

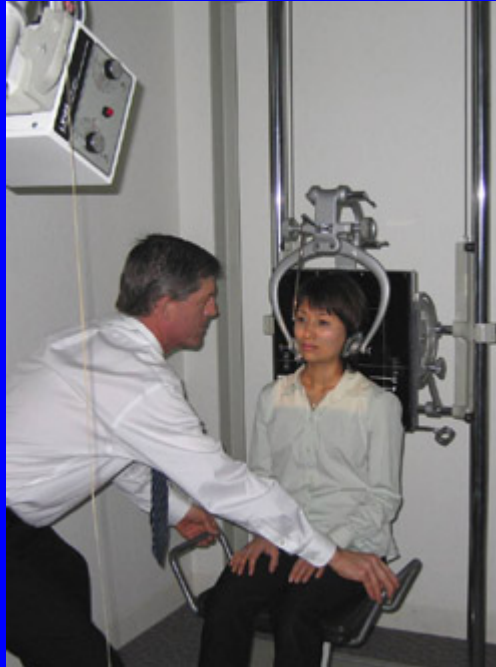


VISIONARY TIMES

“VGCC Radiography, Every Picture Tells a Story”

INSIDE THIS ISSUE:

- Pinning Ceremony May 2011 2
- Top 5 Reasons to Work in Healthcare 4
- Article: Important Things Not to say to Patients 5
- Stressed? Try Journaling 6
- Scholarship Awards 7
- Article: Japan's Radiation: Media Hying Fear 8
- Meet Junior Students 10
- Words from the Dean 14
- New DR Equipment 15
- Article: Carbonated Drinks Bode Ill for Bones 18



Radiography Class of 2011! Congratulations!



Twenty-six graduates of Vance-Granville Community College's two-year Radiography program were honored in a May 9 pinning ceremony in the college's Civic Center. VGCC President Randy Parker welcomed guests to the ceremonies and shared some demographic information about the graduating class. He noted that graduates' ages range from 20 to 39, and many are parents. Seven graduates are planning to work in diagnostic radiography immediately upon graduation, while 19 are opting for additional education, in techniques including Radiation Therapy, Ultrasound, MRI, and CT.

As of this date, the Radiography Program has 100% pass rate on the ARRT registry. Congratulations, graduates!

Pictured from left to right:

1st row: Stephanie Riley, Mary Anstead, Samantha Chappell, Jessica Hernandez, Jennifer McStoots, and Megan Smith.

2nd row: Brittany Gurber, Brittney Stone, Tabitha Porter, Allison Brogden, Kendall Coleman, and Cristina Mensaque.

3rd row: Lauren Medlin, Deborah Gilliam, Lindsey Stevenson, Heather Thomason, Shannon Long, Dana Wilkins, and Christian Barker.

4th row: Daniel Crudup, Bernard Roberts, Aaron Haddix, Kenneth Medlin, Parker Simmons, Derek Carver, and Jonathan Clark.

Top 5 Reasons to Work in the Healthcare Field

Perks and Benefits of a Health Career

Working in the Healthcare industry offers many rewards and benefits. Find out more about what you'll gain by pursuing a career in Healthcare today!

1. Job Growth, Job Growth, and MORE Job Growth!

According to the US Bureau of Labor Statistics, EIGHT of the Top 20 fastest growing professions are in the Healthcare Industry! And the Healthcare industry has over 13 million jobs. What does this mean for you? It means that as a Healthcare professional, you will enjoy more options – and much better job security and stability. Most likely you will not be downsized, thanks to advances in medicine, and the country's aging population, which is continually increasing demand for medical professionals across the board.

2. Touch Lives - Make an Impact

In what other profession can you touch lives the way you can in the Healthcare industry? You could help bring a new life into the world, or save a life from ending. You can change lives, impacting families the way only healthcare professionals are able to. Not only will you impact individuals, you could also make an impact on entire communities, providing healthcare in a variety of forms or treating diseases and ailments of all sorts.

3. Jobs Available for ALL Education and Experience Levels

Whether you have a GED or a PhD, there is an exciting healthcare career available to you. Sure you need many years of school to be a doctor or a nurse, but there are hundreds of other roles available in the Healthcare industry to be explored.

4. Competitive Earning Potential

Due to the high demand for workers in the healthcare industry, careers in healthcare are some of the most lucrative options available. The more highly skilled you are, the higher your pay will be.

5. Never a Dull Moment!

Why do you think there are so many TV shows about hospitals and medical professionals? Shows like Greys Anatomy, ER, Scrubs, Private Practice are successful because the medical field is exciting, ever-changing, and dramatic in nature. Healthcare is fast paced, you are dealing with life or death situations, and new patients come in every day, so you never will experience the same day twice.

Source: About.com

By: Andrea Santiago

Important Things *Not* To Say to Patients

It is becoming more and more important to make the patient/healthcare worker experience as pleasant as possible. With this in mind, there are things that the technologist should never say to patients. Here are some key statements to stay away from:

1. "I'M NEW AT THIS"

Patients might pretend to be understanding, but they're really thinking, "Just get me someone who knows what they're doing!"

2. "OOPS!" OR "I NEVER HAD THAT HAPPEN BEFORE."

No patient wants to hear about a mistake or that something went wrong. If you say it as bluntly as this, beware of the fallout!

3. "YOU HAVE TO MOVE ON YOUR SIDE."

Patients do not like to be told what to do; they like to remain in control. It is better to say "I'm going to need you to move to your side, please."

4. YOU'RE WRONG. YOU DON'T HAVE AN APPOINTMENT TODAY."

No one likes to hear they are wrong. It makes a bad situation worse. It would be better to say: "I'm sorry there was a misunderstanding."

5. "I CAN'T DO YOUR EXAM WITHOUT AN ORDER. IT'S HOSPITAL POLICY."

Patients do not care what we cannot do. They care what we can do. It would be better to respond, "Unfortunately, I can't do that, but here is what I can do..."

6. "IT'S NOT MY JOB."

It may not be your job, but we need to get patients what they need. It's better to say, "Unfortunately I can't help with that, but let me get my supervisor who can help us."

7. "CALM DOWN."

If you find yourself saying this, you are already in a bad situation. Just try to explain what is happening and hope the patient will calm down. Using the person's name and asking if you can explain might help.

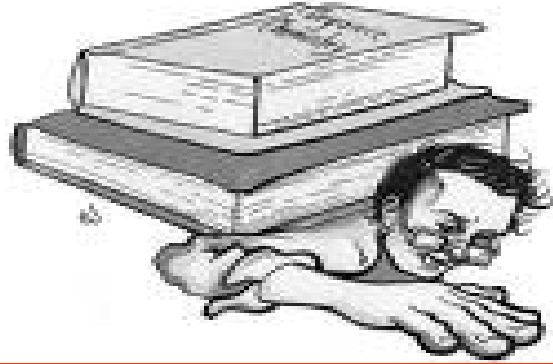
8. "I CAN'T BELIEVE YOU ARE THAT OLD."

Because of the need to confirm patients' identity, we are all checking birth dates. Depending on the patient, this comment could lead to good or bad results. Stay away from it.

Source: ASRT Scanner, August/September addition.

By: Michael Delvecchio, B.S., R.T. (R)

Stressed? Try journaling.



What Is Journaling?

Journaling is a term coined for the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of one's life. Journaling, as a stress management and self-exploration tool, is not the same as simply recording the happenings in one's life, like keeping a log. To be most helpful, one must write in detail about feelings and cognitions related to stressful events, as one would discuss topics in therapy.

What Are The Benefits of Journaling?

Journaling allows people to clarify their thoughts and feelings, thereby gaining valuable self-knowledge. It's also a good problem-solving tool; oftentimes, one can hash out a problem and come up with solutions more easily on paper. Journaling about traumatic events helps one process them by fully exploring and releasing the emotions involved, and by engaging both hemispheres of the brain in the process, allowing the experience to become fully integrated in one's mind. As for the health benefits of journaling, they've been scientifically proven. Research shows the following:

- Journaling decreases the symptoms of asthma, arthritis, and other health conditions.
- It improves cognitive functioning.
- It strengthens the immune system, preventing a host of illnesses.
- It counteracts many of the negative effects of stress.

Source: about.com

By: Elizabeth Scott

SCHOLARSHIP INFORMATION

325 Scholarships were awarded to VGCC students on February 23, 2011.



Congratulations juniors! From front row left to right: Anne Abraham, Denise Liles, Tanya Beal, Amanda Boydston, Brittany Collier, Erica Brewer, and Courtney McGhee

Japan's Radiation: Media Hyping Fear



Japan's Radiation: Media Hyping Fear

Author: Diane Lee-Resident of Japan

As events continued to unfold at Japan's Fukushima Daiichi nuclear power plant, the fear of radiation has spread beyond borders and more virulently than has radiation itself.

Time and time again, the mainstream media writes alarming pieces or quotes outside experts on the matter of radiation leak from the stricken Fukushima nuclear reactors, which does more harm in heightening fear than the danger of radiation itself.

Contaminated tap water, milk and vegetables in the northeast Honshu do pose a health threat for those living close to the Fukushima nuclear power plant. But the danger of radiation contamination is really localized - that is, limited to 30 kilometers from the Fukushima crippled plant, not to the rest of Japan or the rest of the world.

Fear-mongering has spread as far as the U.S. where reports of Americans hoarding iodine pills despite the fact that the risk of exposure is close to zero, and pills can have harmful side effects. Many countries around the world have halted some Japanese food exports even though Japan has a reliable monitoring food safety system that had already stopped exporting food from the affected region. And the G7 had to intervene when the yen soared to a record 76.25 in chaotic trading a week ago.

Of course, the news on radiation fear outside of Japan reaching the Japanese citizens in the country only pushes up the level of panic.

The situation is simply this: The radiation leak is NOT out of control, there still exist some measures to deal with the nuclear plant problems. However, the fear along with panic is spiraling out of control.

It's best to remain calm and listen to experts for facts than speculations or wild rumors.

One thing for sure, the experts have NOT said it's time to entomb the crippled nuclear power plant, so there's still time for TEPCO and the Japanese government to get it under control.

** Author is based in Japan*

Source: opednews.com

Meet One of Our Junior Students-Patricia Clark

Hi, I'm Patty Clark. I have recently gone from kindergarten T.A. to junior student in the radiography program. It has been quite an adjustment but a very exciting one. I enjoy being in the classroom, clinic and lab with my new "family." I have learned to eat, sleep, and drink radiography but still have a little time to spend with my family and friends. (Shhhh...Don't tell Mrs. Thomas!) My husband Dan and I enjoy hiking in the woods with our cat/dog Elwood (Woody) and spending time with our kids when they visit. I'm learning how to plan a wedding, as my daughter is getting married in November. I spend as much time in New York as I can; all of my family lives there. We hike, kayak, swim, and go boating in the summer, and sleigh ride, skate, and ski in winter. A quick train ride to New York City is always in order!

I'm glad I chose radiography. I enjoy learning all that is involved with creating a diagnostic radiograph. Treating patients like beloved family members is essential in becoming a good technologist. Along with learning anatomy, positioning, and patient care, we are involved in raising money for the American Cancer Society. We had a blast-from-the-past throwback party at the main campus in February. It was great to party and raise money at the same time; I look forward to seeing our instructors in costume, and *you*, at our next throwback party!

Patricia Clark performing her Film Critique for Mrs. Thomas



Meet One of Our Junior Students-Victoria Alford

I have spent the last 8 years as an elementary school teachers' assistant in Wake Forest. I have a huge love for children but I also had a love for bones and the body. This adoration brought me to a point in my life where I was ready to do something "new." I am a junior in the Radiography program and I am studying more than I ever thought I could. Just as with children, I love the challenge and the rewards of the program.

While in the program I have been able to maintain my home of 2 children (girls ages 12 and 19) and my husband of 13 years. I was born in Long Island, NY and met my husband here in Wake Forest. He has lived in Wake Forest all of his life, and I enjoy his stories about how much it has changed over the past 40 years. Lauren goes to Wake Tech and will finish up in another semester. Caitlyn is a sixth grader at Wakefield Middle School and adores all kinds of sports. She favors basketball and softball as a pitcher for a travel team which keeps us very busy.

I enjoy house cleaning, house painting, working in the yard and gardening in my spare time. I spend all of my days studying and running around as a mother. This makes me absolutely content to be a mother and wife and holds great importance and in my life. I am really excited about my new adventures of Radiography and I'm still excited about the challenge of learning and studying hard.

I love most children and most senior citizens. Another adventure I would like to take as I get older is to become a Guardian Ad Litem. I have a huge interest in being an advocate on behalf of abused and neglected children. I enjoy helping out as a whole and believe in community-volunteer work and the feeling of doing for others.

Future Radiographer-Victoria Alford



MOTIVATIONAL QUOTES

The best way to escape from a problem is to solve it.
~ Alan Saporta

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

Success seems to be largely a matter of hanging
on after others have let go.
William Feather



A WORD FROM THE DEAN OF HEALTH SCIENCES

As you complete your junior year, this is a good time to reflect on your goals and aspirations. You are midway to starting a rewarding career. Think about the hard work you put in this past year and continue to strive to be successful in this upcoming senior. Hard work, perseverance, and dedication make a difference. Upon completion of your degree in Radiography, you, too, will be in a position to make a difference. You can help improve the lives of those individuals with whom you come into contact. These individuals can be patients or colleagues. You matter!

Besides continuing to study hard, this year is a prelude to working in the real world. It is important to bear in mind that every time you are at clinic, it is as though you are interviewing for a job. How well you perform in the clinic setting reflects your ability to function as a Radiographer. You will be judged and held accountable every day. I am sure you are familiar with the old cliché that today is the first day of the rest of your life. You should approach each day as the first day of your professional life. Good luck in this coming year.



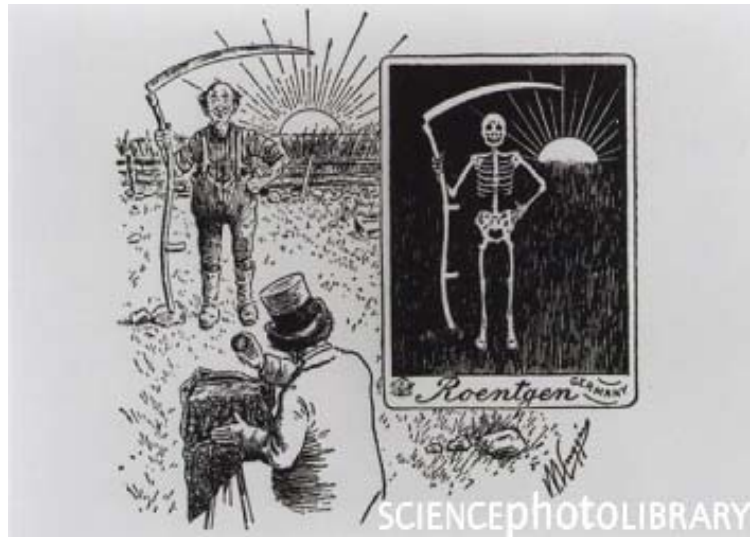
NEW ADDITION TO THE RADIOGRAPHY LAB

The Radiography Program is proud to announce that they have gone digital! What exactly does that mean? Well Radiography has come a long way. Up until 1980, Radiographic images were captured on a piece of film held within a cassette. This film then had to be processed in a darkroom using a large processor that housed developer and fixer chemicals that would develop and fix the image permanently to the film. CR or Computed Radiography began to make its way into the Radiology Departments. This removed the need for film, chemicals, and a darkroom. The CR cassette had no need for film, rather it housed an imaging plate. The plate would then be processed through a daylight processor, which meant there was no need for a darkroom because the plate was not sensitive to light. This reduced the time spent developing an x-ray, as well as an overall reduction of film and chemical costs. This also helped with handling the load of x-ray films because these images could be saved within a file on a computer system known as PACS. As of 1994, Digital Radiography or DR has become the newest and latest advancement. With DR, there is no need to run a cassette or have a processor. The DR system allows images to go directly to the computer for approval. The image quality has far surpassed anything the field of Radiography has seen so far. DR is here to stay, at least until something bigger and better comes along!

DR Equipment



WACKY RADIOGRAPHY CORNER



YOU KNOW YOU'RE AN X-RAY TECH IF...

1. You say to yourself "great veins" when looking at complete strangers at the grocery store.
2. Your immune system is so well developed that it has been known to attack squirrels in the backyard.
3. You have your weekends off planned for a year in advance.
4. You believe chocolate is a food group.

Carbonated Drinks Bode Ill for Bones

BY: ANONYMOUS

In the early 1990s, Harvard researchers in the United States reported study results showing that teenage girls who consumed a lot of cola tended to have more broken bones.

In 2003, a study of soft drink (not just cola) consumption among teenagers in Northern Ireland linked high intake to lower bone mineral density among the girls, but not the boys.

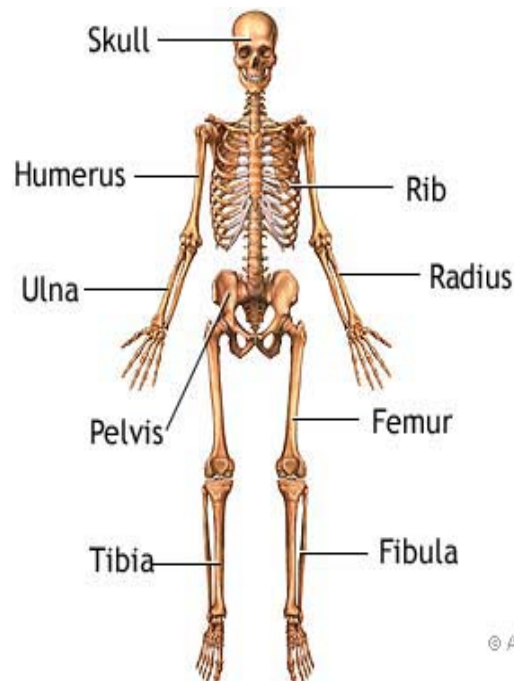
One explanation: Girls who drink lots of soft drinks end up with weaker bones because they aren't drinking milk, a rich source of calcium.

It's also possible that the problem is cola drinks. Most brands contain caffeine, which increases the excretion of calcium by the kidneys, leaving less to be incorporated into bones. Colas also contain phosphoric acid, which may lower blood levels of calcium by interfering with normal metabolism of the mineral.

But there's no evidence that bones are adversely affected by carbonation itself -- the carbon dioxide bubbles in soft drinks, seltzer, and mineral water.

In fact, you might get some health benefits by drinking more mineral water, which comes out of the ground naturally carbonated. Some varieties contain magnesium. A Swedish study published in 2005 concluded that high magnesium intake reduces colorectal cancer risk in women. Other research hints at cardiovascular benefits.

Source: www.medical-explorer.com



© ADAM, Inc.

HOSPITAL SPOTLIGHT-Alamance

Mebane out-patient center opened in 2007. The diagnostic imaging department averages approximately two-hundred patients a month. There is only one x-ray room and another room for printing film. The future plan is to convert the film printing room into an x-ray room if the volume of patients picks up. The clinical instructor is Angela Bass, who is very helpful and takes time to explain everything to radiography students. Lisa Garrett is another technologist who will be there to help and evaluate the students. The two of them work over-lapping shifts, with Angela coming in at 8a.m. to 4p.m. and Lisa from 11am to 8pm. On the weekends, there is only one technologist working the diagnostic imaging department. The student should be prepared to work with out-patients and patients from the urgent care department (urgent care opens at 9a.m.). Mebane out-patient center is a part of the Alamance Regional Medical Center (ARMC), located in the heart of Alamance, with over two-thousand employees.

TECHNOLOGISTS OF THE SPRING SEMESTER

The students owe a great deal of thanks to all the Technologists employed at the Radiography Program's clinical affiliates. Although they would like to personally thank all of them, the students take the time to especially thank those that they believe go above and beyond during the students' rotation at the hospitals and outpatient facilities. Below is the list of Technologists that the students believe encouraged, motivated, and guided them the most during the Spring semester. The Radiography Program thanks these technologists for sharing their time, knowledge and compassion to help teach the next generation of technologists!

Alamance Regional Mebane Outpatient Center-Angela Bass
Community Memorial Hospital-Laurie Capps
Durham Diagnostic-South Point-Kim Brown
Durham Diagnostic-Ben Franklin-Entire Staff
Durham Regional Hospital-Cathy Dearing
Franklin Regional Hospital-Brandy Leonard
Granville Medical Center-Johnny Newell
TOA-Durham-Christal Ehlers
TOA-Raleigh-Shannon Williamson
TOA-Oxford-Ruth Wood
TOA-Wake Forest-Melissa Green
VA-Betty Braxton

STUDENT PICTURES



STUDY, STUDY , STUDY!!!!!!!!!!

KUDOS

Patricia Clark-Junior student. Received a gold star from Durham Regional Hospital. She received a raving review on a patient survey. And this is just her second semester! Way to go Patty!

Denise Liles and Angela Fuller-junior students. They are always very professional when performing their lab simulations and practicums. They give their patients clear instructions and ensure that the patient feels at ease. Great Job!

Brittany Collier-junior student. Received Kudos for helping the technologists clean up after a patient at the VA.

Anna Crews-junior student. She was very professional with a difficult patient. The technologists said she kept her composure and demeanor in a difficult situation.

Great job, guys!!!

*If you can
find a path
with no
obstacles,
it probably
doesn't
lead
anywhere.
~ Frank A.
Clark*



SUMMER HOBBIES-Anne Abraham, junior student

Anne Abraham is a junior RAD student who loves to travel. Originally from India, she immigrated to the US in 1991. Up to now, Anne has traveled to over 300 cities in more than 20 countries. She inherited her love of travel from her parents -- when she was young, they would go on trips with her and her brothers to a different place every year.

Now Anne is married to a fellow-explorer, and they continue to go to new places and discover the world. “Taking a trip is not only wonderful and relaxing, but also a huge learning experience. My favorite places have been Italy, Egypt and China, and also traveling through the incredible country of India.”

One of Anne’s most memorable trips was a two-month cross country driving tour around the US. “Our trip started from Boston and we traveled across the country to San Francisco through a southern route; then we drove up to Seattle, and finally returned back to Boston across the northern states. The trip took us through 40 US states, and we visited several landmark parks and cities. The sheer diversity of culture, food and terrain that we came across was amazing!”

“Right now, we don’t have much time for long trips, but we still go on short trips whenever we can. We just did a wonderful short visit to Savannah, along with a trip to the awesome Wizarding World of Harry Potter at Universal Studios in Florida. Once the program is over, we hope to continue to “seek out new worlds and new civilizations, and boldly go” where we have not gone before.”

Anne just took another trip to India in May! We are all jealous, Anne!

SUMMER HOBBIES-Anne Traveling the World



BIRTHDAYS

Erica Brewer-July 16th

Anna Crews-July 29th

Denise Liles-August 15th



RECIPE CORNER-by Jeana Thomas, Junior student

Poppy Seed Chicken Casserole

Ingredients:

- 1 ½ boneless skinless chicken
- 1 ½ can cream of chicken soup
- 16 oz sour cream
- 1 sleeve of Club or Ritz crackers
- 1-2 tbsp of poppy seeds
- ½ cup butter, melted.



Preheat oven to 350 degrees.

1. Cook chicken, by bringing to a boil, then reducing heat to simmer for ten minutes. Canned chicken or store bought rotisserie chicken can also be used.
2. Mix soup and sour cream in a 13x9 pan.
3. Sprinkle chicken over soup mixture.
4. Sprinkle ½ of the poppy seeds on top of the chicken.
5. Place crackers in a plastic bag and crush.
6. Add poppy seeds and shake to mix.
7. Drizzle butter over crackers.
Then sprinkle cracker mixture over chicken.
8. Bake 30-40 minutes until bubbling and crackers start to brown.

UPCOMING EVENTS-SUMMER SEMESTER

1. Summer Break July 4-8, 2011.
2. Welcome Session July 19, 2011.
3. Summer Semester ends August 5, 2011.
4. Fall semester begins August 16, 2011.

