

# THE DIARC

**EMPOWERING  
PATIENTS,  
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**MIAMI EVENT!**

**OVERDOSE  
AWARENESS!**

**SPARKLE  
SISTERS!**

- 1 INTERNATIONAL OVERDOSE AWARENESS DAY: HONORING LIVES LOST AND WORKING TOWARDS PREVENTION
- 2 MIAMI EVENT FAQs
- 3 POLLUTION'S TOLL ON THE HEALTH OF PEOPLE AND THE ENVIRONMENT
- 4 CASE STUDY – PATIENT NOT BEING CARED FOR PROPERLY AND HOW SPECTRAL ANALYTICS PRECISION TELE-MONITORING CAN ASSIST PHYSICIANS TO PROACTIVELY MANAGE THEIR PATIENTS' CARE
- 5 SPARKLE SISTERS
- 6 WOMEN'S EMPOWERMENT: SINGLE MOTHERHOOD

## TABLE OF CONTENTS

# THE DIARC

# INTERNATIONAL OVERDOSE AWARENESS DAY: HONORING LIVES LOST AND WORKING TOWARDS PREVENTION

BY CHRISTINA DIARCANGELO



## Introduction

Every year, on August 31st, people from around the world come together to observe International Overdose Awareness Day (IOAD). This poignant day serves as a global platform to remember those who have lost their lives to drug overdose, raise awareness about the tragic impact of substance abuse, and advocate for prevention strategies. In this article, we delve into the significance of International Overdose Awareness Day, its objectives, and the collective efforts required to combat the overdose crisis.

Personally, my family has been impacted by the overdose crisis as my mom overdosed in 2021, and did not die, but struggled with opioid addiction most of my life. We can do better. We need to speak about overdoses and why this is happening worldwide. I hope this article sheds some light on the overdose crisis and what we can all do to help.

## Understanding the Overdose Crisis

The overdose crisis is a significant public health issue that affects communities worldwide. Substance abuse, particularly involving opioids and other illicit drugs, has resulted in an alarming increase in overdose-related deaths. These incidents not only cause immense pain and suffering to individuals and their families but also pose considerable challenges to healthcare systems and society at large.

## International Overdose Awareness Day: Objectives and Impact

Remembering Lives Lost: IOAD offers an opportunity for individuals and communities to come together to remember those who have tragically lost their lives to drug overdoses. Vigils, memorials, and awareness events are organized to honor their memory and advocate for compassionate and non-judgmental responses to drug-related issues.

### Raising Awareness:

One of the primary goals of IOAD is to raise awareness about the risks of substance abuse and the alarming number of overdose-related deaths. Education about the signs of overdose and the availability of life-saving interventions, such as naloxone, is vital in empowering individuals to respond effectively to overdose situations.

### Reducing Stigma:

Stigmatization surrounding substance use and addiction can prevent individuals from seeking help or accessing necessary resources. IOAD aims to reduce this stigma by promoting understanding, compassion, and support for those affected by addiction, emphasizing that substance use disorder is a treatable medical condition.

### Advocating for Policy Change:

IOAD provides a platform for advocates, healthcare professionals, and policymakers to call for evidence-based and compassionate drug policies. These policies may include increased access to harm reduction services, addiction treatment, and mental health support to address the root causes of substance abuse.

### **Meet the Author: Christina Diarcangelo**



**CEO, Chairwoman, President, Affinity Patient  
Advocacy**

# Questions about the event? We've answered some here!

## **WHEN IS THE MIAMI EVENT?**

November 4th 2023.

## **HOW CAN I BUY A TICKET?**

All the information for buying is on  
<https://www.affinitypatientadvocacy.org/events>

## **HOW MUCH ARE THE GENERAL ADMISSION TICKETS?**

\$35

## **HOW CAN I BECOME A SPONSOR FOR THE MIAMI EVENT?**

That's easy! Go to <https://www.affinitypatientadvocacy.org/events>.

## **WHERE IS THE EVENT LOCATED?**

1111 Lincoln Road Miami Beach, Florida 33139

## **WHAT IS THE DRESS CODE?**

It is a casual event.

## **HOW LONG IS THE EVENT?**

From 2PM to 6PM EST

## **WHY SHOULD I BE A SPONSOR?**

To show support and bring visibility for your company.

## **IS THE EVENT BEING LIVESTREAMED?**

Yes, we will be livestreaming at the event.

## **WILL THERE BE SILENT AUCTIONS?**

Online Auction begins September 1st through November 3rd. Silent Auction is only on November 4th during the event.



# Our Auction Includes...

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- Pittsburgh Steelers Cam Hayward #97 Signed 8x10 photo
  - Milwaukee Bucs Bobby Portis Jr. Signed Jersey
- ...and so much more!!

Merchandise!



Get your tickets now at  
[affinitypatientadvocacy.org](http://affinitypatientadvocacy.org)!

# POLLUTION'S TOLL ON THE HEALTH OF PEOPLE AND THE ENVIRONMENT

BY KAYLA MARION



Pollution is a word we've all heard many times, and at this point many people have come to regard it as a part of daily life. It's a hidden danger, a deadly danger, that cannot be turned off with a switch or button. One such pollution is coal. It lingers and enters our bodies when we breathe in the air around us. It can originate in factories and causes many harsh health risks, for people and the environment.

Coal is a fossil fuel, meaning that it comes from very heated, strongly compressed biological matter. A big reason for coal use is that it is inexpensive for companies to use in mass production. The price leads these companies to use coal; less cost of production means a bigger profit, and also more expansion of business due to a higher number of customers (lower cost of production leads to a decreased selling price.)

When factories burn coal, an unfortunate by-product is created, called PM 2.5. PM 2.5 is a group of very small particles that can irritate and damage a person's lungs, as well as enter their bloodstream if too much is inhaled; it can even damage a person's heart and cardiovascular system. PM 2.5 can heighten COPD (Chronic Obstructive Pulmonary Disease), and can also block a person's lungs, decreasing lung function. More symptoms consist of wheezing, coughing, or difficulty breathing.

People with medical conditions should be especially careful. For people with cardiovascular diseases, PM 2.5 can lead to an irregular heartbeat and even heart attacks. People with asthma should also be careful because exposure to PM 2.5 can lead to aggravated asthma.

That's not all; the environment also suffers. When PM 2.5 falls from the wind and mixes into water or the ground, its acidic nature can be disastrous. This can be seen when PM 2.5 makes lakes and streams acidic. It leads not only to the death of aquatic animals, but also to the depletion of nutrients in soil affected by the PM 2.5, which damages sensitive forests and farm crops. PM 2.5 also damages the delicate balance of forests, by lowering the diversity of ecosystems and leading to the death of many innocent animals.

PM 2.5 is found in the United States, along with other harmful pollutants. Many factories still burn coal, despite the option of other healthier power sources.

It's important to fight this pollution not only for the environment but also because some of our closest and most dear family members are more susceptible to it. This includes children and older adults. They are the most likely to be negatively impacted by particle exposure in the atmosphere, and promoting a better, less expensive production power source might help save lives.

## Meet the Author



**Ambassador,  
Affinity Patient Advocacy**



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Wednesday, September 13, 2023 at 12:00pm



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# CASE STUDY – PATIENT NOT BEING CARED FOR PROPERLY AND HOW SPECTRAL ANALYTICS PRECISION TELE-MONITORING CAN ASSIST PHYSICIANS TO PROACTIVELY MANAGE THEIR PATIENTS' CARE

BY CHRISTINA DIARCANGELO



If a healthcare system fails to manage a patient with congestive heart failure (CHF) by using opioids and the patient repeatedly tests positive on toxicology screens, it can lead to several failures and negative outcomes. Below are some potential issues.

The first issue is the illegal abuse of opioid while being diagnosed with CHF. If a patient is obtaining opioids from an illegal source, it will only worsen the patient's condition. CHF requires comprehensive management involving medications like diuretics, beta-blockers, ACE inhibitors, and lifestyle modifications. If opioids are used inappropriately as treatment, it can result in inadequate control of CHF.

The second issue is the side effects of using Opioids. Opioids carry a range of side effects, including respiratory depression, constipation, sedation, and addiction potential. Using opioids without a clear medical indication in CHF patients can expose them to unnecessary risks and complications. Moreover, if the patient tests positive for opioids on toxicology screens, it suggests potential misuse or abuse, which further increases the risks associated with opioid use. It is up to the healthcare provider to take a stand to assist patients that are abusing opioids.

The third issue is the failure to address underlying issues regarding the patient who is abusing opioids. If the healthcare system solely focuses on addressing the underlying causes of congestive heart failure. But reviewing the entire patient's medical history maybe then the patient's mental health disabilities will be worked on. By not doing so, this type of patient management neglects critical aspects of the patient's care. CHF often requires lifestyle modifications, dietary changes, fluid restrictions, and management of comorbidities like hypertension or diabetes, and review of a patient's mental health. By not addressing these factors, the healthcare system fails to provide comprehensive care to the patient.

The fourth issue is missed opportunities for interventions by not truly treating the patient wholly. CHF is a complex condition that requires a multidisciplinary approach. By not managing the patient appropriately and addressing the underlying issues, the healthcare system misses opportunities for interventions that could potentially improve the patient's quality of life and long-term outcomes. This may include cardiac rehabilitation, patient education, mental health assistance, and involving other specialists like cardiologists, nutritionists, and physical therapists.

The fifth issue is the lack of coordination and continuity of care. Inadequate management and repeated positive toxicology screens suggest a lack of coordination and continuity of care within the healthcare system. Effective management of CHF requires close monitoring, regular follow-ups, and a collaborative approach among healthcare providers. Failure to coordinate care and ensure proper communication can lead to fragmented and suboptimal care for the patient.

The sixth issue is ethical concerns. If a patient repeatedly tests positive for opioids on toxicology screens, it raises ethical concerns about potential substance abuse issues or diversion of medication. The healthcare system should address these concerns proactively, ensuring appropriate interventions and referrals to addiction specialists or pain management experts if necessary.

It is important to note that the specific circumstances of each patient's case and the underlying reasons for the use of opioids and toxicology screen results should be thoroughly assessed by healthcare professionals to fully understand the failures of the healthcare system in managing the patient's condition.

The patient that I was describing above passed away at age 43 from Covid but primarily due to his heart not functioning when he got diagnosed with Covid due to previously having CHF. Covid was the cause of death, but the underlying issues were severe mental health disabilities and congestive heart failure. This patient had been treated in the same hospital around 18 times prior to the diagnosis of Covid and then death. Every time the patient was admitted to the hospital, a toxicology screen was completed, and he tested positive for opioids and other illegal drugs. Nothing was done to help this patient. He was not being monitored. He left behind two children (ages 6 and 25). That patient was my brother, Albert J. DiArcangelo, II.

The solution that can be executed in this instance is the utilization of Spectral Analytics Precision Tele-Monitoring ([www.spectralanalyticsptm.com](http://www.spectralanalyticsptm.com)). The system is designed to enable physicians and health care providers to be proactive with their medical care. The ability to see all labs, medical record, biometrics due to the wearables per patient as well as any admittance into hospital is key in a patient's overall care.

The Spectral Analytics Precision Tele-Monitoring system was designed to be intuitive, informative and can monitor the subjects through the artificial intelligence bots 24 x 7 days a week. The system does not go down and it guarantees visibility for all medical professionals attached to their patients. Spectral Analytics Precision Tele-Monitoring fires alerts to the patients' medical staff when a medical instance is occurring. The system becomes the eyes and ears for the physician and other health care professionals. Spectral Analytics Precision Tele-Monitoring was built to improve patients' lives and in the same way ensuring that the patients stay alive. We save lives.

To learn more about Spectral Analytics Precision Tele-Monitoring, please email us at [kimberly@spectralanalytics.net](mailto:kimberly@spectralanalytics.net).

## **Meet the Author: Christina Diarcangelo**



**CEO, Chairwoman, President, Affinity  
Patient Advocacy, CEO, Spectral  
Analytics Precision Tele-Monitoring**





*Check out some of our products!!*



# Women's Empowerment: Single Motherhood

BY EDEM ATSU



The love of a mother for her children is a force so strong that when present, no task seems too big, no problem too daunting. Stories have been told time and time again of mothers of all ages, backgrounds, and even species putting their lives on the line for their children. Somehow, despite all this, single mothers are often ridiculed and villainized.

My mother often quotes an old African proverb that loosely translates to: 'without a father you will stay in the rain, but without a mother you will go hungry and thirsty.' The meaning of the adage is clear. Without a father, there will be some things missing, like shelter, but without a mother, you may not receive the essentials of life.

I have experienced this first-hand. Growing up, life in a single-parent household was not easy. We often lived paycheck to paycheck, and in-between we relied on the grace of God and the kindness of neighbors. My mother had to be everything. She was the main guiding hand in the lives of myself and my three siblings, as well as the main breadwinner. She was the Atlas of our lives, carrying the entire family's well-being on her shoulders. Sometimes her knees would buckle, constantly her muscles ached, but she could not falter in her duties if she wanted her family to survive. It was through watching her that I learned two very important lessons in life: 1) that a strong will and good work ethic are essential to making it through life, and 2) that the world is not kind to single mothers.

My mother fought and continues to fight to keep my siblings and I on a path that will yield future peace and success for our lives. As she did and continues to do so, I see the world's unkindness towards her. Cutting remarks about her having to raise her children by herself, people who believe they can give her children more than she can. Why is it that she is the bad guy when she's the one who stayed?

According to an article by CNN, roughly one-third of American children are being raised by a single parent. A 2018 Pew Research Center study of data put out by the US Census Bureau shows that 81% of those parents are mothers.

The data shows that in cases not including the death of a partner, mothers are more likely to be the main providers in their children's lives than fathers. Despite this, single mothers are continuously bashed by others, both online and in everyday life, simply for the fact that they have decided to stay and provide for their children. Terms such as 'baby mama', 'well-fare queen', and even the term 'single mother' itself are often used in a derogatory manner, as to insult and demean women who are raising children on their own.

Mothers are often looked at as the responsible party for their children, simply because they are the ones who gave birth to them. But, from watching my mother and having the privilege to be raised by her, I see that there is a difference between simply being a woman with children, and

being a mother. To be a mother is to make a conscious choice to be there for your child. It is to understand and accept that you may not be thanked for what you do, but to do it anyways simply because of love. It is to overlook the vitriol and hurtful comments, to ignore the side eyes and whispers and to do what you have to do for your family to survive.

In regards to being a single parent, Kate Winslet once said: "You always have to carry on. And you can, because you have to."

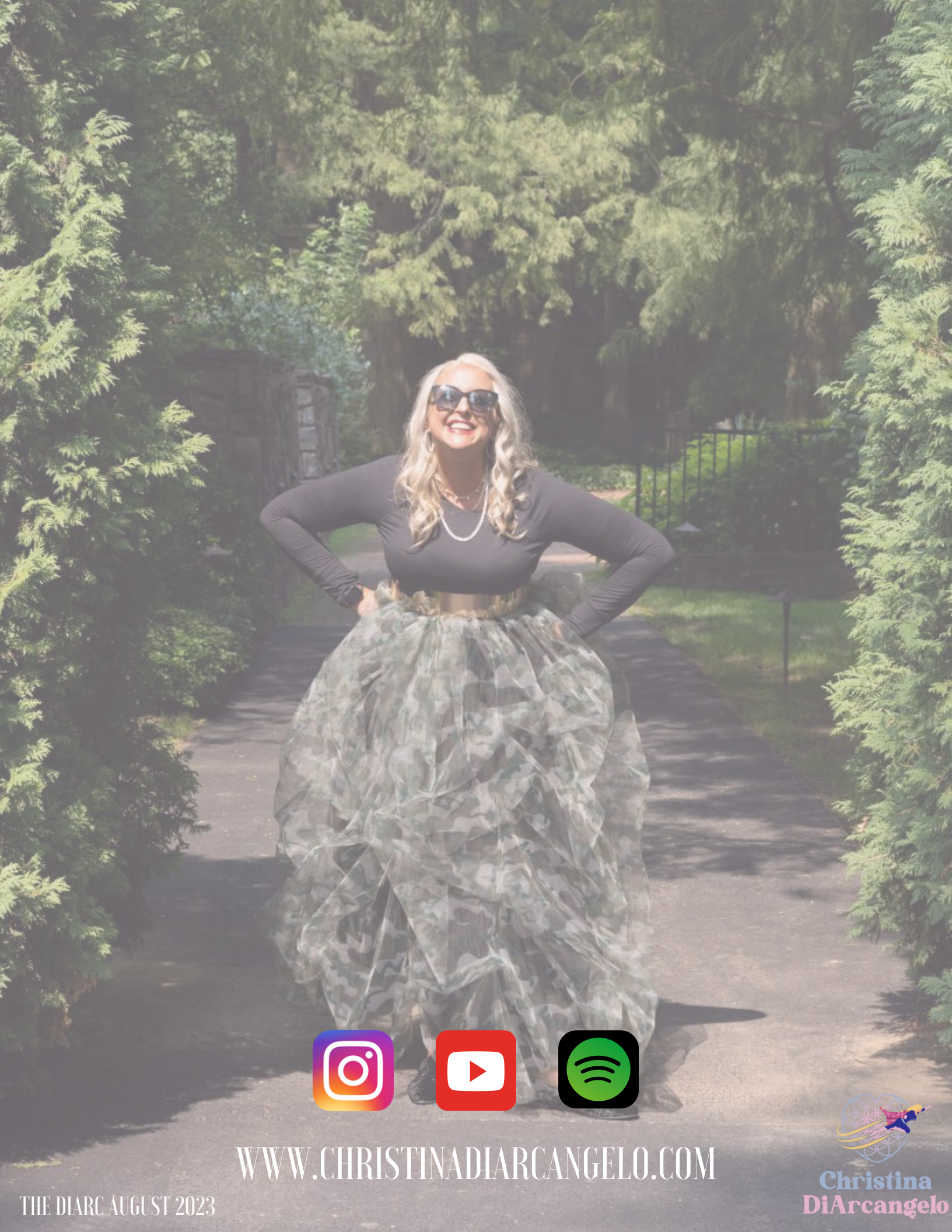
Being a single mother is hard, often thankless, and unforgiving, but for many women who find themselves in that position, none of that matters. Despite the antagonism of the world, they push forward. To be a single mother is to have true strength.

## **Meet the Author: Edem Atsu**



**Ambassador,  
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THE DIARC AUGUST 2023



**Christina**  
**DiArcangelo**