

The Assist Line

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Monday to Friday,
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excluding holidays

Dr. Drew: Healthcare Pioneer

By: Christaly Albarracin

In honor of Black History Month, let's shine the spotlight on an influential African American physician. Dr. Charles Richard Drew (1904-1950) was born in Washington, DC. Influenced by his sister Elsie's death, he made the decision to study medicine.

In 1933, he received an M.D. as well as a Master of Surgery degree at McGill University in Montreal. A few years later, he became the first African American to earn a Doctor of Medical Science degree at Columbia University.

A distinguished African American physician and surgeon, Dr. Drew revolutionized the healthcare industry with his idea of a blood bank system that preserves blood plasma for extensive periods of time. He developed advanced techniques for blood storage, a knowledge that was later used to save thousands of lives in early World War II.

Dr. Drew also created a central location where donors could provide blood for collection which was only operated by skilled personnel to handle all blood plasma and avoid contamination. His efforts contributed to the establishment of the American Red Cross Blood Bank.



His legacy to the healthcare field will always be remembered and honored.

To learn more about Dr. Drew and his impact, visit the [American Red Cross](#).

What is "Sarcoma"?

By: Liz Farley

Sarcoma, originating from a Greek word meaning "fleshy growth," is a type of cancer which arises from mutations of mesenchymal cells. Malignant tumors found in bone, cartilage, fat, muscle and vascular, or hematopoietic and connective tissues are called sarcomas.

The term "sarcoma" is used for over 40 types of tumors. Different types of tissue sarcomas have different

names, and are also classified by frequency of biological behavior. This type of cancer is rare, with about 10,000 cases documented each year in the US (1% of total new cancer cases). Since the discovery of chemotherapy the survival rate of sarcoma patients has increased from 20% to 60-70%. It is more common in younger people, as 50% of bone sarcomas and 20% of soft tissue sarcomas are diagnosed in people under age 35.

Early symptoms for a sarcoma are limited. First signs are usually a

painless lump or swelling in the legs, arms, or trunk, but most lumps are not sarcomas. A lump which changes or grows is indicative of sarcoma, and should be reported to your doctor promptly. As the tumor grows it will eventually cause pain and tension as it presses against nerves or bones, which is often the first noticeable sign.

Checking yourself regularly and visiting a dermatologist at least once a year are the most effective measures you can take.

Leap into a Healthy Heart

By: Sharon Pennant

February 3rd jump started heart month. People all over the world wore red to ignite awareness for those affected by heart disease. According to Mayo Clinic, heart disease is a broad term used to describe a range of diseases that affect your heart. Luckily, they can all be prevented by making simple life style changes. We encourage you to follow these heart healthy tips.

Tip #1 Know your history. Consult your doctor if your family has a history of heart disease conditions as you may be at higher risk.

Tip #2 Keep it movin' by staying active and exercising daily. Walking for as few as 30 minutes a day provides heart health benefits. Walking is a simple, positive change

you can make to effectively improve your heart health.

Tip #3 Live well by letting go of any stress or bad habits. Maintain a positive attitude on life and repeat positive self-talk daily. Keep in touch with family and friends. Don't smoke; avoid too much alcohol or caffeine as these can all increase stress. Most importantly, ensure your body and mind get enough sleep. Try sleeping between six to eight hours each night.



February 2012 Page 2
Volume 3, Issue 2
Editor: Marilou Niggemann

Tip #4 Don't eat your heart out!

Start by keeping a food diary then adjust your daily routine. Eat 4-5 servings each of fruits and vegetables every day, if you consume a 2,000 calorie diet. Eat whole-grain foods, such as whole-wheat bread, brown rice and whole-grain cereal, which are low in saturated fat and cholesterol. Eat more chicken, fish and beans rather than other meats.

For other heart healthy habits and enticing recipes visit heart.org and gorefforwomen.org respectively. Always remember the first leap begins with YOU.

Source:

<http://www.mayoclinic.com/health/heart-disease/DS01120>

About Neurogenic Orthostatic Hypotension

By: Alia Alli

Have you gotten up too fast, only to have the feeling of dizziness, nausea, and blurred vision overwhelm you? Orthostatic hypotension – also called postural hypotension – is a form of low blood pressure that occurs when you stand up from a resting position. Normally, special cells (baroreceptors) near your heart and neck are able to sense the lower blood pressure and trigger the heart to beat faster and pump more blood. Postural hypotension occurs when there is a disturbance in the body's natural process of counteracting low blood pressure, which in turn causes the symptoms of lightheadedness, nausea, and even syncope to occur.

Occasional dizziness is often the result of dehydration, low blood sugar, or too much time in the sun. However, it is also present in many patients with Parkinson's disease, resulting from a disturbance of signals from the brain to the heart, or as a side effect of dopaminomimetic therapy. The treatment for orthostatic hypotension depends on its underlying cause; most often, lifestyle changes and medication adjustments are necessary in the treatment of this condition.

For more information regarding the risk factors, symptoms, and treatment options for orthostatic hypertension, please visit [mayoclinic.com](http://www.mayoclinic.com).