

# PINEY WOODS PERSPECTIVE

A publication of the Piney Woods Area Health Education Center

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## Heart Disease is the #1 Killer of Women

Only 55 percent of women know that heart disease is their leading cause of death and most fail to make the connection between its risk factors - such as high blood pressure and high cholesterol - and their personal risk of developing heart disease. In fact, this disease kills one out of every three American women. A nationwide campaign - *The Heart Truth* - is under way to raise awareness that women need to protect their hearts.

*The Heart Truth* features a red dress as the national symbol for women and heart disease awareness. This symbol links a woman's focus on her "outer self" to the need to also focus on her "inner self" and her heart. What's a red dress got to do with it? A simple red dress works as a visual red alert to get the message heard loud and clear: "Heart Disease Doesn't Care What You Wear - It's the #1 Killer of Women."

While heart disease risk begins to rise in middle age, heart disease develops over time and can start at a young age - even in the teen years. It's never too early - or too late - to take action to prevent and control the risk factors for heart disease. This national campaign is building awareness of women's heart disease and empowering women to reduce their risk. It is reaching women with important heart health messages in community settings through a diverse network of national and grassroots partner organizations.

*The Heart Truth* campaign is sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health (NIH), U.S. Department of Health and Human Services (DHHS), in partnership with: The American Heart Association; Office on Women's Health, DHHS; WomenHeart: the National Coalition for Women with Heart Disease; and other groups committed to the health and well being of women.

Locally, community organizations in the Piney Woods area are working to raise awareness about women and heart disease:

**In February:** In Jasper, the East Texas Health Access Network is providing free blood pressure, cholesterol and diabetic screenings each Wednesday 8:30 - 11:30 a.m. Contact (409) 384-2099 for more information.

**February 23:** In Nacogdoches, a "Heart Truth" luncheon will be held at Nacogdoches Memorial Hospital. Kim Schaus, M.D., will present on women's heart disease risk and treatment, DawnElla Rust, Ed.D., will speak on prevention techniques and lifestyle changes. Call (936) 468-6941 for reservations.

**March 24:** A "Heart Healthy Activity Day" will be held from 10 a.m. - 2 p.m. at the Nacogdoches Recreation Center. Contact Kinnie Parker at (936) 468-6941 for more information.

**April 14:** A "Heart Walk" to raise funds for the American Heart Association will be held in Lufkin, contact Tina McClendon at (936) 632-8787.

To find out more about women and heart disease, visit *The Heart Truth* Web pages at [www.hearttruth.gov](http://www.hearttruth.gov) or the *Go Red for Women* pages at [www.goredforwomen.org](http://www.goredforwomen.org).



### PWAHEC Board Members

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PINEY  
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# NEW FACES AT PINEY WOODS AHEC



## PWAHEC Preceptor

Piney Woods AHEC is proud to announce a new preceptor to the community-based education program. Physician's Assistant, Bonnie Ryan, has signed on to work with physician assistant students from the University of Texas Medical Branch in Galveston. The role of a preceptor is to provide learning opportunities for allied health students in the clinical setting; to oversee and monitor the activities of an assigned student and to accept responsibility for the medical services provided by the student.

Ryan is the physician assistant in charge of services provided at Etoile Medical Clinic. The clinic is one of Nacogdoches Memorial Hospital's rural health clinics and serves Etoile and surrounding areas. Dr. Olin Fearing is the Medical Director for the clinic.

Ryan graduated from the University of Texas Medical Branch Galveston physician assistant program in 2002. She resides in Etoile with her husband and two children. Also at the clinic, is Johnica Lowery, LVN. Lowery is an Etoile native and has been with the health clinic for nine years.

Teri Bigler, M.S., PA-C, also a former clinical instructor of Ryan's at UTMB, remembers Ryan as always willing to go the extra mile. "She will make a great preceptor," says Bigler "because she actually did what people applying to our program claim as their goal – she came from a small town, and after graduating she eventually returned to

that town to practice medicine."

The community-based education program allows students to complete required course work in the East Texas community taught by local physicians and other health care professionals. Each year the Piney Woods Area Health Education Center places more than 50 medical students, residents and allied health students in the East Texas area.



## Board Member

Piney Woods AHEC welcomes Glenna Harkness with the Deep East Texas American Red Cross to the advisory board.

Harkness grew up in Tomball, Texas. She graduated from Stephen F. Austin State University with a Bachelor of Science degree in political science and history. She is married to Mark Harkness and they have 2 children, Trevor, 11 and Kelley, 9. They currently reside in the community of Melrose in Nacogdoches County.

Glenna has been with the American Red Cross for 15 years. For the past seven years, she has served the Deep East Texas American Red Cross as manager serving Angelina, Nacogdoches, San Augustine and Sabine counties.

Glenna states, "In East Texas, we have unfortunately had our share of disasters; however, I have met and worked with some of the greatest people during these times. I believe in the Red Cross mission, and I thoroughly enjoy the service aspect of my job."

## Community Health Intern

Piney Woods AHEC welcomes Amanda Longoria, a new face to their organization. Longoria, a health science major and senior at Stephen F. Austin State University, started her internship at PWAHEC in January 2007 and will be with PWAHEC until the end of the spring semester.

Longoria has chosen to pursue her career in community health when she graduates in May 2007 and has chosen PWAHEC as her first step in learning about the health education job opportunities available.

Under the supervision of Kinnie Parker, program coordinator for practice entry and support, Longoria will be able to observe, practice and apply theories and techniques as a community health professional. Longoria believes that Piney Woods AHEC will provide her with the opportunity to develop new interests as a community health intern and to learn what PWAHEC has to offer Longoria.

Longoria's projects include: creating a community-wide injury prevention campaign to increase safety while operating all-terrain vehicles; developing and conducting health education seminars for special groups; updating a new data entry system for course reporting at PWAHEC.

Thus far, not only is Longoria learning what it is like to work in a community health setting, but also before the semester is finished, Longoria hopes to pass the certified health education specialist exam in April, as well as receive her certification to become an American Heart Association basic life support instructor.

Longoria also is a founder of the organization Sigma Lambda Gamma-Theta Beta Chapter at SFA, which is a historically Latin-based National Sorority. And, she is a member of the Order of Omega and a member of The Alliance, which is a part of the kinesiology and health science department at SFA.

That being said, Piney Woods AHEC wishes Longoria luck in her final semester.



# Piney Woods Perspective



## Continuing Education Opportunities

**2/27 - 2/28**

**CCRN Review**

Greater East Texas Chapter  
American Association of  
Critical Care Nurses  
Tyler, Texas  
Contact: (903) 534-6408

**3/27**

**Alzheimer's Conference**  
Alzheimer's Association STAR  
Chapter  
Nacogdoches, Texas  
Contact: (936) 569-1325

For CE information 24/7,  
visit our newly developed  
Continuing Education Events  
Calendar at  
[www.pwahec.org](http://www.pwahec.org)

**3/2**

**How to Determine "Best Interest of  
Child": Working with Children  
Caught in Divorce**

Samaritan Counseling Center  
Nacogdoches, Texas  
Contact: (936) 564-4064

**4/3 - 4/5**

**2007 TORCH Annual Conference**

Texas Organization of Rural &  
Community Hospitals  
Dallas, Texas  
[www.torchnet.org](http://www.torchnet.org)



### Online Education

**Disaster Preparedness and  
Response for Nurses**

Honor Society of Nursing  
<http://www.nursingsociety.org>

**3/2 - 3/3**

**Wisdom from the Field:  
Innovations for Clinical Practice**

Methodist Neurological Institute  
Houston, Texas  
Contact: (713) 441-2475

**4/20**

**Mission Possible XII: Good Mental  
Health is Everybody's Business**

The Burke Center  
Nacogdoches, Texas  
Contact: (936) 639-1141

**Preparedness Center Training Site**

North Carolina Center for Public  
Health Preparedness  
[www2.sph.unc.edu/nccphp/training](http://www2.sph.unc.edu/nccphp/training)

**3/8 - 3/9**

**2007 Spring Institute**

National Association of  
Rural Health Clinics  
San Antonio, Texas  
[www.narhc.org](http://www.narhc.org)

**4/26 - 4/27**

**Cool Topics in Emergency and  
Trauma Care**

Houston Chapter of the Emergency  
Nurses Association  
Houston, Texas  
Contact: (832) 824-5434

**Working with Case Management:  
Roles, Benefits and Improved  
Outcomes**

MSU Nursing/Michigan State AHEC  
[www.nursing.msu.edu/ahecce1](http://www.nursing.msu.edu/ahecce1)

**3/21 - 3/23**

**2nd Annual Healing Helpers  
Regional Conference**

Nacogdoches Safe & Drug Free  
Nacogdoches, Texas  
Contact: (936) 564-2446

**5/14 - 5/15**

**Rural Minority and Multicultural  
Health Conference**

National Rural Health Association  
Anchorage, Alaska  
[www.nrharural.org](http://www.nrharural.org)

**Texas Webinar Series**

Texas Hospital Association  
[www.thaonline.org](http://www.thaonline.org)

**Telephone Workshops**

Telephone Education Workshop  
CancerCare Connect  
[www.cancercares.org](http://www.cancercares.org)

### Basic Life Support Courses

1<sup>st</sup> & 3<sup>rd</sup> Friday of each month

**Basic Life Support  
Health Care Provider**

Nacogdoches EMS Education  
Nacogdoches, Texas  
Contact: (936) 569-4600  
Email: [atkinsov@nacmem.org](mailto:atkinsov@nacmem.org)

3/2, 3/23, 4/13, 5/4 & 5/25

**Basic Life Support**

Angelina College  
Community Services  
Lufkin, Texas  
Contact: (936) 633-5206

3/2: Dental Health During Health  
Treatments

3/6: Oral Treatments for Breast  
Cancer

3/15: Medical Update on Cervical  
Cancer

3/21: The Role of Targeted Therapy in  
the Treatment of Breast Cancer

All questions regarding continuing education offerings, including payment information, should be directed to the contact.

## **Piney Woods AHEC**

[info@pwahec.org](mailto:info@pwahec.org)

You may contact the staff at the following locations:

### **SFA Science & Research Center**

P.O. Box 6123, SFA Station  
Nacogdoches, Texas 75962  
(936) 468-6901 (voice)  
(936) 468-6913 (fax)

#### Physical Address

7308 US Highway 59N  
Nacogdoches, Texas 75965

#### **Janis Ritter**

[jritter@pwahec.org](mailto:jritter@pwahec.org)

Center Director  
Practice Management Technical Assistance  
(936) 468-6916

#### **Kelly Floyd**

[kfloyd@pwahec.org](mailto:kfloyd@pwahec.org)

Program Coordinator  
Health Career Promotions  
(936) 468-6939

#### **Becca Hamblett**

[rhamblett@pwahec.org](mailto:rhamblett@pwahec.org)

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(936) 468-6901

#### **Kinnie Parker**

[kparker@pwahec.org](mailto:kparker@pwahec.org)

Program Coordinator  
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(936) 468-6941

#### **Heather Perkins**

[hperkins@pwahec.org](mailto:hperkins@pwahec.org)

Program Coordinator  
Community Based Education  
(936) 468-6942

## **Cancer Survivorship Conference**

Healthcare professionals and area nursing students attended a Cancer Survivorship Conference in February at Stephen F. Austin State University, focusing on some of the issues surrounding "life after cancer." The conference, which was being offered this year to "medically underserved areas" was sponsored by the Nurse Oncology Education Program, the Physician Oncology Education Program and the Dental Oncology Education Program.

Laura Wells of the Texas Medical Association said residents of smaller, rural counties have less access to healthcare than residents of cities such as Houston and Dallas.

"The Institute of Medicine released a report in 2005 discussing how little survivorship is covered in medical schools."

Wells said. "As cancer survivor rates continue to increase, health complications are coming to light. Cancer treatments can lead to other problems, such as vitamin deficiencies or other medical issues. The purpose of this conference is to educate doctors, nurses and dentists on issues that anyone living beyond cancer will deal with."

Morning speakers discussed milestone screenings, the "late effects" of cancer treatment, and Dr. Billy Philips of the University of Texas Medical Branch at Galveston addressed nutrition and physical activity for cancer prevention and health maintenance. Topics presented during the afternoon sessions included oral health for cancer patients and pain and symptom management.

Wells said 138 attended the conference and 85 of those were nursing students from SFA, Angelina College and Panola College.

"We usually only have five or six students in attendance, so we were thrilled," Wells said.

The conference will be presented in Frisco in February and in Texarkana in April.

"The main thing we reiterate are the two most important things a person can do to help prevent cancer," she said. "Eat right, and don't use any form of tobacco, ever. Those are the two cheapest, easiest things you can do."

Piney Woods AHEC assisted with the promotion of the conference and registration as well as exhibited at the conference. For more information about upcoming conferences visit our online CE calendar at [www.pwahec.org](http://www.pwahec.org).



### **For 2007, we have a new look!**

The newsletter also is available by email; if you would like to receive it via email, please send a message to [info@pwahec.org](mailto:info@pwahec.org).

Please e-mail any changes in your contact information to [info@pwahec.org](mailto:info@pwahec.org).

Alternate formats of this material are available upon request. Please contact the PWAHEC office at (936) 468-6901.

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