



Employee Spotlight



Sarah N., CPC-H
HIM Consultant

I was born and raised in Washington state. I've always worked in the medical field and have a passion for helping people. In 2005, I started my career as an outpatient coder and have loved it ever since. Being a coder is enjoyable to me because I like to 'sleuth', find the codes, and am always learning new things. Working remotely is my dream job (next to working with horses) and I enjoy working for On Assignment HIM very much.

In my spare time, I enjoy riding my horses, gardening, going to the beach, and road trips by either motorcycle or car. I love spending time with my 'furbids' as well.

I appreciate my recruiter David Solarsh and how well he has treated me - always there to answer questions and be the best he can be. OA is a great company to work for and I can't wait to expand my potential in the year to come.

May Is Skin Cancer Awareness Month. Follow These Nine Essential Tips To Protect Your Skin.

Source: www.skincancer.org

Since its inception in 1979, The Skin Cancer Foundation has always recommended using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however. Read our full list of skin cancer prevention tips and share them with your friends and family.

- **Seek the shade**, especially between 10 a.m. and 4 p.m.
- **Do not burn.**
- **Avoid tanning and UV tanning booths.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

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Ask The Expert

Does Your Heart-Burn for Some Relief?

At one time or another, everyone has experienced the burning in the chest that we refer to as heartburn. Stressed at work? Reach for the chalky pills in your desk drawer. Eat a greasy/spicy meal? Go for the bottle of "pink" medicine in the bathroom cabinet, take a swig, and hope for the best... 'til the next time.

However, if you're symptomatic at least twice a week or it's interfering with your daily life, it just might be time to pay a visit to your physician. More serious symptoms such as regurgitation or dysphagia (difficulty swallowing), chronic bloating, or other unexpected symptoms such as tooth decay, gingivitis, bad breath, earache, chronic cough, worsening asthma, recurrent pneumonia, hoarseness, pharyngitis/laryngitis, sensation of lump in the throat, and post nasal drip might be an indicator of a chronic digestive condition known as gastroesophageal reflux disorder (GERD). In any event, the lesson to be learned is—these symptoms shouldn't be ignored.

What is Gastroesophageal Reflux Disorder?

GERD occurs when acid found in the stomach to digest food refluxes ("flows back") up into the esophagus. When we eat, the stomach naturally produces acid to break down food in the stomach and the gastroesophageal sphincter acts as a valve to keep the acid in the stomach. Why doesn't the acid affect our stomachs the same way? Actually, sometimes it does. Under normal circumstances, though, special cells called mucosal neck cells on the prostaglandins in the stomach are designed to control this. They produce alkaline mucus to protect the stomach wall from its own acid production. Without it, the acid irritates the stomach itself causing gastric ulcers.

The esophagus, on the other hand, has no such protection and is unprepared to handle the acid.

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Employee Of The Month



Pete Ewas
**Associate
Recruiter**

I grew up south of Boston, Massachusetts with two younger brothers in a small town called Halifax. After graduating high school, I attended the University of Massachusetts, Amherst, double majoring in Psychology and Sociology. While attending UMASS, I was scouted by and eventually signed with a modeling and talent agency in Manchester, New Hampshire. Eventually I tailored my focus to screenwriting and filmmaking. Upon graduating last February, I sought a career in recruiting and started working for a company in Boston that hires internal employees for big corporations across the U.S.

Toward the end of last year I finally felt the time was right and proceeded to make a permanent transition to San Diego, California. I was interviewing with several staffing agencies and was very drawn to On Assignment HIM from the initial contact. I felt as though On Assignment HIM was the best cultural fit and also provided the best opportunities in terms of resources, benefits, and growth potential. I was also very excited to work within the HIM industry, as it has provided and will continue to provide stability as well as opportunity for growth. I have enjoyed my time with On Assignment HIM thus far and look forward to making a positive impact on the business while continuing to pursue my other passion for screenwriting and filmmaking here in San Diego.

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Prolonged exposure to acid causes damage to the delicate esophageal lining, and could cause an irreversible condition called, Barrett's esophagus—a precursor to esophageal malignancy.

Prevention

What can be done to limit or possibly prevent this condition? Most people can manage the discomfort of heartburn with lifestyle changes including stress management, weight loss, different food/beverage choices, avoiding smoking, and occasional OTC antacid use. Bear in mind, these will not heal damaged esophageal tissue. For people with GERD, these remedies may offer only temporary relief and they may need prescription medications, even surgery, to reduce symptoms.

Treatments

- Antacids that neutralize stomach acid.
- H-2 receptor blockers to reduce acid production.
- Proton pump inhibitors block acid production and allow time for damaged esophageal tissue to heal.
- Prokinetic agents strengthen the lower esophageal sphincter by emptying your stomach more rapidly and help tighten the valve between the stomach and the esophagus. *Note: these can be purchased at the store and also come in prescription strength. Your physician may also recommend a combination of these to increase effectiveness.*

Your physician may recommend a more invasive approach to treatment, such as:

- **Nissen fundoplication:** surgery to reinforce the lower esophageal sphincter (LES), usually by laparoscope (*see root operation Restriction via percutaneous endoscopic approach*).
- **EsophyX:** special instrument used endoscopically perform a transoral incisionless fundoplication (TIF) (*see root operation Restriction via natural or artificial opening endoscopic*).
- **Stretta procedure:** surgery to form scar tissue in the esophagus and damages the nerves that respond to refluxed acid, thereby strengthen the esophageal muscles (*see root operation Destruction*).
- **Linx:** procedure to insert a ring of tiny magnetic titanium beads that is wrapped around the gastroesophageal junction. The magnetic attraction between the beads is strong enough to prevent refluxing acid, but weak enough so that food can pass through it (*see root operation Insertion of extraluminal device*).

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- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your physician every year** for a professional skin exam.

To read more: <http://www.skincancer.org/>

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Coding Corner

Coding esophageal reflux in ICD-10-CM is a combination code to represent the GERD condition with or without esophagitis, and Barrett's esophagitis has expanded with combination codes as well to represent its severity:

- ⇒K21.0 Gastro-esophageal reflux disease with esophagitis
- ⇒K21.9 Gastro-esophageal reflux disease without esophagitis
- ⇒K22.70 Barrett's esophagus without dysplasia
- ⇒K22.710 Barrett's esophagus with low grade dysplasia
- ⇒K22.711 Barrett's esophagus with high grade dysplasia
- ⇒K22.719 Barrett's esophagus with dysplasia, unspecified

References:

- <http://www.refluxmd.com/learn/resources/2013-03-22/1745/gerd-symptoms-101-what-do-about-symptoms-gerd-disease>
- <http://www.mayoclinic.org/diseases-conditions/gerd/basics/treatment/con-20025201>

Who Knows?

This mammal gives birth to a newborn the size of two minivans parked back-to-back, their young drink 50-100 gallons of milk per day, and has a growth rate of 8 pounds per hour until they reach their full adult size. They can grow to a length of over 100 feet, weigh as much as 30 adult elephants, and its tongue alone can weigh as much as one elephant! Its heart is the size of a small car, and its blood vessels are large enough for a small child to crawl inside.

April 2014 WHO KNOWS?

And the winner is... **Anne B.!**

Answer:

The Autonomic Nervous System

Send your answers to:

kristin.walsh@onassignment.com

All correct answers will be put into a raffle for a chance to win a \$25 gift card from On Assignment HIM!



“If you put a crouton on your sundae instead of a cherry, it counts as a salad.”