



Bandaging Activity/ MHSAs Meeting 10/24

The MHSAs Leadership Club held a general meeting on Friday, October 24th, 2025. This year's Freshman Class of 2029 Representative, Alyssa Lauren Real, was introduced before recapping events MHSAs has been a part of since the last meeting: the 209 Heart and Stroke Walk, the Sutter Field Trip for MHSAs juniors, and the Homecoming Carnival. Afterwards, members were asked to volunteer for the on-campus Trunk or Treat on October 29th in the Kimball parking lot. Though volunteers are not required to follow the club's "Zombie Doctors" theme, they are encouraged to do so. The Medical Newspaper, overseen by Newsletter Coordinator Revantika Vijay, was also introduced. Its purpose is to highlight MHSAs's achievements and events. Those interested in designing or writing for future editions can see Teams for the QR code and fill out the form.

At the end of the meeting, members participated in a bandaging and first aid activity. They got into groups after watching an instructional video on how to properly bandage a bleeding wound. Following three different scenarios based on the club's officers, each group had the opportunity to bandage a wound on one of their members. This bandaging was then judged by MHSAs Leadership Club advisor Mr. Mate once three minutes had passed after the scenario was read. We hope to see you at the next meeting!

Month of October

MHSAs

Newsletter



Alyson Ha, Varhsini Reddy Bommareddy, Payton Horner,
Sanjana Simhadri, Revantika Vijay

Trunk Or Treat

On October 29, MHSAs participated in the annual Trunk or Treat event. Thank you to everyone who stopped by our booth to grab some candy and say hello! It was such a fun and memorable experience. Our volunteers joined in the Halloween spirit by wearing scrubs splattered with fake blood, dressing up as spooky doctors and nurses.



Monster Medical Word Search

Upcoming MHSAs Events

Remember to mark your calendars because the STEM Workshop is just around the corner! On November 15th, from 9:00 AM to 3:00 PM, there will be hands-on activities, interactive projects, and career exploration in science, technology, engineering, and mathematics (STEM). This will be an excellent opportunity to acquire new skills, collaborate, and have fun while expanding your knowledge of the STEM field. Don't miss out and mark your calendars to attend this inspiring day of learning and innovation! Additionally, MHSAs has a number of fun activities planned for this month. We'll be doing presentations at a middle school on November 7th and 22nd, which will be a great opportunity to meet younger students and introduce them to MHSAs. On the 14th, an internist will visit and give us an informative lecture about this medical specialty and his experiences. Finally, on November 17th, we celebrate MHSAs Night, which is an evening dedicated to our academy and its students. November is going to be busy and inspiring, so make time for all of these activities!

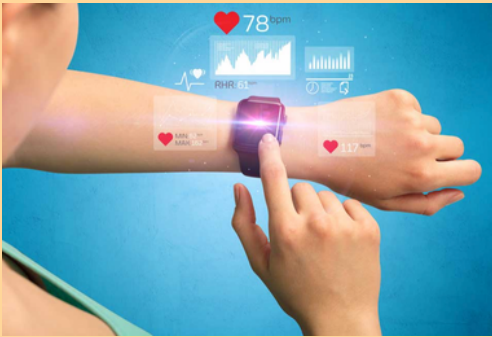
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| Bat | Blood | Brain |
| Doctor | Heart | Muscle |
| Nurse | Vein | Virus |
| Zombie | | |

Topic of the Month:

How Wearable Health Tech is Revolutionizing Patient Monitoring (Smartwatches, continuous glucose monitors, and sleep trackers improving chronic disease care)



*Want to help write our
monthly MESA
newsletters??*

We will be posting a google form next month, and we need 6 volunteers to help out!

How Wearable Health Tech is Revolutionizing Patient Monitoring.

Wearable health tech isn't just fashion. It's now changing how we take care of ourselves. These tools, from wrist sensors to implanted monitors, like smartwatches and fitness trackers, provide continuous monitoring and customized treatments. Now, you can check your heart rate, see how well you slept, track your steps, or monitor your blood sugar, all with a quick glance at your wrist.

What really makes this tech special is how it alerts both you and your doctor if something is wrong. You don't have to wait for a health scare. Especially for anyone who is managing chronic conditions like diabetes, high blood pressure, or heart disease, these devices are a game-changer. No matter where you are or what time of day it is, they enable you to take control of your health instantly.

Preventing Health Problems Before They Happen

One of the biggest advantages of wearable health devices is prevention. These devices collect real-time data from the body and can alert users when something isn't right.

Wearable health devices have demonstrated significant potential in effectively managing chronic diseases. For example, real-time glucose readings from continuous glucose monitors (CGMs) have improved glucose management and enabled more accurate insulin treatment. Studies have shown that CGMs can potentially reduce hemoglobin A1c levels in type 1 diabetes, improving overall diabetic health. Additionally, wearable devices that monitor heart rate (HR), blood pressure (BP), and pulse during moderate exercise can aid in managing cardiovascular diseases by identifying any possible arrhythmias.

Improvement Over the Years

The primary purpose of wearable health devices when they were first introduced was to track workouts or steps. Early models were simplistic and unreliable. These gadgets are now far more developed and dependable, also helpful for medical applications due to substantial advancements in sensors, software, and artificial intelligence over time. Modern day wearables Tech can check blood oxygen levels, evaluate stress using skin sensors, and monitor cardiac rhythms, including atrial fibrillation. Continuous glucose monitors now connect directly to smartphones, which gives you instant updates and alerts. These advancements have transformed wearables from simple fitness tools into powerful health monitoring devices that can truly enhance patient care.

For more information go to <https://pmc.ncbi.nlm.nih.gov/articles/PMC11461032/>

