



# WINTER Weekly

# Reader

Volume 22, Issue 05, February 10th, 2022

The Plano Rotary Club  
www.PlanoRotary.com

## UPCOMING PROGRAMS

**Feb 10th**  
**Michelle Hawkins**  
"City of Plano - Texas Forever Fest Overview"

**Feb 17th**  
**Patrick Nugent**  
**Military Photographer**  
"American Military Birds of the Air"

**Feb 24th**  
**Rick Cocker**  
"Samaritan Inn"



## FEBRUARY BIRTHDAYS

Hayden Padgett	Feb 01
Jason Kramer	Feb 07
Sam Greif	Feb 14
Rick Grady	Feb 27
Carrolyn Moebius	Feb 27



## ERRATA

**ERRATA** are becoming a frequent addition to the *Weekly Reader*. They will continue as long as **Sainted Editor** has **COVID** and must isolate over ZOOM.

Apologies are due to **Rick Horne** for my having trouble understanding his talk. He was born in Portsmouth, VA, not Virginia Beach. The gay hiker's name was **Wren** not Rence. He has submitted 10 of the 11 tallest peaks in CO, not the 10 tallest. His current boots weigh 2 lbs not 2 lbs each. His Shenan-doah hiking pack weighed 28 lbs total not containing 28 lbs of food and water. And I neglected to mention the "bear poop" photo (since I had no access to it). This is testament to the quality of ZOOM audio.

**He Who Shall Be Named Joe Camarena** opened the meeting at 12:12, enlisting **Peggy Fenwick** (today's photographer) for the Invocation and **Porcha Maten** for the Pledge.



Rick Horne reprised his role as **SGT. AT ARMS**, welcoming back prodigal sons

**Lenny Schwartz** and **Rick Maucieri** (Plano East Rotary). They were both Past Presidents of Plano Rotary and joined before it moved from the Southfork Hotel. There being no guests, Rick Horne warned us of the consequences (\$5) of a cellphone interruption and left the stage.



**John Caldwell** apprised us of the efforts to get the Four-Way Test Speech Competition off the block. 65 contestants necessitate more judges than he currently has on hand. Since the two-hour effort over the 6-day period (2/14-19) is minimal, those seeking to volunteer should contact him or **Karen Sheldon**. Nine members have already volunteered to judge, and John secured a 10<sup>th</sup>: **Janelle Twyford-Silvis** volunteered her husband!

Janelle then exonerated herself by seeking sponsors for our **BBQ**. Karen will circulate guidelines for potential sponsors, and interested parties can contact either Karen or Janelle. Joe did so immediately.

Porcha gave an report about our latest Interact club's fundraiser.

Not to be outdone, **Gary Garza** gave a large report about Habitat's efforts to build container homes in McKinney. His is the only group producing such homes for the homeless. The containers come from China.

**Maria Mott** said that she had witnessed Los Angeles' attempts to hide their homeless to prevent bad PR. Gary said that there were a lot of safety issues building a community of container homes.



He described his introduction to Plano as a result of a baby shower thrown for him and his he went on about an residency in TAMU. He continued speaking of a "high-level trauma program" and the "3rd epi-center" of major medical resources in Plano.

He spoke of the history of EMS (Emergency Medical Services) and "a hearse shows up at a hospital?" He mentioned that the advent of the Interstate Highway System (way before his time, Janelle!) that led to "high speed accidents" and the need to triage patients. All-in-all, "a fascinating career."



January's **ROTARIAN OF THE MONTH** was fêted to be a leader in the community who had taken on a Plano Rotary Project last quarter (Interact club), Porcha Maten. Joe also recognized John Caldwell for having

introduced Porcha to our Rotary Club.



He played audio of a 911 call explaining that the person on the call was having a heart issues.

Operators are trained to hear breathing sounds to make a rough diagnosis of cardiac trauma before medics arrive. If chest pain is present, six medics are sent: eight if cardiac

arrest, and all must be aware of the nearest fire station where help is present.

However, all the important "stuff" is in the ambulance. Dr. Gamber trains 400 first responders to "deliver babies and (re)start hearts." They're given 36 hours of such training annually. Surrounding cities send theirs here too.



EMTs live a hard life: "everything in hospitals is perfect," whereas life in the ambulance "is imperfect." His charges train on cadavers to deliver IVs and practice intubations. Heart attacks and strokes are "sent to the nearest hospital." The hospitals are warned before their arrival. Similarly for stroke victims. Three Plano hospitals have stroke centers.

Janelle arose to introduce the speaker. **Dr. Mark Gamber, DO**, has a Emergency Medicine degree and has over 20 years of experience in the medical field. He graduated from Univ. of North Texas Health Science Center Texas College of Osteopathic Medicine, University of North Texas Health Science Center at Fort Worth medical school in 2002. He is affiliated with Medical City Plano. Dr. Mark Gamber, serves as the Health Authority for the City of Frisco and as Medical Director for the Plano and Frisco Fire Departments.

In the case of septicemia, "blood pressure drops and heart rate rises." Dispatch is the first to receive the call, then the EMS, then the hospital. Firefighters must be conversant with the location of the nearest hospital for trauma, stroke, or heart attack.

Dr. Gamber thanked the Club for lunch, noting that he had "wolfed it down...like a ER doc."

In January of 2020, the first hint of covid-19's potential was the shutdown of a major Chinese city (Hunan). Triage is tough when the victim is unresponsive. Families resent his inability to assess, but "if everybody's mad at me, I'm where I ought to be." Dr. Gamber's overarching purpose is to "keep people safe."

## COVID Treatment Update

Two COVID-19 oral antiviral therapies received EUA from FDA, Paxlovid (Pfizer) and molnupiravir (Merck). Paxlovid and molnupiravir reduce the risk of hospitalization and death by 88% and 30% respectively, in patients at high-risk for severe COVID-19 when started early after symptom onset

Paxlovid is preferred and is available for patients age 12 years and older  
Molnupiravir should be considered for patients age 18 years and older

Sotrovimab (Xevudy) is the only authorized monoclonal antibody product expected to be effective against the omicron variant of SARS-CoV-2. There will be a pause on allocations of bamlanivimab and etesevimab together, etesevimab alone, and REGEN-COV on 1/3/2022

Here in January 2022, 100K have tested positive. And it's probably more since supply chain issues have reduced the availability of tests. The monoclonal antibody treatments are hard to find, and most don't work on the dominant strain of the virus, Omicron.

Dr. Gamber got a breakthrough infection, but, mild as Omicron is, he even "exercised through it all." Delta (and Alpha and others) affect the lungs, destroying alveoli. Omicron attacks primarily the upper respiratory paths, as does the common cold. (This keeps the victim ambulatory, infecting others, and maximizing the "birth" of new viral RNA, in keeping with Darwin's "survival of the fittest." So not killing the victim outright is a survival tactic.) Thus, Omicron has led to higher infection rates but lower hospitalization and death rates (per population...not absolutely).

Hospitals face not necessarily "a bed issue" but rather "a nurse issue," as the staff is hit with infections and others are burned out and retire from the profession. Reduced supply of staff but increasing demand have led to rising wages. 911 calls are backed up from the ER, ERs are backed up from ICUs, ICUs are backed up from nursing

issues. It's so bad now that EMTs must monitor potential hospitals for availability.

In Plano, 45% of population is senior, and that demographic is located primarily in the center of town. Plano has many elderly care facilities, and these are recommended after the second call to the PFD for lift of the fallen. In one egregious case (of a stubborn senior), the PFD fielded 100 such calls in a single year!




The future for medical care includes video doctor calls to "treat in place." The physician can then diagnose the problem and arrange for care which might involve something as simple as calling in a prescription. Plano hasn't such a policy...yet.

Joe thanked the speaker and, given the lateness of the hour, suggested that questions can be fielded after the meeting is over. He led us in the Five-Way Test and closed the meeting at 1:04.

### Omicron Update

- 2x-3x easier to transmit than Delta
- 3x more likely to cause household infection than Delta
- Omicron: cough, congestion, runny nose, fatigue, sore throat
- Delta: difficulty breathing more significant



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**Guests**

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