

The Source

Summer 2012

Eastern Medical Support's Health & Safety Newsletter



Kudos for one of our own!

An original member of the **Eastern Medical Support (EMS)** team seven years ago, **Matthew Roginski** has come a long way... and has made us proud. An Amsterdam High School graduate, Matthew first pursued his interest in health care as a volunteer at the Greater Amsterdam Volunteer Ambulance Corps

Inc. During that time he earned his Emergency Medical Technician certification and decided to pursue a career in medicine. While earning a bachelor's degree in physics from Union College, he joined the **EMS** team as an EMT and CPR/First Aid instructor - for both humans and pets. After Union, he headed to Dartmouth College to pursue a master's degree in public health. He then earned his doctorate of medicine at the State University of New York at Buffalo. Throughout this time, he remained interested in emergency medical services and emergency medicine.

Today, Matthew is an emergency medicine resident at the Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire. Congrats on your well-deserved success, Matt!

Meet Our Pet First Aid & CPR Instructor

Renee Earl is no stranger to taking care of animals. Ever since she can remember, she has had animals – from horses to dogs. She has been passionate about pet rescue as well, and is currently on the board of directors

for the Regional Animal Shelter of Gloversville, as well as ResQ Connection, Inc., where she serves as Vice President and Treasurer. She became involved with **EMS** working on fire department physicals, and received the training and certification to teach **Eastern Medical Support** Pet First Aid and CPR classes one year ago.



Over the past few months, she has also been collaborating with community members developing the County Animal Response Team (CART) for Fulton, Montgomery and Hamilton counties.

Renee also keeps very busy in her “spare” time. She has two rescued Pit Bulls of her own. She also works as a legal assistant for the law firm of Sherri L. Vertucci, Esq, and has earned an associates degree in Criminal Justice from Fulton Montgomery Community College.

Renee can accommodate classes of any size – whether it is for a community organization, group, or rescue team. For more information on our Pet First Aid and CPR classes, please contact us at info@easternmedsupport.com or visit us online at www.EasternMedicalSupport.com

Our Clients Say it Best!

EMS Firefighter Physicals

“This is the place to get your Firefighter Physicals, they did an awesome job!”

-Perth Fire Department

“**EMS'** staff kindness and professionalism was great”

-Berkshire Fire Department

“I was very impressed with how fast the whole process went”

-Florida Fire Department



Your Health & Safety Source

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Bladder Cancer Awareness

From the Desk of EMS Medical Director, Dr. Vincent Luvera



Not knowing the signs and symptoms of Bladder Cancer can be deadly. The following are USA Bladder Facts:

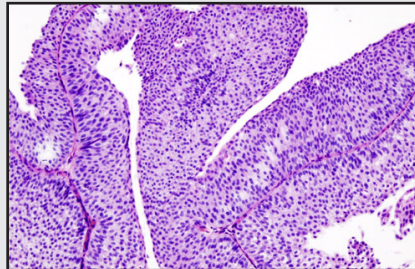
- Bladder Cancer is a major cancer but the general public has little knowledge of it
- 1 in 28 men and 1 in 84 women will develop Bladder Cancer in their lifetime
- There are half a million Bladder Cancer survivors
- It is the 4th most common cancer in men and the 8th in women
- As many women will die of Bladder Cancer this year as of cervical cancer
- It has the highest recurrence rate of any cancer
- It has a high rate of survivorship if diagnosed at an early stage
- Until a routine test is found your best weapon against Bladder Cancer is knowing the symptoms

Risk Factors

- Tobacco and certain occupations
- Your risk of developing Bladder Cancer go up as you age, but it can occur at any age

Symptoms

Prompt attention to any bladder symptoms is the best policy.



Histopathology of urothelial carcinoma of the urinary bladder. Transurethral biopsy. H&E stain.

Please be aware that the following symptoms can be signs of other conditions and do not mean that you have Bladder Cancer. Any symptom should be discussed with your health care provider.

- Blood in the urine that can be intermittent. Women are often diagnosed at a later stage due to mistaking bladder cancer for common gynecological conditions
- Pain or burning during urination
- Frequent urination
- having to urinate with no results

All of the above symptoms can be present with urinary tract infection in either men or women, and are not unusual symptoms related to other gynecological disorders. Your healthcare provider will take these symptoms into account and formulate a decision regarding your risk factors for Bladder Cancer and as to other diagnostic tests and/or treatment.

FIRE 2012

FIRE INDUSTRY, RESCUE, & EMS EXPO



EMS was pleased to participate in this year's New York State Fire Chief's conference! We met many new friends, saw many familiar and friendly faces, and had a great time. Congratulations to **Paul Napoli of Oceanside Fire Department**, who won our grand prize...an iPod touch!

Thanks to all who stopped by to see us, and here's to seeing you at Fire 2013!

County Collaboration



EMS recently hosted an educational seminar on bath salts for Fulton and Montgomery law enforcement officials. Experts from St. Mary's Healthcare and Upstate New York Poison Center shared their knowledge of this hot topic with more than thirty participants. This was the first joint collaborative event for the counties.