

PURDUE TIMMY TIMES



TIMMY
GLOBAL HEALTH

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NEWS AROUND THE WORLD

Pregnant Whale Washed Up in Italian Tourist Spot had 22 kg of Plastic in Its Stomach

Last week on Monday, March 25th, a pregnant sperm whale washed up on the shores of Sardinia, Italy. It had nearly 50 pounds of plastic in its stomach and was carrying a dead fetus, the country's environment minister and a marine life non-profit organization stated to the press. Luca Bittau, president of the SeaMe organization, noted that the remains included "garbage bags, fishing nets, lines, tubes, washing machine detergent bags, and other unidentifiable objects."



The dead animal was found in waters off the Sardinian tourist hotspot of Porto Cervo.

NEWS AROUND THE WORLD

Pregnant Whale Washed Up in Italian Tourist Spot had 22 kg of Plastic in Its Stomach

Futhermore, Sergio Costa, Italy's environment minister, said in a Facebook post: "Are there still people who say these are not important problems? For me they are, and they are priorities."

Minister Costa continued with the following: "We've used the 'comfort' of disposable objects in a lighthearted way in the past years and now we are paying the

consequences. Indeed the animals, above all, are the ones paying them." European Parliament recently approved a law banning a wide range of single use plastic items such as straws, cotton buds and cutlery. Costa concluded, "Italy will be one of the first countries to implement it. The war on disposable plastic has begun. And we won't stop here."



For more information visit <https://www.cnn.com/2019/04/01/europe/sperm-whale-plastic-stomach-italy-scli-intl/index.html>

HEALTH PROFESSIONAL PROFILE



Dr. Michael Dugan is a hematologist in Indianapolis, Indiana and is affiliated with Indiana University Health Medical Center. He received his medical degree from Indiana University School of Medicine and has been in practice for more than 20 years.

Q: What do you usually do on a day to day basis and who are the other health professionals you typically interact with?

A: On a day to day basis I specialize in treating different kinds of cancer with bone marrow transplants. I typically interact with other physicians to brainstorm about different treatments and consult about different patients. I also have constant communication with my nursing staff and transplant team because without them the procedures would not be able to happen.

Q: What are the most difficult things you see in your line of work?

A: One of the most difficult struggles I face every day is despite my adamant efforts and giving a patient the most aggressive treatments sometimes that's not enough. Cancer can be unstoppable, and our modern medicine sometimes falls short.

Q: Despite the difficulties of your job what do you find rewarding about your work?

A: Nothing beats the feeling I get when I see someone enter remission and even seeing a patient 15 years later still in remission.

Q: What are some important attributes that you would think one would need for this profession?

A: It is important to be passionate and smart because without those two things your patient can suffer.

Q: What advice would you give someone in college trying to go into a profession in the health field?

A: Never give up on your passions and always work to find opportunities to gain more experience along this line of work.

NATIONAL NEWS

Measles Outbreak Continues to Spread

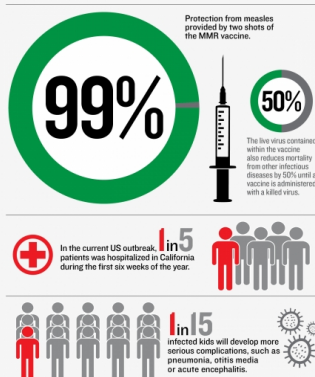
A measles outbreak that began in the Pacific Northwest now encompasses at least fifteen different states, according to the Centers for Disease Control and Prevention, with new cases recently being reported in Michigan and New York. The number of cases in the United States for this year now totals 314, only 58 less than the total number of cases in 2018. Public health officials are concerned this number will continue to grow.

Measles was declared eradicated in the United States in 2000, largely due to the success of the Mumps-Measles-Rubella (MMR) vaccine series. However, many experts attribute the resurgence of measles and other infectious diseases to the “anti-vax” movement.

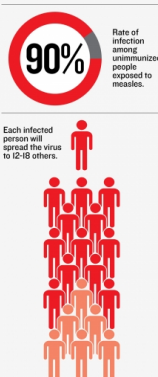
States have struggled with how to handle the issue of vaccine hesitancy. Only three states do not offer vaccine exemptions for any reason (other than medical).

States are now faced with the decision of whether or not to crack down on vaccination exemptions in order to curb the outbreak.

MEASLES BY THE NUMBERS



UNVACCINATED COMMUNITIES



NATIONAL NEWS

Measles Outbreak Continues to Spread

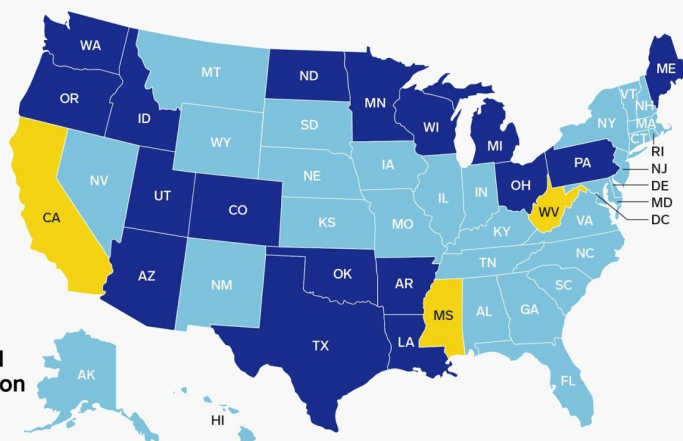
Because of the controversy surrounding vaccines, states that have refused to offer vaccine exemptions have faced extreme backlash from parents who choose not to vaccinate their children due to religious or philosophical reasons. Recently, Rockland County, New York, a state hit hard by the outbreak, put a policy in place that bans unvaccinated children from being in public spaces for a

period of 30 days, and some community members have voiced their disapproval of this ban because they believe they should be able to make their own decisions for their children without government intervention.

Experts continue to monitor the outbreak and to study all the factors that have caused it in hopes of preventing more people from getting sick.

Vaccine exemptions in every state

- Medical exemption only
- Medical and religious exemption
- Medical, religious, and philosophical exemption



Disease Profile: Postural Orthostatic Tachycardia Syndrome

Postural Orthostatic tachycardia syndrome (POTS) is a disease that impacts the ability of blood to be able to flow properly throughout the body, resulting in decreased venous return of blood to the heart. This can result in lower cardiac output and an increased heart rate to try to compensate. POTS leads to blood pooling down in the legs because the blood vessels are not able to constrict either long or strong enough to fight against gravity to get the blood back up to the heart. To be diagnosed with POTS the patient must undergo a QSART, TST, echocardiogram, blood and urine tests, skin nerve biopsy, and several other medical tests. POTS is a form of orthostatic intolerance that results in the onset of symptoms stemming from going from a reclined

position to standing up.

This especially takes effect when a patient suffering from this disease makes sudden movement, such as standing up too quickly. This results in the patient having a significant increase in heart rate. Upon standing an individual with POTS will experience a drastic increase in heart rate to compensate for the decreased inability of using the typical body's response of contracting blood vessels to get blood to the upper parts of the body, particularly the brain. Other symptoms that patients have to manage on a daily basis are feeling light headed, dizzy, fatigue, trouble concentrating, sweating, and lost sensation or feeling in the legs. These symptoms can often be alleviated by bringing the legs

above the heart to allow gravity to bring the blood back to the heart, this can be easily done by elevating their legs. However many public scenarios often frowned upon this behavior, making it harder for a patient to be to alleviate these symptoms and often results in one blacking out if they do not pass out.

POTS is a chronic condition, and it is relentless. The pain that results from the lack of blood flow causes significant pain (hypoxia). Chronic conditions are those in which the patient will have to deal with the symptoms on a daily basis for the rest of their life; therefore, patients are told by their doctors “everyday is going to be a battle, and we are going to have to work together to see how we can alleviate as much of the pain as possible.” There is a wide range of treatments available to treat this condition. One way is through medications like beta blockers. Compression socks are also used to help with venous return of blood to the heart. Also an

increase in sodium in the diet can help.

Although there are numerous challenges that come from living with POTS the hardest part is society. When people know that you are disabled, they treat you differently, in a good way.

Equality, treating everyone equally, is not always correct.

For those dealing with disabilities equity, providing what is needed for everyone to have the chance to be successful, is what is needed. It is so important if you do not take anything else away from this article to not judge a person based on their perceived ability status. Focus on an individual’s abilities versus disabilities but do not judge or condescend someone. Everyone has a different story, everyone has their own struggles that one would never know without taking the time to ask. Don’t judge a book by its cover, don’t judge a person by their outward appearance .



LOCAL NEWS

LOCAL NEWS

SB 416

Indiana's senator, Jean Breaux's, recently passed the SB 416 bill for Doula's to be covered by governmental health insurances, such as Medicaid. A doula is often considered to be a birthing coach that is used for maternal support throughout the birthing process. This can be done before, during, or after childbirth both emotionally and physically. The addition of a trained non-medical professional doulas are a valuable aspect and information source for bringing a new member into the family.

Maternal mortality, death of the mother during or within 48 days post-birth, within the United States is one of the

highest for developed nations. Indiana's maternal mortality rate is one of the worst and is on par with countries such as Cuba or Egypt. Indiana has very low public health funds that are decreasing overtime. In addition, resident's commonly have to travel outside of their county to receive healthcare.

According to the CDC the infant mortality rate for Indiana is 7.3 per 1,000 live births, as compared to 5.8 in the US. These statistics are nearly doubled for African-American. Mothers from this ethnic group are 243% more likely to suffer from maternal mortality.

LOCAL NEWS

LOCAL NEWS

SB 416

Because medicaid covers 70% of African-American births it is believed doula services being covered through governmental funding will reduce the current healthcare systems racial disparity.

Doula's benefit everyone who is involved, from mother to partner and family. Being brought to Indiana, the birthing process is expected

to become a more positive experience and ease the transition into bringing a new family member into the home by providing practical support.



For more information visit: <https://www.indianasenatedemocrats.org/breaux-doula-services-proposal-advances-out-of-appropriations/>

GET HEALTHY GOALS

how to be a healthier you

- *Take time out of your day to appreciate the positives*
- *Make sure you are getting enough breaks, do not overexert yourself*
- *Stay hydrated*

Workout Plan

**GO THROUGH ALL MOVEMENTS
WITHOUT REST.**

20 BODY WEIGHT SQUATS

10 PUSH UPS

20 WALKING LUNGES

10 DIPS

30 SECOND PLANK

20 REVERSE CRUNCHES

30 JUMPING JACKS

REST FOR 3 MINUTES

REPEAT 4 TIMES





COFFEE CUP QUICHE

INGREDIENTS

- 1 egg
- 1 1/2 tablespoons of milk
- Salt
- Ground black pepper
- 1/4 of a bagel (can substitute with French Bread)
- 2 teaspoons of cream cheese
- 1/2 slice of ham

DIRECTIONS

1. Beat egg and milk together with a fork in a coffee cup, adding salt and pepper to taste
2. Tear bread into dime-size pieces and stir in
3. Add cream cheese and stir in
4. Microwave on high until done (about 1 minute and 10 seconds)

PREP TIME: 3 MINUTES

COOK TIME: 1 MIN 10 SEC

TOTAL TIME: 4 MIN 10 SEC

Upcoming Timmy Events

4/3/19	GM #5
4/5/19	LUM
4/5 –4/6/19	Relay for Life
4/12/19	Create2030 at Purdue
4/14/19	Dinner and Discussion
4/18/19	APhA Student Health Fair
4/19/19	LUM
4/20/19	Global Health Movie Night
4/21/19	End of Year Picnic
4/23/19	Food Finders Volunteering
4/24/19	GM #6
4/24/19	Pay it Forward
4/24/19	Purdue Day of Giving

Want to learn more about an event? Reach out to a VP!

President - Will Austin

Advocacy Events - Hannah Gallion

Finance Events - Sarah Kincade

Service Events - Henry Ludwig