



PAMET Newsletter

Philippine Association of Medical Technologists-USA, Inc.
Northern California Chapter

President's Message by Dan Dominguez, CLS

It's that time of year again. A moment to reflect on our past activities; the goals that we planned to achieve and accomplish. Services that are vital and important to the success of the organization and membership.

I am very proud to say that we have done a tremendous job of keeping PAMET NOR-CAL moving forward and having a productive year. All of these accomplishments can be attributed to the time and effort provided by each officer who voluntarily served the organization.

As always, our main goal is to serve the unlicensed medical technologists by providing the review classes that help them propel to better life. For more

than 30 years of serving their needs, I believe we have made significant contributions to their life and professional careers. But, why continue giving review classes? For the past two years, we have seen the ratio or distribution of our participants as 50% returning candidates and 50% combined young and older med. tech graduates. It is my belief that they deserve to have the same opportunity to become a CLS, just like us. To see them try and make an effort to become professionally successful is truly a rewarding feeling. As they become licensed CLS's, the future becomes brighter.

Continuing Education seminars are our source of con-

nection to you. We deliver these services right at your door in a more economical way. We are very excited about having our own local physicians as our speakers and getting the help of the Laboratory Field Services officials to give us updates on our profession and its new rules and regulations.

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Dan Dominguez, CLS

PAMET USA, 12th Biennial National Convention - Convention at Sea

Alaskan Cruise, Princess Sapphire 8/15-8/22 2010

We just got back from another successful PAMET convention. It was nice to meet PAMET USA delegates from the different chapters. Most have brought their family members to the cruise.

Pre-cruise – 3 days and 2 nights in Seattle.

- Boeing – got a tour at the plant and learned an overview of how planes were built. (there is a Chinatown in every city)

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Special points of interest:

- Continuing Education Update
- Alaskan Cruise
- News on Heart Disease
- Dates of AAB Board Exams
- Testimonials on Review Class

Continuing Education Program by Letty Acosta

It's always a surprise to realize the holidays are here again. During this season, we often look back and reflect on the events and accomplishments of the year. What milestones did we reach in 2010 and what are we planning for 2011?

This year, we mobilized the venues of the seminars in order to reach out to the Clinical Laboratory Scientists residing out of the bay area. The programs were held at Washington Hospital Anderson Hall in Fremont (February 6th), Lab. Corp. Monogram Biosciences, South San Francisco (May 22nd) and (November 20th), and at the new and beautiful Kaiser Permanente in Vacaville (September 25th). On top of all these, we managed to offer eight seminars during the PAMET-USA, INC. Convention cruising Alaska last August, 2010. This was beneficial on the international and national level, as the delegates from the different states and the Philippines attended these programs. This year, we reached out to many CLS's from Sacramento and Fairfield area. PAMET-NO.CAL is on the go to serve the fellow medical technologists.

The last seminar for this year was held at the Monogram Biosciences last November 20, 2010. Ms. Irma Pereira, MT(ASCP)SH, Clinical Hematology Specialist and Consultant from Stanford University Medical

Center presented "PERIPHERAL SMEARS: DIAGNOSIS OF THE LYMPHOPROLIFERATIVE DISORDERS". In this workshop, she had over 300 slides to demonstrate the techniques used for peripheral smear diagnosis of the lymphoproliferative disorders.

Examination of the peripheral blood smear is an inexpensive but powerful diagnostic tool in both children and adults. It provides rapid, reliable access to information about a variety of hematologic disorders. The smear offers a window into the functional status of the bone marrow, the factory producing all blood elements. It is particularly important when assessing cytopenic states (eg, anemia, leukopenia, thrombocytopenia). Discussed in detail were the 2009 WHO classification of lymphocytic leukemias/lymphomas. The slides of Infectious Mononucleosis and Pertussis were very clear and distinct. She covered in detail the FAB classification of acute lymphocytic leukemias/lymphomas. She covered the clinical and laboratory features at diagnosis associated with outcome of children with ALL. The three major categories of lymphomas are:

1-Non Hodgkin's Lymphoma—B-Cell malignancies

2-Non-Hodgkin's Lymphoma-T and NK Cell malignancies

3-Hodgkin's Lymphoma



Letty Acosta, MS CLS

Also presented in detail are the chronic lymphoproliferative disorders, the aggressive transformation of CLL to acute prolymphocytic leukemia and/or the Richter's syndrome, T cell lymphomas and the rare mucopolysaccharoid disorders.

It was a very excellent program as evaluated by the attendees. With a good sense of humor, she kept the attendees alert and focused with her colorful slides.

The first seminar in 2011 will be held on January 15th at the Washington Hospital Anderson Hall. The flyers will be in the mail soon.

I would like to thank all the officers for all their hard work to make the seminars go smoothly, plan and prepare the lunches (which the attendees love) and treats for breaks. I can say it is a success because it is a TEAM EFFORT from all of us.

WISHING YOU ALL THE BEST FOR 2011

Letty Acosta, MS

Review Class 2010

Testimonials: Pamet Northern California Review Class

I attended PAMET Northern California Chapter's review classes early of Year 2010. These weekend classes lasted four months but I tell you it was all worth it. I passed both the ASCP and AAB California State Board Examinations after taking these classes. I am proud of my achievement as well as grateful to all the people who helped me achieve my goal to be a Clinical Laboratory Scientist. I want to thank all the reviewers for helping me prepare for these exams. There are not much words but the gratitude in my heart for the knowledge they've shared to us...

Thank you very much for everything!

Ferna Marca Racel, CLS (ASCP, AAB)

Thinking back about Pamet Northern California's Review Class, the thing I can say is that it really changed my life. I had a degree but I got stuck at home taking care of my family and having doubts about my own future. This review class gave me the hope, dreams and guidance I needed to pursue my dreams and start my quest toward a promising future for myself.

Thank you Pamet

Farrah, CLS 2010

Dear PAMET OFFICERS:

One fine day in late March of 2010, I made two very important decisions--first, I gave up my job as a caregiver, and second, I joined PAMET Northern California's review class to prepare myself to challenge the Medical Technology board exams. A new chapter was opened as I walked into a room of destined possibilities and the opportunity to be better for myself, for others, and for God. I, together with dear friends I met that day, believed that this was fate. . It was not an accident but part of a master plan laid for us to realize as we have come together.

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President's message **continued**.... from page 1

Through your support, we're able to extend these services to different facilities and most of all increase our membership.

Some new developments we were informed that Kaiser hospitals will start their CLS training program. I know of some friends and co-workers whose sons and daughters have become CLS's or entered the program. It's very significant, just imagine the kind of work that we do and the salary scale

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that we're in, it provides better financial stability to one's life and a better professional career.

We have this never ending desire to seek your support to become members of PAMET NOR-CAL I have been asked many times, Why do I need to

become a member of your organization and what benefit will I get? SERVICE is what we care to do. We believe in helping others and making their dreams come true. It's a choice of believing and sharing that we can make a difference.

As an organization, we believe in participating and volunteering in different community events like American Cancer Society's Relay for Life and Avon Walk. Our casino trips have been an integral part of our fund raising events and a source of relaxation.

To better serve our CLS community, a new chapter was formed and organized last August 1, 2010, PAMET SACRAMENTO VALLEY CALIFORNIA CHAPTER, the 17th PAMET-USA, Inc. Chapter. Their induction of officers last December 4, 2010 was attended by groups of CLS's from different facilities. Sacramento chapter has a vibrant energetic group of officers under the leadership of Eddie Saez, committed to bring about a change and to continue the legacy of what our founding

fathers have done for most of us. We will be partners in maintaining our goals, that is... SERVICE to our membership and the community.

Lastly, I just want to thank my fellow officers for their time and hard work. If not for their commitment and dedica-

On August 1, 2010, PAMET SACRAMENTO VALLEY CALIFORNIA CHAPTER, the 17th PAMET-USA, Inc. Chapter was formed.

tion, my life as the president of this organization would have not been a lot easier. I am truly grateful for the opportunity to have served PAMET NOR-CAL. I hope thru this message, you will understand where I am coming from. I am very proud to be of service to you.

Thank you very much.

DAN DOMINGUEZ
President, PAMET NOR-CAL

Photos taken during Sacramento Chapter's Induction on December 4, 2010



Sacramento Chapter Officers were inducted on Dec. 4, 2010



National President Nile Alconcel with North Cal Officers .

Scientific Corner

Heartless Heart By Helen Aquino



“When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight,”

Kahlil Gibran . With the passing of a dear friend and colleague of a massive heart attack, I chose to ponder on this topic. We may never know why but at least we will know how.

A heart attack or acute myocardial infarction occurs when there is a severe blockage in an artery that carries oxygen-rich blood to the heart muscle. The blockage is usually caused by the buildup of plaque or atherosclerosis along the muscles of the arteries. The sudden lack of blood flow to the heart muscle reduces the heart of needed oxygen and nutrients. If the blockage is not opened quickly, the heart muscle is likely to suffer serious, permanent damage as areas of tissue die.

Heart disease- the cause of heart attack is the #1 killer of both men and women in the United States. The onset symptoms of heart attack in women are later than men due to the protective effects of female hormones (estrogen) before menopause. Women are more likely to have additional health conditions such as diabetes and high blood pressure that increases their risk for more heart

attack incidence.

Symptoms of heart attack are as follow: pain on the center of the chest, inner side of the left arm, occasionally on the right arm, upper back, jaw, over the neck region and upper part of the stomach, sometimes misdiagnosed as gastritis, nausea, vomiting and sweating. Major heart attack symptoms preceding the attack in order of reported frequency include: unusual fatigue, sleep disturbance, shortness of breath, indigestion and anxiety.

Mild AMI are divided into categories: angina pectoris due to the decreased blood supply due to occlusion of blood vessel. Patient with this condition are given Glyceryl Trinitrate (500 mg) sublingually and bed rest. Aspirin, 75 to 300 mgs are given as a therapy or treatment as well as nitrates. The other category is unstable angina is due to increased blockage of blood vessel and decreased blood supply. Angina occurs irregularly due to spasm of the coronary arteries.

Heart disease- the cause of heart attack is the #1 killer of both men and women in the United States.

Massive AMI includes severe chest pain and is divided into myocardial infarction, heart arrhythmias and sudden death due to complete occlusion of blood vessel.

The causes of AMI have various factors. Risk factor increases when more than one factor increases. Age- the younger one is having less risk than elder peo-

ple. Sex, family history or genetic factor, smoking, hypertension, increased in cholesterol, diabetes, obesity, alcoholism, diet, mental stress, anemia, hypothyroidism and peripheral vascular diseases.

Electrocardiogram test reveals the heart function and blockage of particular blood vessel. It checks the heart rhythm and can locate the part of the heart where an AMI might or has occurred. Echocardiogram test shows the pumping power of heart and the enlargement of heart due to AMI. Blood Test for AMI checks for substances in the blood called biomarkers, which may increase the amount in the blood if heart cells are injured. There are serum lipid panel: cholesterol, normal value 130 to 200 mgs/dl; triglycerides, 60 to160 mgs/dl; HDL (good cholesterol),

30-60 mgs/dl; LDL (bad cholesterol) 50 to120 mgs/dl; VLDL cholesterol, 12 to 35 mgs/dl. In diabetic patient, another important test is the hemoglobin A1c which estimate the level of diabetes that could lead to AMI. Blood cardiac markers consisting of the following enzymes: creatine kinase (CK); aspartate amino transferase (AST), lactate dehydrogenase (LDH), myoglobin and troponin.

Cardiac catheterization and nuclear imaging can also be tested.

To sum this up, life is not lost by dying; life is lost minute by minute, day by dragging day, in all the thousand small uncaring ways. Life is short, God's way of encouraging ..a bit of focus.

Helen Grace Aquino, CLS



Marian Castillo
Treasurer

Alaskan Cruise continues♦♦♦ from page 1

•Victoria Canada – The ferry ride was interesting. The whole van rides the ferry. The Butchart Garden was amazing.

•Pike Market, Seattle – went to see the original Starbucks store and picked up some souvenir mugs.

Day 1 – Ship Check In.

•Class registration begins.

Day 2 – At Sea

•Opening Ceremony (Filipino attire)

•General Meeting with current executive board

•2 hours of continuing Education

Day 3 – Free Day (Ketchikan)

•Scenic Driving with a young smart guide to the Totem poles and Salmon hatchery. We learned the different stories behind each totem pole and the different types of Salmon and their interesting life cycle.

•Shopping

Day 4 – Half day free and half day at sea

•Free time in the morning. Scenic driving to the Mendenhall glacier and stopped over the Salmon hatchery

•Shopping

•2 hours of lectures in the afternoon

Day 5 – Free Day (Skaqway)

•Scenic driving up to the summit with a wonderful guide who delighted us with his poetry.

•Shopping

Day 6 – At Sea

•Election of New officers – AM

•Induction of newly elected officers. 4 delegates from Northern California were elected; Corresponding Secretary, Treasurer, Assistant Treasurer and Board of Director.

Day 7

•4 CE lectures

•General Meeting of newly elected officers:

1. Next Executive Meeting will be hosted by newly formed chapter – PAMET San Diego. Details to follow

2. Convention venue to be discussed at the Executive meeting.

Overall, the experience was great... The schedule was hectic but we had fun in between. Alaska is beautiful with its spectacular views. The jewelry is even better; mystique topaz, sunset topaz, Smokey and other color topaz and watches specifically Cartier. Things seem to be cheaper because there were no sales tax. The jewelry stores were so delighted to see the PAMET people that a rumor started circulating that some rich Filipino doctors were having their convention at the ship. Of course we had to make a slight correction to the rumor, we were CLSs.

The best thing is the camaraderie and togetherness.

Next National event will be in San Diego. Will keep you posted.

Marian Castillo, CLS

PAMET EXTRAVAGANZA

by Alan Roux

Last October 9, 2010 was the day Pamet officers and guests tried their luck once again at the wonderful gaming places called Feather Falls and Thunder Valley Casinos.

Everybody indulged to the sumptuous breakfast prepared by our President Danny Dominguez and secretary/first lady Eloisa Dominguez. Bingo game added flavor to the trip as players got excited to win not big, but to perk them up. This was initiated by ex- President Mila Braganza and treasurer Marian Castillo by announcing and shaking the numbered chips.

This trip was not only meant for fund raising. It was also a bonding of friends, relatives, co-workers, sharing some extraordinary boisterous laughter, fun jokes and what not. This is proven to take out some stress from the usual daily routine.

Proceeds go to fund review classes, convention and education seminars. So, please join us again next time for our joyous and wonderful Casino trip soon to come!

Alan Roux, CLS
Fundraising
Coordinator



President Nile Alconcel inducting the Newly Elected National Officers
12th Biennial National Convention on August 15–August 22, 2010

Community Services....

Thanksgiving Day... by Joy Barrozo

Connie Dela Rima together with her daughter Myka and Joy Mirador-Barrozo together with her children: Ryan & Rosabelle volunteered to feed the needy on Thanksgiving Day.

About 150 underprivileged residents were treated to a traditional Thanksgiving dinner at St. John the Baptist Catholic Church's Pavalkis Hall last November.

The church's Knights of Columbus 5796 chapter hosted the dinner there on Thanksgiving Day.

Guests were treated to roasted turkey, gravy, mixed vegetables, mashed potatoes, stuffing, dinner rolls and pumpkin pie.

About 50 guests took hot plates to go, and 125 grocery bags filled with dinners large enough to feed a family of four were sent to homes.

In all, the event fed about 620 people.

It was very successful and it was a great feeling to have served the community especially we brought our children with us.

The people who came to dinner were very thankful.

Connie & Joy are planning to volunteer again next year and hopefully more people will join us!



Joy and Connie posed with Milpitas Mayor Jose "Joe" Esteves.



Ryan & Myka along the service line.

Tuberous Sclerosis Alliance Walkathon— September 25, 2010....by Belle Ocampo

Every year, I volunteer for this event because of my daughter who was diagnosed with congenital disease called Tuberous sclerosis. This was our sixth year that my family, PAMET and friends volunteered to be part of this walkathon at Lagoon Valley, Vacaville, California for the benefit of TSC Clinic at Children's Hospital of Oakland. I am proud to say that our PAMET officers and members, my family and friends for their unselfish support for this cause every year.

I received a letter from Tuberous Sclerosis Alliance and would like to share it to all for being part of this achievement.

Please see next page for the TS letter....



Mabelle with her family and friends



Testimonials *continues...*

Ever since I came to the United States in 2008, I have embraced God's promises through **Jeremiah 29:11--"For I know the plans I have for you," declares the Lord; "plans to prosper you and not to harm you, plans to give you hope and a future."**

Through the tremendous support of the PAMET Officers and Review Staff led by Pres. Dan Dominguez, through sacrifices for weekends meant for family bonding or personal rest, through inspiring anecdotes from my review classes and groupmates, and through strong will and faith in God to see us through even with depleted finances just to prioritize our group reviews...WE PREVAILED!

I would like to personally thank everyone who made this possible: I thank God for the victory! He continues to amaze me as He fulfills His promises.

The PAMET Officers who made sure we were OK during the review classes and that we started on time, who gave breakfast on most meetings and special lunches free of charge, who prepared the test materials for our MOCK and pre-board exams, who coached us with Q&A's beyond the review period, who constantly reminded us to be more focused on our reviews, who invited the LFS Officers to meet us, who invited the AAB group to conduct the board exam on the same location of our reviews to save us from added financial stress to travel to farther areas where this is usually held, who until now continue to give us updates on job openings so we can apply and land a job as a clinical laboratory scientist.

The Review Staff who prepared their review materials to deliver a tough subject in the simplest form possible for us to 'gobble and digest' in so short a time during our sessions with them, who gave us pointers on what to focus on and acronyms which made our reviews more interesting and exciting to learn or relearn, who made sure we understood what we have learned and be able to rationalize the WHYs and HOWs of the WHATs.

The Laboratory Field Services representatives who patiently explained to us the procedure we have to follow to expedite the processing of our documents in preparation for our board exams.

My classmates who made our review classes enjoyable and memorable. My groupmates; who, after the PAMET review classes, made the review sessions more bearable, interesting, and inspiring no matter how insanely hard we have to understand some topics we have never encountered during our instruction years. Through those meetings, we have devised our own personalized acronyms, thus came the group named PLASMA PROTEIN.

It had been a wonderful journey until now to have met the above mentioned groups who inspired me to be better and continually push me to be more aggressive in making a mark in the health-care industry through the laboratory field.

One day, this will come. And on that fateful day, another chapter will open...

To God be the glory for everything that has happened and for everything that has yet to be realized. May He find us all faithful in our service.

Appreciation Letter from Tuberous Sclerosis Alliance

Jocelyn Olidan, CLS

2011 Schedule of Events

Feb. 5	Review Class
Mar. 19	Casino Trip
Apr. 16	CE Seminar
Jun. 30t	AAB Board Exam
Jul. 8-10	Avon Walk
Aug. 5-6	Executive Meeting
Aug. 27	CE Seminar
Nov. 12	CE Seminar
Dec. 8	AAB Board Exam

Announcement

PAMET-USA Inc.
National Executive Meeting
on
August 5 & 6, 2011
San Diego, California



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