

The CHP Corner, January 2020

For CHPs, aspiring CHPs, and anyone else on the bell curve.



The American Academy of Health Physics

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A PRODUCTIVE AND EXCITING 2020 AWAITS US ALL

Dan Sowers, CHP Corner Editor

Welcome to 2020 everyone! Politics aside, I think this year looks quite promising for our field of health physics. For those of you with resolutions to exercise more, blend that sweat from exercise with math, cellular biology, and health physics to achieve your physical and mental goals this year! Weird, yes, but hear me out. Respiration frees electrons and moves protons in our mitochondria, with the processes increasing correspondingly with exertion. It is a very similar course of action to that which is initiated via ionizing radiation traversing a cell. So the next time you're out there sweating to a healthier you, consider calculating the number of radicals created – and naturally mitigated – simply by your increased respirations. Although not perfectly like the radicals introduced by ionizing radiation, it may help spawn a healthy discussion or two about the LNT model and the ALARA concept. You can thank me later.

Flanked by unfettered phases of Flow in writing my abstract and presentation for the [special session](#) Mike Mahathy and I are hosting at the 2020 annual meeting in National Harbor, I have been reading lots about the brain. I admit to having ample time out of the office in the last several weeks. My list includes *The Whole-Brain Child* by D. Siegel and T. Bryson, *Emotional Intelligence* by D. Goleman, and *A Whole New Mind* by D. Pink. With lots of research and insight into how the brain works and emotions are manifested and expressed, this short reading list will hopefully make the reader a better communicator!

One last thing, most are aware ICRP annals have been freed from their shackles of cost. Bookmark the page www.icrp.org/page.asp?id=5 to download and read up to ICRP 137 free of cost! Cheers to 2020!

ABHP EXAM APPLICATION REMINDER

Amy Wride-Graney, Program Director

Hey Jake and Jared and the rest of you, you're almost out of time! The deadline for the ABHP examination is January 15th. Please make sure that all parts of your application are fully submitted, and that you have given your references enough time to get their portion completed. Send Amy Wride-Graney an email at awride-graney@burkinc.com if you have any questions or need assistance with your application. Please push this message to those ready to sit for either part of the exam in July!

WILLIAM A. MCADAMS OUTSTANDING SERVICE AWARD: CALL FOR NOMINATIONS

Wei-Hsung Wang, CHP, Vice Chair, ABHP

The ABHP is soliciting nominations for this year's William A. McAdams Outstanding Service Award. This award is presented annually by the ABHP and the AAHP to honor a certified health physicist who has made a significant contribution toward the advancement of professionalism in health physics and to the certification process.

Nominees shall be CHPs who have served the health physics community through distinguished service with the AAHP or ABHP, in teaching, or in other areas that enhance the professionalism of health physics. This award may be bestowed posthumously.

Any member of the AAHP may submit a nomination. This nomination process is done online via the AAHP Members Only page (www.aahp-abhp.org/user/login). Nominations must be received by **1 March 2020** to be considered, so drop a nomination for that deserving CHP as soon as possible!