



Summer/Fall 2016  
Issue 3, Vol. 5

American Society for Clinical Laboratory Sciences  
Oregon Constituent Society Newsletter

# The Centrifuge

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## How to Answer in Lay Language: Ferritin Levels

by Maja Chloupkova, MLS(ASCP)

### Patient's question:

Patient is a 67 years old female. She had a blood test for ferritin done with the result of 79 ng/mL. Reference interval given by her testing laboratory is 15-150 ng/mL. Patient is questioning whether her result is normal for her age.

How would you explain to the patient what ferritin is and what a 67 year old female should expect in a lay language?

### Answer:

Ferritin is a protein that is present inside the cells. Its major function is to store iron, and its levels

directly mimic iron stores of the person. Testing for ferritin is mainly used to investigate if the person has iron deficiency anemia (IDA). This is usually indicated by low levels of hemoglobin and hematocrit and by the presence of smaller than normal red blood cells,

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## The ASCLS 2016 National Meeting by Patty DeTurk, MLS(ASCP), President ASCLS-Oregon

This year's National Meeting was held in Philadelphia, Pennsylvania, straddling the Loews Hotel and the Philadelphia Convention Center, only a few blocks apart. Most of the events were held at the hotel for the first three days (including caucus meetings), with the remainder mostly taking place at the Convention Center. ASCLS shared the Convention Center with AAAC (American Association for Clinical Chemistry), which allowed exhibitors to focus on both groups at the same time.

I had the opportunity to attend the Scientific

Assembly Meeting on Point-of-Care testing. Here we discussed the importance of maintaining control over all testing, no matter by who is performing it. We found it essential that the lab must keep QC records on all instrumentation as well as on maintenance and staff training. This dovetails into the core discussion on Patient Safety, as the well-being of patients, integrity of patient samples and scrupulous result reporting are the intrinsic function of the clinical laboratory.

Our delegates also had the opportunity to meet

the candidates running for offices at the National level and to cast ballots online. This was a first-time opportunity for our new President-elect Ryan Howey and our Student Representative, Laura Gotthardt. It was the second opportunity for our New Professional, Vathani Logendran, our Eastern Oregon delegate Lorianne Smith and myself, as we had attended the 2015 National Meeting in Atlanta, Georgia.

I had the opportunity to attend a scientific session by Dr. James Griffith, called "The Once and Future

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**Visit to Oregon Tech**

by Patty DeTurk, MLS(ASCP), President ASCLS-OR



Multnomah Falls  
East of Portland  
Gary Halvorson,  
Oregon State Archives

ASCLS-OR was invited by Dawn Taylor, Program Director for the MLS program at Oregon Tech, to talk about the benefits of membership. Laura Gotthardt, ASCLS-OR Student Representative, and I arrived for their orientation day and talked about ASCLS and about the job outlook for laboratorians (excellent!). We talked about ASCLS and its role in protecting laboratory professionals in the political area, especially about petitioning the Centers for Medicare & Medicaid Services (CMS) to reconsider its position that

nursing is a biological science for purposes of performing laboratory testing. This proved to be a hot topic for the students; they had no idea we need to have a strong presence with our legislators. We also talked about the national scholarships available through ASCLS (E&R, Alpha Mu Tau), and the Betsy Baptist Scholarship available through only ASCLS-OR. The Betsy Baptist Scholarship is available only to students enrolled in the MLS program at Oregon Tech and the MLT program at PCC, and is an excellent

way to afford tuition in these programs. We received a very warm and cordial reception and were able to engage with individual students after our presentation. We appreciate Dawn Taylor inviting us and allowing us to represent our membership to the new students.

***Upcoming Education Events***

**Northwest Medical Laboratory Symposium  
October 12-15, 2016, Portland, OR**

*Earn up to 26 P.A.C.E. hours, catch up on the latest trends, network with colleagues! Visit [NWMLS](#)*

**ASCLS-Oregon Leadership 2016-2017**

Contact information: [ASCLS-OR Leadership](#)

Patty DeTurk	President
Ryan Howey	President Elect
Maja Chioupkova	Past President
Jackie Rice	Secretary
Krista Moore	Treasurer
Laura Gotthardt	Student Representative
Vathani Logendran	New Professional
Helen Wand	Board Member At-Large
Patty DeTurk	Principal Agent
Emily Barbur	P.A.C.E. Chair
Heidi Smith	Director of Scholarships
Maha Iqbal	Membership Chair
Lorianne Smith	Outreach Chair



## How to Answer in Lay Language: Ferritin Levels (cont. from page 1)

which appear “pale”, e.g. hypochromic. More importantly, ferritin levels are a predictor of whether the person is developing IDA since IDA might not present itself until iron levels in the body are severely depleted.

Ferritin levels are affected by gender, race and age. Females have lower iron levels than males due to their menstrual cycles. Black postmenopausal women seem to have significantly higher ferritin levels than white and Hispanic postmenopausal women. The expected ranges are above 100 ng/mL for black and below 100 ng/mL for white and Hispanic postmenopausal women. This information comes from a study done by Zacharski et al., which was published in American Heart Journal in 2000. Each laboratory may establish different normal

ranges for different age groups; nevertheless, result of 79 ng/mL suggests normal iron stores for a 67 year old white female. If the patient is concerned because she is experiencing symptoms that may raise the question about her iron stores, recommend discussing them with a physician.

In addition to iron deficiency anemia, ferritin levels may be decreased in women with heavy menstrual bleeding, in people with low-absorption capacity (celiac sprue) or in people with long-term digestive tract bleeding. Increased levels of ferritin are seen in iron overload disease (hemochromatosis). Because ferritin is an acute phase reactant, its levels are elevated in inflammation, liver disease, chronic infections, autoimmune diseases and in some types of cancer.

## The ASCLS 2016 National Meeting (cont. from page 1)

Malaria”. His talk centered on both the history of malaria and the continued threat by this deadly disease by both climate change and anti-malarial treatment obstacles.

Shannon Billings of ASCLS-AK and current ASCLS Region IX director did an excellent talk on Transfusion-Related Acute Gut Injury (TRAGI). This round-table discussion succinctly described this condition, the most affected population (multi-transfused neonates) and possible causes.

Cathy Otto from ASCLS-WA presented her position paper regarding qualifications for the new Doctorate in Laboratory

Science. This is an exciting new career opportunity for laboratorians to pursue higher education and additional leverage in the future of laboratory medicine. This paper is focused on the laboratory professional who achieved their MLS as a first track professional, attending a certified program to obtain their degree in laboratory medicine.

It was announced that the 2017 National Meeting will be held in San Diego, California. Members who are interested in attending the next meeting as delegates are invited to contact anyone listed on the ASCLS-OR Leadership Roster for information.

**"Never lose the child-like wonder. It's just too important. It's what drives us."**  
—Randy Pausch



### Events Calendar: 2016-2017

Event	Date	Where
Northwest Medical Laboratory Symposium	Oct. 13 – 15, 2016	Portland, OR
Region IX Forum	Oct. 14, 6:00 – 7:30 PM	Portland, OR
ASCLS-OR Board of Directors Meeting	Oct. 14 7:30 – 9:00 PM	Portland, OR
Annual Meeting & Clinical Lab Expo	August 1 – 5, 2017	San Diego, CA

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**Editor-in-Chief:** Jackie Rice  
**Associate Editor:** Patty DeTurk  
**Assistant Editor:** Vathani Logendran

## Student Corner

### Experience as Vice Chair for the ASCLS Student Forum

Vathani Logendran, MLS(ASCP)<sup>CM</sup>

“You miss 100% of the chances you don’t take” (Wayne Gretzky). This quote is very representative of the chances I’ve taken and that no matter what the outcome was, those chances I’ve taken have always positively impacted my life. In the summer of 2015, I was a wide-eyed, excited student who was going to her first ASCLS National Meeting. This meeting screamed the word opportunity. I was graciously offered the opportunity to go by ASCLS-OR. No matter how busy I was at the time, I knew that this was an opportunity that needed to be seized. I was incredibly excited at the prospect of what a national meeting could hold.

One of the most amazing opportunities that the ASCLS Annual Meeting provided was those for the students. It was at the meeting that I learned more about the ASCLS Student Forum, and the opportunities that they give to students. I was extremely excited about the work that ASCLS Student Forum did, and wanted to be able to provide that for future students. From the first night, after talking to Student Forum Officers, like Elizabeth Ezeb and Jazmen Myers, I was encouraged to run for a Student Forum position. I decided to run for ASCLS Student Forum Vice Chair. Throughout the Annual Meeting, I talked to many individuals and discussed

what I was excited to accomplish if elected Vice Chair. The ASCLS Student Forum elections were on the last day of the Annual Meeting, and nine students were running in total. Each student delivered a short speech talking about their experiences and what they hope to do if elected. All of the student delegates at the ASCLS National Meeting voted for the Chair, Vice Chair and Secretary. To my surprise, I was elected the Vice Chair! That day was the start of an incredible journey.

As the Student Forum of the 2015-2016, we implemented many ideas that individuals in the ASCLS world noticed and received well. We accomplished all of our goals, and more. Here are some of the most notable accomplishments:

1. **Submitted five articles to ASCLS Today** regarding the importance of spreading awareness about our profession.
2. **Brought back the Student Forum E-Newsletter** and produced a new issue e-mailed to students every few months. These included SF updates, case studies, BOC tips, articles, free membership information, region spotlights, and more.
3. **Updated the Student Forum Manual** and wrote

a joint officer article entitled “Where Do We Fit In?” that utilized excerpts from first SF Officer’s article from 1995.

4. **Extensive social media involvement**, including posting regularly on the ASCLS Student Forum Facebook page. I personally created two weekly columns called Tip Tuesdays, and Tips from a Travel Tech that I continued for the entirety of the term.
5. **SF Yankee Candle Fundraising**. We raised \$1,012 towards travel grants! These were used for two Legislative Day Travel Grants, and three ASCLS National Meeting Travel Grants for students
6. **Created new merchandise**. Did a t-shirt competition, and the winning design was sold at the ASCLS Annual Meeting 2016. I created the #Lab4Life bracelets, which will be sold over the next year!
7. **Filled nine out of the ten Region Representative positions**.
8. **Planned student events and activities for Annual Meeting**. We planned the Quiz Bowl and Student Forum

Orientation, which also included BOC Review and First Year on the Bench!

To this day, I remain honored and grateful for the opportunity I was given to be the Vice Chair for the Student Forum in 2015-2016. It allowed me to do amazing things with incredible people, and it continued my vested interest in being involved in ASCLS. Above all, the most significant part of being involved on a national level was the people I met, the connections I made, and the lifelong friendships I formed with individuals all over the country. Thank you to everyone who believed in me and supported me through one of the best experiences of my life.



## ASCLS-Oregon 2016-2017 Officer Profiles

Each year, new ASCLS national and local officer's terms begin on August 1. ASCLS-OR elected a new slate of officers at the July 10 board meeting for the 2016-2017 year.

Thanks to these individuals who have volunteered for leadership roles in their professional society. Please contact them with your input, questions or concerns. Contact information for ASCLS-OR officers is located at [ASCLS-OR Leadership](#)

*Please consider offering your talents to your profession through involvement in ASCLS-OR!*



**President: Patty DeTurk, MLS(ASCP)**

Patty is a college instructor at Clackamas Community College and microbiologist at Clinical Microbiology Institute. She holds a BS in microbiology from Oregon State and a Masters of Science in teaching from Portland State. Her involvement in ASCLS is driven by a desire to encourage people to participate in their professional organization and her goals for this year include increasing membership and involvement. In her spare time, she loves to spend time with her amazing family and great friends of all ages and backgrounds.



**President-Elect: Ryan Howey, MLS(ASCP)<sup>CM</sup>**

Ryan is laboratory quality manager at Adventist Medical Center Portland and holds a BS in medical technology. As an ASCLS-OR officer, Ryan wants to improve involvement and engagement in our state and region, and use the talents of everyone to see what we can accomplish working as a team. Ryan hails from Kansas and enjoys riding his motorcycle. He recently achieved a Backyard Habitat designation for his home in Portland.



**Past-President: Maja Chloupkova, MLS(ASCP)<sup>CM</sup>**

Maja is a chemistry technical specialist at Legacy Laboratory Services. Her educational background includes a PhD in biological sciences and degree in medical laboratory science. Her involvement in ASCLS lets her help her peers expand their background, provides interaction with medical laboratory professionals and expands her professional skills. Interests include hosting international students, hiking, music and spending time with family and friends.

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Mount Jefferson, Oregon Cascade Range  
Gary Halvorson, Oregon State Archives



If you are interested in becoming more involved in ASCLS-Oregon by serving on a committee, becoming a board member, or providing ideas and input, please contact president Patty DeTurk at [pathwaysnw@aol.com](mailto:pathwaysnw@aol.com)

If you have an announcement, article or essay you would like to contribute to **The Centrifuge**, please feel free to submit it for publication! Has someone you know receive a promotion? An award or prize? Special recognition? Done something unique that deserves highlighting? Please send ideas and submissions with the subject line, "The Centrifuge Submission" to: Jackie Rice [jacric2001@yahoo.com](mailto:jacric2001@yahoo.com)

Visit the website at [www.ASCLS-Oregon.org](http://www.ASCLS-Oregon.org)

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## Centrifuge Newsletter Reader Survey Results

Earlier this year, the editorial staff of the Centrifuge conducted an online survey to get feedback on *your* newsletter. While the number of respondents was too low to draw statistically valid conclusions, the following general direction was provided by the survey:

1. The most requested category of articles was scientific/technical, followed by workshop and seminar announcements, then reports on ASCLS meetings (national, regional and local).
2. The most preferred method for accessing the Centrifuge is email with a PDF attachment
3. Specific article requests include: how members can become more involved, changes/trends in the workplace, recent graduates' experiences when entering the workforce, organizational behavior, educational opportunities, road to licensure.

If you have any further feedback, wish to see more detail on the survey results, or want to submit an article on these or other topics, please contact Jackie Rice, Centrifuge editor at [jacric2001@yahoo.com](mailto:jacric2001@yahoo.com).

## A Fond Farewell and Heartfelt Thank You to Cara Calvo

I would like to express my appreciation and thanks to outgoing President of ASCLS-OR for her service and consideration to our organization. Cara became president on August 1, 2015, at our National Meeting in Atlanta, Georgia, when all terms of office in ASCLS begin. She worked as a tireless advocate for promoting ASCLS to our student population throughout her tenure. Besides guiding our board, she was also the director of the MLS program at Oregon Tech (OHSU-OIT) and their instructor in Immunohematology, Laboratory Management and Medical Microbiology. We had expected her to serve out her term as President until July 31, 2016 at the National Meeting in Philadelphia, Pennsylvania, but she was offered a position at Dixie State University, Saint George, Utah for their fledgling MLS program. Because she felt this opportunity was an important step in her career, she resigned as president of ASCLS-OR on June 1, 2016, two months before the end of her term, to prepare for her move out of state. Missing her zest and dedication, we have a hole in our organization that is difficult to fill. We wish her the best in her new endeavors, and if she finds herself back in Oregon, that she returns to serve in any capacity she chooses.

Patty DeTurk, President ASCLS-OR

## ASCLS-Oregon 2016-2017 Officer Profiles (cont. from page 5)



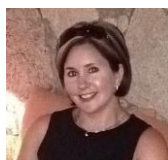
**Student Representative: Laura Gotthardt, MLS(ASCP)<sup>CM</sup>**

Laura is employed at Providence Newberg Medical Center as a medical technologist. Her educational background includes a BS in biology from George Fox University and a BS in clinical laboratory science from OIT/OHSU. Being in ASCLS is exciting because it makes her a part of progress, education, and outreach for medical laboratory science. It's also a great way to meet other laboratory professionals across the nation and know you are part of a community and a bigger picture. As student representative, she wants to reach out to MLS/MLT students at OIT and PCC to inform them of ASCLS and the benefits of membership. While Laura has been both transferring jobs and planning for her upcoming wedding, some of her ongoing interests include reading, hiking and adventures in general.



**New Professional: Vathani Logendran, MLS(ASCP)<sup>CM</sup>**

Vathani is a generalist MLS at Mercy Medical Center in Roseburg. She holds BS degrees in biology and clinical lab sciences. She's involved with ASCLS because it's a very unique community filled with extraordinary ideas and people. She believes that being part of a professional organization allows us to have more momentum in our field, and spread the word about what we do. Vathani wants to bring more awareness to the field and more involvement in ASCLS. Her interests include playing the violin, traveling/hiking and fulfilling her goal of visiting all seven continents.



**Treasurer: Krista Moore, MLS(ASCP)<sup>CM</sup>**

Krista is a chemistry technical specialist at Kaiser Permanente and holds BS degrees in chemistry and medical technology. She is involved in ASCLS because she believes it is important to be part of an organization that

supports your profession by providing educational needs and invaluable networking opportunities. Her goal as treasurer is to maintain enough funds to allow people to attend the national meeting because they come back with so much energy and desire to encourage others to join. Krista loves finding new ways to cook healthy and to travel the world.



**Secretary: Jackie Rice, MT(ASCP),H<sup>CM</sup>**

Jackie is a consultant specializing in data analysis and business planning, working with healthcare and non-profit organizations. She holds degrees in microbiology, medical technology and business and has worked in the clinical laboratory as a medical technologist, as well as other healthcare sectors. Jackie is involved in ASCLS to give back to the profession and to help encourage membership in one's professional organization. Her interests include horses, home improvement projects and spending time with family and friends.

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"It is very important to me to be more personally involved in my profession than just to clock in, do the time, and clock out. Being in ASCLS makes me part of progress, education and outreach for medical laboratory science."

*Laura Gotthardt, MLS(ASCP)<sup>CM</sup>, ASCLS-OR Student Representative*

"I was taught as a student that a strong professional society was important for all of us, and I took the lesson to heart."

*Ryan Howey, MLS(ASCP)<sup>CM</sup>, ASCLS-OR President-Elect*

## ASCLS-Oregon 2016-2017 Officer Profiles (cont. from page 7)



**Board Member at Large:  
Helen Wand,  
MT(ASCP)SM**

Helen is employed at Clackamas Community College as the Director and Lead instructor in the Clinical Laboratory Assistant Program. She holds a bachelor's in biology from Marylhurst College (now University). Her MT internship was a year at St. Vincent Hospital (now Providence/St. Vincent Medical Center). Helen is involved with ASCLS because she believes our professional organization sets us apart

as professionals. She feels that the educational programs through ASCLS are especially important, not just for updates and technical information, but the chance to network among like-minded people. As Board Member at Large, she's looking forward to supporting the rest of the team of officers as we spread the word of the importance of ASCLS. Helen's passion is writing historical fiction. She already has one "Where Eagles Nest," and is working on a sequel.

Please visit the website at [ASCLS-OR Leadership](#) for contact information for officers.

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*"If you want to be treated as a professional, you must act like one."*

*Helen Wand, MT(ASCP)SM, ASCLS  
Board Member at Large*

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