



**COMMUNITY HEALTH
of SOUTH FLORIDA, INC.**

"Patient Care Comes First"

January — February 2016

HEALTHY BITS

Healthy Bits — A Newsletter Published by Community Health of South Florida, Inc.

Teen Dating Violence: a Widespread Tragedy

"Why did you talk to that other guy?"

"You can't go there without me."

"Give me your passwords."

This was the scenario of 16-year-old Veronica. She did not know it at the time, but this was dating abuse.

Ronbardo Gay, CHI's Coordinator of Special Programs sees first hand the effect abusive relationships have on teens.

"I get so involved with these teens. Like in the case of 16 year old Veronica (name changed for privacy reasons). She was in an abusive relationship and didn't even realize it," he said.

The Centers for Disease Control reports that nearly 1.5 million teens experience abuse from a dating partner in a single year. That's one in every ten teenagers who has been on a date. Teen dating violence is such an important topic that it has its own awareness month. Every February, organizations and individuals come together to highlight the need to educate young people on the issue.

As teens develop emotionally, they are influenced by experiences in their relationships. Unhealthy, abusive or violent relationships can have severe short and long-term negative effects on a developing teen. Young people who experience dating violence are more likely to have depression and anxiety, engage in behaviors such as tobacco, alcohol and drugs, have eating disorders, participate in risky sexual behavior and have thoughts of suicide.

Gay said dating violence is widespread. Many teens do not report it because they are afraid to tell friends and family.



"Usually they have no one else they trust, to talk to, so I have to gain their trust in order to help them," he said. "In Veronica's case she had completely lost her self esteem and self worth. I had to help her get it back."

Dating violence is not just one-on-one. A huge amount of dating violence is committed online. Social media plays a big part in violent acts and intimidation.

Many teens make the mistake of giving a dating partner their computer, email or social network password. This makes them much more likely to experience digital dating abuse.

Dating digital abuse is a form of verbal or emotional abuse which can include unwanted calls or text messages, pressure to send nude photos or videos, and the use of social media sites to bully, harass, stalk and intimidate. It is another way to control, degrade and frighten their partner, even when they are apart.

"Social Media is so very powerful. I don't think these teens realize how powerful," Gay warned. "It can be used to manipulate and intimidate. Many teens have committed suicide as a result of social media violence, bullying and intimidation."

But dating violence is not only committed by boys toward girls.

Ninety percent of boys in a study by the Centers for Disease Control reported that their worst incidence of dating violence perpetrated by girls "hurt very little" or "not at all." And most of them said they laughed at receiving the abuse. Boys violated by girls were most likely pinched, slapped, scratched or kicked.

Whereas, nearly half the girls reported "it hurt a lot" and physical injury required medical attention. The girls were much more likely to be punched and forced into unwanted sexual activity.

In many cases, teen violence and abuse carries over into adulthood. Not just from the treatment they experienced themselves, but what they saw in their own households growing up. If they came from a family that had domestic violence, it is likely they would carry this in their own families later in life. This is the only type of behavior they know.

Veronica chose to trust Gay. Under his care, she raised her self esteem and self worth. Veronica broke away from her abusive boyfriend. She formed a new relationship with her mother and siblings. Her boyfriend had a lot of control over her and manipulated her. Now she controls her life and no one manipulates her. Life has turned around for Veronica.

If you are a teen or you know of a teen who needs help. Call to make an appointment at CHI's behavioral health department (305) 252-4820.



A Message from the President

A new year and new opportunities are here for Community Health of South Florida Inc. We are working on continuing to expand our services to those in need. CHI hopes to open new centers again in 2016, including the ground breaking for our Children's Crisis Center. This project has been a long time coming and desperately needed for so many families that struggle with mental illness and other behavioral health related issues for their children. It will be the first free standing Children's Crisis Center in South Florida.



This year, CHI will continue to streamline its services to make improvements for our patients. Last year, we extended the hours for our pharmacies at Doris Ison and Martin Luther King/Clinica Campesina Health Centers to stay open until 10pm during the week. In addition, we added extended evening hours in our behavioral health and pediatric departments to help create greater access for all to care. CHI expanded its foster care program and opened an Optometry Department. We also opened the new West Kendall Health Center to make sure the residents in that area have a quality, convenient CHI location for medical, dental, OB/GYN and behavioral health services. In 2015, CHI proudly welcomed in its second class of medical residents. We also started to take our mammography team on the road thanks to the assistance of the Linda Fenner 3D Mobile Mammovan. Certainly, CHI will continue this momentum in 2016.

February is Black History Month. It's a time that we remember our founder, Doris Ison, a woman with just a 3rd grade education who had the heart, passion and persistence to create CHI because of a dire need in the community. During the month of February, CHI will showcase an historical display that shows Ison's heroic journey and tells the story of CHI and those that we serve. I encourage each of you to take a look at the inspirational display. You can find one set on the wall across from the pharmacy at our Doris Ison Health Center. The second set will be located at the Martin Luther King Health Center.

In closing, I encourage you all to make New Year's resolutions that involve your health. Resolve to see your doctor for your annual physical, dental and OB/GYN exams. That simple first step could save and prolong your life.

In prosperity,

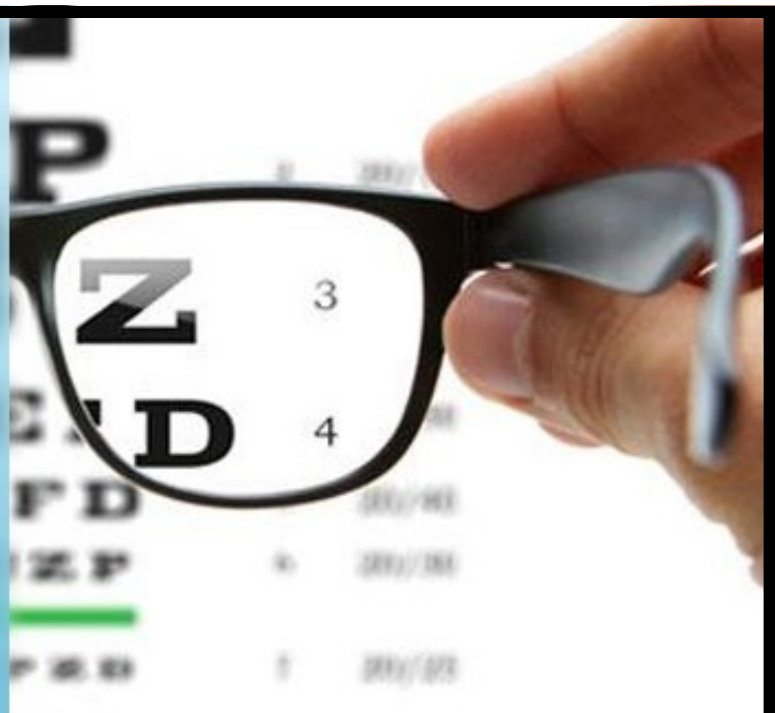
A handwritten signature in black ink that reads "Brodes H. Hartley Jr." The signature is fluid and cursive.

Brodes H. Hartley Jr.
President/CEO

CHI is now offering
optometry services at
the Doris Ison Health
Center.

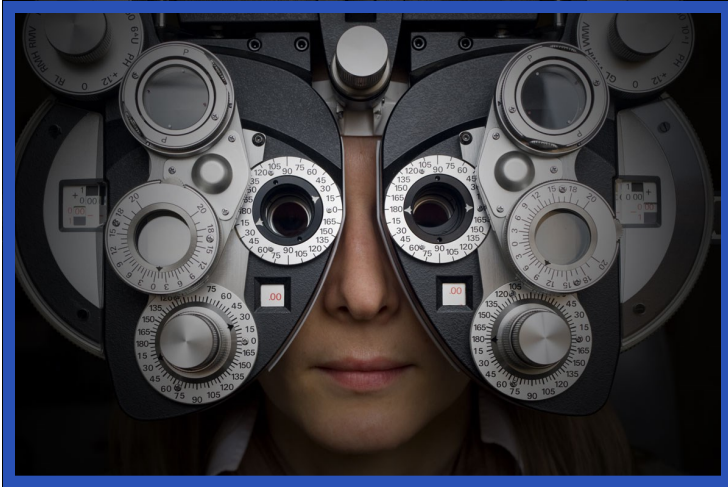
Call for your
appointment today.

786 272-2100



20/20 Doesn't Always Mean Healthy Eyes

Clear vision is not necessarily an indication of healthy vision warns Dr. Sarah Shafi, O.D. of the new optometry department at Community Health of South Florida Inc. (CHI).



“A patient could have perfect vision, but actually have tumors, other harmful conditions or diseases and not even know it,” Dr. Shafi explained.

Eye and vision examinations are an important part of preventive health care. A wide variety of tests and procedures are used to examine the eyes. CHI's new optometry department offers a comprehensive exam to determine the health of the eyes.

This type of exam is an evaluation of all the parts of the eyes and their functions. Among other things, it includes looking for tumors and other abnormalities that may indicate serious conditions, such as diabetes.

“I can tell from looking into the back of the eyes that a patient might have diabetes,” explained Dr. Shafi. “If they are undiagnosed, this is valuable information to have so the patient can be referred to the proper provider for follow up. Other diseases can also be detected through a comprehensive exam.”

Preliminary testing may include the evaluation of depth perception, color vision, muscle movement, peripheral or side vision, focus, the way the pupils respond to light and the risk for glaucoma.

In addition to testing, the CHI optometry department offers an eyewear showroom. An array of frames is

available for the patient to choose from. A skilled technician will fit the frames and help the patient select the style, shape and size that best suits their face.

Sisters Rosemary Smith and Mary Wilson, longtime patients of CHI, welcome the new optical department.

“I can't remember the last time I had my eyes checked,” said Wilson. “I'm 78 years old and I know I have problems. This will give me a reason to have them looked at.”

Accessibility was also important to the siblings.

“This makes it so convenient. I depend on CHI transportation to get me to my appointments,” added Smith. “And to have them at the same place on the same day as my other appointments sure helps out.”



Dr. Sarah Shafi, O.D. conducts eye exams at the Doris Ison Health Center

To keep your eyes healthy make an appointment by calling 305-252-4820. Appointment times begin at 8:30am on Mondays and Tuesday at the CHI Doris Ison location, 10300 SW 216 Street, Miami, Florida 33190. CHI's vision department accepts Medicaid, Medicare, Argus, Advantica, Davis Vision and offers the uninsured a sliding fee scale based on income.

Diabetic Medication Management Now Easier

Diabetics who rely on injectable insulin are finding relief in a more concentrated, long lasting form of the medication. Many type 2 diabetics are changing their medication regimen to one that requires much less maintenance. The trend began recently with Trulicity and soon, others manufacturers followed suit.

Trulicity (dulaglutide) was the first non-insulin injectable diabetes medication to come out with a once a week injection. Previously, type 2 diabetics had to inject their medicine on a daily basis. When combined with diet and exercise the new regimen helps keep their diabetes under control.

Toni Bowen-McDuffey, Pharmacy Director at Community Health of South Florida Inc., said the concentration is the key.

“This type of diabetes medicine is not insulin,” said Bowen-McDuffey. “It’s a different format that is three times more concentrated which allows it to be injected just once a week. This is a big relief for insulin dependent patients.”

These diabetic medications is becoming more and more popular as other pharmaceutical companies strive to produce their own once-a-week blood sugar management medications. As the competition becomes more competitive, Bowen believes prices will drop, making them more widely affordable to the uninsured.

These types of drugs have benefits other than week long blood sugar management. These benefits include keeping food in the stomach longer so the stomach feels full for a longer period. This can also help with maintaining a healthier weight or even losing weight, although it is not approved for these reasons.



Toni Bowen-McDuffey,
CHI Pharmacy Director

Proper diabetes management education is crucial. The effects of diabetes on the body can be devastating, or deadly.

“Some patients with diabetes don’t always follow treatment instructions as they should. That means they don’t get the full benefit of treatment,” explained Bowen-McDuffey. “Doctors and pharmacists have to re-train their patients who are not familiar with medications such as Trulicity. They are used to daily injections and have to be careful not to over medicate with this new prescription. It’s an educational process.”

If you are a type 2 diabetic and are interested in more information on new means of diabetes management or just want to be tested, call CHI for an appointment at 786-272-2100.



CHI
FOUNDATION
"Patient Care Comes First"

*Swing with the Pros in the
Glen Rice Celebrity Golf Tournament*

*Friday
April 1, 2016*

**Celebrity Fundraising Event
GOLF TOURNAMENT**

Raising Funds for
Community Health of South Florida, Inc.

Shula's Golf Club
7601 Miami Lakes Drive
Miami, Florida 33014

For golfing and sponsorship info:
call (305) 252-4853



CHI COMMEMORATES WORLD AIDS DAY

While modern medicine has made great advancements in the treatment of HIV/AIDS, the number of people infected with the illness continues to rise. On Dec. 1st Community Health of South Florida held a special World AIDS day event to commemorate the lives lost and help educate people about the need for precautions.

It included both somber and uplifting moments. CHI team members lit a candle in honor of those who have died from the disease. Later in the program, Kelly Reyes performed an inspirational dance to the tune of "I Believe" by Yolanda Adams.

"World AIDS Day is an important time to reflect on how far we have come over the past thirty one years," said Allison Madden, Asst. Vice President for Care Management at CHI. "The advent of Highly Active Anti-Retroviral Therapy (HAART) offers hope to the tens of thousands of people suffering from this disease. No longer does a diagnosis of HIV mean an automatic death sentence. Instead, we see the transition of HIV from a fatal disease to one that is chronic but can be managed over one's lifetime. "

CHI's C.A.R.E.S department, an acronym for Comprehensive AIDS Resources and Education Services, has been managing patients with HIV for more than three decades.

"We do HIV testing and counseling and we link patients to medical and dental care, nutrition counseling, medication assistance and much more," said Tabitha Hunter, CARES Manager.



Rokecia Conley, Outreach Specialist, conducts free HIV testing at the 2015 World AIDS Day event.

On that day, Hunter's team offered free HIV testing. In Florida, Miami Dade County had the highest number of HIV cases in 2014. It's estimated that nearly 1 out of every 8 people do not know they are infected. Routine HIV screening helps get HIV positive individuals into treatment, improving their health outcomes and reducing the potential of the virus to be transmitted to others.



CHI C.A.R.E.S. team lights a candle to commemorate the 2015 World AIDS Day.

FUNDRAISER TO BUILD CHILDREN'S CRISIS CENTER



Glen Rice, Scottie Pippen and other Golfers attend the Annual Golf Tournament benefiting CHI.

When celebrities, like former NBA All Star Glen Rice, hit the links on April 1, 2016, they will be swinging with a greater good in mind. The annual Glen Rice Celebrity Golf Tournament raises funds for a variety of programs at Community Health of South Florida, Inc. (CHI).

"I am so proud to be a part of this fundraiser," said Rice. "I do it because I know the work that CHI does enables children, adults, people of all ages, to live life to their full potential. You can't win the game if your health is suffering."

For all too many South Floridians, access to quality healthcare seems unaffordable. Yet there is a place that is a beacon of hope for the uninsured and underinsured. For 45 years, Community Health of South Florida, Inc. has been providing medical care to those who would otherwise go without doctor's visits, medication and life saving treatments.

A significant percentage of CHI patients do not have the resources to pay for medical care. CHI is a neighborhood resource that gives and goes beyond the call of duty. Its comprehensive medical services offer a wide array of care under one roof: family medicine, pediatrics, OB/GYN, radiology, pharmacy, dental, behavioral health, urgent care and much more.

CHI is hoping to break ground on the new Dr. Jacquelyn T. Hartley Children's Crisis Center in South Dade next to its Doris Ison Health Center at 10300 SW 216th St. Miami FL 33190. The center would specialize in treating children who have been victimized by abuse and kids with psychological issues. Right now, there is no such place in the South Dade area, causing some families to drive all the way to Hialeah from the Keys and Homestead.

"This is a resource that the community can no longer afford to go without," said Brodes Hartley, CEO and President of CHI. "The children's crisis center is a sanctuary to heal these young, fragile lives and put them on the path to success."

The celebrity golf tournament will tee off at 1pm at Shula's Golf Club, 7601 Miami Lakes Dr., Miami FL 33014 on April 1st. The day includes golf and an awards ceremony/dinner reception afterwards.

To participate or sponsor call (305)252-4853.



Cervical Cancer: The Fight is Not Over

Cervical cancer used to be the leading cause of cancer deaths of women in the United States. However, in the past 40 years, the number of diagnosed cases of cervical cancer and the number of deaths have decreased significantly. This decline is largely due to screening and prevention practices.

Every January we are reminded of the continued battle against cervical cancer with an awareness month dedicated to the importance of having your pap exam.

Community Health of South Florida Inc.(CHI) has a large OB/GYN department. You can make a pap appointment with your OB/GYN doctor or you can ask your primary provider to do it. CHI has a third option, its Pap Clinic. The Pap Clinic doesn't require an appointment. It's quick and easy. You can walk in and get it done and check that off your busy list.

Maymone Cherubin, a Physician's Assistant at the CHI Pap Clinic encourages regular screenings. "Early on, typically no symptoms of cervical cancer are seen," said Cherubin. "We recommend women to start having pap exams at age 21. They should be repeated every 3 years unless an abnormality is discovered. At age 70 routine screenings are no longer suggested."



Later on, symptoms may include abnormal vaginal bleeding, pelvic pain or pain during sexual intercourse.

Cervical cancer is highly preventable because screening tests and a vaccine to prevent human papilloma virus (HPV) infections are readily available.

HPV is a virus that affects the genital areas, and others, of females and males. According to the Centers for Disease Control (CDC) there are 14 million new genital HPV infections in the United States each year. Approximately 50% of them occur in 15-24 year olds. HPV is the most common cause of cervical cancer. This virus is responsible for more than 90% of all cervical cancer cases.

Cherubin suggests to best ways to prevent HPV infection. "Other than abstinence from sexual activity, the HPV vaccine is the best prevention from cervical cancer," she advises. "At CHI we give this vaccine from the ages of 9 to 26, just as the CDC recommends."

When cervical cancer is found early, it is highly treatable and associated with long survival and a good quality of life.

An exam and pap test at the CHI pap clinic costs just \$30 for patients without insurance and is covered for those with insurance. In addition to the regular pap exams, mammograms and HPV treatment, CHI has a special program for elder patients.

Suyapa Fuenes-Alvarez, Patient Care Technician at CHI heads up the Florida Breast and Cervical Cancer Program at CHI. "This program is specifically for patients from ages 50-64," said Fuenes-Alvarez." If a patient meets the program requirements, they qualify for a comprehensive program of care all free of charge. And if abnormalities show up on these tests, further care is provided free of charge, as well."

This program, funded by the Florida Department of Health, provides a wide scope of exams and tests. Among them are a breast exam, mammogram, pap smear and pelvic exam. If follow-up tests and treatments are needed, they are included too.

To qualify for these services, other than the age requirements, the patient must be uninsured, meet federal income guidelines and be a U.S. resident for more than 5 years.

Although there has been a great decline in cases of cervical cancer over the years, the CDC's most recent statistics show that in one year 12,360 women in the United States were diagnosed with cervical cancer. That's 33 women every day. And 4,074 women in the United States died from cervical cancer.

The fight is not over.

To schedule an appointment for a pap, breast exam or a mammogram call 786-272-2100. To reach the Florida Breast and Cervical Cancer Program at CHI call 786-245-2716.

Fun Facts About the Human Body



It's on the tip of my tongue!

Oh, I loved that movie. You know, the one with what's her name. She starred with

you know who. And she won some kind of award.

You know the word and you know what it means, but you just can't quite spit it out.

Most of us have had a case of "tip-of-the-tongue" syndrome at some point. This is a real phenomenon that is actually so common it has a clinical abbreviation: TOT.

This phenomenon occurs when the left temporal and frontal area of the brain temporarily fail to work together to retrieve words or names stored in the memory.

Multi-tasking, fatigue and the natural aging process all contribute to the chances of having a TOT moment. But there's a simple trick that could help better retain and recall memories.

A research team from Montclair State University in New Jersey discovered that clenching the right fist immediately before trying to memorize something activates specific areas of the brain associated with memory formation and enables a person to form stronger memories. And clenching the left fist later

when trying to recall something may help with memory recollection, even if you didn't right clench first to store the information in your brain.

The test findings suggest that changing simple body movements affects the way the brain functions and can improve memory.

Any kind of information can get stuck, but names are the most common misplaced information. It happens mostly when trying to recall names and words that you know, but don't use frequently.

Most interesting is that deaf people can experience this phenomenon too. Since they communicate with their hands, with them it is called "tip-of-the-finger." (TOF)

So the next time you can't remember where you left your keys...clench!



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