

On Stage

Volume 30, Issue 4 Fall 2011

Bone Histology Is Only As Hard As You Make It

By Sarah A Mack
University of Rochester

The Histology, Biochemistry and Molecular Imaging (HBMI) Core in the Center for Musculoskeletal Research (CMSR) at the University Of Rochester Medical Center, works with several different bone and cartilage specimens from a variety of models including: human, mouse, rat, and rabbit. Often these tissues are used for histological, immunohistochemical (IHC), and *in situ* hybridization (ISH) analyses. The different fixation and decalcification methods commonly utilized by the HBMI Core will be described in this article. There are many ways to prepare bone and cartilage samples for paraffin, plastic or frozen sectioning. Fixation and decalcification of your specimens may vary depending on the stains, IHC, and ISH needs you may have.

Fixation is a critical step in all aspects of histology. Fixation not only stops the decay of tissue, it also preserves the tissue and cells as close to their natural state as possible. Aldehyde fixation methods include 10% Neutral Buffered Formalin (NBF), 4% paraformaldehyde (PFA) and/or glutaraldehyde. Aldehydes are crosslinking fixatives. 10 % NBF is the most common fixative used in the HBMI Core as it is commercially available and has a relatively long shelf life. A more “gentle” fixative that can be used on fragile and delicate tissues such as embryo specimens is 4% PFA. One draw back to PFA is that it MUST be made fresh, adjusted to the correct pH (7.1-7.4), and optimally, be filtered. Glutaraldehyde is another common aldehyde fixative. Some disadvantages to fixing with Glutaraldehyde are: 1) it does not fix as quickly as 10% NBF or 4% PFA, and 2) it is not ideal for immunohistochemical staining. The HBMI Core generally fixes adult mouse bone/cartilage specimens for 3 days in 10% NBF. In certain cases where the tissue is very large or there is a requirement for soft tissue to remain on the specimen, fixation in 10% NBF can be performed for up to 5+ days. Embryos are typically fixed overnight (16-18 hours) in either 4% PFA or 10% NBF.

Some antibodies used in IHC procedures are very sensitive and can be affected by fixation and/or processing. These problems can often be overcome by several standard antigen retrieval methods in IHC protocols. In the event these antigen retrieval methods fail, we often turn to the use of frozen sections for IHC as well as special stains. Frozen sections may be cut from un-



On Stage is published quarterly by the New York State Histotechnological Society for its membership. Contributions, suggestions and advertisements are welcome. Please visit the NYSHS website for submission information and guidance. Permission to reprint is granted as long as source and author are acknowledged and a copy of the reprint is sent to the editors. Articles without bylines are written by the editors. Please submit manuscripts to the editor-in-chief.

Deadlines for Submission are:

September 1 - Fall
December 1 – Winter
March 1 - Spring
June 1 - Summer

Membership in the New York State Histotechnological Society, includes a subscription to *On Stage*. The annual membership fee is \$20.00. Please direct membership inquiries to:

nyshsmembership@yahoo.com

On Stage
Editorial Staff

Editor-in-chief: Amy Farnan

nyshsmembership@yahoo.com

Editorial Board:

Kate Caleri, Roswell Park Cancer Institute

Pam Colony, SUNY Cobleskill

Leanne Strobe, Cancer Genetics

Advertising coordinator:

Stephanie Krauter NYUMC

nyshsadcoordinator@yahoo.com

Page Layout:

Luis Chiriboga, NYUMC

Inside this issue:

<u>Bone Histology Is Only As Hard As You Make It</u>	1
<u>Presidents Letter</u>	3
<u>NYSHS Launches New and Improved Website !</u>	5
<u>Anatomy of Your Meeting</u>	6
<u>2011 Awards and Scholarships Recognize Cobleskill Histotechnology Students</u>	9
<u>Histology: The Sky Is The Limit!</u>	10
<u>Saudi Arabia: A Magic Carpet Ride</u>	11
<u>2011 NYSHS Election Results</u>	14



We hope you that you are all ok in the aftermath of Irene's visit. While originally thought to cause substantial damage and problems in the coastal section of New York, New Jersey and Connecticut, the storm more severely impacted central and northern portions of New York State causing major flooding and havoc to large and small communities. Our thoughts and prayers go out to all the affected areas and we hope for a speedy recovery. The aftermath of the storm and the wet weather followed is also a good reminder that emergency planning is not a task to be taken lightly.

Despite the rough end of the summer events, the NYSHS has been busy. I would like to welcome our new Board member Pam Colony as well as past BOD member, Leanne Strobe. I would like to thank Kate Caleri, who has decided to step down as Nominations Chair, for her years of service. I would also like to welcome Erin Bertani whose appointment to the Nominations Chair was unanimously approved by the Board.

We are proud to announce that in the beginning of this month, we launched our new website. The address is the same (<http://www.nyhisto.org/>) but the look and feel is much different. Check out the article on page 5 of this issue for more information on the new features of the site. A lot of effort went into this project and some thanks are in order. First a special thanks to Lab Vision for creating, hosting and supporting free websites for all the societies. Next, we thank Anne Horstmann, our extraordinary first webmaster who brought the NYSHS into the digital age and Steve Wilson, who has been serving as the interim webmaster and IT guru. Steve not only maintained the old site, but also helped us transition to the new host. I would also like to thank fellow Board Members Angela Fogg and Michelle Fuller for all their efforts and feedback through the build-up and launch of the new site. And finally, I want to thank Jason Levine for his technical assistance and help in creating and transferring the site between hosts.

I would also like to thank the editor-in-chief, Amy Farnan, and the editorial board for all their efforts in making the newsletter a great vehicle for distributing information during the transition of our website. Be sure to drop them a note to let them know what you think of the newsletter. The newsletter has been packed with information and this issue is no exception. Take a look at the article by Mary Georger, our immediate past president. It provides a great inside view of the time and effort that goes into planning and carrying-out a meeting for all you.

Speaking of meetings, we have also been busy planning the upcoming New York State Histotechnological Society hosted Region 1 Symposium. The meeting will be held in April of 2012 and the venue has been chosen. We are well on our way in making sure we arrive "on time". Visit the website or see the advertisement in this issue to see the preliminary "arrival schedule". As always, we hope you enjoy the newsletter and that you will take some time to visit the new website. I hope to see some of you at NSH in Ohio as several of us will be there all week. Again if you have any questions or concerns, please do not hesitate to contact any of us. Visit the website for all our contact info.

(Continued from page 1)

fixed tissues or those fixed briefly in a combination of acetones, alcohols, or even some of the aforementioned aldehyde fixatives. Since there is very little fixation there is better antigenicity.

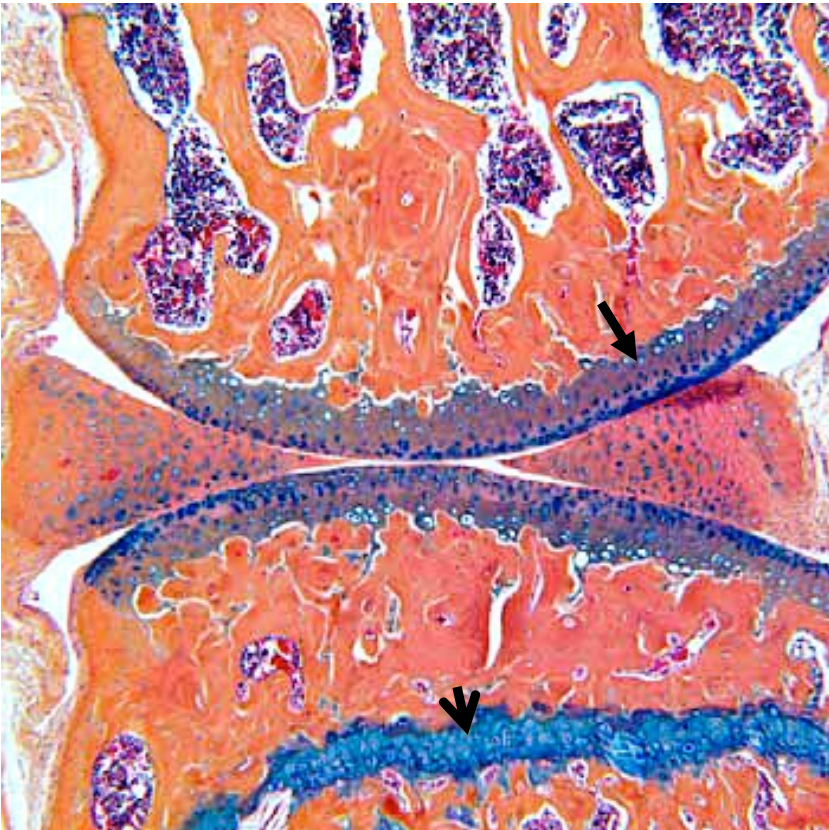


Figure 1. Alcian Blue/ Hematoxylin/Orange G, used for growth plate (arrowhead) and articular cartilage staining (arrow)

The use of frozen sections preserves most enzymes and lipids. Oil Red O is a stain that identifies simple lipids and can be used on frozen sections. We use Oil Red O to study the amount of fat in the bone marrow. We often use frozen sections when trying to detect beta-galactosidase activity in tissues, as this provides the most robust enzyme activity. One major downfall is the decrease in the quality of bone and cartilage tissue sections when comparing frozen specimens to those processed and sectioned in paraffin or plastics.

After fixation you need to decide what type of decalcifying agent you are going to use. Our HBMI Core routinely uses 14% EDTA (pH 7.3) as well as a

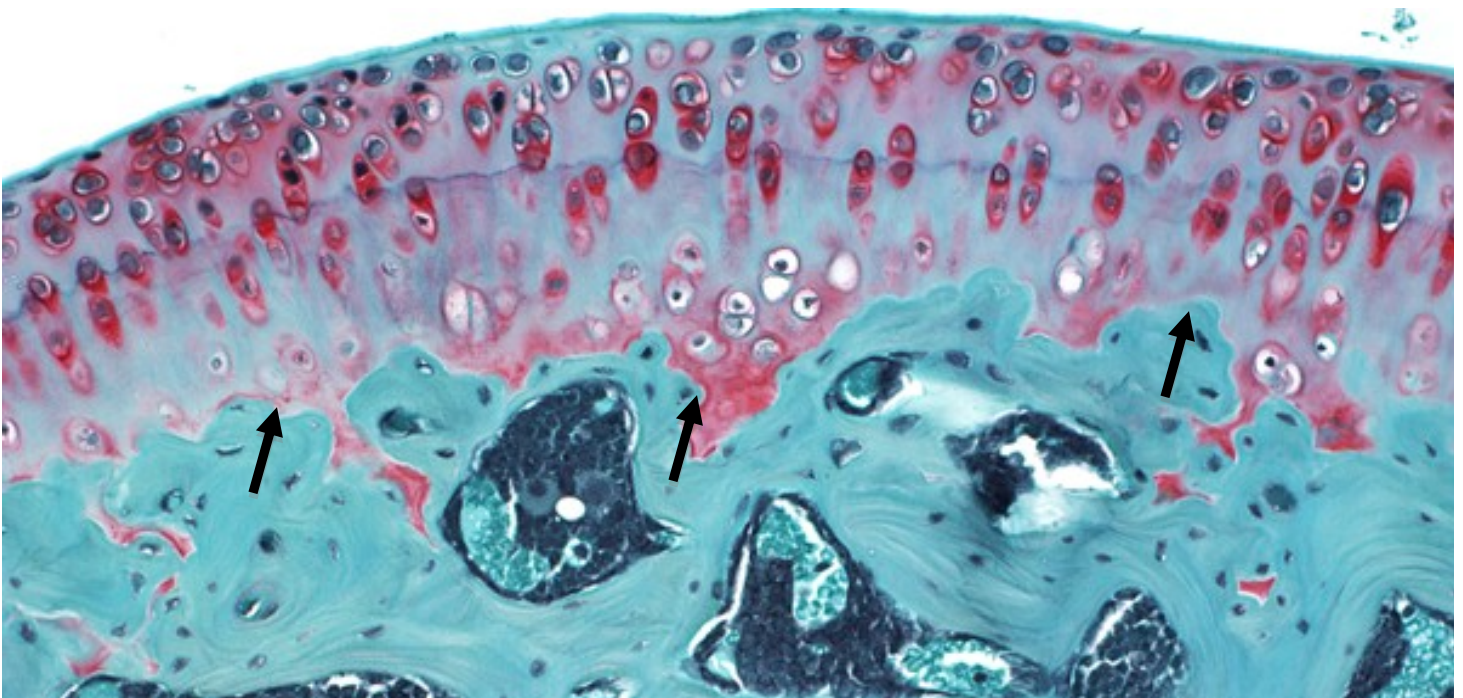


Figure 2. Safranin O / Fast Green, used for growth plate and articular cartilage staining. The articular cartilage staining is shown by the arrows



NYSHS Launches New and Improved Website !

The NYSHS is pleased to announce the launch of its newly designed website www.nyhisto.org. The new design is intended to make it easier to find as well as communicate information to our members and the world. The first and most important new feature is the “announcements” blog on the home page. The society can now quickly post messages or updates on the home page. While only the most recent announcements will be visible on the home page, the next dropdown in the header menu directs the user to the announcement archive page where all blog posts will be viewable. If you can’t find it directly,

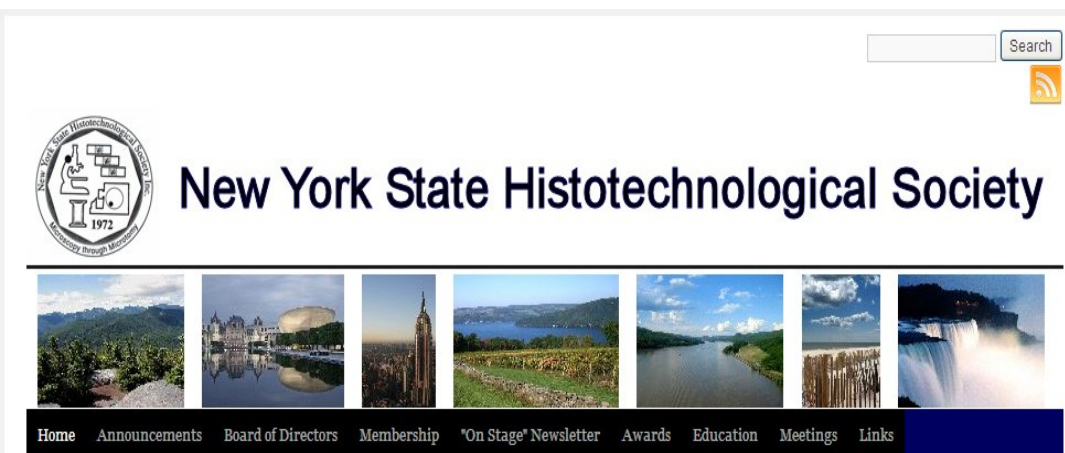
you can look for specific content by using the “search box” that is always available in the page header.

Another user friendly feature is the “RSS” feed button located in the upper right hand corner of the home page. RSS stands for *Really Simple Syndication* and is used by many news organizations because it allows users to publish frequently updated material such as blogs. Users subscribe to the feed by clicking the feed icon in their web browser. The RSS reader checks the user's subscribed feeds regularly for new work and downloads any updates that it finds. The subscriber simply clicks on the feed to view the content.

All forms on the site use free adobe acrobat reader. The goal is to transition all documents to this format, which is faster to download (smaller file sizes) and user friendly (can be filled in on the computer and printed directly). A link is available to download adobe reader on the home page.

In addition to this, other informational pages have been created. A brief history of the society as well as a description of histotechnology is available under the home menu. One of many dropdown menu lists is the board members with their contact information. The addresses are active links so clicking on an address automatically starts up your email application. Additional pages in the drop down provide information on nominations and elections as well as bylaws and membership with a link to a membership form and renewal information. The newsletter page has editorial board information, instructions to authors and advertisers. An archive page list links to past issues of the newsletter. The archive starts with the summer 2009 issue when the newsletter went green. NYSHS and Region 1 scholarship information is in the next dropdown. The Education drop down has a brief synopsis of the licensing requirements for NYS as well as NYS DOH and ASCP BOC information with links to the websites. Pages to NYS Office of Professions approved histotechnology degree programs are available for persons interested in pursuing their education. The meeting page will update you on upcoming meetings and will have all the contact information for vendors and committee chairs. We have also included our favorite links, includes all the Region 1 state societies as well as other useful sites.

We hope that you find the new site useful and easy to use. Feel free to make recommendations or suggestions for things you would like to have included. If you have any questions or comments, just email the address on the bottom of the home page.



Welcome.....

To the New York State Histotechnological Society Website. The website has been designed to provide guidance and information to everyone interested in the Histotechnological field in New York State. The site provide easy access to: membership forms, contact information, meeting information, past issues of the newsletter and much more...

Announcements

Welcome

Welcome to the new NYSHS website!



5% formic acid solution (Immunocal™, Decal Chemical Corp.). Careful consideration should be given before you choose your decalcifying agent. Formic acid solutions work well with the common skeletal stains we use in the HBMI Core such as those shown in Figure 1 and 2. However, when performing enzymatic stains like a Tartrate-resistant acid phosphatase (TRAP) stain to identify osteoclasts, you should not use formic acid solutions, but instead use EDTA. Similar issues affect beta-galactosidase staining and therefore EDTA should be used when performing these types of stains. EDTA is a chelating agent that aids in the removal of calcium and mineral from cartilage and bone. However, when it is used for extended periods of time it can have adverse effects on the proteoglycans found in the extracellular matrix of cartilage and bone. EDTA should be at a pH of 7.3 and changed daily if possible.

Bone and cartilage samples that have been decalcified correctly cut easily. If bone and cartilage specimens are properly fixed, decalcified, and processed, it's truly not that hard. For your convenience I am providing a link to the CMSR website at the University of Rochester Medical Center, which includes protocols and contact information in the Core Services section under the HBMI Core heading:

<http://www.urmc.rochester.edu/musculoskeletal-research/index.cfm>

Anatomy of *Your* Meeting

By: Mary Georger – Past President

While sitting in a lecture at our NYSHS Spring 2011 Meeting in Albany I was struck with how seamlessly the event was proceeding. This was followed quickly by the thought of whether our members had any idea of how we go about preparing for a meeting?

I thought I would shed some light on to the process, and hopefully encourage some input from you, *our members*, for future meetings.

We begin preparing for a meeting a full 2 years ahead of the anticipated date. As your Board of Directors we are charged with ensuring educa-

tional opportunities to our members across the state, in a timely manner. We try to switch up locations around the state, keeping in mind that we will need some representation from the local labs as well as what the demands for housing and vendor accommodations will be for each meeting. All this while keeping a close eye on the cost of guest rooms as well as function rooms, and engaging in what can be painful negotiations with sites to obtain the best possible value. We are always interested in potential new venues for meetings, so please feel free to suggest a new site to us!

After a site and date have been chosen, approximately one year out from a meeting, the event committee is put together and tasks are assigned. The meeting coordinator acts as liaison between the hosting hotel and the BOD, and facilitates room selection and meeting layout.

(Continued on page 8)





Poly Scientific

Since 1969

**CHEMICALS
STAINS
REAGENTS**

70 Cleveland Avenue
Bay Shore, NY 11706
Phone# 800-645-5825
Fax# 631-254-0618
www.PolyRnD.com





**CREDIT CARDS
ACCEPTED**


➔ **Over 140**

- Special Stains Kits
- Microwave Kits
- Cytology Kits

*Ready to use and sent with a procedure.
Solutions may be purchased separately.*

 All Solutions are made fresh to order,
assuring you the longest expiration date possible.

 Material Safety Data Sheets
automatically computer generated and
sent with each initial order.

 All product labels conform
to OSHA specifications.

Decalcifying Solutions

Cat#	Description
s169K	Buffered Formic Acid
s170	Decalcifying Solution 5% Nitric Acid
s172	Decalcifying Fixative (HCl-Formic Acid in Formalin)
s171	Decalcifying Solution (Formic-HCl in Distilled Water)
s172D	EDTA Disodium Salt Formalin
s2593	Formic Acid-Formalin
s2516	Decalcifying EDTA pH 7.2 - 7.6

"LITTLE QUICKER"

STAIN FOR H. PYLORI

✦ catalog # s2620 - available in 8 oz. and 16 oz.

• *Faster to stain...no stress.*

• *Results in 30 seconds vs. 40 minutes with silver stains.*

• *No special waste removal requirements*

✦ Fast, Inexpensive, and requires One solution!
The stain is completed with only 1 dip.

1. Deparaffinize and hydrate to distilled water.
2. Place slide in Little Quicker stain for 30 - 40 seconds.
3. Rinse in tap water. (* more intense stain - Air dry & go to step 7.)
4. Dip 3 times in 95% Alcohol.
5. Dip 2 times in 100% Alcohol.
6. Dip 2 times in 100% Alcohol.
7. Clear in Xylene.
8. Mount with Poly Mount (cat# s2153)
or any other acceptable mounting medium.

HALT

- Stops wrinkles and folds.
- Stops background staining.
- Stops tissue from falling off slides.

This easy and convenient product bonds the tissue to your slide. A special additive helps to virtually eliminate wrinkles and folds from the tissue sections by reducing surface tension in your water bath. Just add a capful of HALT to your water bath, no other adherents are necessary.

*Wash your water bath thoroughly after each use.
Solution must be refrigerated.*

catalog# s2430
available in 16oz, 32oz.
and case quantities



(Continued from page 6)

Our layout quite often looks like a cross between a Wedding Planners Notebook and a NFL playbook! Every detail from room assignment, audiovisual needs, speaker requests to coffee breaks must be meticulously planned out.

At this point we now know how many speakers we will need and the education coordinator goes to work, combing the local institutions for potential speakers and polling BOD as well as members for suggestions for topics they would like to see addressed. We will refer back to the previous meeting evaluations to see if there are specific topics our members would like to see, and query the BOD members looking for ideas and referrals. Letters are sent out to potential speakers and the process of procuring NSH CEU credits begins. Every speaker submits an abstract, CV and handout and the education coordinator works with the NSH office to ensure that all content meets their standards.

While our panel of speakers is being put together the vendor coordinator is already hard at work contacting both the companies that historically exhibit at our events as well as any possible newcomers to the field. Our vendors are a critical factor to our meetings, and without their support we would not be able to offer the consistently excellent educational opportunities at our state level. With declining marketing budgets our vendors have some tough decisions to make, and we are grateful for their continued support!

Once our final panel of speakers is determined the program coordinator begins to build the document that will be sent to members and circulated to surrounding labs, advertising the meeting content and vendor exhibitors. As a BOD we set the registration prices, keeping in mind our costs, which vary immensely from one end of the state to another, and our dedication to offering the very best value we can to our members. Upon completion, we mail out over 200 programs, and our vendors often reproduce even more copies to leave with the labs they visit.

Hopefully, this is when the registration coordinator becomes very busy! As the registrations are tallied, each individual workshop and session must be accounted for to ensure the room will accommodate the number of registrants and that there are adequate handouts and workshop evaluations, and of course, plenty of food. The checks must all be recorded and deposited, and receipts made for each registrant. Along with registration the committee is busily duplicating handouts, announcements, and collating folders that each attendee will receive at registration. Whew are we done yet?

Lastly the board convenes the night before the meeting to have our BOD meeting and ensure that everything is in perfect order for the event. There are always a few unanticipated glitches, but we try our very best to make every meeting appear as flawless as opening night on Broadway.

All of this culminates in a circular fashion right back to the beginning of this article with a member sitting in a well presented workshop at a perfectly coordinated event, done with the hard work of many dedicated NYSHS members! So please consider becoming part of *your* NYSHS BOD, we would love some input and new ideas that only you can supply!



Tech One Biomedical

Jim Kovach
Senior Service Representative
North East Region

Tech One Biomedical Services, Inc.
159 N Marion Street, PMB 163
Oak Park, IL 60301
www.techonebiomedical.com

toll free 866.497.3033 x25
office 708.383.6040
fax 708.383.6045
jim@techonebiomedical.com



2011 Awards and Scholarships Recognize Cobleskill Histotechnology Students

SUNY Cobleskill Histotechnology students Thomas Bushnell of East Berne, N.Y., Kristen Martin of Fishkill, N.Y., and Jun Jie Liang of Esperance, N.Y., are 2011 recipients of the American Society for Clinical Pathology (ASCP) National Student Honor Award recognizing excellence in the laboratory professions.

ASCP awards are among the most prestigious in the industry and are based on academic achievement, leadership ability, community activities, professional goals and endorsements from faculty and community leaders. To qualify, applicants must be a student member of ASCP, have a minimum grade-point-average of 3.3 (on a 4.0 scale), and demonstrate leadership and community service activity participation.

In addition to being honored by ASCP, Liang also received the Gulf Coast Instrument Award and the Leica Microsystems Award, which are presented to a histology student or histotechnician who wishes to attend a professional meeting. Martin received additional honors as the recipient of a scholarship provided by University Pathologists Laboratories of Syracuse, N.Y. Other honored students during the past academic year include Patrick Seward of Broadalbin, N.Y., who received the SUNY Cobleskill Histotechnology Laboratory Award given to the graduating Histotechnology student who exhibits not only excellence in laboratory performance, but also demonstrates leadership, motivation and a positive attitude. Liang, Martin and Hope Martinez of Garden City, N.Y., are all members Phi Theta Kappa, the national honor society that recognizes and encourages the academic achievement of two-year college students.

SUNY Cobleskill's Histotechnology program, the only degree granting accredited program in New York State, is the oldest in the country. It is also a State Licensure Qualifying program. The program requires extensive field experience, with students completing a 400-hour internship at one of the 15 affiliate hospitals around the state. For more information contact the Program Director, Dr. Pamela C. Colony by phone (518-255-5417) or e-mail (Colonyp@cobleskill.edu).



Histology: The Sky Is The Limit!

By: Robert A. Daeschler PA, HTL (ASCP)
Veterans Administration Hospital, Buffalo

They say the average person will change jobs three to seven times throughout their lives. In my opinion, changing one's job and changing one's career are two completely different things. Very rarely does one completely alter his or her career path based on a single job change. I can say that in my life, I have changed jobs five times. However, of those changes, there is only one job that completely altered my career path and allowed me the opportunity for advancement both intellectually and monetarily. For me, hanging up my med tech lab coat in exchange for a career in histology was the best decision I have ever made in my professional career. If it wasn't for histology, I would not be where I am today...

In June of 1999, I was fresh out of college with a bachelor's degree in Medical Technology and I found myself working 2nd and 3rd shifts at a local hospital in Lockport, NY. Shortly after starting work as a med tech I knew this was not the career for me. I had just spent quite a bit of money on getting a degree in a field that had no opportunity for advancement and seemed like a dead end street. What was I going to do? One morning after coming off 3rd shift I met a man named Roger and he introduced me to the word of histology. Seconds after Roger's brief explanation of histology, I was hooked. I thought to myself, "This is something I could see myself doing for the rest of my life". There was only one problem. Roger was the hospital's one and only histotech. How was I going to talk him into giving me his job? Lucky for me, shortly after his explanation of histology, he also told me that he would be retiring within the next two months. Over the next two months I became his apprentice, learning the tricks of the trade, and developing a few skills of my own. Once Roger left, and I was on my own for the first time I was a little nervous. Each day in a histology lab is different from the previous one and when things didn't go exactly as planned it was up to me to figure out the problem and fix it. That was one thing I loved about being a histotech; the hands on approach to dealing with problems and fixing them. Over time you develop your own personal methods for taking care of the day to day issues that are encountered in a histology lab, and, in a sense, you become a master chef creating your "cook book" to success. After working for five years as a histotech in Lockport, NY, an opportunity presented itself, and I took it...

One day I came across an ad in the employment section of the local newspaper and it said: "Full time Histotech needed; Monday through Friday day shift; no weekends and no holidays; \$5,000 sign on bonus". I couldn't believe my eyes! A job with awesome hours and, on top of that, they were going to give me \$5,000 just for agreeing to sign on as an employee. Needless to say, I sent them a resume immediately. Shortly, I was given the op-

(Continued on page 12)

Tiara Layna Designs

Need a completely unique & custom invitation to match the theme of your party?

Tiara Layna Designs can create that special design just for you! Whether you see a design already created within my list of samples or you have a completely fresh idea for me to work on—I can create it! I can even match already purchased party themed supplies!

Ask about other party supplies!

Tiara-layna Brown
36 Castle Dr., Stillwater, NY 12170
518.541.2148 or tiaralaynadesigns@gmail.com
<http://stores.ebay.com/Tiara-Layna-Designs>

*Invitations ~ Announcements
Company Logos ~ Website Design
Business Cards ~ Flyers
Postcards ~ Brochures
TShirt Design and more...*

YOUR Beautiful MOMENTS MY Custom designs

Connect & see samples on facebook at Tiara Layna Designs
Check out my store on ebay for pricing and details! <http://stores.ebay.com/Tiara-Layna-Designs>



Saudi Arabia: A Magic Carpet Ride

Madeline Hilger Reed; BS; ASCP-HT
Albany Memorial Hospital; St. Peter's Hospital,
Albany, NY

The Kingdom of Saudi Arabia is a theocratic monarchy based on the teachings of Islam as written in the Quran. As the primary source of Islamic doctrine, the Quran is the foundation of the *Shari'ah*, the sacred law of Islam and dates back centuries in the history of Saudi Arabia. Shari'ah law governs all aspects of the public, private, social, economic, religious and political lives of all Saudis. The Kingdom is one of the most conservative Muslim nations in terms of their adherence to Shari'ah law. Over the centuries however, Western influence has undoubtedly impacted on the country and its people. The governing body of The House of Saud strictly observes



the laws of Islam and, although in many aspects welcomes Western influence and development, is in conflict with them at the same time.

The discovery of oil in the 1930's paved the way for economic development in Saudi Arabia. With an enormous influx of capital, a rapid surge in construction began. From a mostly barren desert land emerged roads, houses, hospitals, clinics, schools, municipal buildings, desalinization plants, irrigation for agriculture, shopping malls, mosques, and palaces. A great portion of this development was accomplished with the technical assistance of expatriate workers from all over the world, many with no knowledge of Islam and the mysterious Arabic world. They arrived in droves and adjusted to work and life in a strange land among a people whose language they did not understand and whose culture sometimes seemed almost incomprehensible. Through all of this Saudi Arabia evolved into the 21st century and subsequently gained a powerful role in world affairs. Today, expatriates make up a large percentage of the work force in the Kingdom.

My decision to apply for employment in the Kingdom required a great deal of thought and extensive research. *One should not venture into something like this on just a whim!* As many of you histotechs know, Saudi Arabia actively recruits medical personnel via the Internet and through various medical laboratory publications. Employment contracts are lucrative with extensive benefits including housing, relocation allowance,



(Continued from page 10)

portunity to present myself at an interview. Within a few weeks I began the next phase of my career as a histotech at the Buffalo VA Medical Center. The histology lab at the VA was a lot different from the one I worked at in Lockport and while working there I was able to broaden my knowledge of histology by learning how to perform IHC (Immunohistochemistry) testing and other sub specialties of histology. About a year and a half after starting at the VA, I was approached by my supervisor, and asked how I felt about getting certified through ASCP as a histotechnologist (HTL). I asked her why she was asking me that, and she said, "I will be retiring within the next six months, and I need someone to step up and become the lead tech for the department." After studying for and passing The HTL I was promoted to lead tech and, in doing so, it lead me down a path that brought me to where I am today...

Shortly after I began working as the lead tech in histology, I was approached by the pathologists and they wondered how I felt about taking on some extra responsibilities. When I asked them what they had in mind they informed me that the pathologist assistant that had been working at the Buffalo VA had accepted a job at the VA hospital in West Palm Beach, Florida. I was asked to help out the pathologists and assist them by taking over most of the responsibilities of the gross cutting room. The extra responsibilities included: logging in all surgical specimens, labeling specimens, labeling cassettes, grossing biopsies/small surgical specimens and performing the maintenance duties of the gross cutting room. The pathologists were pleased with my work and began training me in the art of grossing large, complex cases. Three years later I was approached by the Chief of Pathology and he told me I should seriously consider becoming certified as a pathologist assistant. When I looked into becoming a certified PA, I discovered I was on a serious time crunch to get it done. I was qualified to sit for the PA examination via the "On the job trained" route, and I found out that the ASCP would no longer accept applications for this route after December 31, 2007. In order to sit for the exam after that date, one had to successfully complete a NAACLS accredited Pathologists' Assistant program. I had just under a year to study my butt off and pass that test. On December 27, 2007, I passed the test and became a certified pathologist assistant. Since that time, I have been happily working as a certified PA and I owe it all to the wonderful world of histology and the wonderful people in the field who helped me along the way.

In conclusion, there are many jobs in the medical profession in which one can make good money. However, in my opinion, most of those jobs are a dead end street in terms of satisfaction and advancement. I can say with 100% conviction that a career in histology is not one of those jobs. My histology journey led me down a path to

In your site

<http://www.pathpedia.com/Education/Immuno/Immunopedia.aspx>

pathpedia.com
Online pathology resource

A UNIFYING CONCEPT IN PATHOLOGY
CREATE, COMMUNICATE, COLLABORATE

Log in Register my Folder

Search

news education jobs meetings forums links community

Home > Education > Immunopedia > Discover markers

Immunopedia-Home

Explore diseases

Compare diseases

Build panels

Analyze results

Calculate stats

DISCOVER MARKERS

Select a group to see all the markers in that group

All markers

Select a marker

OR SEARCH

Show Diseases



(Continued from page 11)

medical coverage, generous personal time, bonuses, and tax-free income. I submitted an application to King Faisal Specialist Hospital and Research Center through Helen Ziegler & Associates, a recruiting agency located in Toronto, Canada, that I would highly recommend. The application process was rather lengthy and involved, but everything transpired without incident, unlike some of the horror stories I heard from fellow expatriates once I arrived in Saudi. Located in the capital city of Riyadh, King Faisal Specialist Hospital is a JCI-accredited 894-bed teaching hospital and is recognized as the most prestigious tertiary care facility in the Arabian Peninsula. Most employees are housed on the hospitals 90-acre compound or within the greater Riyadh area. Apartments are very spacious and amenities at many of the complexes include swimming pools, exercise areas, and Internet lounges. The hospital caters to the Saudi Royal Family and designates a special area of the facility to the health care of these high level VIP patients. Saudi Arabia has a national health service that provides free medical care for its citizens, something we can only dream of here in America. However, American medical expertise remains among the best in the world.

The Department of Pathology boasts a spacious state of the art laboratory. Adherence to JACHO standards is mandatory and the laboratory is impeccably clean and well organized. Laboratory instrumentation is the best in the field and I attribute this to a fabulously lucrative royal budget. I found my fellow technologists, most of them expatriates, to be more than friendly and helpful in orienting me to my position in the laboratory. They were as interested in learning about me as I was about them. I commend them as many of them are separated from their small children and loved ones for extended periods of time in a dedicated effort to provide an income for their families. The workday was long and the workload heavy. All histotechs rotate in performing the various daily functions of the laboratory and all special diagnostic procedures are performed in house. It was not unusual to put through an inordinate number of blocks on a routine specimen, with a multitude of special stains and IHC panels to follow. In a team effort similar to that in American laboratories, all was accomplished by the end of the day. I continue to correspond with several of my colleagues from King Faisal Hospital and value their friendship.

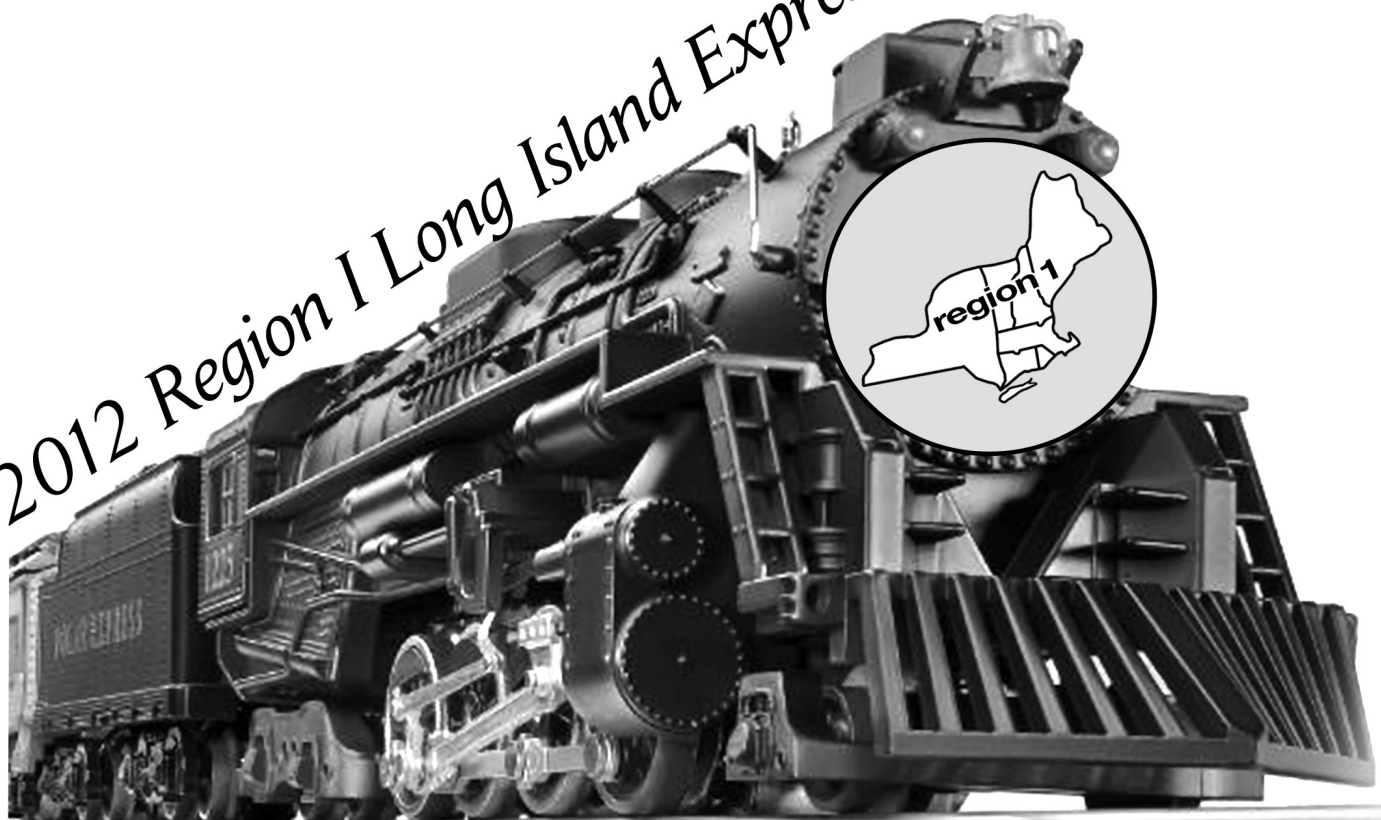
The question often arises as to what could make employment in the Kingdom a success story. What type of personality must one possess to successfully adapt? Is it safe and is there life outside of work? Most importantly, one must be non-discriminatory, open-minded, and willing to learn about a new people and their culture. Culture shock and homesickness are inevitable. Extreme heat and dietary changes can result in dehydration and unexpected illness. Stamina is an absolute must. While in the Kingdom I met people from all over the world. Within days of arriving, I joined a network of expatriate workers, mostly women, who were very knowledgeable and supportive regarding survival issues in this foreign land. In the Kingdom women must wear a long black cloak called an abaya and veil while in public. Women are not permitted to drive or be in the company of an unrelated male. Unmarried couples must be chaperoned by a married couple. Restaurants have dining areas that separate men, women and families. This applies even to McDonald's, Starbucks and Pizza Hut. In recent years, however, exceptions have been made regarding the rules of gender separation. Fortunately for Saudi women, mixed gender workplaces have become more common in settings such as hospitals, universities, banks, and industries. Did I find these laws restrictive? Of course, but it certainly did not prevent me from getting out and about. The hospital provided a taxi service, which I found to be very accommodating to my everyday needs for transportation. I quickly developed a rapport with my driver, as I depended on him tremendously. He was friendly, respectful, knowledgeable, and also very protective. Along with many of my expatriate women comrades, I visited open markets, gold souks, camel souks, museums and historical sites to name a few. All diplomatic embassies are located in Riyadh and host spectacular cultural and social events. Alcohol is forbidden in the Kingdom, but the wells never ran dry at the embassy parties. Very often I ventured off the compound alone and felt perfectly safe, though respect for Islam and the laws of the land are imperative. As time goes on, you learn what respectable behavior is and yes, you do make unintentional errors in conduct. Saudis are dignified and hospitable people. They are not generally offended by a social mistake stemming from ignorance.

Saudi Arabia is most definitely a mysterious land. All in all, my work and travel experience in the Kingdom was one of the most valuable learning experiences of my life: a magic carpet ride indeed.



Arriving soon..... Islandia, Long Island

2012 Region I Long Island Express



THE EDUCATIONAL CONNECTION

Save the Date
April 27th and 28th 2012

Stay Tuned!

More information to come in the next issue!



(Continued from page 12)

becoming a certified PA, but had I not passed my PA certification exam, I'm sure something would have presented itself. Hard work and passion for one's job almost always lead to good results, and in histology, the opportunities are endless. The sky is the limit! I truly believe that had I not taken that histotech position in Lockport, I would not be where I am today.

2011 NYSHS Election Results

The results of the 2011 NYSHS Election are in. Angela Fogg will retain the position of Vice President, with Michelle Fuller also staying on as Treasurer. Linda Chen, Pamela Colony, and Leanne Strope were successful in their bids for seats on the Board of Directors. Thanks to all of you for voting!!!



Upcoming Events

November 2011

 Printable View

[Add Event](#) - [Add Task](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 45	31 [Add]	1 [Add]	2 [Add]	3 [Add]	4 [Add]	5 [Add]	6 [Add]
Week 46	7 [Add]	8 [Add]	9 [Add]	10 [Add]	11 [Add]	12 [Add]	13 [Add]
Week 47	14 [Add]	15 [Add]	16 [Add] 1p NSH 2011 Teleconference: VIOLENCE IN THE WORKPLACE: WHAT CAN WE DO TO PREPARE?	17 [Add]	18 [Add] 12p ASCp TeleConferences: Talking About Tissue: How to Understand It's Language	19 [Add]	20 [Add]
Week 48	21 [Add]	22 [Add]	23 [Add]	24 [Add]	25 [Add]	26 [Add] 1p NSH 2011 Teleconference: OVERVIEW OF SPIROCHETE STAINS	27 [Add]
Week 49	28 [Add]	29 [Add]	30 [Add]	1 [Add] 12a Deadline for Submission: Onstage Winter Issue	2 [Add]	3 [Add]	4 [Add]

[Previous Month](#) | [Next Month](#)

New York State Histotechnological Society



2011-2012 Officers

President	Luis Chiriboga	NYU School of Medicine	litepath2000@yahoo.com
Vice President	Angela Fogg	Columbia Memorial Hospital	angelafoogg@aol.com
Corresponding Secretary	Emily Ash	Roswell Park Cancer Institute	emily.ash@roswellpark.org
Membership Secretary	Amy Farnan	Albany Memorial Hospital	nyshmembership@yahoo.com
Treasurer	Michelle Fuller	University of Rochester Medical Center	mi-chelle_fuller@urmc.rochester.edu
Past President	Mary Georger	University of Rochester Medical Center	mary.georger@rochester.edu
Director	Linda Chen	Weil Cornell Medical Center	kookie55@hotmail.com
Director	Pam Colony	SUNY Cobleskill	colonyp@cobleskill.edu
Director	Sarah Mack	University of Rochester Medical Center	Sarah_mack@urmc.rochester.edu
Director	Laurie Marien	VA Hospital , Buffalo	lmarien@roadrunner.com
Director	Diana Scott	University of Rochester Medical Center	Diana_scott@urmc.rochester.edu
Director	Leanne Strobe	Cancer Genetics	dstrobe@stnyrr.com
Student Representative	Currently Vacant		

NEW YORK STATE HISTOTECHNOLOGICAL SOCIETY

MEMBERSHIP APPLICATION



PERSONAL INFORMATION:

Name: _____
Address: _____

City: _____
State: _____

Zip Code: _____
E-mail: _____
Phone: _____ Home
Phone: _____ Work

Employer: _____

MEMBERSHIP INFORMATION:

Type of Membership: (check one)

- ☐ New
☐ Previous (date previous membership)
☐ Student (College name) _____

Instructor's signature _____

National Information: (check one)

- ☐ Member of the National Society for Histotechnology
☐ Non-Member
☐ Please send me an NSH application

Nature of Work: (check one)

- ☐ Clinical
☐ Research

Education (highest level): _____

- ☐ HT
☐ MT
☐ HTL
☐ Other _____

Referred by member: _____

Registration: (check one) Membership year runs from July 1 to June 30

☐ Education Annual Membership Fee (tax deductible): \$20.00

☐ Student Full Time Student Fee: \$7.00

Membership will expire June 30th,

Please send applications & check payable to NYSHS to:

Amy Farnan , NYSHS Membership Secretary
3 Champlain Avenue, Apt #2
Mechanicville, NY 12118

NYSHSmembership@yahoo.com



2010 MEMBERSHIP APPLICATION

JANUARY 1 - DECEMBER 31

NATIONAL SOCIETY FOR HISTOTECHNOLOGY
10320 Little Patuxent Parkway, Suite 804, Columbia, MD 21044
PHONE: 443-835-4060 FAX: 443-535-4055 WEB: www.nsh.org

Source: BARBARA

TYPE OF MEMBERSHIP:

☐ RENEWAL ☐ NEW MEMBER : _____ PROFESSIONAL _____ STUDENT _____ RETIRED _____ INTERNATIONAL _____

Program Director/Supervisor Name (required for Student Status Only): _____

MEMBERSHIP YEAR RUNS FROM JANUARY 1 TO DECEMBER 31. RENEWAL NOTICES ARE SENT IN OCTOBER FOR FOLLOWING YEAR

MEMBER NAME: _____

HOME ADDRESS:

ADDRESS: _____

CITY: _____

PROVINCE/STATE: _____ ZIP/POSTAL CODE: _____

COUNTRY: _____

HOME TELEPHONE: _____

PERSONAL EMAIL: _____

WORK ADDRESS:

COMPANY: _____

DEPARTMENT: _____

TITLE: _____

ADDRESS: _____

CITY: _____ PROVINCE/STATE: _____

ZIP/POSTAL CODE: _____ COUNTRY: _____

TELEPHONE: _____ FAX: _____

WORK EMAIL: _____

Referred by NSH Member: _____

State Histology License Number (if applicable) _____

MAIL PREFERENCE

Please Note: All NSH Correspondence will be sent to this address. In addition this address is published in our online membership directory.

☐ HOME ADDRESS ☐ WORK ADDRESS

MEMBER DEMOGRAPHICS:

Date of Birth: ____/____/____ Gender: ☐ Female ☐ Male Year entered Profession: _____

CHECK ALL APPLICABLE BOXES:

☐ HT (ASCP) ☐ HTL (ASCP) ☐ MT (ASCP) ☐ CT (ASCP) ☐ SLS (ASCP) ☐ QIHC (ASCP)

☐ RT ☐ ART ☐ MLT ☐ NOT CERTIFIED ☐ OTHER _____

HIGHEST LEVEL OF EDUCATION:

☐ AA ☐ BA/BS ☐ MA/MS ☐ PHD ☐ MD ☐ DVM ☐ OTHER _____

I PRACTICE HISTOLOGY IN (CHOOSE ONE):

____ Botany ____ Clinical: Hospital ____ Clinical: University ____ Clinical: Private Lab ____ EM ____ Industry

____ Marine ____ Research ____ Veterinary

PAYMENT: Remit fee with completed application in US funds to the NSH Office: 10320 Little Patuxent Pkwy, Suite 804, Columbia, MD 21044.

Circle Membership Dues: \$80.00 (2010 Professional/Init) \$40.00 (2010 Student/Retired)

Circle Membership Pin (\$10.00): Yes No Thanks

Optional ADA Fund Contribution \$ _____ (Your donation to the ADA will aid in furthering the education of the physically challenged.)

Total Due \$ _____

☐ A check for the total amount due payable to NSH is included with this application.

☐ Please charge my Visa, MasterCard or American Express for the Total Due listed above.

Card Holder's Name: _____ Card Holder's Signature: _____

Card Number: _____ Expiration Date: _____

