

Priority One Report



A Quarterly Newsletter

Volume 3 - Issue 2

Happy Spring!

We hope you are enjoying the great weather in the valley!

Looking Back

ALS employee Megan Martin participates in this years Polar Bear Plunge

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Know the symptoms. Be informed.



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Happy Spring!



We hope everyone had a very happy Easter and is enjoying the spring weather here in the valley.

April 15th is Tax Day, so remember to file those returns (or extensions) on time!

Looking Back

ALS employee Megan Martin participated in this year's Polar Bear Plunge on February 9th, along with her mom, Selah Police Officer Paulie Martin. The Plunge is held annually to benefit the Special Olympics, and ALS provides ambulance stand-by. Thank you to Megan for participating!

Advanced Life Systems
Ambulance

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

info@advancedlifesystems.com





Looking Ahead: May Is Stroke Awareness Month

Stroke is the fourth-leading cause of death in the United States; one stroke occurs every 40 seconds, and one death from stroke occurs every four minutes. While many think of strokes as primarily affecting the elderly, approximately 25% of strokes affect those under 65 years of age. Even when stroke does not lead to death, it can wreak havoc on a person's life. Stroke complications include paralysis or weakness on one side of the body; problems understanding speech or speaking; difficulty controlling or expressing emotion; problems with thinking, awareness, attention, learning, memory; numbness or pain in hands and feet; depression. With these difficulties in mind, the American Heart Association and the Centers for Disease Control and Prevention both have ambitious campaigns targeting stroke and high blood pressure awareness starting again in May and continuing through 2020 and 2017, respectively.

The CDC's campaign began in 2011 and centers around the ABCS of health, part of its Million Hearts initiative to prevent strokes and heart attacks. The CDC reminds the public that cigarette smoking contributes to one in five strokes, so refraining from smoking is one of the pillars

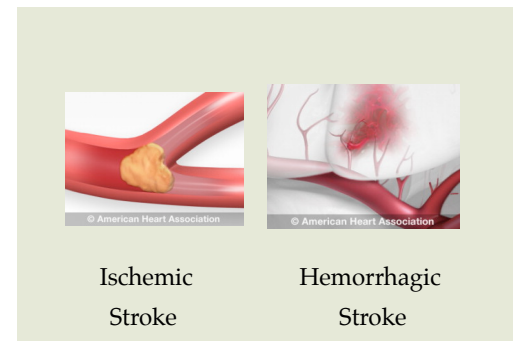
of its healthy living campaign. Other recommendations for stroke prevention: keeping blood pressure under control, eating a healthy diet low in sodium, and getting plenty of exercise. Find all this and more at http://www.cdc.gov/stroke/stroke_awareness_month.htm



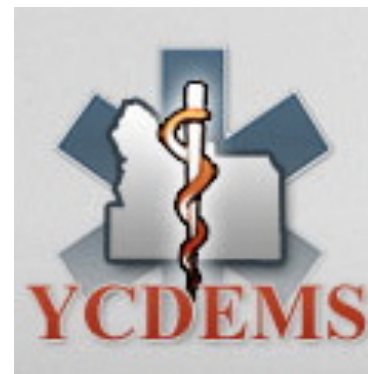
Meanwhile, the AHA's goal is "to improve the cardiovascular health of ALL Americans by 20%, while reducing death from cardiovascular diseases and stroke by 20% by 2020," by urging the public to take to the airwaves and social media with their message. Another important part of stroke education is recognizing stroke, and rapid response time. From the AHA's website -- warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes

- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



In case of stroke, immediately call 911 and record the time symptoms first appeared, as a medication called tissue plasminogen activator (tPA) can be given within 3 hours to help reduce long-term effects in some cases. For more information about the AHA's 2020 Impact Goal, please visit http://www.heart.org/idc/groups/heart-public/%40wcm/%40gra/documents/downloadable/ucm_439158.pdf And for more information about stroke awareness month, visit www.StrokeAssociation.org



Autism Awareness Month

April is Autism Awareness Month. Autism and autism spectrum disorders are disorders of brain development not covered by health insurance; the average yearly cost of autism care for a family is \$60,000. In 2012, only \$169 million of the National Institute of Health's total \$30.86 billion budget – or 0.55% - was dedicated to autism research, despite autism's prevalence rising.

Here are a few more facts about autism from www.autismspeaks.org:

- Autism now affects 1 in 88 children and 1 in 54 boys
- Autism is the fastest-growing serious developmental disability in the U.S.
- Autism receives less than 5% of the research funding of many less-prevalent[sic] childhood diseases
- Boys are nearly five times more likely than girls to have autism
- There is no medical detection or cure for autism

For more information, frequently asked questions, or to learn the signs of autism, please visit www.autismspeaks.org



ALS Export Excels

Former ALS employee Dana Pirollo recently received attention when he was profiled by Central Washington University; the article detailed his internship with the US Department of Health and Human Services's Office of the Assistant Secretary for Preparedness and Response (ASPR) in Washington, D.C., and his plans going forward. During his time interning at ASPR, Dana was involved in major projects like the meningitis outbreak and Hurricane Sandy response. Going forward, he plans to pursue a master's degree at George Washington University, while maintaining his working relationship with those at ASPR. Dana also remains committed to working as a paramedic in the D.C. area. For a more in-depth look at Dana's time in Washington, D.C., please visit <http://www.cwu.edu/cwu%E2%80%99s-paramedicine-program-launches-paramedic%E2%80%99s-career-other-washington>

Dana not only had time for an interview with CWU while in town, but worked a shift at ALS as well. Congratulations, Dana!

Upcoming Events:

The annual EMS Awards Ceremony kicks off EMS Week this year, with the ceremony taking place on May 18th from 5:30-8:30pm; EMS Week runs the following week, May 19th through the 25th. This year's EMS Awards Ceremony will be held at the Yakima Fairgrounds, and anyone interested in attending the ceremony should contact Diane at the Yakima County EMS Office for more information:

diane.koch@co.yakima.wa.us

We hope to see you there!