



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

"Patient Care Comes First"

September 2014

HEALTHY BITS

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

CHI celebrates National Health Center Week

National Health Center Week was celebrated from Aug. 9-16 with a series of events from a health care forum to health fairs. Community residents learned how to improve their health through precautionary measures and how CHI can help them with prevention and urgent care.

At the health care forum held Aug. 12 at the South Miami-Dade Cultural Arts Center, health care experts explained the importance of signing up for the Affordable Care Act to get insured, as well as encouraging legislators to renew funding for the health care law.

"It's important to pass the message along to get preventative services. Doctors can detect diseases like colon cancer and heart disease before you get sick," said Hugo Huapaya, a spokesperson for the Affordable Care Act. "We need oral caregivers. Tell your neighbor. Tell your family. If you're not covered, get covered. If you're not covered, check to make sure you're in the right plan."

CHI has ACA representatives who can help patients determine which plan best fits their needs.

"It's easier now to describe which plan fits you better," Huapaya said. He added that people don't have to wait until the next open enrollment Nov. 15 to sign up.

The ACA is difficult to understand, Huapaya said, adding that he would need five hours to explain it. Instead, he highlighted the most important aspects. The act prohibits insurers



Congressman Joe Garcia, FL-26, center, Miss Homestead USA Dalgis Travieso and CHI President and CEO Col. Brodes Hartley Jr. stand with parents and children at the Verde Gardens Community Center Health Fair Aug. 14. At left, Clareth Davis and her daughters Chiquetta, 11, and Rikayla, 10, Saralya Valdez, 7, with her dad Antonio Valdez, in back, and Elizabeth Pender, right, attended the health fair with free screenings, food and fun.

from denying coverage to those with pre-existing conditions. Previously, pregnancy was considered a pre-existing condition. There were also limits that restricted people from getting insurance from a second insurance company and forced them to pay out-of-pocket fees.

"Affordable, high-quality health care is now available for everyone," he said.

Tom Van Coverden, President and CEO of the National Association of Community Health Centers Inc., said CHI is doing just that.

"You're truly a powerhouse in the community. You deliver the goods by having comprehensive services under

one roof," Van Coverden said. "CHI eliminates language, cultural and transportation barriers by getting people into care where it's convenient for them to save their lives, save money and save their livelihood. This is a life and death matter for far too many people. You've lead the way for the nation, and we're here to say thank you."

Van Coverden added how important it is to encourage legislators, through petitions and letter writing, to keep funding the ACA indefinitely.

"The hope is to send more money your way to complete the job," he said. "You need resources for the long haul."

A Message from the President

Now that the children are back at school, it's time for the rest of us to take a closer look at our own health. You probably got your child all the required vaccines and examinations to begin the school year the right way. So now you can focus on your own preventative well-being. Don't wait to go to the doctor when you are sick. Prevent illness from striking you.

September 20th is Take a Loved One for a Checkup Day. Take your neighbor; take your husband, your wife or a friend. Prevention and early detection could mean the difference between life and death with so many illnesses.

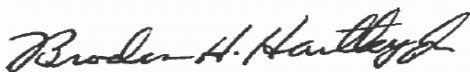
September is also Healthy Aging Month and Community Health of South Florida Inc. is committed to caring for our seniors. More than a year ago, we started a senior program at our Naranja Health Center and it has become very popular. It provides medical and behavioral support, interesting activities and field trips for our seniors. We hope to be able to expand the program soon to offer more services to more people.

Along those lines, CHI is starting to see the effects of the Affordable Care Act. We are seeing an increase in the number of patients with health insurance. That's a victory for us all. Despite this increased coverage, some have fallen back on old ways and only go to the doctor when they are sick. We need to change that mindset and learn to be pro-active. In addition, for those who still don't have health insurance, that ship has not sailed.

You can still meet one on one with any of our outreach and enrollment staff and they will help you fill out the necessary paperwork to enroll in a plan. Don't wait until the November enrollment period. Do it now and avoid the stress and the last-minute rush.

The philosopher Herophilus said it best, "When health is absent, wisdom cannot reveal itself, art can not manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

Sincerely,



Brodes H. Hartley Jr.



September is Women in Medicine month

Each September, the American Medical Association's Women Physician Section honors doctors who have offered their time, wisdom and support to advance women in medicine.

This year's theme "Innovators and Leaders Changing Health Care" reaffirms the AMA's commitment to increasing the influence of women physicians and advocating for women's health issues.

CHI recognizes all of our women employees who chose the medical field as their profession. Thank you!



CHI celebrates National Health Center Week



Brothers show off dinner plates from ChooseMyPlate.gov they got at the mall.



A woman gets a spinal scan at the Back-to-School Health Fair.



Instructors from LA Fitness give an exercise demonstration, with Dolphins mascot T.D. watching, at CHI's Back-to-School Health Fair at the Southland Mall Aug. 16.



A CHI dentist shows a mom her son's teeth and tells them how to keep them healthy.



A girl shows off her face painting at the Henry Schein Back-to-School Health Fair Aug. 9 at CHI's Doris Ison Health Center. There was more fun in bounce houses!



A girl gets her teeth checked at the Verde Gardens Health Fair Aug. 14.



Florida State Sen. Renee Garcia, in a pre-recorded speech, talks about the Affordable Health Care Act at CHI's Health Care Forum Aug. 12.



A boy gets his teeth checked by a Colgate's Bright Smiles Bright Futures hygienist at the Migrant Health Fair Aug. 13.

Ebola an epidemic in Africa, but U.S. still safe

While Ebola has already killed more than 1,200 people in West Africa, those living in the United States have little to worry about.

Although a few U.S. health care workers infected with the near-deadly disease were brought here for treatment, Ebola is unlikely to become widespread here because of advanced medical and precautionary techniques, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization.

In fact, the two U.S. health care workers, Nancy Writebol and Dr. Kent Brantly, were discharged in August from Emory University Hospital in Atlanta. Neither pose any risk to the public, the hospital reported.

The 2014 Ebola outbreak is one of the largest Ebola outbreaks in history and the first in West Africa. It is affecting four countries in West Africa: Guinea, Liberia, Nigeria, and Sierra Leone, but does not pose a significant risk to the U.S. public, the CDC reported.

"Despite Ebola becoming epidemic in Africa, our knowledge and awareness of it positions us to be safe," said Mary Ann Worts, Director of Education and Infection Prevention and Control at Community Health of South Florida Inc.

Ebola is spread through the population from direct contact: through broken skin and mucous membranes like the mouth, nose and eyes. It can also be spread with an infected person's blood, secretions or other bodily fluids like urine, saliva, feces, vomit and semen. Therefore, it is extremely important that two precautions are taken where the disease is prevalent: washing hands and wearing Personal Protective Equipment like masks, face shields and coveralls.

Facts about Ebola

You can't get Ebola through air

You can't get Ebola through water

You can't get Ebola through food

You can only get Ebola from touching bodily fluids of a person who is sick with or has died from Ebola, or from exposure to contaminated objects, such as needles. **Ebola poses no significant risk in the United States.**



Mary Ann Worts, CHI's Director of Education and Infection Prevention.

"Health care workers in the United States are required to practice standard precautions, regardless of the disease," Worts said. "When standard precautions are used, we are less likely to spread diseases like Ebola. Even if a person in the United States is thought to be infected, the patient will be quarantined until tests results prove the person is not infected."

Unfortunately, the death rate is 90 percent and there is no licensed specific treatment or vaccine available for use in people or animals. However, the new experimental drug ZMapp used on infected patients in Liberia as well as the two U.S. health care workers, has shown "very positive signs of recovery," the Liberian Ministry of Health reported.

The first Ebola virus was discovered in 1976 near the Ebola River in what is now the Democratic Republic of the Congo. Ebola has been transmitted to humans through the handling and eating raw meat of infected animals including gorillas, chimpanzees, monkeys and fruit bats. The disease is then spread through human-to-human transmission, including direct contact of a dead person, according to the World Health Organization.

Those infected with Ebola might not show symptoms from two to 21 days. Signs of the severe acute viral illness are the sudden onset of fever, intense weakness, muscle pain, headache and sore throat. This is followed by vomiting, diarrhea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding.

Even though there is little risk of being infected by Ebola here, the deadly disease can affect anyone. "Everyone in the world should know that prevention and control begins with each individual," Worts said. "Wash your hands more often. And, most importantly, if you are experiencing any of the symptoms, go to your doctor and get checked. Your health might be in severe danger."

Shot earns player nickname on basketball court

The crowd watching the CHI Basketball League could barely believe their eyes. When one of the players launched a basketball from half court in such a perfect arch that it swooshed through the hoop with nothing but net, a roar erupted from those watching and screaming in glee.

That's when Gerald Bastien was dubbed "The Parking Lot" for his skill at shooting a distance away from the hoop and sometimes as far as from the parking lot!

Bastien, a Health Information Management File Processor II at CHI, is one of dozens of employees who get together on the weekend to participate in the organization's basketball league.

"You should see him in action. He shoots the ball from mid-court," said Kerri-Ann Forbes, CHI's Wellness Coordinator. "We tease him that he should just shoot the ball from the parking lot. That's how he got his nickname 'The Parking Lot.'"

CHI Security Chief Maurice Hamilton gave Bastien the alias.



Gerald Bastien has earned the nickname "The Parking Lot" in CHI's basketball league.

"He earned that nickname because he shoots long shots. Now everybody is calling him that. Some players have nicknames, but nobody has a moniker that is highlighted like his," said

Hamilton. He said his nickname is the Old Man because "I'm one of the oldest ones out there."

The first time Bastien tried this feat successfully was in high school. But he had never tried it with his CHI team until last year.

"I knew I could do it, but it had been awhile. So I figured I should try it again. My teammates thought I was crazy as I attempted the shot from such a far distance. They went wild when I actually made it," he recalled with a smile. "The crowd went wild too."

At this point in the season, Bastien has attempted this maneuver three times, two of them successfully.

"It pumps up the crowd when they see me approach mid-court to attempt the shot. Their energy motivates me even more," he said. "Now that my team has seen me do this, they depend on me."

With the season still in progress, Bastien has already proudly declared himself MVP of the year.

Bastien belongs to the Wolfpack, one of four basketball teams in the league. The other teams are the Untouchables, the Bombers and the Brothers. They face off against each other weekly, all vying for the coveted trophy.

"I have the highest score of the season so far and I don't see it going any differently. So I think I deserve that title! There may be three other teams, but they don't scare me. We are called the Wolfpack for a reason; we hunt our prey," he chided. "The Untouchables will be touched! The Bombers will bomb out! And the Brothers play like sisters! No offense to the wonderful ladies who play on another team."

They play every Saturday from 6-8 p.m. at the Goulds Park Gym at 11350 SW 216 St., Goulds. Everyone is welcome to cheer them on!



Gerald Bastien, standing, is shown with his CHI basketball league team The Wolfpack.

E-cigarettes are not as safe as you think they are

E-cigarettes may be far more dangerous than previously believed, according to health studies. E-cigarettes may expose users to increased levels of toxic chemicals, including formaldehyde and acetaldehyde — the same types of toxins found in traditional cigarettes, according to a study published by Nicotine and Tobacco Research.

An e-cigarette, short for electronic cigarette, is a battery-powered device that simulates tobacco smoking by using heat to create a vapor that resembles smoke. The vapor is from a liquid solution that usually contains a mixture of nicotine, flavorings and chemicals.

While a voltage level allows users to control the amount of solution that is vaped, the higher the voltage, the more toxins are released, the study reported. The toxic chemicals include: formaldehyde, a known carcinogen; acetaldehyde, considered a possible carcinogen to humans; and acrolein and acetone, two chemicals known to irritate nasal, lung and/or mucous tissues.

“Some types of electronic cigarettes might expose their users to the same or even higher levels of carcinogenic formaldehyde than tobacco smoke. Users of e-cigarettes need to be warned about this increased risk of harmful effects,” said Maciej Goniewicz, a researcher at Roswell Park Cancer Institute in Buffalo, N.Y.

Some sellers and users of e-cigarettes say they are safer and cleaner than regular cigarettes because there is no smoke, ash or smell. However, health experts warn that the chemical levels and the long-term effects are unknown. According to the American Lung Association, there are at least 69 chemicals in cigarettes that are known to cause cancer, and many are poisonous.

“We know what are in cigarettes but we don’t know how many chemicals are in e-cigarettes,” said Ivan Castellanos, certified tobacco treatment specialist with the University of Miami Area Health Education Center.

Castellanos teaches a smoking cessation class at CHI and warns about the dangers of e-cigarettes.

He said the FDA found one e-cigarette brand to have antifreeze as an ingredient. “This triggers an alarm. E-cigarettes create the false sense that it’s safe, but it’s not,” Castellanos said.

Castellanos said he doesn’t have a problem with a free market society, but that manufacturers should be required to list what are in e-cigarettes. That may be happening soon. The FDA announced in April that it has plans to extend the agency’s tobacco authority to cover additional tobacco products, including e-cigarettes.



“Tell us what it is and sell it like it is. Don’t sell e-cigarettes to children and don’t sell it as it’s going to help you quit cigarettes,” Castellanos said.

But that’s not all, he said. He warned that e-cigarettes contribute to addiction because of the ritual and using paraphernalia.

“Addiction is based on psychological and physiological; e-cigarettes include both of those,” he said. “It’s still creating a habit of inhaling and exhaling and watching the smoke. But, it’s a release of smoke, not your emotions.”

E-cigarettes are becoming increasingly popular among smokers, especially where smoking indoors is banned, and even among non-smokers who see e-cigarettes as a social and fashionable thing to do with their friends.

E-cigarette brands, especially those like the blu eCigs brand, create marketing campaigns with a focus on taking back your freedom, or the right to smoke. The blu eCigs brand even markets its e-cigarette’s “signature blue light” as making you the coolest cat in a crowd with: “And doesn’t it set you apart from the crowd, with that high-tech glow?” The product even vibrates in your pocket to alert you of another blu user in the room, creating a social interaction, Castellanos said.

This makes e-cigarettes attractive to youth who were “born with electronics in their hands,” Castellanos said.

See e-cigarettes continued on page 7



Fun Facts About the Human Body

Borborygmy *WHAT???*: rumble in your tummy

Have you ever been in a group meeting, or at church, school, or another quiet gathering when your abdomen seemingly, without purpose, lets out a loud rumbling, gurgling noise? You embarrassingly sink down in your seat hoping no one would recognize you as the culprit.

You might have assumed this sound came from an empty stomach. But you had eaten and weren't hungry. So it wasn't a hunger growl. Then what was it? Borborygmy!

This oddly named occurrence is noise from the abdomen that is caused by the movement of the contents of the gastrointestinal tract as it is pushed by a series of muscle contractions through the small intestines.

The food is pushed against the intestinal wall, which creates the embarrassing noise. The process of these contractions, known as peristalsis, is the ultimate cause of borborygmy.

The sound you're hearing during borborygmy is the sound of your body going through the normal digestive process. Since the intestines are hollow, bowel sounds can



echo through the abdomen and can be loud enough to be heard outside the body.

Most bowel sounds are harmless and simply mean that the gastrointestinal tract is working. A doctor can check abdominal sounds by listening to the abdomen with a stethoscope.

You've surely heard the

announcer's famous opening to many boxing matches: "Let's get ready to rumble!" It's doubtful borborygmy is what he had in mind.

But you should be grateful for these annoying rumblings. The lack of bowel sounds could be indicative of intestinal obstruction or some other serious pathology that could be life threatening.



E-cigarettes, *continued from page 6*

"Youth understand reality through technology. Give them something that's addictive, combine it with technology and they're hooked," he said.

He added that if youth start with e-cigarettes, there's a good chance they will move on to real cigarettes.

One positive step is that since July 1, the state of Florida banned the selling of e-cigarettes to anyone younger than age 18. While it was already illegal for minors to buy tobacco cigarettes, cigars or pipe tobacco, the new law prohibits the sale of any "nicotine dispensing device" to minors.

The law makes it a misdemeanor to sell vapor smoking devices to minors and requires stores to post signs warning of the ban. For minors who are caught puffing, the penalty for first-time offenders is a \$25 civil fine or 16 hours of community service. Anyone under the age of 18 who is caught three times risks losing a driver's license.

"Tobacco remains the leading cause of death and disease in this country," Castellanos said. "E-cigarettes should not be used as a replacement for cigarettes or to help you quit cigarettes because they could cause a whole

range of new problems that we don't even know about yet."

CHI hosts a Free Smoking Cessation Class every Tuesday afternoon at the Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190. The English class is from 1-2 p.m. The Spanish class is from 2-3 p.m. Participants may just show up or contact Castellanos at ivancastellanos121@gmail.com or 786-384-2552.

If you can't make the Tuesday class, there are classes at other times and locations throughout South Florida. Just contact Castellanos to find out.

Connect with us online:



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

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CHI's locations from North to South

COMING SOON:
West Kendall Health Center
13540 SW 135th Ave.
Miami, Florida 33186

Coconut Grove Health Center
3831 Grand Ave.
Miami, Florida 33133
(786) 245-2700

South Miami Health Center
6350 Sunset Drive
South Miami, Florida 33143
(786) 293-5500

West Perrine Health Center
18255 Homestead Ave.
Perrine, Florida 33157
(305) 234-7676

Doris Ison Health Center
10300 SW 216th St.
Miami, Florida 33190
(305) 253-5100

Naranja Health Center
13805 SW 264th St.
Naranja, Florida 33032
(305) 258-6813

South Dade Health Center
13600 SW 312th St.
Homestead, Florida 33033
(305) 242-6069

MLK Clinica Campesina
810 W. Mowry Drive
Homestead, Florida 33030
(305) 248-4334

Everglades Health Center
19300 SW 376th Street
Florida City, Florida 33034
(305) 246-4607



Tavernier Health Center
91200 Overseas Highway, #17
Tavernier, Florida 33070
(305) 743-0383

Marathon Health Center
2855 Overseas Hwy, MM 48.5
Marathon, Florida 33050
(305) 743-4000