

# Health Career Observer



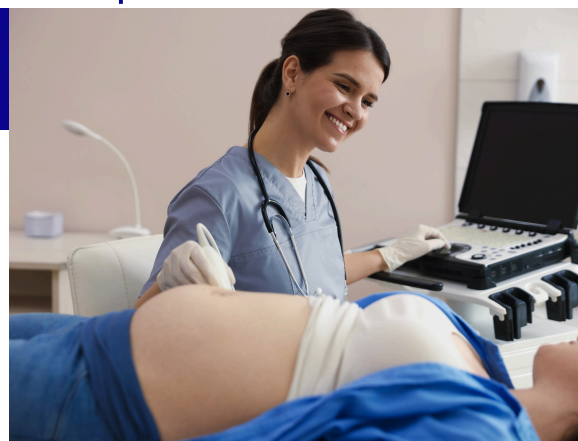
The Official Newsletter of the WNY R-AHEC

April, 2026

## Sonographer

**Diagnostic medical sonographers**, also known as ultrasound technicians, operate medical equipment that uses high-energy sound waves to create images of inside the body including organs and tissues. These images are known as sonograms or ultrasounds. Sonographers work closely with physicians and surgeons, who use the images to assess and diagnose medical conditions. The sonographer uses an instrument called a transducer to scan parts of the patient's body being examined. The transducer emits pulses of sound that bounce back and cause echoes. The echoes form an image on a computer that physicians can use for diagnosis.

**Average Annual Pay: \$89,000**



*"It is rewarding to provide high quality exams in order for the patient to receive the most accurate and most efficient diagnosis."*

-Ariana McKinney, Sonographer, Strong Memorial Hospital

## How Do I Become a Sonographer?

**PROJECTED JOB  
GROWTH RATE IS  
13% BY 2032**

The most common education path is a 2-year degree through an accredited sonography training program. Bachelor's or 4-year degrees are also available. Certificate programs are available to those who hold a degree in another allied health field. Certification is offered by completing a 2 or a 4-year program.

## What Does a Sonographer Do?

- ✓ Prepare patients by explaining the procedure to them and answering questions.
- ✓ Prepare exam rooms and maintain diagnostic imaging equipment.
- ✓ Properly position patients for imaging.
- ✓ Operate equipment to obtain diagnostic images.
- ✓ Review images to check for quality and adequate coverage of the areas needed for diagnoses.
- ✓ Analyze findings for abnormalities and other diagnostic information and provide a summary of findings to physicians.



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<https://www.r-ahec.org/>

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## A Professional Account

Ariana McKinney, Sonographer at Strong Memorial Hospital gives insight into a career in Sonography.

### What is the most rewarding part of your job?

*“Providing high quality exams in order for the patient to receive the most accurate and most efficient diagnosis and making them feel comfortable in the process.”*

### What is the most challenging?

*“Not being able to give patients the results when the patient is very anxious. Also, maintaining composure when discovering a new pathology.”*

### What advice would you give to someone starting out in this field?

*“When first entering the field, work in most challenging patient care environment you can (ie. Hospital/IP/ED). You can work anywhere after a few years of experience and have exposure from people that have been in the field longer than you.”*

### Anything else you want to share?

*“Ultrasound is a great career path as it pertains to versatility and technology continues to advance.”*



Click on the image for information on a career in Sonography

<https://www.youtube.com/watch?v=GYLfPP0UQWw>



Click on the image for a day in the life of a Sonographer

[https://www.youtube.com/watch?v=Mcl7\\_h4FmhE&t=28s](https://www.youtube.com/watch?v=Mcl7_h4FmhE&t=28s)



For more information visit the US Bureau of Labor or the American Registry for Diagnostic Medical Sonography

<https://www.bls.gov/ooh/healthcare/diagnostic-medical-sonographers.htm> or

<https://www.ardms.org/>

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## ST. BONAVENTURE HEALTH CAREERS CAMP



### Explore Your Future in Healthcare!

Discover what a future in healthcare can look like at this one-day camp! Connect with students and professionals, gain hands-on experience, and explore a wide range of healthcare careers.



#### CAMP INFO:

- 📅 July 30, 2026
- 🕒 9 AM- 3 PM
- 📍 261 W State St, Saint Bonaventure, NY 14778

Apply Now!



<https://www.surveymonkey.com/r/SBHealthCareerScamp26>

Deadline to Apply: June 15, 2026



Questions? Contact WNY R-AHEC (585) 786-6275 info@r-ahec.org

## Join Yes & Know: A Virtual Health and Wellness Study

**The Yes & Know study is a nationwide virtual education program for 14- to 19-year-olds, combining live group-based education with an interactive website.**

**Earn up to \$300 in gift cards and learn about life skills while supporting research to improve health education.**

**Includes topics such as:**

- Sexual Health Education
- Building Healthy Relationships
- Nutrition and Healthy Eating Tips
- Reaching Your Education and Career Goals

**The study is entirely online.**

Attend 10 Zoom sessions, take 4 short surveys, and complete activities on a website to earn gift cards!

**Is this you, or do you work with youth who meet these criteria?**

- Age 14-19
- Can participate in English
- Live anywhere in the U.S. or U.S. territories

**Questions?**  
Email [yesandknow@etr.org](mailto:yesandknow@etr.org)  
Phone 510-379-5399

**Interested?**

Scan the QR code with your phone to answer a few screening questions.

**yes & know**  
a project of ETR

**HEALTHCARE PROFESSIONS**  
A Complete Guide to Careers in Health

## EMS CAMP

EMERGENCY MEDICAL SERVICES

**Experience the Thrill of Saving Lives!**

Step into the shoes of a first responder and learn about different EMS healthcare careers and the requirements, skills, and job duties. Experience hands-on training, real-life emergency simulations and guidance from certified EMS professionals.

**CAMP INFO:**

- 📅 July 22, 2026
- 🕒 9 AM- 3 PM
- 📍 Wyoming County Training Grounds 3651 Wethersfield Road Warsaw, NY 14569

**Apply Now!**

<https://www.surveymonkey.com/r/EMSCamp26>

**Deadline to Apply:** June 15, 2026

**Free Camp!**  
For Students in 9-12<sup>th</sup> Grade.  
Spots Limited!

Questions? Contact WNY R-AHEC (585) 786-6275 info@r-ahec.org

**Career Resource Guide**

## 2026 BEA SUMMER CAREER EXPLORATION CAMPS

**Camp BOCES**  
July 6 - July 10



**Tech Camp**  
July 13 - July 17



**Medical Camp**  
July 20 - July 22



**Camp Hard Hat**  
July 27 - July 31



REGISTRATION OPENS MARCH 31 AT 9 AM  
VISIT [WWW.BEAGENESSEE.COM](http://WWW.BEAGENESSEE.COM)

