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Volunteers' Gazette  
MHSWH Junior Auxiliary Newsletter

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Junior Auxiliary Bake Sale at MHSWH  
MHSWH Jr. Volunteer Auxiliary is Sponsoring a Bake Sale to Benefit the Hospital

ALL ITEMS PRICED AT $1.00

FRIDAY, MARCH 16, 2012  
9AM - 3PM  
MEDICAL PLAZA 1 LOBBY NEAR HR

&

SATURDAY, MARCH 17, 2012  
9AM - 3PM  
HOSPITAL LOBBY NEAR GIFT SHOP

We are Gratefully Accepting Portioned and Packaged Baked Goods and Other Donations. Please Speak with Debbie in the Volunteer Office or Rida Khan at rida14@gmail.com for More Information

Jr. Board Officers  
Vinh, Paul, Syed, Anam, Rida, and Aala  
During a Bake Sale Strategy Meeting
Meet MHSW Hospital’s Dr. Douglas Harrison

Name: Douglas Harrison, D.O.
Position: Medical Director in the Emergency Department

When did you first become interested in becoming a Physician?
In the 1970’s, watching the hit TV series, *Emergency Squad* - 51 with Nurse Dixie, Dr. Brackett, and Paramedics Johnny Gage & Roy DeSoto. It had non-stop action and lifesaving moments.

What is your educational background?
I completed undergraduate studies at The University of Texas at El Paso, then I received early acceptance to medical school at UNTHSC Fort Worth. I also have military experience serving as a US nuclear-powered submarine navigation specialist that searched for Russian submarines just like in the movie, *The Hunt for Red October*.

What would you say is the most difficult part of your job?
The constant challenge of determining which patients have a life-threatening medical condition and which ones do not.

What is your favorite part of being an emergency doctor?
It’s the satisfaction of pulling a knife out of a hand after a patient accidentally stabbed themself while peeling an avocado.

What is your least favorite part of job?
Chronic pain patients wanting more pain medications and performing rectal exams on unclean patients.

What advice would you give to a high school student who is considering your career path?
Medical school is very competitive. You need a GPA of at least 3.6 and an MCAT score greater than 26. Study hard and do your best to accomplish your health profession goals.

How long have you been working with Memorial Hermann?
15 years and still loving it!

Any last comments?
Medical doctor is a great profession! Do your best to achieve your goals and enjoy the adventure along the way.

~ Syed Anjum, MHSWH Junior Board Secretary

Children’s Book Drive

MHSWH’s Junior Auxiliary is Sponsoring a Book Drive

We are gratefully accepting in the Volunteer Office new and gently-used Children’s Books through June. Donated books will be shared with children in the ER and Pediatrics Unit throughout the year.

~ Aala Al Hasan, MHSWH Junior Board Vice President
The Deal from Debbie

Is it just me, or does this already seem to be an exceptionally busy year at MHSWH? As always, it is terrific to see so many busy and hard-working Volunteers all throughout the hospital. Staying super busy during your volunteer shift not only makes the time seem to fly, but it benefits our patients and staff more than you can possibly imagine. I have always suspected that more Volunteers are lost due to under-utilization rather than to burnout. If there is a slow-down of activity during your volunteer shift, I challenge you all to go the extra step of continuously rounding on your assigned floor to ask patients and staff how else you can assist them with any special needs they might have. Be a “PEST” - Person Eager to Serve & Teach. When you serve people at a time when they need it the most, you teach them by example that someone really does care. Don’t be surprised if they remember your kindness forever!

As you may notice in this newsletter, the Junior Auxiliary Board Officers are currently staying busy planning and promoting the $1.00 Bake Sale to be held at MHSWH on March 16th and 17th. Not only are we looking for Volunteers willing to showcase their baking skills for a good cause, but we are hoping to recruit plenty of Volunteers to assist with our sales efforts on the days of the event. If you would be interested in helping, please speak with me in the Volunteer Office or contact our Junior Board President, Rida Khan at rida14@gmail.com.

The Junior Auxiliary has extended the timeframe for the Children’s Book Drive. Remember how during your childhood there were few things more comforting than reading a favorite book before being tucked in at night? The magical powers of books are especially important to a child who is faced with a hospital stay. From now through June, please consider donating to the Volunteer Office any new or gently-used books that you, your siblings, or even your friends have outgrown. Please also feel free to bring a children’s book from home to take with you on your volunteer shift that you might be able to read aloud to a young patient in the Pediatrics Unit or to a visiting child in the waiting area of your assigned floor. It is sure to brighten their day, and you just might inspire them to follow in your footsteps as a Volunteer. This is one of many ways that a chain reaction of volunteer service can occur!

April is National Volunteering Month! This is a time when we recognize and celebrate the talents and accomplishments of all Volunteers. If you have volunteered with MHSWH for any length of time at all, you know by now that it can be very tough work. A hospital atmosphere is often chaotic and the smiles and thanks from patients and staff members may not materialize as often as we might wish. On behalf of all of our patients and staff, please know that Becki, Ruth and I appreciate you, our hard-working Volunteers, more than we could ever say.

~ Debbie Varner, Volunteer Supervisor

“Unless Someone Like You Cares A Whole, Awful Lot, Things Aren’t Going To Get Better, They’re NOT!”

~Dr. Seuss, The Lorax
Diabetes Awareness

According to the American Diabetes Association, 25.8 million children and adults in the United States have diabetes. Millions more are undiagnosed, but are affected by high blood glucose (or sugar) levels. The three main types of diabetes are Gestational (during pregnancy), Type 1 (early childhood), and Type 2 (adult onset). Type 2 is the most common type of diabetes. On the other hand, Type 2 diabetes can often be delayed or even prevented by maintaining a moderate weight, a healthy diet, and a reasonable fitness regimen. Go online for fitness tips and healthy recipes!

Since diabetes can be genetic, it is particularly important to know your family medical history. Aside from being overweight and not exercising regularly, another important risk factor for developing diabetes is belonging to certain racial ethnic groups, including Asian Americans, African Americans, and Hispanic/Latino Americans. In all cases, awareness and education are key.

Symptoms of diabetes include, unusual thirst, weight loss, blurred vision, fatigue & irritability, frequent urination, and tingling or numbness of the hands or feet. If you or someone you know may suffer from these symptoms, seek help right away. Take the Online Diabetes Risk Test provided by The American Diabetes Association for a quick assessment of your risk and talk to your doctor immediately about any symptoms that persist.

~ Rida Khan, MHSWH Junior Board President

You Are What You Eat

Have you ever heard the phrase, “You are what you eat?” I was constantly hearing this from my high school coach every day in PE and Nutrition class. She would remind us that we are what we eat. In a recent interview, I asked my coach for her thoughts on the new “Body by Vi 90-Day Challenge” everyone is doing (or talking about!) today. In her opinion, it is a good start for making a fairly quick physical change. However, over the long term, results will only be lasting if you make a change forever. Once the 90 days are over, you must continue the same routine. In other words, you have to make a lifestyle change. Fads and quick fixes are rarely the only answer. For long-term success, most of us need to eat less and move more. If you simply go back to your old habits, all of your efforts will be for nothing! As always, you should be sure to consult your physician before beginning any new weight loss regimen or physical fitness routine.

During our discussion, my coach also stated that instead of snacking on junk food, we should consider snacking on nuts. Unlike junk food, you can eat reasonably large amounts of nuts without harming your body. As with most things though, moderation is key. Remember, “You are what you eat!”

~ Anam Sherali, MHSWH Junior Board Publicity Liaison
Spotlight on Volunteer Ayodh Patel

1. Tell us about yourself.
   My name is Ayodh Patel, I am a junior at DeBakey High School for Health Professions, and I like school (sometimes)! In school, I usually participate in extracurricular activities such as Debate, HOSA, and Economics Club.

2. What are your career goals?
   I am undecided about what I want to do after I graduate from college, but probably something in the medical field or anything related to science, including biology, chemistry, or physics. One thing I have looked into is Chemical Engineering, but that is just a short-term idea.

3. What experiences have you had while volunteering at MHSW?
   So far, I have enjoyed the past year I've spent volunteering at Memorial Hermann Southwest Hospital. I have seen a lot of things because I have volunteered just about everywhere except in the ER in order to get a feel for various options in the hospital setting. One of my favorite places to volunteer was in Patient Transportation, because I got to visit many different areas of the hospital.

4. What do you feel is your greatest strength and your greatest weakness?
   My greatest strength is probably my ability to get things done. I don't like to leave anything incomplete, and I get annoyed if something like that happens. My greatest weakness is the fact that I have a short attention span and I can't spend a lot of time doing one thing without doing something else in the middle.

5. Who in your life has most influenced you?
   In my life, the person who has influenced me the most is probably my grandfather.

6. What do you enjoy doing in your free time?
   In my free time I like to debate, play video games, and play sports - specifically basketball, football, and Frisbee.

7. If you could do one thing in high school differently, what would it be?
   I would spend more time trying to pay closer attention to my teachers. I would also try to complete assignments and projects earlier, because I usually procrastinate.

8. What extracurricular activities have you participated in?
   I participate in Debate, HOSA (which is a sort of medical competition that also includes debating as one of the activities), and I play basketball in a club at my school.

9. What is your happiest memory?
   My happiest memory is when I was a kid and I got a Gameboy for the first time. I had no idea what it was at first, but then I enjoyed playing it a lot.

10. What advice would you give the underclassmen that just started high school?
    I would have to say that being in high school is tough, but the most important things to do are: make a schedule, be consistent with doing homework, and don’t procrastinate by waiting until the last minute to study for exams. Cramming in some situations is helpful, but you shouldn’t count on that all the time.

~ Aala Al Hasan, MHSWH Junior Board Vice President

In the News — Cancer Research Developments

At Georgia Health Sciences University, researchers have found improved ways of preventing cancer from attacking the immune system. Through their research on the enzymes that fetuses and tumors use to suppress the immune response, Dr. Andrew Mellor and his colleagues have uncovered much information on how cancer immunotherapies work. This will help all scientists find new and better ways to treat cancer while minimizing the severe side effects that often result. In the future, this will hopefully translate into fewer and fewer fatalities. Sadly, many persons who succumb to cancer, actually die as a result of the condition that chemotherapy has left their body in and the resulting suppression of their immune system. Hopefully, better treatments will become a reality in the years to come so that we can prevent families from being separated, wives and husbands from becoming widowed, and children from becoming orphans.

~ Paul Dunnand, MHSWH Junior Board Treasurer
Healthy Diet Food Substitutions

Just because Spring is almost here, it doesn’t mean you can’t keep your healthier lifestyle resolutions going all year!

Instead Of…   Why Not Try…

Cooking Oil in a Recipe Applesauce
Vegetable Oil Olive Oil
All-Purpose Flour Whole-Wheat Flour
Cream Cheese Neufchatel Cheese
Sugar Honey or Cinnamon
Salt Lemon Pepper
Salad Dressing Vinegar and Lemon
Sour Cream in a Dip Greek Yogurt
Regular Potato Sweet Potato
Bagel English Muffin

Your Body Will Thank You!

“No Corn Syrup” Pecan Pie Recipe

Ingredients:

- 1 Cup Light Brown Sugar
- 1/4 Cup White Sugar
- 1/2 Cup Butter
- 2 Eggs
- 1 Tablespoon All-Purpose Flour
- 1 Tablespoon Milk
- 1 Teaspoon Vanilla Extract
- 1 Cup Chopped Pecans

Directions:

1. Preheat oven to 400 degrees F.
2. In a large bowl, beat eggs until foamy, and stir in melted butter. Stir in the brown sugar, white sugar, and flour. Mix well. Last, add the milk, vanilla, and nuts.
3. Pour into an unbaked 9-inch pie shell. Bake in preheated oven for 10 minutes at 400 degrees, then reduce temperature to 350 degrees and bake for 30-40 minutes, or until done.

~ Vinh Ho, MHSWH Jr. Board Social Director

Hey - if you’re gonna have an occasional treat, you might as well make it count!