

New York Medical Center Welcomes CHI Residents for Rotation

Dr. Raul Molina never imagined he would be taking care of patients in a New York hospital. After all, Molina is a medical resident at Miami-based Community Health of South Florida Inc. (CHI). But thanks to a new agreement between CHI and the Arnot Ogden Medical Center, Dr. Molina along with five of his fellow residents are doing just that.

Six CHI residents will boost their medical training thanks to a rotation offered by the Arnot Ogden Medical Center in Elmira, New York. Four family medicine and two OB/GYN residents recently began their month-long rotation working under highly experienced doctors and specialists. CHI began sending residents to the New York hospital in August of 2016 and returning residents say this opportunity exceeded their expectations.

"This was a great learning experience," said Dr. Molina. "It gave me much more confidence managing a patient during their hospital stay. It helped me to determine the gravity of a patient's condition and enabled me to confidently provide



Resident Patricia Nunez, DO takes a break in the pediatric section of the hospital at the Arnot Ogden Medical Center.

competent, professional care from admission to discharge."

Arnot Ogden Medical Center tops the list of preferred healthcare facilities in the region. Founded in 1888, it is a non-profit, 256-bed medical facility offering specialty services for cardiovascular care, cancer care, women's health, maternity, emergency medicine and surgery.

Normally, hospitals charge for this month-long experience. However, Dr. Richard R. Terry, DO, MBA, FACFP, Assistant Dean of Regional Clinical Education, Chief Academic Officer LECOMT, provided his rotation program free of charge to the residents. The opportunity is

invaluable to CHI residents who worked alongside the center's medical experts.

"We are very fortunate to partner with this center that has outstanding providers to teach our residents," said Dr. Saint Anthony Amofah, MD, MBA, FACP, CHI Chief Medical Officer and Chief Academic Officer of the Teaching Health Center. "They are top-notch in every aspect and provided superior hands-on training to our residents."

For example, that hands-on training provided Dr. Molina with valuable experience in the maternity ward. He cared for newborns by administering physical examinations and he

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Resident Jean Mandat, DO takes a quick selfie in Elmira, NY hospital

A Message from the President

Everything that we do at Community Health of South Florida Inc. is driven by our motto, "Patient Care Comes First." The leadership is always looking at ways to improve the patient experience. In the past couple of years, you might have noticed we have renovated most of our facilities to make them more modern and appealing. In addition, we have steadily been increasing the number of services and health centers that we offer. Along those lines, we are now changing the way we schedule dental appointments with the goal of creating more appointments for patients and giving greater access to same and next day appointments for those urgent cases. We also added a Pediatric Dentist to our team at the South Miami and West Kendall locations.



Have you seen the kiosks throughout our health centers asking for your feedback? The leadership team and I are constantly reviewing your feedback to create opportunities for improvement. Many of you have told us that there is not enough parking at our main site, the Doris Ison Health Center. Take a look around. Construction crews are busy paving the way to expand our parking lot. Your feedback led to this positive change. You might have also noticed some of our other sites such as West Kendall, South Miami and Coconut Grove offer free valet parking for patients.

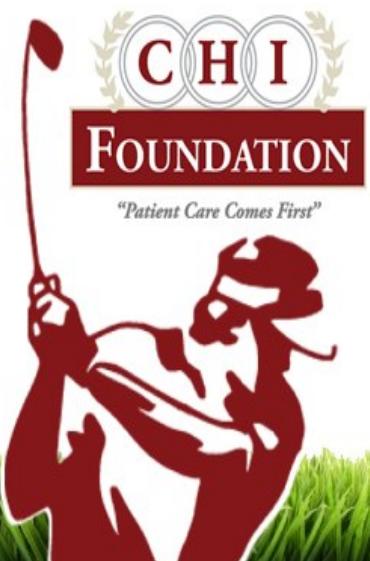
CHI is all about making quality health care convenient. We hope that patients schedule more than one appointment in one day to make the most of our centers. For example, why go to two or three different places and waste 3 different days if you can see your primary care doctor, the dentist and the behavioral health provider all in the same day?

Two key health observances are taking place in the coming months. February is American Heart Month. Heart disease is the leading cause of death for both men and women in the United States! It is imperative that we all make healthy choices for our families and ourselves: exercise regularly, eat the right foods and keep up with your preventative care to help avert tragedy.

In addition, March is Colorectal Cancer Awareness Month. Colorectal Cancer is the 2nd leading cause of cancer deaths. Everyone over the age of 50 should get screened. It's a simple test that can save your life. Talk to your CHI provider today for information on testing.

To your health,


Brodes H. Hartley Jr.
President/CEO



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continued to measure their progress until they left the hospital.

Another resident who joined him in the program is Dr. Emelia Winston, DO, who also specializes in OB/GYN.

“Through this program, I was able to get exposure to high risk situations,” said Dr. Winston. “I was able to get a feel for what working in private practice would be like. This was a special experience.”

According to Dr. Amofah, the program links CHI residents to critical experience needed to advance in their careers.

“This exciting program with Arnot Ogden Medical Center gave the residents broader exposure to deliveries, C-sections and OB/GYN specific procedures than they would not get in Miami. I am happy to know we will continue this partnership,” he said.

Dr. Molina and Dr. Winston said they are also enjoying their residency experiences at the CHI health centers. They like the interactions with patients in a community health setting as well as the opportunity to see the hospital-based setting. Both appreciate the impact they can have on the lives of these patients.

“This New York experience has really made an impact on how I will practice medicine in the future,” said Dr. Molina. “It has been truly invaluable.”

Dental Practice Extends Hours to Meet Patient Demands

Many working families say they’re often in a tough spot when it comes to making dental appointments for themselves and their children. It means missing work and even losing a day’s pay. With that in mind, Community Health of South Florida Inc. (CHI) hopes to ease those concerns by offering extended dental hours, a mobile unit and more.

Dental services at two of CHI’s largest sites, the Doris Ison Health Center 10300 SW 216 Street, Miami, FL 33190 and at the Martin Luther King, Jr. Clinica Campesina 810 West Mowry Drive, Homestead, FL 33030 will offer evening hours. Many of the other health centers even offer Saturday hours.



Dr. Ovalles examines a young patient at the West Kendall Health Center

In addition, Dr. Francheska Ovalles who specializes in pediatric dentistry has joined the team.

CHI dentists are now able to come to you thanks to our state-of-the-art mobile dental unit. Already, dentists have provided check ups for the students at COPE South. Expect to see it rolling through your neighborhood soon.

“CHI has always been about ensuring that there are no barriers to healthcare. In keeping with that mission, our mobile dental unit will allow us into areas with hard to reach populations,” said Dr. Robert Johnson, Director of Dental Services. “It’s a rewarding experience and we hope to continue to grow the program.”

To make a dental appointment call (305) 252-4820.



CHI’s mobile dental unit allows dental providers to bring their services to the community.

Eunice Hines Promoted to Director for Migrant Services

Community Health of South Florida, Inc. (CHI) is pleased to announce the promotion of Eunice Hines to Director for Migrant Services. Hines has been with CHI since 2007 and she said her previous roles have prepared her for her current responsibilities to manage, develop and lead the migrant services program.

“My wish is to bridge the healthcare gap with one of our largest populations in South Florida, the migrants and farmworkers,” said the newly appointed Director for Migrant Services Eunice Hines. “CHI has two centers located in the Housing Authorities of South Dade and Everglades, where many of the migrants and farmworkers live.”

Hines will promote CHI health services to the migrant community and ensure they receive adequate health and social services. In addition, she will participate in health fairs, attend community partner meetings, and find innovative and effective ways to meet the needs of migrants and farmworkers.

The South Dade and Everglades Health Centers hold advisory board meetings in English and Spanish every quarter and are open to CHI patients. The purpose of these meetings is to gain an understanding of what the community needs are and create an impact within the various populations. This leads to better health outcomes.



Eunice Hines is the new Director for Migrant Services

Hines formerly served as supervisor for the Chronic Disease Self-Management program and the Prevention and Management Program for the Effective Recovery (PAMPER) of patients at high risk for chronic disease.

In that role, Hines facilitated workshops throughout the community. She established community partnerships and educated patients about the importance of diabetes management and cervical cancer screenings.

“Eunice is uniquely qualified to handle the challenges of this position,” said Monica Mizell, VP and Chief Nursing Officer. “She has the skills, ambition and passion to not only carry out the requirements of this vital position, but also the ability to be a strong advocate who can help educate and provide valuable resources to help these patients

overcome the many barriers this population faces.”

The migrant population struggles with similar challenges as other underserved populations.

“Not only access to quality, affordable health care, but they face the additional barriers of mobility, language, cultural differences, lack of familiarity with local healthcare services and limited eligibility to publicly and privately funded healthcare programs,” said Hines. “My approach will be to educate, advocate, encourage self-care and immediately link them to CHI’s South Dade and Everglades Health Centers, with the coordination and assistance of the Certified Community Health Workers. Together we can accomplish a lot with the migrant population.”

Hines will be based at the CHI Everglades Health Center.



Introducing Peanuts Early in Life may Prevent Allergy



Most of us may have grown up on peanut butter and jelly sandwiches. But schools today have mostly outlawed the sandwich because of the rise of peanut allergies in children. Now experts say introducing peanuts early in a child's life might prevent a severe allergy in the future.

A frightened child showing signs of anaphylaxis after consuming peanuts can be a very scary thing. The child's thigh muscle must immediately be injected with a dose of epinephrine from an EpiPen to relieve the symptoms, or severe consequences, even death, may occur.

Anaphylaxis typically causes more than one of the following: an itchy rash, throat or tongue swelling, shortness of breath, vomiting, lightheadedness, and low blood pressure. These symptoms typically are triggered within minutes to hours.

"Peanut allergies have become an epidemic in recent years. This is serious because some food labels don't mention peanuts as part of their contents. Peanuts are found in many unsuspecting foods," said Dr. Tanya Roman, Chief of Pediatrics at Community Health of South Florida, Inc. (CHI) "If an allergic person consumes this allergen, it can cause anaphylaxis, a serious allergic reaction that can come on suddenly and can even kill unless the patient gets immediate

medication, such as epinephrine."

Now medical experts suggest that even babies with the highest risk of having a peanut allergy should be given small doses of peanuts because it is believed it could prevent the allergy from ever developing. In fact, most kids should be given a taste of peanut protein by the time they are 6 months old and should continue regular small doses even if they don't have an allergic reaction.

"Infants who are high risk for peanut allergy include those with severe eczema, an egg allergy or having a member of the family with peanut allergy," said Dr. Mirta Shafieian, Pediatrician at CHI's Tavernier Health Center.

These babies should be tested when they are 4-6 months old and have begun eating solid foods.

Almost any protein substance can produce anaphylaxis, however, the most common causes of anaphylactic shock are peanuts.

In recent testing from The National Institute of Allergy and Infectious Diseases (NIAID) it was found that in their first year of life, over 20% of infants with eczema were already showing susceptibility to peanut allergy. Children with severe eczema have about an 80% reduced chance of developing peanut allergy if peanuts are introduced between 4-11 months of age.

A peanut patch is available that delivers protein from the peanut through the skin. This approach is called epicutaneous immunotherapy. The idea is to train the immune system to recognize peanut protein as safe so that it doesn't go into overdrive and cause anaphylaxis.

According to the Centers for Disease Control, the rate of peanut allergy in a ten-year span has tripled. Currently, between 150-200 fatal peanut reactions occur in the U.S. each year. Ninety percent of all food allergies in children are caused by six foods: peanuts, eggs, milk, tree nuts, soy and wheat. Peanuts, however, are the food most likely to cause anaphylaxis.

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Emergency Room or Urgent Care?

Know Which is Best or You

If you smash your thumb with a hammer and it begins to swell and turn blue, or your headache has gotten so out of control you can't stand it anymore — in these moments you might panic. All too often illness or injury appear out of nowhere. When something unexpected happens and you find yourself in need of medical attention you may wonder, do you need an emergency room, or would an urgent care center (UCC) suffice?

While the answer is not always clear, knowing the difference between urgent care and emergency care could save your life in a medical emergency.

Both words “emergency” and “urgent” suggest that there is a medical need that requires immediate attention, but there are differences between the two.

“Urgent care centers provide episodic care,” explained Community Health of South Florida, Inc. (CHI) UCC Charge Nurse, Carmen Waite. “They can help if you become sick or injured when your primary doctor is not available and there is not a life-threatening situation.” She added, “hospital emergency rooms are equipped to perform more tests and provide medical care at any time, day or night. They can care for the more complex situations including heart attack, stroke, and life and limb threatening situations.”

According to the National Center for Health Statistics, many people use the emergency room as a place to receive after hours care for minor illnesses or injuries without realizing they have another option, an urgent care center. It is estimated that among patients who had visited the emergency room but were not

admitted to the hospital 48% went there because their doctor's office was not open.

“UCC's are typically smaller with fewer patients which results in shorter wait times,” said Waite. “Also, they are more affordable for patients with no health insurance.

Depending on your illness, it is wise to visit a UCC when you can, rather than a hospital emergency room because the difference in charges is usually considerable. For example, even with insurance, an emergency room copay can be as much as \$300. Yet the insurance copay for the UCC for some plans is \$75. Check with your insurance company in advance so you will be aware of the charges before an emergency occurs.

In addition to CHI's UCC services at the Doris Ison Health Center, walk-in services are also available Monday-Saturday from 8am-3pm.

It is wise to be aware of the locations and phone numbers of your nearest urgent care center and emergency room, and be sure each family member is aware too, even children.

Community Health of South Florida, Inc. has an urgent care centers at the following locations:

Doris Ison Health Center

10300 SW 216 Street
Miami, FL 33190
(305) 252-4880
Monday—Sunday
3:00 PM– 10:00 PM

Martin Luther King Clinica Campesina

810 W. Mowry Drive
Homestead, FL 33030
(305) 242-6006
Monday—Sunday
3:00 PM– 10:00 PM

Walk-in services are available at:

Doris Ison Health Center

10300 SW 216 Street
Miami, FL 33190
(305) 252-4880
Monday—Saturday
8:00 AM—3:00 PM

When to go to the Urgent Care:

- Asthma & Wheezing
- Diarrhea
- Dehydration
- Ear or wound Infection
- Eye Irrigation
- Fever without rash
- Lacerations
- Minor Burn
- Nose bleeds
- Painful urination
- Rash without fever
- Sore throat, coughs, colds
- Sprains, strains, fractures
- Stitches, suturing, stapling
- Vomiting

When to go to the Emergency Room:

- Chest pain
- Coughing up blood
- Fever in infants
- Fever with rash
- Head or eye injury
- Heart attack or stroke
- One-sided weakness or numbness
- Poison ingestion
- Seizures or unconsciousness
- Serious or severe injuries, burns or shocks
- Severe abdominal pain, bleeding or large open wound
- Severe fractures or broken bones
- Vaginal bleeding with pregnancy

Sleep is not a luxury, it's a necessity.

Is it a struggle to fall asleep at night? Does your brain race so much you can't relax it enough to sleep? These scenarios are becoming increasingly common.

The Centers for Disease Control reports that 35% of adults nationwide are sleep deprived. This can lead to physical and mental health problems.

"Sleep needs to be made a priority in all of our lives," said CHI's Abida Hussain, PA-C. "Sleep is not a luxury, it is a necessity."

Young mom and CHI patient, Sandra Omaha, knows all too well the effects of lack of sleep. "Even at just one week old, my daughter, Gabrielle, let's me know she's the boss when it comes to sleep!" she said.

Scientific discoveries about insomnia have shown that your brain actually has two sleep systems. One helps you sleep; the other keeps you awake. The system that keeps you awake sends out signals that put your brain into an active state. This helps you wake up in the morning and stay awake during the day. The sleep system sends signals that help you fall and stay asleep at night.

When these two systems function as they should, they compliment each other by taking turns being in charge and sending signals at the right times. But that's not always the case. If your wake system stays active when it's time to sleep, it's considered to be in an overactive state and result in insomnia.

As a new mom, Omaha worries about consequences from lack of sleep.

Some consequences may include:

- Memory problems
- Depression
- A weakening of the immune system
- Perception of pain is enhanced.

Some dangers are:

- Sleep deprived people tested poorly in a driving simulator exam scoring worse than intoxicated individuals.
- Driver fatigue is responsible for an estimated 83,000 accidents and about 850 deaths each year, according to the National Highway Traffic Safety Administration.
- Fatigue, lethargy, lack of motivation and concentration.
- Frequent colds and infections; weight gain.
- Increased risk of diabetes, heart disease and other serious health problems.



Caffeine and other stimulants cannot overcome the effects of severe sleep deprivation.

Researchers who have studied the claims of sleep aid manufacturers have

determined that most of the claims are unproven and misleading. It is best to consult your physician who may refer you to a sleep specialist.

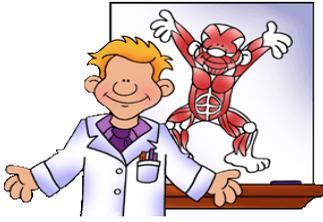
"Sleep isn't merely a time when the body shuts off," added Dr. Hussain. Without the recommended number of

hours of sleep, working, learning, creating and communicating at your fullest potential is compromised."

Sleep experts suggest that adults get 7 to 9 hours of sleep every night. Children and teens need even more. Depending on the age, from 8 to even 14 hours for the youngest are recommended.

These tips may help improve your sleep:

- Set a regular bedtime and stick to it, even on the weekends. The body likes consistency.
- Decaffeinate yourself. Resist caffeinated drinks starting 6-8 hours before bedtime.
- Exercise can improve sleep including relaxing muscle tension. But don't work out right before bed since exercise may make you more alert and keep you awake.
- Using the bed space to pay bills or write reports is discouraged. Your bed should be a sleep haven.
- Relax before bedtime with a hot bath, meditation or a glass of decaf tea.



Fun Facts About the Human Body

The Body Can Heal Itself

The human body has an amazing capacity to heal itself. When we are in a state of good health and get hurt, the body has a natural tendency to repair and heal its wounds. Minor injuries like bruises, cuts and broken bones begin healing immediately. Infections are healed by the immune system.

The body's natural healing process cannot be maintained without proper care and maintenance. Disease generally occurs when we abuse our bodies by depriving them of basic requirements to keep us healthy.

The human cell is the most basic part of the healing process. Each cell is a living unit that is constantly working to restore itself. Cells not only heal themselves, they make new cells that replace those that have been permanently damaged or destroyed, including everyday wear and tear.

Much of the body's repair and regeneration happens during sleep when the body's energy is being used sparingly to maintain involuntary functions such as the heartbeat and breathing. Energy can then be directed toward restoring and healing.

Inadequate sleep is known to weaken the immune system. When people drink energy drinks and caffeine to gain energy the artificial way, it denies the body the proper rest that will make the healing process work at its best.

Another important way in which we can greatly improve our body's self-healing properties is by eating a healthy, nutrient-rich diet, said Gloria Fuller, CHI nutritionist and registered dietitian.

"Eat healthy for all three of your meals and stay away from high fat, high calorie or high sugar foods," said Fuller. "You should also be drinking 6-8 glasses of water a day."

If you stray from a healthy diet it can wreak havoc on your body's immune system. For example, a lack of iron can make your body weak and tired. It may trigger low iron, which may affect your performance at work and decrease your desire to exercise.

"You can avoid this by eating fruit, dark leafy vegetables like kale and spinach, dried fruit, beans and seeds," said Fuller.

Your doctor and a registered dietitian can help you regulate your body to be as healthy as possible. For an appointment call (305) 252-4820.

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