



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

"Patient Care Comes First"

October 2014

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

HEALTHY BITS

CHI programs fund mammograms for uninsured

Digna Torres had been so focused on taking care of others that she didn't realize she was not taking care of herself. Thankfully, a CHI doctor noticed abnormalities in her breasts and got her on the surgery schedule within 45 days of being diagnosed. Now, Torres is a breast cancer survivor.



Digna Torres is a breast cancer survivor.

because they might not be able to afford preventative tests. That should no longer be an excuse thanks to two initiatives – A Crucial Catch and Hope 4 L.Y.F.E. – that provide funds for CHI to offer free mammograms and breast screenings for those who can't afford it.

A Crucial Catch is a campaign made possible by the National Football League in support of the American Cancer Society. On Saturday, Oct. 25, events around the country, and here at CHI's Doris Ison Health Center, will offer free breast screenings and mammograms for the uninsured as well as raise awareness through games and entertainment.

Awareness is critical, especially in South Florida's uninsured and underinsured populations. Racial and ethnic minorities and the uninsured are more likely to develop cancer, and die from it, than the general population, according to the American Cancer Society. Mammography rates for uninsured

women remain persistently low, and this initiative is essential to helping reduce death rates.

Women in their 20s and 30s should have an annual clinical breast exam as part of their regular check-up and an

See Mammograms continued on page 4

Doctors stress the importance of self-checking your breasts regularly and going to wellness visits. Even though doing a breast self-exam at least once a month helps women notice anything unusual to prompt a visit to a doctor, it is not a substitute for breast screenings and mammograms performed by a doctor.

"My mistake was that I never checked my breasts and didn't seek medical attention on a regular basis," Torres said.

For many people, they put off a visit to the doctor if they're feeling fine



**UNITED IN THE FIGHT
AGAINST BREAST CANCER**



Bedazzle Bras contest starts

Women, and men, are bedazzling bras and asking their friends to do the same. No, it's not a new fashion trend in Miami. It's a social media campaign to raise funds for Hope 4 L.Y.F.E.

Hope 4 L.Y.F.E. (Live Your Future Everyday) raises money for CHI to provide free breast screenings and mammograms to those who qualify.

In its fourth year, Hope 4 L.Y.F.E. hopes to raise more funds by asking people to bedazzle a bra and then challenge their friends, relatives and coworkers to do the same or donate. Or why not do both! It's a worthwhile cause to raise funds to offer more free mammograms to save more lives. Donate at www.gofundme.com/HOPE4LYFE.



Angela Roberts, Hope 4 L.Y.F.E. founder, wears a bedazzled bra.

Decorate bras with jewels, feathers, beads, flowers and glitter then take a video or photo holding up or wearing the bra over your clothes. Enter to win by posting the video or photo on CHI's Facebook page with the hashtag #HOPE4LYFE. Contest ends Oct. 23.

A Message from the President

I am pleased to announce that we are undergoing exciting renovations to serve you better. Because "Patient Care Comes First" at Community Health of South Florida Inc., we are investing in our physical buildings in order to make your medical home a more beautiful place.

Thanks to the Affordable Care Act, we have been able to not only invest in remodeling our facilities, but also the number of providers to help you. This allows us to enhance the excellent quality of care through an expansion of services to improve your health and wellness!

Earlier this year, we completed revamping our West Perrine Health Center by doubling the number of exam rooms as well as upgrading the patient registration and waiting area with a bright and welcoming atmosphere. The improved use of space there allows us to provide more services including: family medicine, women's services, pediatrics, behavioral health and dental.

At the recently remodeled annex at our Martin Luther King/Clinica Campesina Health Center, CHI has completely refurbished the building that now includes women's services, dental and behavioral health. With individualized entrances for each area, the annex also has more exam rooms.

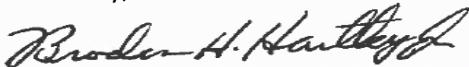
Our South Miami location is also getting a facelift with a new roof, more exam rooms, dental services and dental exam rooms, as well as a new residency training area.

At our Doris Ison Health Center, we are rejuvenating the entire lobby area by installing new floor tile, refinishing and painting the walls, and redesigning many areas including Urgent Care. We will also be compliant with the Americans with Disabilities Act with automatic doors, bathrooms and registration windows. In addition to upgrading our security and fire alarm system, we are installing window shutters and a new generator so we'll be able to stay operational after a hurricane. A new roof is also helping keep the building secure during storms.

But that's just the start! Coming up next, CHI will open its 11th health center in West Kendall by year's end. And, we will fulfill a master plan for our main campus at the Doris Ison Health Center. The Dr. Jacquelyn Hartley Children's Crisis Center with 20 beds will be in a separate building west of the helipad. A deli will be located near the south entrance. And, there will be new vehicle entrances off SW 103rd Court and SW 102nd Avenue that will lead to 400 more parking spaces. The master plan is expected to be finished in 2016.

Once our renovations and additions are complete, our facilities will be cleaner, more comfortable and more convenient. We hope you will enjoy the investments in our renewed buildings so that we can invest in a healthier, better you.

Sincerely,



Brodes H. Hartley Jr.





Doris Ison pharmacy now open late

The pharmacy at CHI's Doris Ison Health Center is now open late. The new hours are 8:30 a.m. to 10 p.m. Monday through Friday. All CHI pharmacies have free prescription delivery and refilling orders has never been easier with text or email capabilities. Just ask pharmacy staff how. Call the Doris Ison Pharmacy at 305-254-7166.



CHI is part of pap smear study to reduce cervical cancer

In today's world of more affordable health care, there are still those who find accessibility a challenge. This is especially the case with many minority immigrant women. This group is the most likely to not be screened for cervical cancer.



A new research project by the South Florida Center for the Reduction of Cancer Health Disparities (SUCCESS) aims to reduce those disparities.

The study is a controlled trial of 600 women from three select communities in Miami-Dade County. Participants will be minority women ages 30-65 who have not had a pap screening in the past three years.

Community Health of South Florida (CHI) has the distinct honor to have been selected as one of the three South Florida communities to participate in this ground-breaking study.

"We were chosen to participate in the study because of our outstanding reputation with providing health care services to medically indigent residents in southern Miami-Dade County," said Dr. Saint Anthony Amofah, CHI's Chief Medical Officer. "We consider it an honor to be representing this highly important trial."



*Dr. Saint Anthony Amofah,
Chief Medical Officer*

For this study, an intake process is conducted and, once completed, the women are randomly placed into one of three possible scenarios.

One group receives cervical cancer health education and printed materials, plus help finding locations where low-cost pap screenings are available.

Another group receives home visits and guidance to locations in their community to obtain low-cost pap screenings.

A third group is given the opportunity to have a human papillomavirus (HPV) self-test during a home visit. The participant can opt for guidance to a nearby facility for a pap smear instead.

Although a pap smear is still the preferred method of testing for cervical cancer, to make screening more accessible to those who might not otherwise have the opportunity, an HPV self-sampling device is available to women to use right at home. The device is a nylon swab used to retrieve a sample from her vagina. The sample is then sent to the University of Miami's Department of Pathology and then on to an approved laboratory for HPV testing.

SUCCESS is one of the first trials testing HPV self-sampling among underserved minority women. The results of this trial will possibly make HPV self-sampling a common option in community outreach programs aimed at reducing disparities in cervical cancer screening.

"Cervical cancer is highly preventable, but not if barriers prevent patients from receiving testing and treatment," Dr. Amofah explained. "Many don't have the insurance or knowledge, or there are other barriers, that prevent them from receiving proper care."

Until all women have equal access to care, this alternative HPV home test is preferable to not having women screened at all.

CHI appoints Dr. Nunez to deputy chief medical officer

Dr. Edgard Nunez, a family medicine doctor, has been appointed to Deputy Chief Medical Officer for Community Health of South Florida Inc. His appointment became effective Sept. 15.



Dr. Edgard Nunez

to CHI's main campus at the Doris Ison Health Center effective Nov. 3.

"Dr. Nunez has been an invaluable member of CHI's Professional Medical Leadership and Family Practitioner team for several years, and I am excited about having him join me in this new leadership role," said Dr. Saint Anthony Amofah, CHI's Chief Medical Officer.

Dr. Nunez will be responsible for oversight of satellite service providers as well as provider recruitment and retention. He will assist Dr. Amofah with Chief Medical Officer duties and fill in when Dr. Amofah is unavailable. With CHI for nearly a decade, Dr. Nunez will transition easily into his new role because of his supervisory experience.

Please congratulate Dr. Nunez on his appointment and welcome him to the Doris Ison Health Center.

Mammograms, *continued from page 1*

annual mammogram starting at age 40 because breast cancer typically produces no symptoms when a tumor is small and most easily cured, the American Cancer Society reports.

Funding from the NFL has resulted in 41 community-based grants that have reached more than 72,000 women with breast cancer prevention and early detection education and provided nearly 10,000 breast cancer screenings. Here at CHI, both programs have helped more than 500 women to date.

Hope 4 L.Y.F.E. is a 3K/5K Walk/Run fundraiser started by Palmetto Bay resident Angela Roberts who felt the urge to help others. She watched her father die from stomach cancer in 2000 as well as consoled several friends and relatives who were diagnosed with breast cancer.

As an independent business owner who pays for health care out of pocket, Roberts wants to help save lives by taking the worrisome burden off of women who skip health care needs because of limited finances.

"The reason why we die is the lack of knowledge, lack of resources and lack of finances," she said. "Now there won't be an excuse" to avoid getting mammograms because of financial hardships.

More openness about early detection of breast cancer is important. Cancer was "completely taboo" in her family until it hit home, Roberts said.

"You hear about it, but until it happens to someone close to you and you watch how cancer deteriorates a body so rapidly, you want to help," she said.

So after restless nights feeling guilty that she could have done more, Roberts woke up from a dream and wrote down the words: hope for life. The words became Hope 4 L.Y.F.E., which means Live Your Future Everyday.

"Something had been gnawing at me because I couldn't save my dad since he was too far gone. But, now I do this because I don't want to feel that guilt of what I could have done, but didn't," she said. "When you know better, you do better."

Roberts, owner of Chicks N' Wings restaurant in West Perrine, approached CHI in 2011 to get its backing to support Hope 4 L.Y.F.E., since it's not yet a non-profit. CHI welcomed her with open arms to support her and her mission.

"From day one, CHI has been in my corner

to water it, feed it and watch it grow," she said.

Roberts is thankful of CHI's support for following through with the medical care for patients who might have otherwise died because they couldn't afford to get a necessary test.

"They are helping me help others, and that's what I live for," she said.

Women may put their families first, but Torres knows firsthand that women must make sure they are healthy so they can be there for their loved ones.

"In order for us to take care of others, we have to take care of ourselves first," Torres said. "Look in the mirror everyday and see how beautiful and important you are; that you are worth it to take care of yourself."



Events



Bedazzle Your Bra day will be from 9 a.m.-5 p.m. Friday, Oct. 10, at two CHI locations: Doris Ison Health Center, 10300 SW 216th St., Miami, FL 33190 and at the MLK Clinica Campesina Health Center, 810 W. Mowry Drive, Homestead, FL 33030. The event will continue from 5-7 p.m. at just the Doris Ison Health Center with light refreshments and fun. Feel free to bring a bra and supplies. Some will be available, but while supplies last. There also will be pre-registration for the following events:

Hope 4 L.Y.F.E.'s Walk/Run at 8 a.m. Saturday, Oct. 25, at the Homestead Air Reserve Base Park, 27401 SW 127th Ave., Homestead, FL 33030. Adults are \$25 each, children are \$5 each and teams of five adults are \$100. Day-of registration starts at 6 a.m. at the park. To register early, call (305) 252-4853 or email chievents@chisouthfl.org.

After the race, join the caravan to **The Crucial Catch Celebration** at the Doris Ison Health Center. Free breast screenings and mammograms for those who qualify will be from 9 a.m.-3 p.m. with entertainment from 11 a.m.-3 p.m. Bedazzle Your Bra winners will be announced, so bring or wear your decorated bras. To pre-register for free breast screenings and mammograms, call (305) 252-4818.



Teaching Health Center launches residency recruitment

Community Health of South Florida Inc. (CHI) has launched its second season of recruiting residents for the Brodes H. Hartley Jr. Teaching Health Center. This year promises to be even more competitive than last year.

So far, nearly 300 applicants from across the country are vying for highly coveted placements in one of three specialties: Family Medicine, OB/GYN or Psychiatry.

“For the first time, applicants will be selected through the Electronic Residency Application Service (ERAS), and ranked in the National Matching Service,” said Barbara Trost, CHI Graduate Medical Education Coordinator.

The National Matching Service (also known as “The Match”) provides a process to help students obtain positions of their choice, and to help programs obtain students of their choice.

On ERAS, students must apply to their program of interest. The students and programs interview and evaluate each other independently of The Match before students decide on their preferences for programs and before the programs decide on their preference of students.



Barbara Trost, CHI's Graduate Medical Education Coordinator.

“We have a very high standard here at CHI,” Trost said. “The Match process will help us find the best eligible candidates.”

A selection panel consisting of the Director of Medical Education, the Associate Director of Medical Education, Program Directors, Teaching Health Faculty, and residents are invited to participate on the interview panel during recruitment season.

The applications are carefully reviewed. Strong letters of recommendation are highly valued. Medical school transcripts and good medical board exam scores (Comlex scores) are sought. If the student has had publications,



Dr. Saint Anthony Amofah, the Teaching Health Center's Chief Academic Officer, speaks with the first-ever class of residents who practice in the areas of Family Medicine, OB/GYN and Psychiatry.

research experience and active participation in the community, those are also bonuses, Trost said.

“How well the applicant interviews and participates in the interview process will score points. We look for a strong interest in their specialty of choice,” Trost added.

Fourth year med students considering CHI's programs are able to try out CHI by visiting for two weeks. Currently, OB/GYN has seven confirmed students who will complete an audition this fall.

While residents will graduate with CHI as their official training site, they will also rotate through local hospitals and with local specialists. Larkin Community Hospital and Jackson South Community Hospital will serve as affiliated hospitals. The Nova Southeastern University College of Osteopathic Medicine will serve as academic sponsor and Osteopathic Postdoctoral Training Institution.

Recruitment begins in early October. Matches will be finalized in January 2015 and the matched residents will begin their residency on July 1, 2015. Interested applicants can visit: www.chisouthfl.org/teaching-overview.htm.



Health fair connects dots between resources, residents

The Connecting the Dots Health Fair linked community organizations with residents to share valuable information on health and safety resources for both children and adults.

That's exactly why Mirna Florvil brought her family to the health fair on Sept. 20 at the Phichol Williams Community Center in Homestead. The Florida City resident said she was reminded to wash her hands to protect from disease as well as the importance of eating healthy.

Her 7-year-old daughter, Gyovannah Demas, said she learned how to cross the street safely by looking both ways. Her brother, Guyvens Demas, 5, said he learned how to keep his home safe and prevent fires.

Veronica Godoy, 26, gave blood in One Blood's donation bus with the help of phlebotomist Taneisha Sims. "It's a good thing to do to help your community," said the Homestead resident.

The health fair was even convenient for participants of a Miami Dade County Foster & Adoptive Parent Association. The workshop was in the same building, so Shamele Jenkins,



Veronica Godoy, 26, gave blood in One Blood's donation bus with the help of phlebotomist Taneisha Sims.

the association's president, encouraged the workshop attendees to visit the health fair.

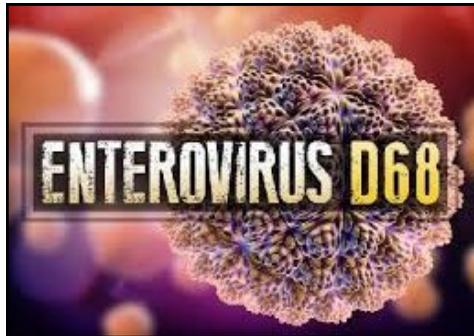
"It's like going shopping at a mall with everything about health in one place. It's a wonderful smorgasboard," she said.

Severe respiratory illness Enterovirus D68 is spreading

Officials in multiple states have reported an increasing number of severe respiratory illness cases sending many children to the hospital.

Enterovirus D68 (EV-D68), first identified in 1962, is rare and similar to the rhinovirus that causes the common cold. But unlike a cold, this infection can lead to severe respiratory symptoms. Difficulty talking, wheezing, fever, rash and bluish colored lips can signal respiratory distress. This virus is suspected as a possible cause of recently sickening more than 1,000 children in the United States.

The Centers for Disease Control estimates that there are 10 million to 15 million viral infections each year in the United States. Children seem to be more susceptible than adults, specifically to EV-D68, because they do not have immunity from previous exposure. Those infected range from 6 weeks to 16 years old, but most often it is found in children ages 4-5.



"If you see your child going from the sniffles to a fever or perhaps having difficulty breathing, take them to the doctor or the emergency room just to be sure," recommends CHI Pediatrician Dr. Kenia Martinez. "If the child has asthma or allergies and they contract Enterovirus D68, they can get very sick."

There are no anti-viral medications for EV-D68, and no vaccines to prevent the infection. Instead, treating the symptoms is the only thing a healthcare provider can do. Young children and those with asthma may be especially vulnerable to the virus.

"It's important to make sure children with asthma are on their medications and keep up with their medication routine," Dr. Martinez stresses. "This is a very common time of the year for virus outbreaks. With kids back in school they tend to share toys and blankets and this encourages viruses to easily spread."

EV-D68 appears to spread through close contact with infected people and through contact with respiratory secretions like saliva and mucus.

To reduce the risk of infection, wash your hands often with soap and water for at least 20 seconds, especially after changing diapers. Avoid touching your face with unwashed hands. Disinfect frequently touched surfaces such as toys and doorknobs. Stay home when you are feeling sick to avoid infecting others. To date, there have been no reported deaths from this strain of the virus. If you think your child might be sick with EV-D68, do not delay in making an appointment at (305) 253-5100.

October is National Dental Hygiene Month

With the profession of dental hygiene entering its second century, the American Dental Hygienists' Association continues to work at improving oral health. Taking just a few minutes each day to care for your teeth can help you establish healthy habits for a lifetime.

The focus this October during National Dental Hygiene Month centers around the three steps of good oral health:

1. Always brush teeth and tongue for two minutes, twice daily to prevent plaque.
2. Daily flossing removes food particles that cannot be removed by brushing alone.
3. Rinse with an anti-microbial mouth wash every day to prevent gum disease.

Good dental hygiene can protect you from gingivitis, plaque build up, tooth decay and gum disease. If you do not regularly clean your teeth and gums, plaque build up actually lead to clogged arteries and heart disease.

CHI provides many types of dental services: cleanings, fillings, extractions, root canals and tooth replacements. CHI offers free transportation to your appointment and free delivery of any prescribed medication right to your door. To schedule a dental check-up at CHI, call (305) 253-5100.



Give yourself a 60-second dental checkup at home

Regular visits to your dentist are essential to good oral health. To help prevent more serious dental problems, it is important to give yourself oral checkups from time to time.

"It really takes just a minute, but this quick self-check can provide valuable clues to the health of your mouth, teeth and gums," said Dr. Lisa Campbell, a dentist at Community Health of South Florida Inc.



Here are the steps to performing a dental exam in the comfort of your own home:

1. In full view of a well-lit mirror, check your gumline and the lines between your teeth. If you see any brown, this is a sign of tartar buildup and indicates the need to visit your dentist. Once the tartar has been cleared, regular flossing will keep the tartar away.
2. Inspect your tongue. If you see a white coating, this can be an indication of poor digestion. This coating can also result in bad breath. Use a tongue scraper or brush daily to clean the surface and sides of your tongue. A healthy tongue should be pink.
3. Look for ridges along your tongue. This can be a sign of tooth grinding. Some people may not be aware they grind their teeth, especially in their sleep. This can happen in times of stress. If you wake with an aching jaw, you should see your dentist.
4. Look inside your cheeks for white patches. These can occur if you chew the inside of your mouth when you eat. These should be checked by your dentist because a wound inside the mouth can get infected. However, it also can be a sign of pre-cancerous changes, especially in smokers.
5. Check your gums. They should be a rosy pink for good health. If they are red, it is a signal that gingivitis has turned to gum disease. If your gums bleed when you brush your teeth, your dentist can treat you with antibiotics to restore your gums to health.
6. Pale looking gums can indicate an iron deficiency, which is a sign of anemia. If this is the case, increase your intake of green vegetables, tofu, lentils, chickpeas and dried fruits.

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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