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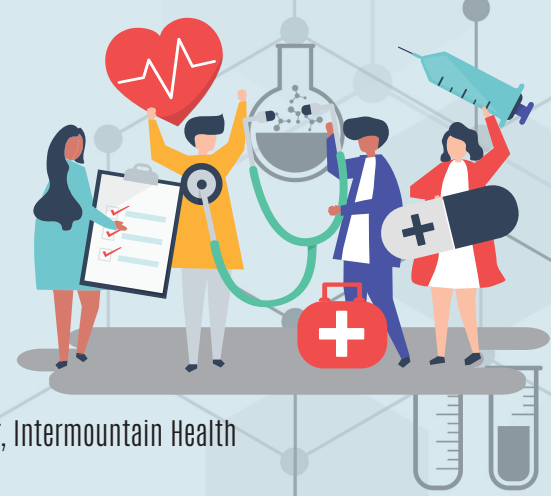
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WELCOME



Diego Trujillo
CEO of Las Vegas HEALS

In this month's edition of Community Healthcare Magazine, we delve into the intricate world of infectious diseases, where microscopic foes challenge the boundaries of medical science and human resilience. Our pages are dedicated to unraveling the mysteries of contagion, shedding light on the changes happening locally in Las Vegas, and exploring the tireless efforts of healthcare professionals in our city.

As we navigate the ever-evolving landscape of infectious diseases, we also shine a spotlight on the importance of public health measures, vaccination strategies, and community engagement. Our hope is that the knowledge within these pages empowers our readers to make informed decisions, foster a deeper understanding of the mechanisms at play, and ultimately contribute to the collective effort to prevent and mitigate the spread of infectious diseases.

Join us on a journey through the microscopic realms that wield immense power over our world. From the lessons learned during the COVID-19 pandemic to the ongoing battle against established and emerging pathogens, the Community Healthcare Magazine seeks to inspire awareness, compassion, and a shared commitment to safeguarding the health of our global community.

Thank you for being a part of this vital conversation. Together, we can overcome even the most elusive and formidable adversaries that threaten our well-being.

Gratefully,
Diego A. Trujillo



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By: Keyona Cole, Region Chief Nursing Officer, Intermountain Health

A year into the program, Intermountain Health has trained 40 Community Health Workers in Nevada

Healthcare is centered around caregiver-patient relationships in which success can be measured in part by trust. Patients who trust their provider and feel like they can be honest, without fear of judgment, will provide vital information to inform the care that is provided and assist in mapping out a plan for continued health and wellness.

An important group of individuals in Nevada are helping to establish trust in healthcare for underrepresented populations across the Las Vegas Valley: Community Health Workers. A Community Health Worker, also referred to as a CHW, connects vulnerable populations with healthcare and social services providers, helping to navigate and create trust in healthcare and social service systems that may seem foreign.

Last fall, Intermountain Health received a 2022 Community Health Training Award, awarded by the U.S. Department of Health and Human Services' Health Resources and Services Administration. This award was part of the American Rescue Plan and amounted to \$225.5 million distributed among 83 recipients around the country. Intermountain Health received nearly \$1.85 million over a three-year period and was the only organization in Nevada to be awarded with these funds for a community health worker apprenticeship. The money will serve people in Clark, Nye, Esmeralda, and Lincoln counties and allows Intermountain Health to train a total of 150 community health workers over a three-year period.

After year one, the Nevada Community Health Worker's Association has trained a total of 40 Community Health Workers. These CHWs currently work at organizations such as the National Association of Mental Illness, Immunize Nevada, Nye Communities Coalition, The Center, UNLV School of Public Health, and more.

"With the Community Health Worker program, Intermountain Health can have a dedicated caregiver who will work to eliminate barriers to healthcare and facilitate community development," said Samantha Roy, Community Health Program Manager at Intermountain Health. "As part of their role, Community Health Workers strive to improve the health and well-being of their communities. Due to their unique lived experiences, backgrounds, and cultural

alignments, they can build trusting relationships because they have deep knowledge of the communities they serve." Community Health Workers are a group of public health workers that have a designated workforce classification and are deemed essential and critical infrastructure. With their unique core competencies recognized by governmental organizations, CHWs advocate for social justice and help to achieve health equity and well-being for all.

Since Community Health Workers are typically based in the communities they serve, they are uniquely suited to bring valuable information directly to the people who need it. As a conduit between the formal health system and vulnerable communities, CHWs can serve as a vital resource to help connect patients and community members to available services and resources. As liaisons between medical and social services and the community, they are an important part of the healthcare team that helps patients tackle the social determinants of their health. These determinants include housing, education, employment, food, or income securities that can come up during a patient's appointment and so often can hold a patient back from managing chronic illnesses or seeking proper care in the first place. Studies have shown that a Community Health Worker can help improve patient outcomes and reduce costs as payment models shift to reward practices that deliver these results. They find patients' successes and help them build new ones to manage chronic diseases.

The grant secured by Intermountain Health helps to diversify the workforce and bridge the gap between patients and their providers as CHWs serve as important messengers to make sure patients stay connected with their health care provider. Funds are partly used to provide the trainees with stipends to help address barriers that may make it difficult for individuals to attend and complete the training. They can be trained at one of two levels, a CHW I or CHW II. All trainees go through an eight-week training and can be certified as a CHW I after completion. Those seeking to

"With the Community Health Worker program, Intermountain Health can have a dedicated caregiver who will work to eliminate barriers to healthcare and facilitate community development."

become a CHW II require more mentored time and classes for additional responsibilities.

All trainees receive a \$4,800 stipend for eight weeks, a Chromebook, and a 12-month data plan to help with field placement or continue their CHW II requirements. All 40 of the first-year trainees in Nevada are now eligible to apply and pay for their CHW I certification. Upon certification as CHWs, there may be potential opportunities with Intermountain Health or community partner organizations, and all will be assisted with job field placement.

The Community Health Worker model is based on community empowerment where natural helpers from within a community receive training and then spread health promotion messages to many others in a manner that is understandable and accepted by individuals in their communities. The model's strength lies not only in a CHW's ability to provide community members with culturally relevant health education, social support, and a connection to services in their community but also in their ability to serve as ambassadors to the healthcare system and policymakers and to advocate for their community.

"I chose to pursue the Community Health Worker program because of my deep passion for improving the well-being of underserved communities," said Nick Fitterer, CHW I program attendee. "Witnessing the disparities in healthcare access and outcomes, I felt a strong calling to be part of the solution. The program's emphasis on culturally sensitive care, community engagement, and preventive education resonated with my belief that everyone deserves equitable access to quality healthcare. By becoming a CHW, I aim to build trusting relationships, empower individuals to take control of their health, and contribute to narrowing the healthcare gap."

If you are interested in signing up for this program, please visit the Community Health Workers Association's website at www.nvchwa.org and fill out the registration survey to sign up for the 8-week class. Applicants from qualified

"I chose to pursue the Community Health Worker program because of my deep passion for improving the well-being of underserved communities."

counties are invited by email to apply for the grant; those with disadvantaged backgrounds and veterans will be considered high priority.

Intermountain Health is a non-profit healthcare system. In addition to caring for patients with commercial payers and charitable care, we rely on community support including grants like this and our Intermountain Foundation. For more information about Intermountain Health, please visit www.intermountainnv.org.

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.8 million with 0 percentage financed with non-governmental sources. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.





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THE CONVECTION OVEN AS A METAPHOR FOR LIFE

Mitchell D. Forman, D.O.
FACR, FACOI, MACP, FRCP
President of Clark County Medical Society



MITCHELL D. FORMAN, D.O.
FACR, FACOI, MACP, FRCP
CCMS PRESIDENT

While appearance may be important, the way a person or something looks may not portray the qualities that truly define that individual or person. A glance or even a brief conversation may provide insufficient information about the character of a person. Appearance may be one of the most superficial qualities that we should rely on to characterize the essence of a person.

This is also true of convection ovens. Over the past 38 years, my wife has shopped for small toaster ovens only to leave the store each time because she could not purchase a toaster oven that did not also include a convection feature. She has even done her own surveys of store clerks and friends, and according to the data she has collected over the past 38 years, has found only one person who actually uses the convection feature. When I queried her about the benefits of using the convection feature she quickly mentioned that it was fast, saved cooking time, and kept the food more moist. When I asked about the negatives of such a product she just as quickly said “items tend not to get brown”. Thus, the color, or appearance of the food became more important than the taste, texture, and aroma.

I must admit that I had a personal experience with food colors that was similarly defining. My younger daughter was on a diet that involved purchasing all of the foods from a company, I think it was Nutri-System, and I was charged with picking the food up from the distributor. Every one of the food items, from appetizer, to entrée, to dessert, was a bright pastel color and I made a very negative judgment about the food solely on its appearance....no, its color.

Thus the convection toaster oven may be one of the most misunderstood miracles of modern technology. It has reinforced the erroneous assumption that superficial appearance is one of the most important qualities of food....of life. We must look beyond appearance, and get to know more about the people we meet, and the foods we eat. After all, you can't judge a book by its cover!

Clark County Medical Society

CCMS Established in 1955, is a professional organization of more than 1,600 physician, resident, and medical student members. The organization advocates for physicians and their patients in Southern Nevada, encouraging the delivery of quality health care within the community.

For more information, visit
www.clarkcountymedical.org or call
702.739.9989



Website



MEMBER SPOTLIGHT

Mahesh Odhrani

CFP®, ChFC®, AIF®, CPFA®

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“My biggest accomplishment from the business standpoint is focused on building a culture and team that can enrich the lives of the people we touch.”

Tell us a little about your business and your role within that business?

I am the owner and president of Strategic Wealth Design. I started it back in 2016 however, I've been in the financial business for 20+ years. Strategic Wealth Design is a financial services firm and we oversee finances for physicians, dentists and business owners. My role is both working with the firm's clients as well as developing the team to be leaders that help serve our clients.

What products or services do you offer companies or individuals here in Southern Nevada?

For medical practices and businesses, we offer retirement plans and 401(k) plans management. We also work with businesses on executive-level benefits programs. For individuals, such as a business or practice owner, we provide personal financial planning services. We evaluate their investment portfolios and banking accounts, and see how they align with their risk tolerance, cash flow, and estate planning needs. The services that we offer oversee the finances of these individuals and their entire financial picture.

Being in the business for 20 years, we have built a niche in the medical and dental space. Physicians and dentists don't typically receive a ton of business education. They go from earning very low income to sometimes mid-6 figures. It's a pretty big jump in their income and suddenly they are expected to make all these financial decisions. One thing that we noticed is that a lot of them feel overwhelmed because they have not had a lot of training in these areas. A lot of physicians and dentists graduate with a ton of student loan debt, and that is usually a top concern. Our purpose is to enrich the lives of the people we touch, and we do it through financial and wealth management. We are service-driven and education driven and we've made a big impact in the medical and dental space.

"SOUTHERN NEVADA CAN BE A GREAT PLACE TO INNOVATE FOR HEALTHCARE"

How long have you been in business and what accomplishments are you most proud of?

My biggest accomplishment from the business standpoint is focused on building a culture and team that can enrich the lives of the people we touch. I am proud of the team we have built and our staff turnover is very low. I'm proud of what the team stands for and our core values. Additionally, I am very proud of our client retention. We have a low turnover rate of clients and maintain a close relationship with our clients beyond business.

What do you see for the future of healthcare in Southern Nevada?

I think we've made a lot of improvements within the healthcare space in the last several years in Nevada. We've added the medical school and the GME programs have grown as well. However, I still hear the famous saying, 'if you want to receive good healthcare, go to the airport.' In this regard, we have some challenges. There is a perception that healthcare is not good in Nevada. There are certainly great doctors, but they are stretched thin and it can sometimes take a long time to get an appointment with a provider. However, Nevada is very entrepreneurial compared to other states. Here in Southern Nevada, the business environment is very healthy and healthcare can have a lot more innovation from that standpoint. There are challenges ahead but with challenges come opportunities to innovate. Southern Nevada can be a great place to innovate for healthcare.

How long have you been a member of HEALS? Why did you first join?

I've been a member of HEALS for about seven years. I first joined primarily to give back to our clients and their industry. We want to support our clients' businesses by getting to know more about what's happening in the medical space, and to be more engaged in the conversations our clients are having. What I really found was an opportunity to support and advance healthcare in Southern Nevada. HEALS is addressing issues from a physician's standpoint and from a healthcare perspective.

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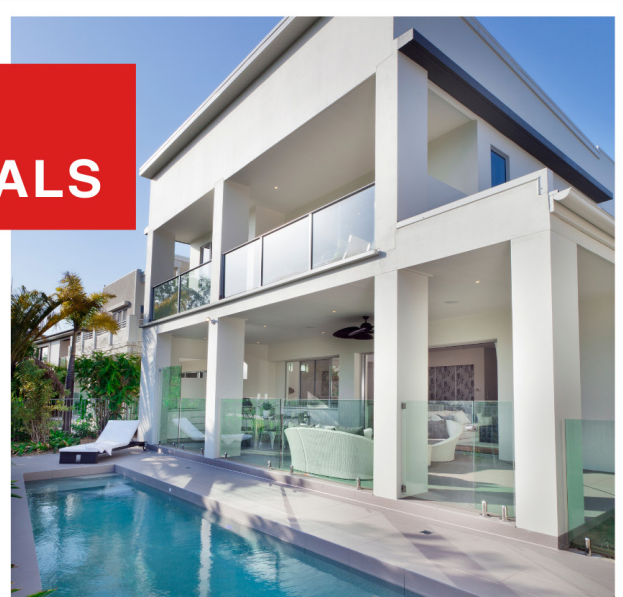
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Why Choose a Credit Union for Your Medical Business Banking?

If you're looking for a financial institution that will take care of your medical business banking, a credit union may be a good choice. A credit union is a not-for-profit financial institution that is owned and controlled by its members. Similar to banks, they also offer a wide range of services, including checking and saving accounts, loans and credit cards. Even though credit unions and traditional banks both offer banking services, they surprisingly have key differences that may work to your advantage. Clark County Credit Union is the only credit union in Southern Nevada for the medical community and here are just a few examples that set them apart from traditional banks:

1. Strong focus on members

The not-for-profit status of credit unions makes them a good choice for your medical business to handle your banking services. Rather than maximizing profits, credit unions focus on serving their members, meaning you will be financially supported every step of the way as you grow your medical practice.

2. Offer better interest rates

Since credit unions are not owned by shareholders, they are able to offer better interest rates on loans, higher interest rates on savings and lower fees on other financial services than traditional banks. If you're a newly established medical business, credit unions are more willing to work with small or new businesses that have less established credit histories.

3. Community involvement

One of the key philosophies of a credit union is community involvement with an industry motto of "people helping people." Credit unions are often deeply rooted in the communities they serve. CCCU is committed to making a positive impact in our local communities by offering financial education classes to schools, holding donation drives, and supporting local businesses.

At CCCU, our credit union's philanthropic committee, CCCU Cares, focuses on key values of Caring, Community, Compassion and Unity as our group supports many medical-related nonprofits in the valley.

Bottom Line

Consider partnering with a financial institution that has experience working with medical practices and other and offers the services that you need. Look for lending and banking options that allow you to optimize your business solutions, finance equipment and grow your practice.



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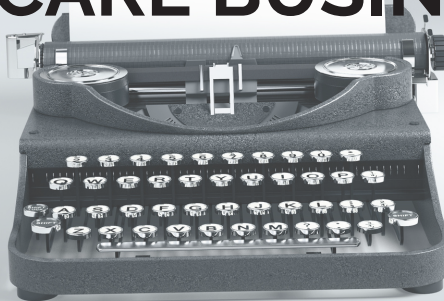


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Do Infections Lead to Dementia?

By: Irma Prettenhofer, Gerontologist

The National Institute of Health cites that inflammation caused by infectious diseases can contribute to dementia. Furthermore, the National Center for Biotechnical Research provides a great historical view of how at the turn of the century, infectious disease represented a high risk of mortality for many. One condition, neurosyphilis, was directly related to the cause of a cognitive decline in that era. With the advent of antibiotic treatments, the line became blurry with the association of infectious diseases with dementia. The truth is that the risk for infectious-related complications increases with age due to the changes in the immune system's response to disease. We also know that inflammation in the brain leads to delirium or acute mental confusion. Some dementia-related disorders are reversible, and some are not. So it's best to speak to your doctor and get the proper information. Early diagnosis is critical to having a greater quality of life, even in the discourse of a dementia-related disease journey.

Infections can cause short-term memory decline which is reversible once the infection clears. But they can also lead to long-term cognitive impairment in people who are already on the trajectory toward dementia. In fact, infections can unmask dementia in people with subtle symptoms. Most of the cases of sudden confusion and rapidly progressive dementia in an elderly person are due to delirium caused by an infection. Urinary Tract Infections (UTI's) and pneumonia can trigger acute confusion that comes on quickly, causing people to be incoherent, muddled, and disoriented.

With proper hygienic perineal care, UTI's can be prevented; Proper dental care can also prevent gum disease and reduce the risk of getting an infection.

While we do not know what triggers dementia in some, and not others, and we know there is no cure. Simple lifestyle changes can help prevent infections and thereby allow you to live a preventative and healthy lifestyle.

Prevention then becomes the key to living a healthy lifestyle. One can prevent infection by participating in activities that boost your immune system.

1. Participating in healthy exercise is a critical part of this lifestyle choice
2. A healthy diet is crucial to renew your systems and keep them working as they should
3. Practicing great hygiene is also a very critical part of a healthy lifestyle.
4. Getting proper immunizations is also a great course of action

Here at Silverado Red Rock Memory Care we take a very close look at infections with our residents, prevention is the key, and quick attention to them is paramount. With our Medical Director at the helm, we try in every manner possible to mitigate the risk of infections. Come visit us at Silverado to learn more about the holistic medical care we offer our residents.

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There Are Several Ways To Prevent The Spread Of Infectious Diseases

It's also important to practice good food safety habits to avoid getting sick from contaminated food or water. This includes washing fruits and vegetables before eating them, cooking meat thoroughly, and avoiding cross-contamination by keeping raw meat separate from other foods.

To avoid infectious diseases, it's essential to adopt good hygiene practices and follow preventive measures. Here are some steps you can take to reduce your risk of contracting and spreading infectious diseases:

Hand Hygiene: Wash your hands frequently with soap and water for at least 20 seconds, especially after being in public places, touching surfaces, before eating, and after using the restroom.

Use Hand Sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Vaccination: Stay up-to-date with recommended vaccinations to protect yourself and others from preventable diseases. Vaccines help build immunity and prevent the spread of infections.

Respiratory Hygiene: Cover your mouth and nose with a tissue or your elbow when you cough or sneeze. Dispose of tissues properly and wash your hands afterward.

Stay Home When Sick: If you're feeling unwell, especially if you have symptoms like fever, cough, or shortness of breath, stay home to prevent spreading illness to others.

Avoid Close Contact: Practice physical distancing by maintaining a safe distance (usually around 6 feet) from people who are not from your household, especially in crowded places.

Wear Face Masks: In situations where maintaining physical distance is difficult, wearing a mask can help prevent the spread of respiratory droplets that may contain viruses.

Clean and Disinfect: Regularly clean and disinfect frequently touched surfaces such as doorknobs, light switches, phones, and countertops.

Food Safety: Practice safe food handling by washing fruits and vegetables, cooking foods thoroughly, and avoiding cross-contamination between raw and cooked foods.

Stay Informed: Stay informed about the latest developments regarding infectious diseases through reliable sources such as public health agencies and medical professionals.

Avoid Travel: During outbreaks or pandemics, reconsider non-essential travel, especially to areas with a high prevalence of infectious diseases.

Use Protection: If engaging in sexual activity, use barrier methods (condoms) to reduce the risk of sexually transmitted infections (STIs).

Stay Hydrated and Maintain Good Nutrition: A healthy diet and proper hydration can help support your immune system and overall health.

Vector Control: Take measures to avoid exposure to disease-carrying vectors like mosquitoes, such as using insect repellents and wearing protective clothing.

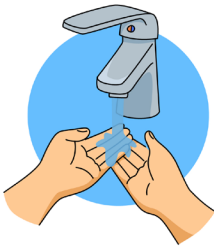
Isolation and Quarantine: If you're exposed to an infectious disease or have symptoms, follow public health guidelines for isolation or quarantine to prevent spreading the disease to others.

Remember that different diseases have varying modes of transmission and preventive measures. It's important to tailor your actions based on the specific infectious disease you're concerned about. Always follow the guidance provided by public health authorities and medical professionals in your region.

It's also important to practice good food safety habits to avoid getting sick from contaminated food or water. This includes washing fruits and vegetables before eating them, cooking meat thoroughly, and avoiding cross-contamination by keeping raw meat separate from other foods.

HOW TO WASH YOUR HANDS

1 Wet hands



2 Apply soap



3 Rub hands palm to palm



4 Scrub between fingers



5 Wipe fingernails and fingertips



6 Lather hands and wrist



7 Rinse hands



8 Dry with disposable towel



9 Use the towel to turn off the faucet



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Revolutionizing Healthcare: The Life-Changing Impact of Molecular Infectious Disease Testing

In the dynamic world of healthcare, a remarkable breakthrough is reshaping the way we diagnose and manage diseases: molecular infectious disease testing. This high-complexity testing not only improves patient care but also plays a vital role in curbing disease spread and making healthcare more affordable.



Thanks to the PCR based molecular testing, doctors can pinpoint infections with incredible accuracy, allowing them to design treatment plans that are finely tuned to the individual patient. This not only speeds up recovery but also ensures that patients get the right treatment from the start.

Molecular testing isn't just about treating diseases—it's about preventing them from spreading like wildfire. By swiftly identifying the culprits behind outbreaks, doctors can take immediate action to contain the spread.

Genics Laboratories stands at the forefront of this transformation, harnessing the power of molecular Polymerase Chain Reaction (PCR) testing to deliver accurate and timely results for a variety of conditions. From urinary tract infections (UTIs) to upper/lower respiratory issues, wound pathogen detection, nail fungus, and women's health, Genics Laboratories is shaping a new era in personalized medical care.

At the heart of Genics Laboratories' approach lies the Polymerase Chain Reaction (PCR) technique—a molecular

biology method that enables the rapid amplification of specific DNA or RNA sequences. This method provides unparalleled precision and sensitivity, allowing healthcare professionals to identify even trace amounts of pathogens responsible for various health conditions. At the core of Genics Laboratories' prowess lies molecular testing, a technique that delves into the genetic makeup of pathogens. This approach provides an unprecedented insight into the presence of resistance markers—specific genetic sequences that confer resistance to antibiotics.

Genics Laboratories' molecular testing doesn't merely diagnose; it equips healthcare providers with the tools to practice antibiotic stewardship effectively. By identifying resistance markers, clinicians can avoid prescribing antibiotics that would prove ineffective due to existing resistance. This approach prevents the unnecessary use of antibiotics, curbing the development of antibiotic-resistant strains and safeguarding the long-term effectiveness of these crucial medications.

Genics Laboratories' commitment to precision and responsibility serves as a testament to the transformative potential of molecular testing, inspiring a new era of patient-centric care and global wellbeing.





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CREATING COMMUNITY FOR THE INFECTIOUS DISEASE FIELD

By Luis Medina-Garcia, MD, FIDSA



As many Southern Nevada residents and those in the healthcare industry know, we have a serious shortage of medical providers affecting all specialties. The experience of the past three years with COVID-19 and Monkey Pox have brought attention to infectious threats, but these challenges are not new. For the first time in 20 years, the US has reported cases of locally acquired malaria and outbreaks of historically contained diseases like measles (a vaccine preventable illness) continue to make headlines. Investing in the Infectious Disease (ID) field is mission critical, as the effects of global warming could possibly resurrect ancient diseases as the permafrost thaws and our increased reliance on industrial meat production creates more infectious risks. I'm glad to see that Las Vegas HEALS is dedicating this month's issue to such an important topic, one I've spent my medical career working on.

My colleagues, the Las Vegas Medical District and I have been working since 2020 to create a platform that builds community amongst all those invested in ID work to support each other and form a unified resource for Nevada. This is why the Southern Nevada Infectious Disease Society (SNIDS) was born; to be a membership organization aimed at better preparing the Las Vegas Valley to fight current and upcoming infectious disease threats while promoting excellence in the practice of infectious disease care.

Earlier this year, SNIDS became an Affiliate of the Infectious Disease Society of America (IDSA), the leading infectious disease professional organization in the world! This groundbreaking partnership provides us access to IDSA's unparalleled resources.

Through a generous grant from SilverSummit Healthcare, we are creating a support structure for a community of specialized practitioners, investing in a pipeline of talent, and providing community-wide public health awareness. This year we plan to convene practitioners and community-based partners to share best practices and stay up to date with innovative research that can improve the health outcomes of our community.

We also encourage physicians in training to pursue a career in ID through early engagement of medical students and residents. We're happy to support fellows in training at the only Infectious Disease Fellowship program in Nevada - which is now open to applicants - by providing a living stipend and funds to cover travel or other needs during the Fellow's training if they agree to practice in Nevada.

As the last three years taught us, the world is painfully unprepared to counteract the impact of emerging infectious threats. A robust team of expert responders, especially those with local knowledge and cultural competency, is needed to face these challenges. We will continue supporting local medical education including medical students, residents and ID fellows in training to bolster the professional pipeline of ID physicians, thus improving Nevada's ability to better the outcomes for patients while protecting the community's economic lifelines.

Join us or learn more about the Southern Nevada Infectious Disease Society at snidsociety.org

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Infectious diseases are disorders caused by organisms – such as bacteria, viruses, fungi or parasites. Many organisms live in and on our bodies. They're normally harmless or even helpful. But under certain conditions, some organisms may cause disease.

Some infectious diseases can be passed from person to person. Some are transmitted by insects or other animals. And you may get others by consuming contaminated food or water or being exposed to organisms in the environment.

Signs and symptoms vary depending on the organism causing the infection, but often include fever and fatigue. Mild infections may respond to rest and home remedies, while some life-threatening infections may need hospitalization.

Many infectious diseases, such as measles and chickenpox, can be prevented by vaccines. Frequent and thorough hand-washing also helps protect you from most infectious diseases.

SYMPTOMS

Each infectious disease has its own specific signs and symptoms. General signs and symptoms common to a number of infectious diseases include:

- Fever
- Diarrhea
- Fatigue
- Muscle aches
- Coughing

WHEN TO SEE A DOCTOR

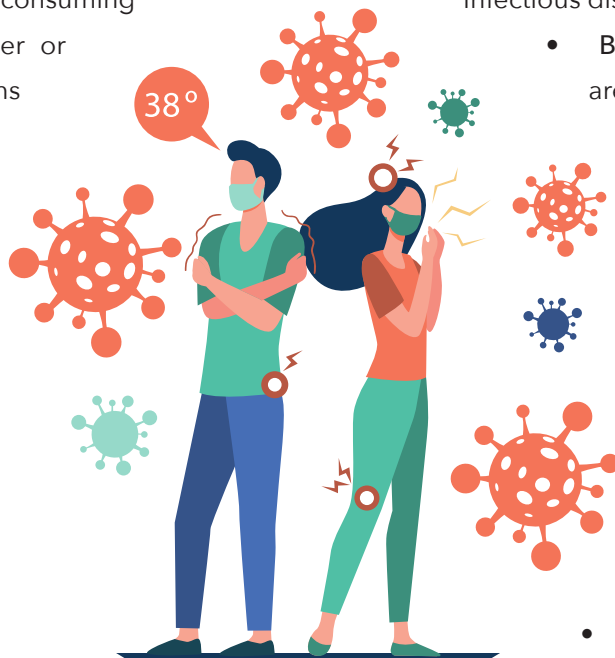
Seek medical attention if you:

- Have been bitten by an animal
- Are having trouble breathing
- Have been coughing for more than a week
- Have severe headache with fever
- Experience a rash or swelling
- Have unexplained or prolonged fever
- Have sudden vision problems

CAUSES

Infectious diseases can be caused by:

- **Bacteria.** These one-cell organisms are responsible for illnesses such as strep throat, urinary tract infections and tuberculosis.
- **Viruses.** Even smaller than bacteria, viruses cause a multitude of diseases ranging from the common cold to AIDS.
- **Fungi.** Many skin diseases, such as ringworm and athlete's foot, are caused by fungi. Other types of fungi can infect your lungs or nervous system.
- **Parasites.** Malaria is caused by a tiny parasite that is transmitted by a mosquito bite. Other parasites may be transmitted to humans from animal feces.



DIRECT CONTACT

An easy way to catch most infectious diseases is by coming in contact with a person or an animal with the infection. Infectious diseases can be spread through direct contact such as:

- **Person to person.** Infectious diseases commonly spread through the direct transfer of bacteria, viruses or other germs from one person to another. This can happen when an individual with the bacterium or virus touches, kisses, or coughs or

sneezes on someone who isn't infected.

- These germs can also spread through the exchange of body fluids from sexual contact. The person who passes the germ may have no symptoms of the disease, but may simply be a carrier.
- **Animal to person.** Being bitten or scratched by an infected animal – even a pet – can make you sick and, in extreme circumstances, can be fatal. Handling animal waste can be hazardous, too. For example, you can get a toxoplasmosis infection by scooping your cat's litter box.
- **Mother to unborn child.** A pregnant woman may pass germs that cause infectious diseases to her unborn baby. Some germs can pass through the placenta or through breast milk. Germs in the vagina can also be transmitted to the baby during birth.

INDIRECT CONTACT

Disease-causing organisms also can be passed by indirect contact. Many germs can linger on an inanimate object, such as a tabletop, doorknob or faucet handle.

When you touch a doorknob handled by someone ill with the flu or a cold, for example, you can pick up the germs he or she left behind. If you then touch your eyes, mouth or nose before washing your hands, you may become infected.

Insect bites

Some germs rely on insect carriers – such as mosquitoes, fleas, lice or ticks – to move from host to host. These carriers are known as vectors. Mosquitoes can carry the malaria parasite or West Nile virus. Deer ticks may carry the bacterium that causes Lyme disease.

Food contamination

Disease-causing germs can also infect you through contaminated food and water. This mechanism of transmission allows germs to be spread to many people through a single source. *Escherichia coli* (*E. coli*), for example, is a bacterium present in or on certain foods

– such as undercooked hamburger or unpasteurized fruit juice.

RISK FACTORS

While anyone can catch infectious diseases, you may be more likely to get sick if your immune system isn't working properly. This may occur if:

- You're taking steroids or other medications that suppress your immune system, such as anti-rejection drugs for a transplanted organ
- You have HIV or AIDS
- You have certain types of cancer or other disorders that affect your immune system

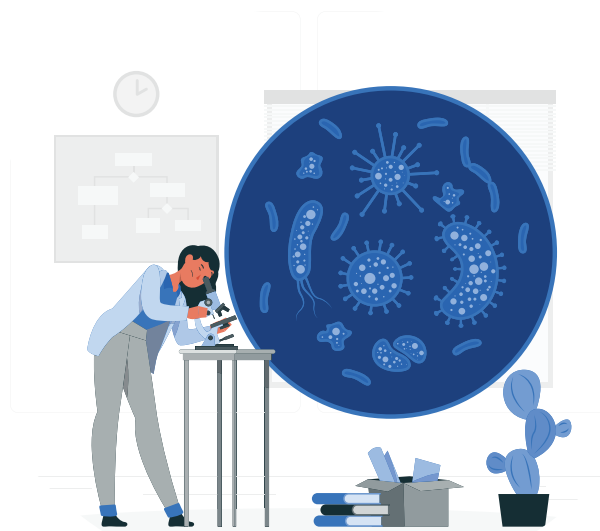
In addition, certain other medical conditions may predispose you to infection, including implanted medical devices, malnutrition and extremes of age, among others.

COMPLICATIONS

Most infectious diseases have only minor complications. But some infections – such as pneumonia, AIDS and meningitis – can become life-threatening. A few types of infections have been linked to a long-term increased risk of cancer:

- Human papillomavirus is linked to cervical cancer
- *Helicobacter pylori* is linked to stomach cancer and peptic ulcers
- Hepatitis B and C have been linked to liver cancer

In addition, some infectious diseases may become silent, only to appear again in the future – sometimes



even decades later. For example, someone who's had chickenpox may develop shingles much later in life.

PREVENTION

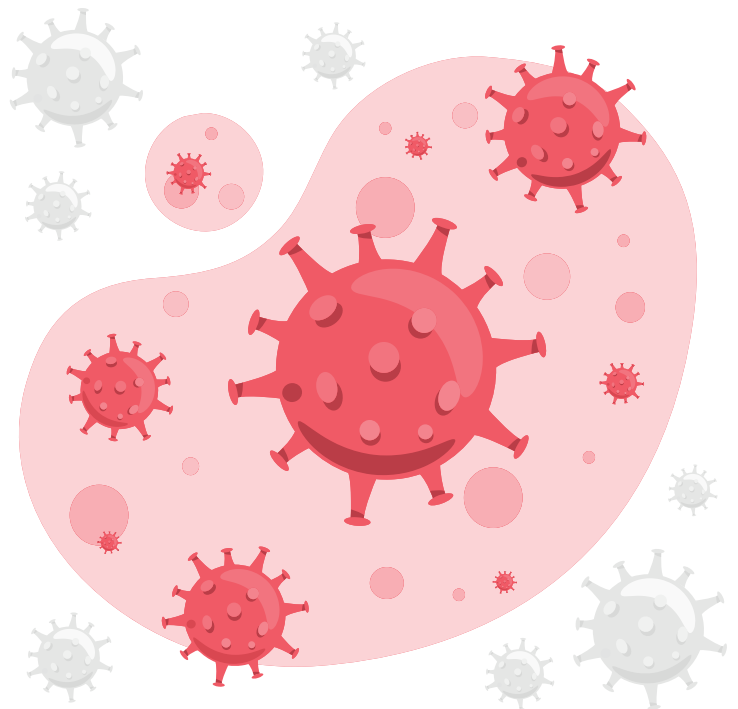
Follow these tips to decrease the risk of infection:

- **Wash your hands.** This is especially important before and after preparing food, before eating, and after using the toilet. And try not to touch your eyes, nose or mouth with your hands, as that's a common way germs enter the body.
- **Get vaccinated.** Vaccination can drastically reduce your chances of contracting many diseases. Make sure to keep up to date on your recommended vaccinations, as well as your children's.
- **Stay home when ill.** Don't go to work if you are vomiting, have diarrhea or have a fever. Don't send your child to school if he or she has these signs, either.
- **Prepare food safely.** Keep counters and other kitchen surfaces clean when preparing meals. Cook foods to the proper temperature, using a food thermometer to check for doneness. For ground meats, that means at least 160 F (71 C); for poultry, 165 F (74 C); and

for most other meats, at least 145 F (63 C). Also promptly refrigerate leftovers – don't let cooked foods remain at room temperature for long periods of time.

- **Practice safe sex.** Always use condoms if you or your partner has a history of sexually transmitted infections or high-risk behavior.
- **Don't share personal items.** Use your own toothbrush, comb and razor. Avoid sharing drinking glasses or dining utensils.
- **Travel wisely.** If you're traveling out of the country, talk to your doctor about any special vaccinations – such as yellow fever, cholera, hepatitis A or B, or typhoid fever – you may need.

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Infectious Diseases Are Illnesses Caused By Microorganisms Such As Bacteria

Infectious diseases are illnesses caused by microorganisms such as bacteria, viruses, fungi, or parasites. These pathogens can enter the body and multiply, leading to various symptoms and health issues. Infectious diseases can be spread from person to person through direct contact, droplets, contaminated surfaces, or vectors like insects. Here are some common examples of infectious diseases:

COVID-19: This is a viral respiratory illness caused by the novel coronavirus SARS-CoV-2. It emerged in late 2019 and led to a global pandemic, causing a wide range of symptoms from mild respiratory issues to severe pneumonia and death.

Influenza (Flu): The flu is a contagious respiratory illness caused by influenza viruses. It can range from mild to severe and can lead to complications, especially in high-risk individuals.

HIV/AIDS: Human Immunodeficiency Virus (HIV) attacks the immune system, weakening the body's ability to fight infections and diseases. Acquired Immunodeficiency Syndrome (AIDS) is the late stage of HIV infection.

Malaria: This is a mosquito-borne disease caused by parasites of the Plasmodium genus. It leads to high fever, chills, and flu-like symptoms and can be life-threatening if not treated promptly.

Tuberculosis (TB): TB is a bacterial infection caused by Mycobacterium tuberculosis. It primarily affects the lungs but can also target other parts of the body. It spreads through the air when an infected person coughs or sneezes.

Measles: A highly contagious viral infection that causes fever, cough, runny nose, and a characteristic rash. It can lead to severe complications, especially in young children.

Cholera: A bacterial infection caused by Vibrio cholerae that leads to severe diarrhea and dehydration. It spreads through contaminated water and food.

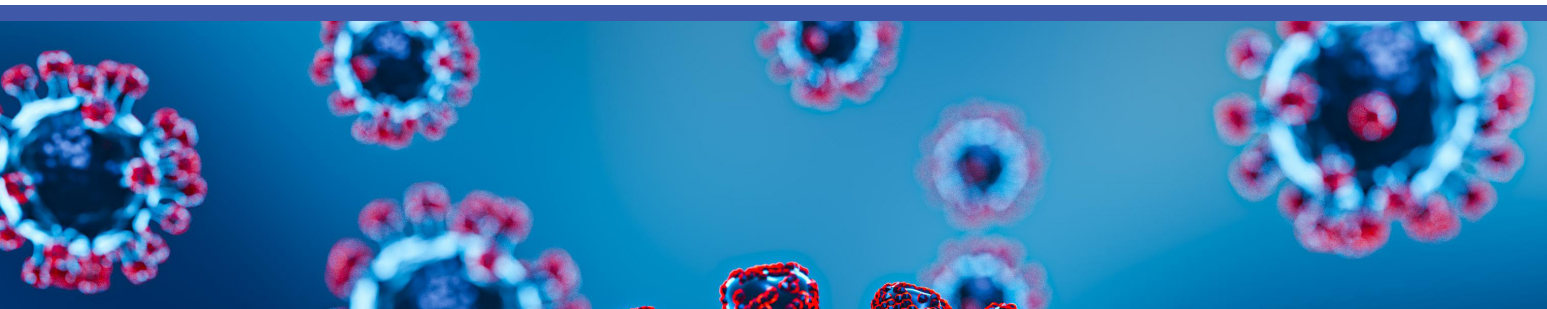
Dengue Fever: A mosquito-borne viral infection causing high fever, severe headaches, joint and muscle pain. In severe cases, it can lead to dengue hemorrhagic fever or dengue shock syndrome.

Zika Virus: Another mosquito-borne virus that can cause mild symptoms in many cases, but has been linked to birth defects when pregnant women become infected.

Hepatitis: Several viruses (A, B, C, etc.) cause inflammation of the liver. Symptoms vary but can include jaundice, fatigue, and abdominal pain.

Pneumonia: While pneumonia can be caused by various pathogens, bacterial and viral infections are common culprits. It involves inflammation of the lung tissue and can lead to respiratory difficulties.

Prevention and control of infectious diseases involve vaccination, good hygiene practices, proper sanitation, use of protective measures, and appropriate medical treatment. Ongoing research and public health efforts aim to understand, prevent, and manage these diseases to safeguard global health.



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Friday, October 20, 2023

- ◆ Annemarie Weissenbacher, Austria
Future of organ perfusion and reconditioning

Saturday, October 21, 2023

- ◆ Sam Shemie, Canada
Permanence principle of death during NRP

Saturday, October 21, 2023

- ◆ Dale Gardiner, UK
Permanence principle
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5 Of The World's Deadliest Infectious Diseases



- Tuberculosis (TB) is the deadliest infectious disease.
- More than 600,000 people developed drug-resistant TB in 2016.
- Influenza infects up to 5 million people per year.
- Around 94% of malaria fatalities are in sub-Saharan Africa.

With half the planet under lockdown due to COVID-19, it's fair to say infectious diseases have the world's attention.

COVID-19, caused by a newly discovered coronavirus, can lead to respiratory illness. It has, in a few short months, infected more than 1.5 million people. More than 89,000 have died. And while there are actions we can take to help slow its spread, there's currently no vaccine or treatment available.

But while the coronavirus is rightly making headlines, there are many other infectious diseases circulating among us.

Have you read?

- How COVID-19 compares to seasonal flu, and why you should take it seriously
- How to boost global resilience to COVID-19
- The threat of coronavirus in Africa flags a deeper crisis of global solidarity

These diseases are caused by pathogenic organisms, such as bacteria, viruses, parasites and fungi. Sometimes their spread leads to pandemics that tear through populations, such as the 14th-century bubonic plague,

which killed about 50 million people in Europe, or 1918's Spanish Flu, which infected a quarter of the world's population.

While the race to find a vaccine for COVID-19 continues, modern medicine and today's sophisticated healthcare systems go a long way to protect us from many of these organisms. But even so, we're still at risk from the diseases they can cause. Here are some of the deadliest.

1. Tuberculosis

About 10 million people fell ill with tuberculosis (TB) in 2018, according to the World Health Organization (WHO). About 1.5 million died. And even though it's curable and preventable, it's still the leading cause of death from a single infectious agent. And it's in the top 10 causes of death worldwide.

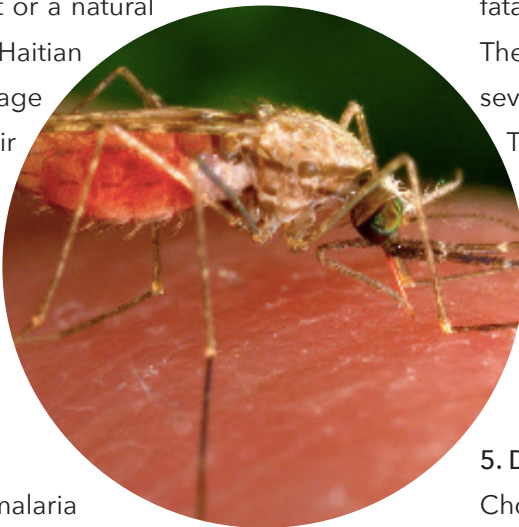
TB is caused by bacteria spread from person to person in the air through coughs or sneezes. It can be treated with antibiotics, but when these drugs aren't used properly or are mismanaged, multidrug-resistant and extensively drug-resistant TB can occur. Treatment for these strains is long and expensive, and the WHO says multidrug-resistant TB is a public health crisis - in 2016, nearly 500,000 people worldwide developed it.

2. Measles

Measles is a highly contagious, serious disease, caused by a virus and spread through coughs, sneezes and close contact. It can survive for two hours in the air and

is so contagious that up to 90% of people surrounding an infected person will get the disease if not already immune. A safe and effective vaccine is given to large numbers of the world's children by their first birthday - 86% in 2018.

But in developing countries, particularly in Africa and Asia, it's still lethal, killing 140,000 people in 2018. More than 95% of these deaths occur in countries with low per capita incomes and poor health infrastructure. And outbreaks are particularly devastating in places that have suffered from conflict or a natural disaster - just 59% of Haitian children under the age of 1 received their routine vaccination a year after the 2010 earthquake, suppressing herd immunity.



3. Malaria

History has shown malaria can be effectively managed.

It was prevalent in Western Europe and the US but wiped out by the mid-1930s and 1951 respectively. However, in 2018, there were an estimated 228 million cases across the globe, with 405,000 deaths - most of these (94%) occurred in the WHO's Africa region, with children under 5 representing the most vulnerable group.

Deaths from malaria, however, have reduced by half since 2000, according to the Bill & Melinda Gates Foundation. But one species of mosquito - the Anopheline - is developing resistance to insecticide, while the parasite the mosquito transmits is also starting to resist key drugs. Vector control (insecticide-treated nets and indoor residual spraying) is a vital frontline defence,

but as the mortality reduction rate slows, the onus is now on finding new and innovative ways to eradicate the disease, such as using epidemiological data for planning and analysis.

4. Influenza

Just as winter arrives every year, so does an influx of influenza, known as the flu. And for most people, the result is a few unpleasant days in bed. But for those in high-risk groups - such as pregnant women, the elderly or people with chronic health conditions - it can be fatal.

The WHO estimates 3 to 5 million people a year contract severe flu worldwide, and up to 650,000 people die.

This can put healthcare systems under immense strain during peak infection periods (health workers are at a heightened risk of contracting the disease), and there is a knock-on economic effect as schools and workplaces cope with absences of pupils and staff.

5. Diarrhoeal disease

Cholera and dysentery may sound like 19th-century killers but, unfortunately, the reality is very different. Diarrhoeal disease kills around 525,000 children under 5 every year - in fact, it's the second-leading cause of death in young children after acute respiratory infections.

It's usually caused by an infection of the intestinal tract - bacterial, viral or parasitic - and it's often down to poor hygiene (being passed from person to person) or contaminated food or water - which especially affect the world's poorest regions. The WHO says 780 million individuals across the globe lack access to clean drinking water and 2.5 billion lack decent sanitation.

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TOGETHER WE THRIVE: CULTIVATING A COLLABORATIVE HEALTHCARE COMMUNITY

By Kolton Villa



I'm writing to you all not as a medical professional, but as a concerned citizen who is deeply committed to improving the quality of healthcare in Nevada. My story is not conventional, yet it has led me to finding my way onto the boards of some of the most impactful healthcare nonprofit organizations in Southern Nevada.

My story began seven years ago when I first met Diego Trujillo, CEO of Las Vegas HEALS. At the time our sister organization, Vegas Healthcare, was just getting off the ground and I had asked how I could be of service. Instead of seeing me as just a real estate broker trying to make a buck, Diego believed in my heart and gave me a chance. From there I began organizing and promoting all of our events in order to grow the community. I'm proud to say that Vegas Healthcare now has over 17,000 members, giving us a huge amount of leverage when it comes to swaying legislative issues.

A couple of years later I was asked to join the board for the Alzheimer's Association's Walk to End Alzheimer's as the Marketing Chairman. I lost both of my grandmothers due to dementia so it is a cause that is very near and dear to my heart. It was a privilege to grow our Las Vegas walk exponentially over the course of the two years I held that position. By the time I left we had raised more funding than any other walk in the history of the city.

You may still be asking, what does a real estate guy bring to healthcare? I'll be honest, oftentimes I ask myself the same question. Recently, however, I was reading the book *Unreasonable Hospitality* by Will Guidara. The book is about Will's personal journey as a restaurateur starting as a busboy and working his way up the ladder,

ultimately owning the #1 restaurant in the world. Will explains that when he first entered the fine dining space as General Manager of Eleven Madison Park in New York City, he had zero fine dining experience. But because of this, he had fresh eyes and questioned all of the outdated methods typically found in similar restaurants. This caused him to change, or do away with many of the antiquated practices, and in seven short years took the struggling restaurant from being on the verge of collapse to literally the very best in the world.

I'm not saying that we can take our distressed healthcare system from nearly last in the country to first, but we can certainly strive for greatness in hopes of turning the ship around - as long as we cultivate the mindset of "why not us?" We are all in this together after all.

Now that I at least have a little bit of experience under my belt, I'm excited to share with you all some of the things that we are doing at Las Vegas HEALS to better our community. It wasn't too long ago when HEALS was thought of as "the mixer group". And with good reason because that's pretty much all that was taking place: parties without action. Today that couldn't be further from the truth.

It's no secret that healthcare in Nevada is disjointed at best. Rarely do companies collaborate, instead they compete for market share and chase it all the way to the bottom. While this may be good for shareholders, it does nothing but cause stress on the front line workers tasked with making our community a healthier place. And it absolutely does nothing good for the residents that rely on quality doctors and nurses to survive.

The statistics I'm about to share are well known, but are worth repeating. Per The Nevada Legislative Research Division, Nevada is ranked 47th in number of physicians per capita, 48th in number of nurses, 49th in primary care physicians, 49th in pediatric physicians, 50th in general surgeons and 51st in specialty surgeons. We are ranked 1st in obesity.

Even with this data at hand, the legislature recently voted to pass Assembly Bill 404. By doing so the medical malpractice cap was raised from \$350,000 to \$750,000 making it even more difficult for doctors to practice in Nevada. This is a systemic issue that needs to be addressed from the inside out, and if we stand any chance of improving the quality of healthcare in the Silver State we are going to need to unite in order to push back against issues like this in the future, which is exactly what HEALS intends to do. We're proud that we are now much more of a physician and healthcare worker advocacy group than just a mixer group.

But how are we going to tackle this impossible task of changing the paradigm of medicine in Nevada? I'm glad you asked! One of our initiatives that I'm most excited about at the moment is our Resident Respite Program, which is an idea that has been two years in the making. Our vision is to create a supportive community for resident physicians in Las Vegas by fostering meaningful relationships, a healthy work-life balance and career development, with the goal of attracting and retaining a greater number of doctors to Nevada.

Over the last handful of months we've worked closely with multiple residency programs, along with the City of Henderson and Las Vegas, to gain a better understanding of the shortfalls, as well as the benefits, of practicing medicine in Southern Nevada, with the intent to expand on the good and lessen the bad. We have capped off each month with a "thank you" party for residents to show that the community supports them and that we would love for them to choose our city to call home. We've done activities like go-kart racing, a pickleball tournament, ax throwing, and a Golden Knights watch party, to name a few.

Ultimately, the program is looking to secure grant funding to be used as seed capital for graduating residents that choose to open their own practice in the valley. The funding will be earned by completing our Business of Medicine Boot Camp where sponsor members provide specialized insight and training in their respective fields

in order to increase the rate of successful practices. This initiative wouldn't have been possible without the help of Wendy Watts, an RN and Case Manager for the Graduate Medical Education program at Valley Hospital. When Wendy first took the position her mission was clear: create strong relationships with residents in order to increase engagement, improve their overall experience and ultimately increase the retention rate after completing residency. Since taking the position Wendy has increased retention dramatically and now HEALS is looking to expand on that success to keep more doctors in the valley to help combat our physician shortage.

Besides our Physician's Engagement Task Force that is responsible for the Resident Respite Program, we also have a Workforce Task Force focused on cultivating a pipeline of healthcare workers, a Legislative Task Force helping to fight for our medical rights, and a Healthcare Technology Task Force who are on the front lines of the ever evolving technology sector.

The call to action is clear: Engage with us and support our initiatives. The alternative? More of the same: fewer doctors, poorer care, and an unsupportive environment to practice in. The success we envision? It's more physicians, superior care, and a wholly improved medical environment that looks drastically different than the one we see today.

This will not be an easy mountain to climb. As a non-profit organization we are reliant on our members and sponsors in order to fund our initiatives, so if you or your company are interested in supporting I urge you to visit our website at www.LasVegasHEALS.org and contact our Director of Member Relations, Adriana Romero at adriana@lasvegasheals.org.

Kolton Villa is a member of the Las Vegas HEALS Board of Directors and chairs the Physician's Engagement Committee. He is also a real estate broker specializing in residential and commercial healthcare real estate. To contact Kolton email kolton.villa@thevillagroupprealestate.com.



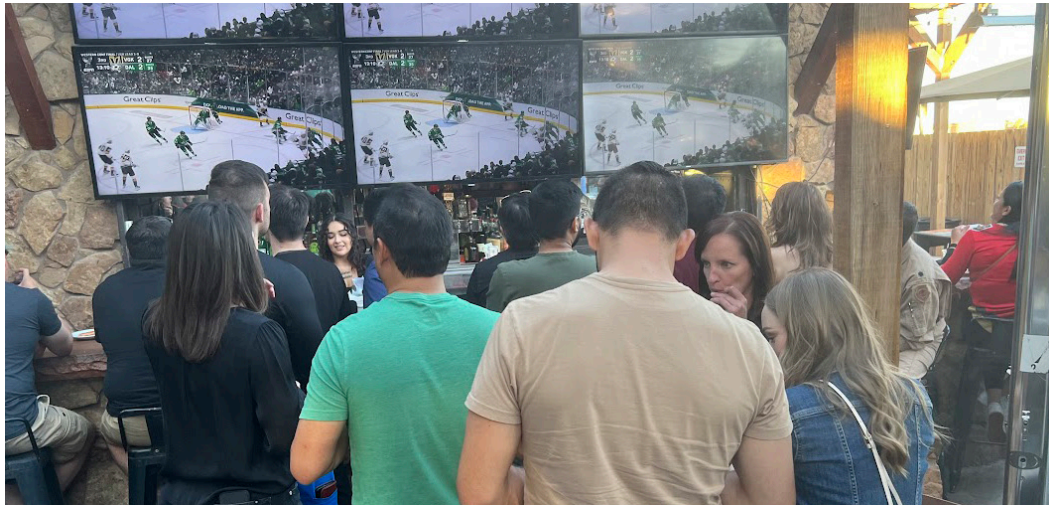
Resident Respite
Program Las Vegas
Mini Grand
Prix Event
March 30th, 2023





Resident Respite
Program Axehole
Vegas Event
April 27th, 2023





Resident Respite
Program PKWY
Tavern Event
May 25th, 2023





Resident Respite
Program Pickle
Ball Event
June 29th, 2023





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