

## Priority One Report



A Quarterly Newsletter

Volume 3 - Issue 4

### Autumn is upon us

Happy Autumn! Fall is officially here with brisk weather, wind, and cooler days.

Page 1

### ALS loses one of its own

ALS Paramedic Jameson McDougall passed away suddenly at the age of 43.



Page 2

### ALS Employees appreciated

Here at ALS, we pride ourselves on going the extra mile for our patients.



Page 3

### Breast cancer awareness campaign

October is Breast Cancer Awareness month



Page 3

### Diabetes awareness month

November is Diabetes Awareness Month



Page 4

## Autumn is upon us

Happy Autumn! Fall is officially here with brisk weather, wind, and cooler days. Now that the kids are back in school, we can look forward to upcoming fall and winter holidays. It is also a great time to think about our health, with upcoming diabetes and breast cancer awareness campaigns.

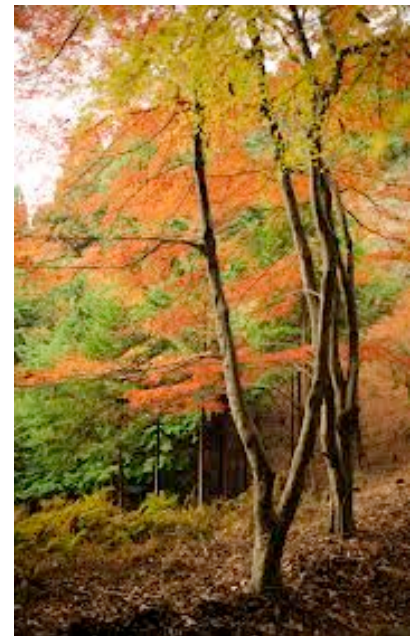
Stay safe and healthy as we head further into fall and winter weather, and have a Happy Halloween and a very happy holiday season from all of us at ALS.



Advanced Life Systems  
Ambulance

2106 W. Washington Ave, Ste 3  
Yakima, Washington 98903  
(509) 574 - 8444

[info@advancedlifesystems.com](mailto:info@advancedlifesystems.com)





## ALS loses one of its own

On August 19<sup>th</sup>, 2013, ALS Paramedic Jameson McDougall passed away suddenly at the age of 43. Jameson suffered from two kidney diseases: IgA Nephropathy and F.S.G.S. (Focal Segmental Glomerular Sclerosis); he had been living with these painful conditions for over ten years before succumbing to a double pulmonary embolism in his mother's home in Olympia, WA. Jameson worked at ALS for six years as a Paramedic and then a Supervisor.



From Jameson's obituary:

Jameson left behind his mother, Sharon Rogers, a brother, Brandon McDougall, daughters, Hailey and Ava, nephew Reid McDougall, his stepmother, Geri McDougall and aunt and uncle Jack and Beverly Butorac. He was preceded in death by his father, Harry McDougall, grandparents and numerous aunts and uncles. He still has four cousins and four second cousins who will miss him immensely. He will be missed by a list of friends and loved ones that is so very long... you all know who you are to Jameson. Last but not least, he left behind his beloved dog, Hadji.



A memorial was held for Jameson on September 7<sup>th</sup> at the Lawrence Lake Community Center in Yelm, WA. Many coworkers and an ALS ambulance attended the service. Jameson's passion for patient care will no doubt be remembered for many years by his friends and colleagues at ALS.

For full obituary, please visit <http://www.yakimaherald.com/news/obituaries/latestobituaries/1460897-8/jameson-kirk-mcdougall>



## ALS Employees Appreciated

Here at ALS, we pride ourselves on going the extra mile for our patients. Recently we received a wonderful letter from community member Amanda Salsgiver addressing the extra effort of Paramedic Jim Mickelson and EMT Dwight Brisky, who bought stuffed animals for Ms. Salsgiver's niece after a devastating apartment fire:

To Whom It May Concern,

I wanted to thank all of the ALS paramedics and EMTs that helped at the Monroe Avenue fire yesterday 7/27/13. The compassion and kindness that was shown to my father, brother-in-law, sister and niece was nothing short of amazing. I especially want to thank the 2 paramedics who called me to meet at Franklin Park to restore hope to my niece who lost her best friend to the fire. These 2 men need to be recognized for their efforts towards my niece, Aura, and the adoption of Teddy and Steve. Thank you from the bottom of my heart and know that you will never be forgotten.

Sincerely,  
Amanda Salsgiver

Thank you, Jim and Dwight, for taking extraordinary care of our patients. Keep up the good work!

## Breast Cancer Awareness Campaign

October is Breast Cancer Awareness month, and ALS is participating by putting pink ribbon stickers on our ambulances for the month of October. Additionally, look for employees to don pink gloves and shirts with the ALS logo in pink.

One in eight women will be afflicted with breast cancer in her lifetime, and it is the second most common cancer, after skin cancer, affecting American women. The Center for Disease Control recommends the following ways to help prevent breast cancer:

- **Get screened for breast cancer regularly.** By getting regular exams, you're more likely to find breast cancer early.
- **Control your weight and exercise.** Make healthy choices in the foods you eat and the kinds of drinks you have each day. Stay active. Learn more about keeping a healthy weight and ways to increase your physical activity.

- **Know your family history of breast cancer.** If you have a mother, father, sister, brother, son, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
- **Find out the risks and benefits of hormone replacement therapy.** Some women use hormone replacement therapy (HRT) to treat the symptoms of menopause. Ask your doctor about the risks and benefits of HRT and find out if it is right for you. To learn more about HRT, visit the U.S. Preventive Services Task Force and the National Cancer Institute (NCI)—Menopausal Hormone Therapy and Cancer.
- **Limit the amount of alcohol you drink.**

For more information, please visit the CDC's website at <http://www.cdc.gov/cancer/breast/index.htm>





## Diabetes Awareness Month

November is Diabetes Awareness Month. The term diabetes refers to a group of diseases marked by high levels of blood glucose which results from defects in insulin production, insulin resistance, or both. Diabetes can lead to serious health complications and premature death, however those with diabetes can take steps to control the disease and lower their risk of complications by working with health care providers to manage their condition. Type 1 diabetes and Type 2 diabetes are the most common types of this disease.

To treat or manage diabetes, a combination of diet, insulin, and oral medication is most commonly used. Patient education and good self-care are also important in allowing diabetes patients to lead normal lives while managing their condition.

- To survive, people with type 1 diabetes must have insulin delivered by injection or a pump.
- Many people with type 2 diabetes can control their blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication. Medications for each individual with diabetes will often change during the course of the disease. Some people with type 2 diabetes may also need insulin to control their blood glucose.

- Self-management education or training is a key step in improving health outcomes and quality of life. It focuses on self-care behaviors, such as healthy eating, being active, and monitoring blood sugar. It is a collaborative process in which diabetes educators help people with or at risk for diabetes gain the knowledge and problem-solving and coping skills needed to successfully self-manage the disease and its related conditions.
- Many people with diabetes also need to take medications to control their cholesterol and blood pressure.

While treatment for those afflicted is extremely important, it is also vital that people focus on preventing type 2 diabetes, which is becoming a bigger problem in the U.S. every day.

- The Diabetes Prevention Program (DPP), a large prevention study of people at high risk for diabetes, showed that lifestyle intervention to lose weight and increase physical activity reduced the development of type 2 diabetes by 58% during a 3-year period. The reduction was even greater, 71%, among adults aged 60 years or older.
- Treatment with the drug metformin reduced the risk by 31% overall and was most effective in younger (aged 25–44 years) and in heavier (body mass index  $\geq 35$ ) adults.



- Prevention or delay of type 2 diabetes with either lifestyle or metformin intervention was effective in all racial and ethnic groups studied and has been shown to persist for at least 10 years.
- Interventions to prevent or delay type 2 diabetes in individuals with prediabetes can be feasible and cost-effective. Research has found that lifestyle interventions are more cost-effective than medications.

For more information, please visit

<http://www.cdc.gov/diabetes/>

With that, we wrap up another edition of the Priority One Report. We here at ALS wish everyone a very happy holiday season and a safe and happy new year!

