

April 2004

Volume 4, Issue 1

THE SCOOP



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The R.O.T Rally '04

Just around the corner and quickly approaching is the Republic of Texas (R.O.T.) Biker Rally for 2004. Taking place from June 3rd 2004 thru June 6th 2004 at the Travis County Expo Center it will include a parade of motors and a free concert on Congress Avenue Friday June 4th. This party will be going on from 7 p.m. to 1 a.m. and is the work of Roadstar Productions. MSET-TX is looking for volunteers to help us with this event. We still need First aid personnel with TDH certification at the ECA level or higher. We are also looking for Amateur radio operators. (continued on Page 6).

Capitol 10 K

The 2004 Capitol 10K was an unprecedented success. Over 14000 runners raised money that will stay here in Central Texas. Local Hams made an impressive showing. No portion of the course was left unmonitored. APD Motor units and other officers did an excellent job of controlling the vehicular and pedestrian traffic while ensuring runner safety. Our team answered several calls for event participants, most between the four and five mile markers. I am given to understand that the after party was a smash also.

AHCC 2004 10TH ANNIVERSARY

Ride through broad valleys, over sweeping vistas, and gently rolling hills. The Armadillo Hill Country Classic is your chance to experience the best that Central Texas has to offer cyclists — at any experience level.

Featuring nearly every imaginable mileage option from 14 to 120 miles, and plenty of excellent rest stops with experienced, professional SAG support, the **Armadillo Classic** is your chance to set a new goal and achieve a new personal cycling milestone.

This year, we feature the 120 mile **metric century** option that we introduced, but admittedly didn't fully explain last year.

Don't be late at the starting point either because riders attempting the 80, 100, and 120 mile options must arrive at our 30-mile-point "Dillo Door" before 10:30 am.. Otherwise they will be directed to continue on one of the shorter options. **Armadillo Classic** riders on-site registration & packet pickup begins at 6:30. The ride starts at 8:00 a.m. Also noteworthy is the 6.5-mile **Kids and Family Ride** with a separate starting point in Bertram where kids ride free with a parent or guardian who only pays \$10 to ride. (Continued on Page 4)

THE UNTRAINED WILL DO CHEST COMPRESSIONS ONLY

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New procedures for heart victims aimed at saving more lives

Paramedics will take heart attack patients to hospitals that do angioplasties; in cardiac arrest, the untrained will do chest compressions only By Mary Ann Roser

AMERICAN-STATESMAN STAFF
Thursday, March 4, 2004

People suffering heart attacks and cardiac arrest in Travis County are the targets of new procedures approved Wednesday aimed at saving more lives.

Under new protocols expected to take effect soon, Austin-Travis County Emergency Medical Services will take people suffering from heart attacks only to Travis County hospitals that perform balloon angioplasties.

The change, approved by a Travis County Medical Society committee, comes after major studies last year found that angioplasty is superior to drug therapy in unclogging blocked arteries that cause heart attacks.

That means paramedics still will take a patient to the hospital of his or her choice, but only if it is: Brackenridge Hospital, the Heart Hospital of Austin, North Austin Medical Center, Seton Medical Center, St. David's Medical Center and South Austin Hospital.

They won't go to Round Rock Medical Center, Seton Northwest or Seton Southwest because those hospitals don't do angioplasties, said Dr. Ed Racht, medical director of Austin-Travis County EMS.

No hospitals in Williamson, Hays or Bastrop counties perform angioplasties, but Round Rock Medical Center plans to do so later this year.

Although the Travis County action has no effect on the other counties, it could provoke regional momentum to review procedures and it has sparked discussions in those counties.

Austin-Travis County paramedics also will have access to more drugs that can be started intravenously in heart attack victims before they arrive at the hospital, said Dr. Pat Crocker, chairman of the medical society's emergency medical services committee.

In another change expected to benefit heart patients, EMS communications medics who tell callers how to save cardiac arrest victims will forgo mouth-to-mouth resuscitation instructions and direct them to do chest compressions only.

Research has shown that crucial minutes are lost trying to give untrained rescuers two sets of life-saving instructions. Some people also are squeamish about giving mouth-to-mouth respiration.

All the changes were approved by Crocker's committee Wednesday, and EMS will put them in place during the coming weeks.

"These changes are a real positive for the community and raise the standard of care provided by EMS to even higher levels," Crocker said. "Our hope is better patient outcomes and more lives saved."

Racht said he didn't know how long it would take to train his staff of nearly 400 paramedics and get the word out to hundreds of others, such as firefighters, who respond in emergencies.

There will be an education process," he said. "I've got to figure out the scope of the implementation."

The changes have been discussed for months, and the angioplasty debate roiled the waters of hospital competition. But there seemed to be less debate about the move toward chest compressions.

(Continued on Page 6)

WOMEN'S HEART HEALTH QUIZ

- Q1.** Breast cancer is the #1 cause of death in women in the United States.
 True False
- Q2.** Research has suggested that women who take a "baby aspirin" (81 milligrams) every day for at least 3 years:
 A. Could increase their risk of a heart-related death by 33%
 B. Could increase their risk of a heart-related death by 10%
 C. Could decrease their risk of a heart-related death by 10%
 D. Could decrease their risk of a heart-related death by 33%
- Q3.** Both men and women benefit from cholesterol-reducing drugs. However, men are prescribed the drugs more often than women are.
 True False
- Q4.** Which of the following statements is true?
 A. Smoking may be even more hazardous to women's health than it is to men's.
 B. Women under 45 who smoke at least a pack of cigarettes a day are up to 7 times more likely to have a heart attack than their nonsmoking peers.
 C. Smoking increases the risk of stroke, especially among women over the age of 35 who are taking birth control pills.
 D. All of the above
- Q5.** After having children, women are significantly more likely to exercise regularly.
 True False
- Q6.** The National Cholesterol Education Program recommends that men's HDL ("good") cholesterol level should be at least 40. The American College of Cardiology recommends that women's HDL cholesterol level should be at least:
 A. 30 B. 35
 C. 40 D. 45

- Q7.** In rare cases, healthy women could develop high blood pressure and/or diabetes during pregnancy.
 True False
- Q8.** In the long run, repeatedly gaining and losing significant amounts of weight ("yo-yo dieting") tends to result in:
 A. Successfully achieving a desired weight goal
 B. Greater skill in losing weight quickly
 C. Weight gain
 D. None of the above
- Q9.** Women are twice as likely as men to survive their first heart attack, and are less likely to have a second attack within one year.
 True False
- Q10.** Research has shown that moderate alcohol use may be heart-healthy for some people. Moderate alcohol use is defined as no more than 2 drinks per day for men and:
 A. No more than 2 drinks per day for women
 B. No more than 1 drink per day for women
 C. No more than 1 drink per week for women
 D. No more than 1 drink per month for women
- Q11.** Because hormone replacement therapy (HRT) has shown cholesterol-lowering effects, the American Heart Association recommends it for all women with high cholesterol.
 True False
- Q12.** Women are twice as likely to develop varicose veins as men are.
 True False

Your score on this self-test is not as important as the fact that it could help solidify your knowledge of women's heart health and might even teach you something you didn't know about this very important topic. To complete the self-test, simply select the most correct answer for each question you will find the correct answer and additional information about that topic on page 7. You may calculate your final score at the end of the self-test. Note: This quiz consists of 12 questions.

Motorcycle Special Events Team of Texas

Open Recruitment for MSET-TX
 To be a full member you must be a licensed motorcycle operator with an FCC amateur radio operator's license. And/or TDH certification at ECA, or above or be a Licensed Paramedic . To be an associate member you need to hold any of the current TDH certs. as listed above and or an FCC Amateur Radio operator's License. For more information or to apply contact: ray@mset-tx.org

Donate as much as you like - We don't mind a bit. We'll use your contribution to enhance our kids bicycle safety education & helmets program. **Send your registration forms and/or donations to:**

*Armadillo Hill Country Classic
c/o Austin Cycling Association
P.O. Box 5993
Austin, TX 78763*

AHCC 2004 10TH ANNIVERSARY

(Continued from front page)

Registration for this friendly ride starts at 9 am at the Bertram Municipal Park on Vaughn St in Bertram. The ride starts at 10 am.

The Armadillo is one of the most popular rides in the Central Texas region and certainly the best value. Your registration fee supports bicycle safety education & free bike helmets for central Texas children.

Whether you're riding to have fun with the family, take pictures or if you're seeking a noteworthy physical challenge, the Armadillo has it all. Register now! Everyone receives a free T-shirt and gets to participate in an excellent cycling experience while supporting a worthy cause.

www.austincycling.org

April 9th - Texas Rollergirls Blackout

On April 9, you, your friends, and all of the Texas Rollergirls will meet up at Jackalope to get the silliness started. We'll have some cocktails, make a little small talk, then disperse around town. Your mission, should you choose to accept it, is to find hidden treasures and complete activities to fill up your Blackout card.

We'll all meet back at Jackalope at the end of the evening to see who is the big winner... and award some kick-ass Rollergirls prizes.

The best news? Even if you lose the scavenger hunt, you still win! **Room 710** and **Beerland** have agreed to give everyone participating in the Blackout half-price on their cover charge.

COMBINE THE DETECTING SKILLS OF A SCAVENGER HUNT, THE "I CAN PLAY EVEN IF I'M A LITTLE DRUNK" FUN OF BINGO, AND THE GENERAL MAYHEM OF THE TEXAS ROLLERGIRLS AND WHAT DO YOU GET? THE TEXAS ROLLERGIRLS BLACKOUT!

Central Texas Storm Spotters WX Net Class

Thanks go to Jeff Draper N5SSI, Founder of the TSSI and Southern Coordinator for CTSS for putting together an excellent Weather Net class presented Saturday April 3rd, 2004 at the new CTECC. I'd also like to Thank Lee Cooper W5LHC for his help to make the class possible along with Greg Turner K5GJT of TSSI and CTSS and Sean Rutherford KD5SQH meteorologist with KXAN TV 36. Jeff and Sean co-presented the information to about 40 local hams representing such groups as TCARES, WCARES, TCREACT and MSET-TX. Weather Nets are generally

activated by The NWS, NOAA, or the local EOC. There are three levels of Weather Nets. Level one is called when there is a Watch active or pending. This is generally an open and informal net. Level two is called when a severe weather watch or warning has been issued. A level two net is controlled and all traffic goes through a net control operator. This level is for staging. Level three is a closed net. This level is called when a warning has been issued and severe weather is imminent. (cont. on page 6)



EMERGENCY PLANNING IN THE WORKPLACE

(Continued from March 2004)

Preparing for a crisis is critical whether a person, family, organization or company is directly or indirectly affected. Emergency planning in the workplace is important for several reasons. First, preparedness in the workplace enhances a company's or organization's credibility and image with employees, customers, suppliers and the community. It may also facilitate compliance with federal, state and local regulatory requirements. It enhances the organization's ability to recover from a disaster and may have a direct impact on recovering from loss of market share as well as preventing regulatory fines and financial losses resulting from business interruptions. Most importantly, however, it fulfills the moral responsibility of the company to protect its employees.

A successful approach to emergency preparedness in the workplace involves a few steps. The first thing an organization should do is identify a planning team with concrete leadership. Company leadership should recognize that by involving their employees in the planning process, crisis/emergency plans are then created with a sense of ownership. It is critical to foster a sense of control and involvement company-wide. This "buy-in" will hopefully result in employee cooperation, and more importantly, overall coordination, during an actual emergency. Corporate leaders are responsible for making sure that all of the necessary organizational support is in place; leaders and employees at all levels should have development opportunities and access to training.

The next steps are the review of existing internal plans and policies (such as fire and life safety, security and business continuity plans), establishing a budget, and meeting with outside groups such as government agencies, community organizations, consultants and utilities in order to analyze the

organization's capabilities and potential hazards. By developing a crisis/emergency plan, and addressing the organizations needs in the areas of direction and control, communications, life safety, property protection, community outreach and finally recovery and restoration, management is better equipped to protect personnel, equipment and property, and is in a better position to quickly resume operations.

By acting on recommendations made during a risk assessment/vulnerability analysis, the very first step in any planning process, the company or organization can then take steps towards implementing the plans, by integrating them into company operations and training employees, and subsequently establishing safety as part of their corporate culture.

Finally, in the aftermath of a traumatic event, organizations and corporations should be aware of ways to move forward in its wake. An organization wants to do the best it can to prepare its employees physically and emotionally for traumatic situations, and there are resources available to facilitate this process. Things such as stress reduction programs, workplace violence training, disaster preparedness training for employees, managers and supervisors, all aid in taking steps towards recovery. Ideally, the organization's emergency and crisis planning team will have identified trained mental health professionals within their respective Employee Assistance programs or even within their communities who would be able to respond in the event of a traumatic occurrence. These professionals meet with management and employees, and may offer services such as de-briefings and informal counseling.

About the Author

Steven Kuhr is Senior Vice President of Kroll Inc. (Nasdaq: KROL).

As a senior vice president he serves as practice leader of the Kroll Emergency Management Group.

Mr. Kuhr is a veteran emergency manager who joined Kroll in January 2001. Prior to that he served as a Deputy Commissioner of the City of New York Office of Emergency Management.

For more information go to www.krollworldwide.com, email:

skuhr@krollworldwide.com or you may call Steven at (212) 593-1000.



Cont. on back page

(Continued from page 2)

COMPRESSIONS ONLY



*There is now a Ham
friendly Radio Shack in
Austin.*

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Austin TX, 78741
512-441-4292

Robert **KC5BRZ** is the
Assistant Manager

In cardiac arrest, a person's heart stops pumping blood, causing the person to abruptly lose consciousness and stop breathing. If the heart isn't started within minutes, there can be irreversible brain damage and death.

"It takes too long, and it's too difficult to train them to do CPR over the phone," said Barbara Sadlowski, training center coordinator for the local chapter of the American Heart Association.

Racht said children under age 8 will still receive mouth-to-mouth resuscitation because most of their cardiac-arrest events are respiratory-related, and breathing assistance is essential.

In heart attack cases, not everyone having chest pain is a candidate for angioplasty. Although doctors recommend calling 911 if a heart attack is suspected, paramedics perform an EKG to determine whether there was an acute myocardial infarction, a sudden interruption of the blood flow to a part of the heart.

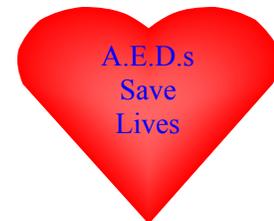
About 1.2 million Americans suffered heart attacks in 2001, and 42 percent died. But of those who got to a hospital, more than 90 percent survived.

Angioplasty, in which a tiny balloon is inflated inside the blocked artery, can be used on most patients and succeeds more than 90 percent of the time. It has better success rates and can be used on more patients than clot-busting drugs.

All six Travis County hospitals that do angioplasties offer them around the clock, but they must call in teams after-hours to set up procedures in the cardiac catheterization lab. Ideally, an angioplasty should be accomplished within 90 minutes after the person arrives at the hospital door.

Racht and others discussed whether EMS should consider how long it takes the on-call team to get ready when determining where to take patients. But that was not a consideration Wednesday, he said.

There was a commitment by everyone at this meeting that the quicker you got those target patients in the cath lab, the better," he said.



Weather Nets (continued from page 4)

R.O.T. Biker Rally 2004

FCC licensed amateur radio operators, to help with the communications at the Travis County Expo Center. Communicating and logging same with Rally Security, Officials, EMS on site and the County Communications center. Not only will this be a learning experience and a fun event, but there will be other perks that we of the MSET-TX would like to surprise folks who are kind enough to volunteer. I can tell you that you will receive free access to the event and be fed while on duty.

All operators who do not have Priority One Traffic should monitor the net unless they are specifically requested to turn in a report. Priority One traffic is Rain > 2" per hour, Winds > 58 MPH, Hail > 3/4", (Hail should be reported in size by inch not marble size.) there is roadway or creek flooding, Danger to the public or property, or a wall cloud or funnel has been spotted. Operators are asked to give the nature and location of occurrence, is there any danger to the public? and their plan of action.

**The First responsibility of
every Central Texas Storm
Spotter is Safety.
Drive Safely- Spot Safely
Obey all traffic laws.**

A1. The correct answer is False

In the United States, cardiovascular disease claims approximately ten times as many female lives as breast cancer does. In fact, cardiovascular disease claims more lives than all forms of cancer combined.

A2. The correct answer is Could decrease their risk of a heart-related death by 33%

A study published in a 1996 issue of the *American Journal of Cardiology* suggested that female heart patients who took a low dose of aspirin (81 milligrams) daily for at least three years reduced their risk of heart-related death by more than one third. The Women's Health Study is a research project currently underway to collect and analyze more information about heart attacks, strokes and many other conditions commonly found in women.

A3. The correct answer is True. A 2000 study published in the *Archives of Internal Medicine* found that men were more likely to be prescribed cholesterol-reducing drugs than women were, despite a 1999 report published in the *Journal of the American Medical Association* that men and women benefit equally from the drugs.

A4. The correct answer is All of the above. Smoking may be even more hazardous to women's health than it is to men's. According to a 1996 study from *Circulation*, women aged 44 or younger who smoked at least a pack of cigarettes per day were seven times more likely to suffer a heart attack than women without a history of smoking. Smoking also increases the risk of stroke, especially among women over the age of 35 who are taking birth control pills.

A5. The correct answer is False. The cardiovascular health of all women, regardless of shape or size, is strongly dependent on being active. Unfortunately, women who have had children are less likely to take care of their own health by exercising regularly. In fact, a 2000 study from the *American Journal of Public Health* found that most American women do not exercise.

A6. The correct answer is 45 The American College of Cardiology recommends that women keep their HDL cholesterol levels at 45 or above, which is slightly higher than the level generally recommended for men.

A7. The correct answer is True Rarely, healthy women could develop pregnancy-induced hypertension (which could lead to a dangerous condition called *eclampsia*) or diabetes (*gestational diabetes*) during pregnancy. Other cardiovascular complications include varicose veins and peripartum cardiomyopathy.

A8. The correct answer is Weight gain "Yo-yo" dieting and other unhealthy strategies for losing weight can actually cause weight *gain* in the long run. Women are urged to learn how to eat a sensible, heart-healthy diet in order to 1) nourish their bodies every day, and 2) achieve and maintain a healthy weight.

A9. The correct answer is False Women are *half* as likely as men to survive their first heart attack, and significantly *more* likely than men to have a second attack within one year. Furthermore, diagnosing heart attacks can be more difficult in women than men because women tend to have less "typical" symptoms. Women are encouraged to learn all they can about preventing heart attacks and getting the earliest possible treatment if they experience any symptoms of a heart attack.

A10 The correct answer is No more than 1 drink per day for women Moderate alcohol use is defined as no more than 1 drink per day for women. Heavier alcohol use have been linked in some studies to breast cancer and/or heart problems (e.g., alcoholic cardiomyopathy).

A11 The correct answer is False Although HRT does appear to have cholesterol-lowering effects, the American Heart Association recommends cholesterol-reducing drugs as the first choice of medication for lowering cholesterol levels in both men and women.

A12 The correct answer is True

Women should avoid crossing their legs at the knees when sitting, which can create a strong back pressure on the veins of the leg. They should also avoid constrictive clothing such as tight girdles and knee-high or thigh-high stockings with strong elastic bindings.

The Motorcycle Special Events Team of Texas (MSET-TX) will be accepting donations of Radio equipment, Computer Equipment and Emergency Vehicle Safety Equipment such as lights, Sirens, Speakers, etc. MSET-TX is a non-profit organization under section 501 C 3 Of the IRS. Donations are tax deductible to the extent permitted by law.
We also accept motorcycles. ray@mset-tx.org

(continued from Page 5)

Motorcycle Special Events Team of Texas

P.O. Box 40452
Austin, TX.
78704
PHONE:
307-0763 Digital
Pager

E-MAIL:
ray@mset-tx.org



We're on the Web!
See us at:
www.mset-tx.org

Finally, by enlisting pre-identified trauma response teams or professional counselors to guide people through all of the normal responses to trauma, the organization as a whole gains strength- and employees are better prepared to function as individuals and within their communities. As individuals, our personal protection and that of our families, friends and neighbors are our number one priority. As emergency managers we are responsible for educating people how to extend that sphere of preparedness.

Who We Are and What We Do

We use our motorcycles and ham radios to provide communications for non-profit events. We have helped with the following events in the past: 3 M Half Marathon, Outlaw 100 Bike Trail, MS-150, Ride for the Roses, Capital 10K Fun Run, and the Katy Flatlander. As an added bonus, most of our motorcyclist are trained in First Aid and are First Responder qualified. Some members are Texas Department of Health Certified Emergency Care Attendants and Emergency Medical Technicians. Add that with motorcycle mobility and reliable two-way radio communications you have a pretty special team to help an event run smoothly and safely.

our communities, workplaces, homes, and into schools Citizens should make a commitment to not only protect their families but to become civically involved, thus creating neighborhoods and communities where citizens are active by contributing to the preparedness process. Once this message is spread, people will realize that everyone benefits in increased awareness and preparedness for any type of emergency, and subsequently can regain a sense of security in these uncertain times.

That is why we are named the "Motorcycle Special Event Team" and since we are not limited to just Austin we added "Texas" to our name. If you or somebody you know of is in charge of an event and would like to discuss using our services please contact us. ray@mset-tx.org We are recognized as a non-profit organization under 501(c)(3) of the Internal Revenue Code. All donations are tax-deductible to the extent permitted by law. We do not charge for our services and are supported solely by charitable contributions and grants.

MOTORCYCLE SPECIAL EVENTS TEAM OF TEXAS

P.O. Box 40452
Austin, TX. 78704

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CITY, STATE 00000**

