 – 28, 2018
Holiday Inn Dayton/Fairborn I-675



Montgomery County Chapter of Medical Assistants

TRI COUNTY CHAPTER IS ANTICIPATING LEARNING ON
THE RIVER IN CINCINNATI FOR THE AAMA NATIONAL CONFERENCE
OCTOBER 6 - 9, 2017



OSSMA Members-at-Large



Our Members-at-Large are important to us, the OSSMA, as all of our members in Ohio are. We provide professional and career advancement through networking, chapter seminars and state conferences. We are here to help you connect with a local chapter near you in Ohio.

If you are a CMA not connected to a local chapter and would like to be.

Contact our website www.ossma.org or Vivian Harris, CMA (AAMA) Councilor Members-at-Large 2016 at harris.vivian@yahoo.com

