



# Medical Reserve NEWS

Summer 2010

**Give thanks for unknown blessings already on their way!**

*– Native American saying*

## We're the "Go To" Guys

The Medical Reserve Corps of Southern Nevada has become the community's "go to" resource for blood pressure (BP) screenings. Evidenced by the statistics from the current quarterly report, the majority of events in which members have recently participated involve BP screening.

This is due in part to a regular "gig" on the third Sunday of each month to provide BP screenings inside "Bodies...The Exhibition" at the Luxor Hotel and Casino. In addition, the 2010 Integrated Training Summit in June hosted more than 2,500 attendees, including MRC leaders from across the country. Volunteers from our unit provided BP screenings for a six hour period each day. Of those screened, 28 percent had readings in and above the 140-159/90-99 range.

Here are a few blood pressure facts from the CDC:

- 25 percent of American adults have prehypertension – blood pressure numbers that are higher than normal. Prehypertension raises the risk for high blood pressure.
- About one out of three American adults has high blood pressure.
- High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure and kidney disease.
- In 2010, high blood pressure will cost the United States \$76.6 billion in health care services, medications and missed days of work.
- About 70 percent of those with high blood pressure who take medication have their high blood pressure controlled.

If you are an MRC volunteer with a medical license or certification, look for future opportunities from us to provide this screening.



Moved? New phone number? Need to change emergency contact? License or certification changed? Let us know so we may update your profile.

## MRC in Action!

### Scale the Strat



*Dr. Matthew Carlson volunteers at the American Lung Association's Scale the Strat for a second year in a row.*

### Desert Sky Adventures



*Artie Kay, EMT-B, preps the first aid table at this benefit for the Leukemia Lymphoma Society.*

### 2010 Integrated Training Summit



*Personal trainer and MRC of Southern Nevada volunteer, Zoe Albright, leads a morning stretch for attendees of the 2010 Integrated Training Summit at the Aria.*

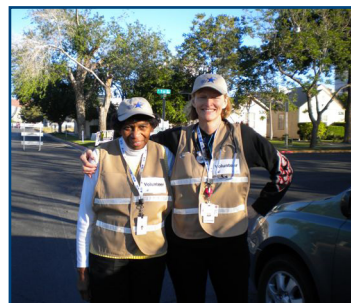
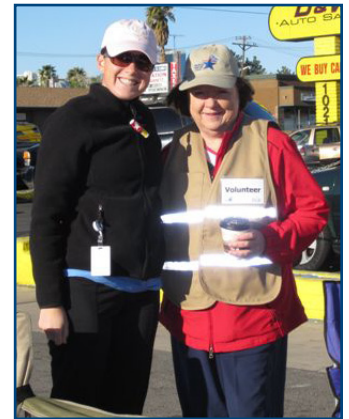


*Veterinary technicians Susan Vondracek and Cortez Williams show their spirit with MRC of Southern Nevada coordinator, Paula Martel.*

# 15<sup>th</sup> Annual Susan G. Komen Race for the Cure

Thank you to the following volunteers for getting up very early to provide first aid support at the 15th Annual 2010 Susan G. Komen Race for the Cure:

- Drs. Lubna & Shamoon Ahmad
- Zoe Albright
- Marcia Bollea, RN
- Cam Camburn, RN
- Virginia Cavallaro, RN
- Brett Dragun, EMT-B
- Christina Flink, RN
- Moises Gomez, RN
- Murlin Hampton, LPN
- Carol Jarmel, RN
- TamAnh Nguyen, Pharmacy Intern
- Jackie Rennirt, Nursing Student
- Iulia Simon, Nursing Student
- Julia Staples, EMT-I
- Leslie Wulff
- Nancy Wulff, LPN



## Quarterly Report

Sixty-eight MRC volunteers gave 526.5 hours at the following 20 events between April 1 and July 31, 2010:

- 2010 Integrated Training Summit (BP screening)
- Bodies...The Exhibition (monthly BP screening)
- Clark County Office of Emergency Management exercises
- Cuide a Sus Perros y Gatos (pet microchipping/preparedness)
- Desert Sky Adventures (4 benefit walk/runs)
- Desert Winds Adventure Race (first aid)
- Electrical Workers Health Fair (BP screening)
- KaBoom/Home Depot Playground Construction (first aid)
- MRC Strategic Planning Committee
- Nevada State Health Division Health Fair (BP screening)
- Pinwheels for Prevention (BP screening)
- Preventing Homelessness Connect (BP screening)
- Rockin' Runners (first aid)
- Wag-A-Tail Walk-A-Thon (pet preparedness)

## September is National Preparedness Month

Two core competencies for MRC volunteers relate to emergency preparedness. At a minimum, volunteers should be able to:

1. Describe the procedure and steps necessary to protect health, safety and overall well being of themselves, their families, the team and the community.
2. Document that they have a personal and family preparedness plan in place.

For more information about preparedness, go to [www.ready.gov](http://www.ready.gov).

## New Volunteers

Please welcome our newest members:

- Shannon Burke, Nursing Student
- Leanne Fox, EMT-B
- Lisa Lopez, LPN
- Lynn Radney, Non-Medical
- Richard Ray, Non-Medical
- Leila Taherkhani, Pharmacy Intern
- D. Greg Whicker, EMT-B
- Cortez Williams, Non-Medical



### Become Part of the MRC Team

**For local information, contact**  
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[www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org)  
[www.MRCNevada.com](http://www.MRCNevada.com)

**For national program information, go to**  
[www.MedicalReserveCorps.gov](http://www.MedicalReserveCorps.gov)

## We're on Facebook!

Following the lead of MRC units nationwide, we created a Facebook page. Find us under Medical Reserve Corps of Southern Nevada. We will initially use it to highlight MRC activities and provide links to partners. "Friend" us!