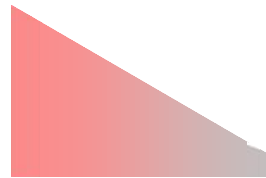


THE CUTTING EDGE

REGION IX NEWSLETTER



WINTER NEWSLETTER ~ 2011

Greetings from the Region IX Director Ann Lynde



The holiday season is soon arriving and the start of another new year.

2012 will be busy with the excitement of the NSH S/C in Vancouver. There will be emails going out in early spring asking for Region IX members to volunteer in various areas.

I plan on being in Vancouver early in the New Year and would like to meet with any of the Vancouver Symposium volunteers. If you're interested in being a volunteer and live in the Vancouver area please contact May Chin or Mark Elliott. Time and place of meeting will be available by January 15, 2012.

Reminder that your NSH membership is due December 31, 2011.

You can renew online at www.nsh.org

Darlene and I encourage our Region IX members to consider contributing to our newsletter. The Region IX Cutting Edge newsletter is continuously searching for ideas, articles, puzzles or suggestions for upcoming editions. Submissions can be sent to myself (ann@nshregionix.org) or Darlene Collett (collettd@gamma-dynacare.com)

On behalf of myself, the Region IX Executive and Committee Chairs



Future NSH S/C Dates



38th Annual Symposium/Convention
September 28-October 3, 2012
Vancouver, BC

39th Annual Symposium/Convention
September 20-26, 2013 in Providence, RI

40th Annual Symposium/Convention
August 21 - 27, 2014 in Austin, TX

Congratulations to Michael Ho

Research profile on BiomedExperts:
Immunohistochemistry, Infants, Tissue Array Analysis,
Oligonucleotide Array Sequence Analysis, Biological Tumor
Markers, Soft Tissue Neoplasms.

Cutting Edge Co-Editor

Darlene Collett

I graduated in 1988 from the Cabot Institute of Applied Arts and Technology in St John's, Newfoundland with a diploma in Medical Laboratory Science. Unfortunately, there were no jobs in my home province so I moved to Toronto to start my career. My very first job was in Hematology which I enjoyed for 10 years. In 1998 I was fortunate enough to have an opportunity to move into Histology and work the day shift!! Histology was always my passion and still is today. My experience has encompassed both the private and public sectors of Laboratory Medicine.

In 2008 I accepted a position as a Histology Supervisor at Gamma-Dynacare Medical Laboratories in Brampton Ontario. One year later I became the manager of a very fast growing laboratory. Being a manager is both challenging and fulfilling. There is always something new to learn. I am a big supporter of continuing education and have attended many lectures and courses over the years and in 2010 I obtained a Greenbelt in Lean Six Sigma. Being a manager has given me the opportunity to lead and participate in many projects with cross functional teams and learn to see the issues from a non-laboratory perspective.

I like to stay actively involved in our profession and some of my greatest achievements come from collaborating with others. I have taught medical laboratory students in both the laboratory and classroom settings, am a participating member of the College of Medical Laboratory Technologists of Ontario Inquires Complaints and Reports Committee, actively involved in quality assurance and laboratory information systems implementations. I was also privileged to lead a group of Anatomical Pathology technologists in the layout and design of a new laboratory for Histology and Cytology which I am proud to say we have moved into in October of this year! I first attended NSH when it was held in Toronto in 2004 and have met and established a great network of colleagues from all over the country. This year, I took on a more active role in Region XI by helping to co-edit the newsletter and sitting in on the House of Delegates meeting in Cincinnati this past September.

Overall, my career has been rewarding and I have had the opportunity to make wonderful friends. I encourage all Region XI members to contribute your expertise and experiences by writing an article for the newsletter, participating in our education days or by just dropping us an email about a topic you find interesting.

In closing, I would like to leave you all with a favorite quote from Einstein.

"The important thing is NOT to stop questioning"



NSH 2012 Teleconference Schedule

www.nsh.org

January 25 Assessment of HER2 (c-erbB2) Status: a Comparison of Commonly Used IHC and ISH Methods Used in Histopathology Laboratories

February 22 Success or Failure of Implementing New Equipment

March 28 Beginning Chemistry for the Histotech

April 25 Decalcification?

To purchase teleconferences that have already past please visit the NSH Live Learning Center on the NSH website.

Treasurer

Michele Shackleton

I graduated from the Toronto Institute of Medical Technology (now The Michener Institute) in 1982 with a general Registered Technologist degree. I was lucky, for when I graduated, there were job opportunities in Chemistry, Hematology and Histology departments in the hospital where I did my practical training. But my decision was an easy one...in Histology there was no shift work!! After working a number of years at Women's College Hospital's Histology Department, a new position became available in the Immunopathology Department. I immediately fell in love with the diversity of the techniques and finished out my 14 year career as the Senior Technologist in the IHC Lab. I left the hospital setting in 1996 to pursue a new career as a sales representative at Leica Canada. Although I found the experience both challenging and rewarding, I missed dealing with IHC and molecular products, so I accepted a position with Inter Medico in 2000. I am currently the Marketing Manager for the Pathology and Molecular product lines and love both the educational challenge (in some instances a huge learning curve) of bringing on new lines and the interaction with labs across the country.

I was first approached to take on the role of Treasurer for Region IX in 1995. Since that time I have had the privilege of working with five different directors, all of which were enthusiastic and extremely dedicated to the society. I find the position as treasurer very rewarding and love my involvement with the NSH society. Hopefully over all of these years, I have given back a tenth of what the NSH Region IX membership has given me.

THE CUTTING EDGE is the official newsletter of Region IX of the National Society for Histotechnology. It is distributed quarterly to all members in Canada.



The Objectives of THE CUTTING EDGE are to:

- Reflect both Canadian and North American articles pertinent to the practice of Histotechnology
- Publish articles that are beneficial to our discipline.
- Promote communication between Region IX members and members of the other NSH Regions
- Provide a medium for exchange of information among members.

Contributions are welcome.
Please send your articles to:

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Medicine Hat, AB T1A 1J2

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Fax: 403-527-9694

or

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Production of The Cutting Edge is sponsored by Leica Canada Inc.

<http://www.nshregionix.org/>

Air Pollutant Removal By House Plants

Many plants can help our indoor air, including Rubber Plants, Eureka Palms, and Peace Palms. Putting plants in your house or office can help your health. Okay, they won't bring your coffee, but they will boost your mood and create an instant garden ambience right there on your desk.

Below is a table indicating the pollutants removed by certain plants.

Air Pollutant Removal By House Plants Over 24 Hours			
House Plant	Chemical Pollutant	Initial ppm	% Removed
English Ivy	Benzene	0.235	90 %
	Trichlorethylene	0.174	11 %
Peace Lily	Benzene	0.166	80 %
	Formaldehyde	10.0	50 %
	Trichlorethylene	20.0	50 %
Spider Plant	Formaldehyde	14.0	86 %
	Carbon Monoxide	128.0	96 %
Chrysanthemum	Benzene	58.0	54 %
	Formaldehyde	18.0	61 %
	Trichlorethylene	17.0	41 %
Mother-in-law tongue	Benzene	0.156	53 %
	Trichlorethylene	0.269	13 %
Golden Pathos	Benzene	0.156	53 %

Madag Dragon Tree	Benzene	0.176	79 %
	Formaldehyde	15.0	60 %
	Trichlorethylene	0.136	13 %
Waneckii	Benzene	0.182	70 %
	Formaldehyde	8.0	50 %
	Trichlorethylene	17.0	24 %
Heart Leaf	Formaldehyde	27.0	71 %
Corn Plant	Formaldehyde	20.0	70 %
Chinese Evergreen	Benzene	0.204	48 %

Besides adding beauty to our homes and offices, plants make us feel good. A few leafy buddies improve our mood at work. They have a calming effect in our homes. Plants show how much we care when we give them as get-well, congratulations, or birthday gifts.

Just as indoor plants make us feel better emotionally, they restore life-sustaining oxygen to the air we breathe. *You knew that, too.*

And that's not all. They work hard to make us healthier. A study by NASA, along with later studies on indoor air quality, proved that many common house plants have the ability to reduce toxic chemicals from tainted indoor air

How many plants will clean indoor air? At a *minimum*, one plant for every 100 ft of living space will efficiently help purify indoor air pollution. Of course, more plants is always better. Because they're so good for us, it just makes sense to share our homes with hardworking house plants.

Twas the day before Christmas, a long time ago and our beautiful earth was all covered with snow. Down the street with their sleighs came two manly boys, who paused at the window to look at the toys.

Already two others were there looking in; but their faces were sad, and their clothes old and thin, and the little one said, "is it because we're so poor that Santa doesn't come to our house anymore? "

The older one patted his wee brother's head, and hugged him up closely, as softly he said: "Oh, maybe he will come tonight, little Tim, if we ask in our prayers for the Lord to send him!"

The little face smiled, but the boys saw a tear in the eye of the one who quelled little Tim's fear. Then slowly and sadly the waifs went their way to the place they called home, where that night they would pray.

The boys, with their sleighs, followed closely behind, and neither one spoke, but in each childish mind a beautiful thought said as plain as could be: "I'll share with those poor boys what Santa brings me. "

When the two reached their home, to their father they ran, and eagerly told him their unselfish plan. He was proud of his boys, who now felt that same love that sent our dear Saviour from His Home above.

Next morning, still thrilled with their beautiful thought, they scampered downstairs to see what Santa brought, and they, with the help of their father and mother, selected the presents for Tim and his brother.

And as the first light of dawn came into view the two went their way with the toys bright and new, and crept very quietly up to the door where they'd seen the boys enter the evening before.

As they hurried back home toward their own Christmas joys, they could not even dream how the other two boys, on finding that Santa had really been there, sent their joy to the One who had answered their prayer.

That night, when the "Santa's" were ready for bed, with a hand of their father on each curly head, they knew, as they thought of two poor, happy boys, what's the truest and choicest of all Christmas joys.

Wishing you all a joyous Holiday

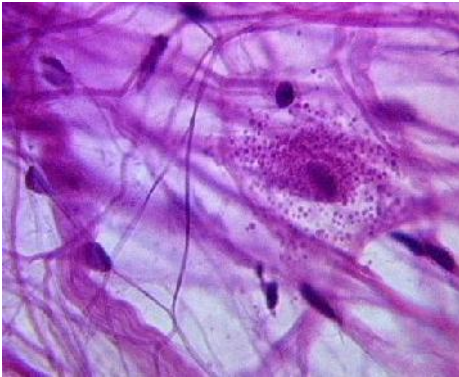
and may there be Peace and Joy in the dawning of a New Year!



QUIZZ

Answers on page 9

1



Identify this tissue:

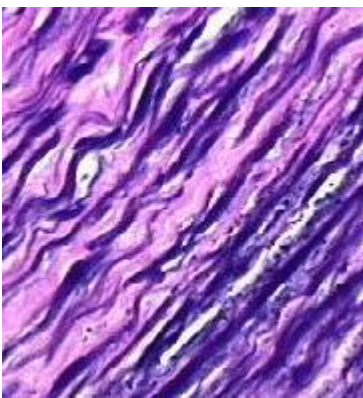
Identify the thin strands:

Identify the thick strands:

Identify the small dark purple structures:

Identify the large granular-looking cell:

2

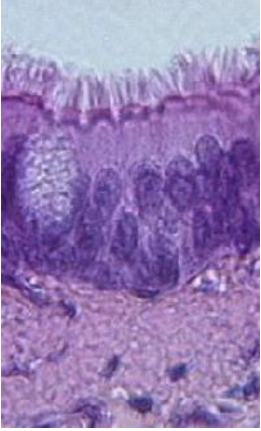


Identify this tissue:

Identify the thick strands:

Identify the function of this tissue:

3



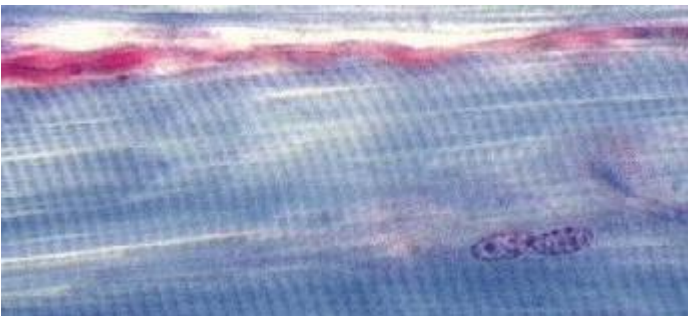
Identify this tissue:

Identify light grey region at the top of the image:

Identify the oval granular structure on the left side of the image:

Identify one major function of this specific type of tissue

4



Identify this tissue:

Identify the small dark purple structures:

Identify the patterns of light and dark bands

Answers

1. Identify this tissue: Areolar **connective tissue**

Identify the thin strands: **Elastic fibers**

Identify the thick strands: **Collagen fibers**

Identify the small dark purple structures: **Nuclei of fibroblasts**

Identify the large granular-looking cell: **Mast cell**

2. Identify this tissue: **Elastic connective tissue**

Identify the thick strands: **Elastic fibers**

Identify the function of this tissue: **Allows stretching of various organs**

3. Identify this tissue: **Ciliated pseudostratified columnar epithelial tissue**

Identify light grey region at the top of the image: **Lumen**

Identify the oval granular structure on the left side of the image: **Goblet cell**

Identify one major function of this specific type of tissue: **Movement of mucus and particles on lining**

4. Identify this tissue: **Skeletal muscle**

Identify the small dark purple structures: **Nuclei of muscle fiber**

Identify the patterns of light and dark bands: **Striations**

NSH Region IX would like to extend thanks to Leica Microsystems for their continued sponsorship of
The Cutting Edge Newsletter



2011 MEMBERSHIP APPLICATION

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

TYPE OF MEMBERSHIP:

PROFESSIONAL STUDENT RETIRED

RENEWING YOUR MEMBERSHIP
NEW MEMBER

* Student Members must provide School & Program Director/Supervisor Name

HISTOLOGY SCHOOL/PROGRAM: _____ PROGRAM

DIRECTOR/SUPERVISOR: _____

MEMBER NAME: _____ NICKNAME: _____

WORK ADDRESS:

TITLE: _____

COMPANY: _____

DEPARTMENT/SUITE: _____

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CITY: _____ STATE: _____

ZIP/POSTAL CODE: _____ COUNTRY: _____

WORK PHONE: _____ FAX: _____

WORK EMAIL: _____

HOME ADDRESS:

ADDRESS: _____

CITY: _____ STATE: _____

ZIP/POSTAL CODE: _____ COUNTRY: _____

HOME PHONE: _____

PERSONAL EMAIL: _____

MAIL PREFERENCE: (Please select primary address)

WORK ADDRESS HOME ADDRESS

WORK EMAIL PERSONAL EMAIL

Please Note: All NSH correspondence will be sent to address selected. In addition this address is published in our on-line membership directory.

NSH MEMBER REFERRED BY: _____

STATE HISTOLOGY LICENSE #: _____

MEMBER DEMOGRAPHICS: DATE OF BIRTH: ____/____/____ GENDER: MALE FEMALE

DESIGNATION (Check all applicable Boxes):

HT (ASCP) HTL (ASCP) MT (ASCP) CT (ASCP) SLS (ASCP) QIHC (ASCP) RT ART MLT
 MD PhD OTHER _____ NOT CERTIFIED

I WOULD LIKE TO RECEIVE INFORMATION FROM THE FOLLOWING COMMITTEES:

IHC HARD TISSUE VIR HEALTH & SAFETY QUALITY CONTROL OTHER _____

MEMBERSHIP DUES: \$80 (2011 PROFESSIONAL) \$40 (2011 STUDENT/RETIRED)

WOULD LIKE TO PURCHASE MEMBERSHIP PIN (\$10.00)? YES NO THANKS

WOULD LIKE TO CONTRIBUTE TO EDUCATIONAL FUND? NO THANKS YES \$ _____

WOULD LIKE TO CONTRIBUTE TO ADA FUND? NO THANKS YES \$ _____

(Your donation to the Educational Fund helps provide Awards & Scholarships such as Lee Luna Award, etc & ADA will aid in furthering the education of the physically challenged)

PAYMENT INFORMATION: (Please Remit fee with completed application in US Funds to the NSH office) **TOTAL: \$** _____

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

PAID IN CASH/MONEY ORDER

Please charge my **VISA, MC or AMERICAN EXPRESS** for the total listed above.**Card Holder's Name:** _____ **Signature:** _____**Card Number:** _____ **Expiration Date:** _____

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