

Spring/Summer 2017

HealthCare Happenings

Newsletter of the Regional Business Services HealthCare Team



AYUMETRIX's Research Scientists have impressive credentials:

Abeer Eltanawy has a BSc in Chemistry and Zoology, a PgDip in Medical Toxicology and an MA in Endocrinology; is affiliated with the American Chemical Society, and speaks English, Arabic, German, and French. **Amrita Lama** has a Doctorate in Biochemistry and Molecular Biology and was a postdoctoral researcher at Oregon Health and Science University. Both of them have been great assets to the laboratory and have contributed significantly right after getting trained in AYUMETRIX's innovative model of laboratory testing. The company's proprietary technology uses a revolutionary sample collection device for health and wellness monitoring. Dr. Sanjay Kapur was assisted by **Kim Davis**, WorkSource Oregon's **On-The-Job Training (OJT)** Coordinator, in formulating a

AYUMETRIX: Your Wellness Advocate (with a little help from WorkSource and OJT)

Everyday is an exciting day at AYUMETRIX's facility in Tigard. Why wouldn't it be? Its mission is *"to create widespread adoption of an innovative model of laboratory testing that demonstrates near term potential to elevate the quality of life, and extend the length of life, for all."* AYUMETRIX, a company that partners with clinicians all around the world, originates from two words "AYU" which means "Life" and METRIX, which means "Measurement." Its "Blue Droplet" logo with the colors of water depicts a happy and healthy life. Check out their website at: www.ayumetrix.com

Founder and CEO **Dr. Sanjay Kapur**, an entrepreneurial executive, scientist, speaker, anti-aging expert

and educator, recalls when he first had the vision over 25 years ago of changing the practice of medicine. The individual is placed in the driver's seat of health and wellness through better and smarter diagnostic tools and access to advanced research. *"When I first came to the US nearly 3 decades ago armed only with this big vision, my PhD and \$200, I was driven to make this vision a reality,"* shares Dr. Kapur. He had lost both parents through medical mistakes, and was bothered by how much money is spent on medicines and medical research yet chronic diseases keep increasing. *"We come in by providing easy and convenient diagnostic tools."* **Dr. Sonia Kapur**, Sanjay's wife, is the COO and Laboratory Director. According to Sanjay, *"she is the brains behind all the technologies we use in the lab and is a great leader and role model for the lab staff."*

WorkSource Oregon's partnership with AYUMETRIX began in April 2016, when Dr. Kapur was introduced to **Marem Flores**, Regional Business Specialist for HealthCare, by Steve Thompson, the VP for Business Development of Automation Solutions. Steve had met Dr. Kapur at an Oregon Biosciences Association event, heard about his challenges as an emerging company, and immediately thought of connecting him with WorkSource for his hiring and training needs. Marem then met with Dr. Kapur at his Tigard office, toured the laboratory, and discussed his staffing needs, including how OJT could help with training new hires. Since that meeting, Dr. Kapur has added 2 full-time research scientists to his team. Dr. Kapur's advice to his fellow employer-entrepreneurs: *"We need to recognize that everybody brings special expertise. Our duty is to recognize everyone's potential and utilize their skills not just to advance the company but to help each employee grow his/her career. At AYUMETRIX, employees are like family; this is their company and we are responsible for one another."*

AYUMETRIX is hiring!

Check out [JLID#1825209](https://www.oregon.gov/WorkSource/Training/On-the-Job-Training/Pages/JLID#1825209) for this exciting On-The-Job Training position as a Research Assistant and Laboratory Technician. *What would make one a good fit for this position?* Aside from the background in biological sciences and at least a year's experience with ELISA, mass spectrometry, LCMS, and HPLC, these qualities would make one stand out, as shared by current Research Scientists Abeer and Amrita:

**never stop learning and keep yourself updated*

**read scientific newsletters and learn new languages*

**get more involved and show your potential to your team*

training plan for Abeer and Amrita. Now that they have been in their roles for over half a year, both share what makes their work at AYUMETRIX exciting:

"Everyday is a NEW day for me as I apply not only my skills as a scientist but have also learned to program and create a database from scratch!" Abeer

"It has been REWARDING for me as I apply my scientific passion in the lab and develop assays and troubleshoot issues." Amrita



Dr. Sanjay Kapur

Dr. Sonia Kapur



Abeer Eltanawy and Amrita Lama

Photo by Marem Flores

HealthCare Happenings

Baby Boomers:

As a huge portion of our population known as Baby Boomers* is approaching retirement age, there is an increasing need for health care workers in the labor force to serve this group. A holistic approach known as the *Biopsychosocial aspects of aging* is the key to managing all portions of the process. Elise Kedersha, our job listing writer, explains this approach in the article below. Questions or comments? Email Elise at: elise.s.kedersha@oregon.gov

Elise's Vocabulary

The Biopsychosocial aspects of aging:

Biology

- relates to the types of physical diseases one can encounter in the aging process, some of which are generic and some of which are due to lifestyle
- knowledge and willingness to get health assessments and to make healthy changes may contribute to longevity

Psychological aspects of aging

- these includes memory loss, illness, and disease that can contribute to the significant rise in depression among older adults
- without contributing to the workforce or other sense of purpose, depression can be very risky and should not be ignored
- it is important to determine if a medical condition or medication can be contributing to the depression for which a doctor or medical team can perform a complete assessment and recommend a treatment plan



Baby Boomer Card from Zazzle

*Baby Boomers refers to individuals who were born in America between 1946 and 1964; this surge of births occurred after the end of World War II and the Great Depression. By 1964, when the boom tapered off, there were about 76.4 million boomers, making up about 40% of the nation's population.

Social issues

- these play a significant role in the aging process particularly after retirement age
- loneliness is a huge factor due to loss of spouse or friends, isolation from adult children and inability to participate in physical activities
- stress is also a concern as financial resources decrease

So if you are bored and looking for something to do on these long summer days, call or visit a "baby boomer." They will probably have some very interesting stories to tell!

Wenzl's Wellness Wisdom

Are you sleeping enough? One in five Americans sleeps less than 6 hours per night. Lack of sleep puts you at risk for a number of chronic health issues: obesity, diabetes and heart disease. Want more sleep? There are a variety of potential fixes, one from Harvard Health Publications recommends that you **"Practice good sleep hygiene: use your bed for sleep only, block as much noise and light as possible, go to bed and wake at the same times each day, and get out of bed if you haven't fallen asleep within 20 minutes."**

When you feel more rested, enjoy the [summer activities](#) in Oregon! Check the link for a list of family-friendly things to do



Support Business, Promote Employment

Regional Business Services Team-Healthcare

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*"Just like moons and suns,
With certainty of tides,
Just like hopes springing high,
Still I'll rise."*

Maya Angelou

Service Technician

(Job Listing ID#1847790)

Office Coordinator/ Executive Assistant

(Job Listing ID#1849992)

Health Information Clerk

(Job Listing ID#1828335)

Check out more
opportunities at the
HOT JOBS [link!](#)



"Try to get some rest. I'll be in every few minutes to make sure you don't."