

Healthwise

The Official Newsmagazine of MFHN

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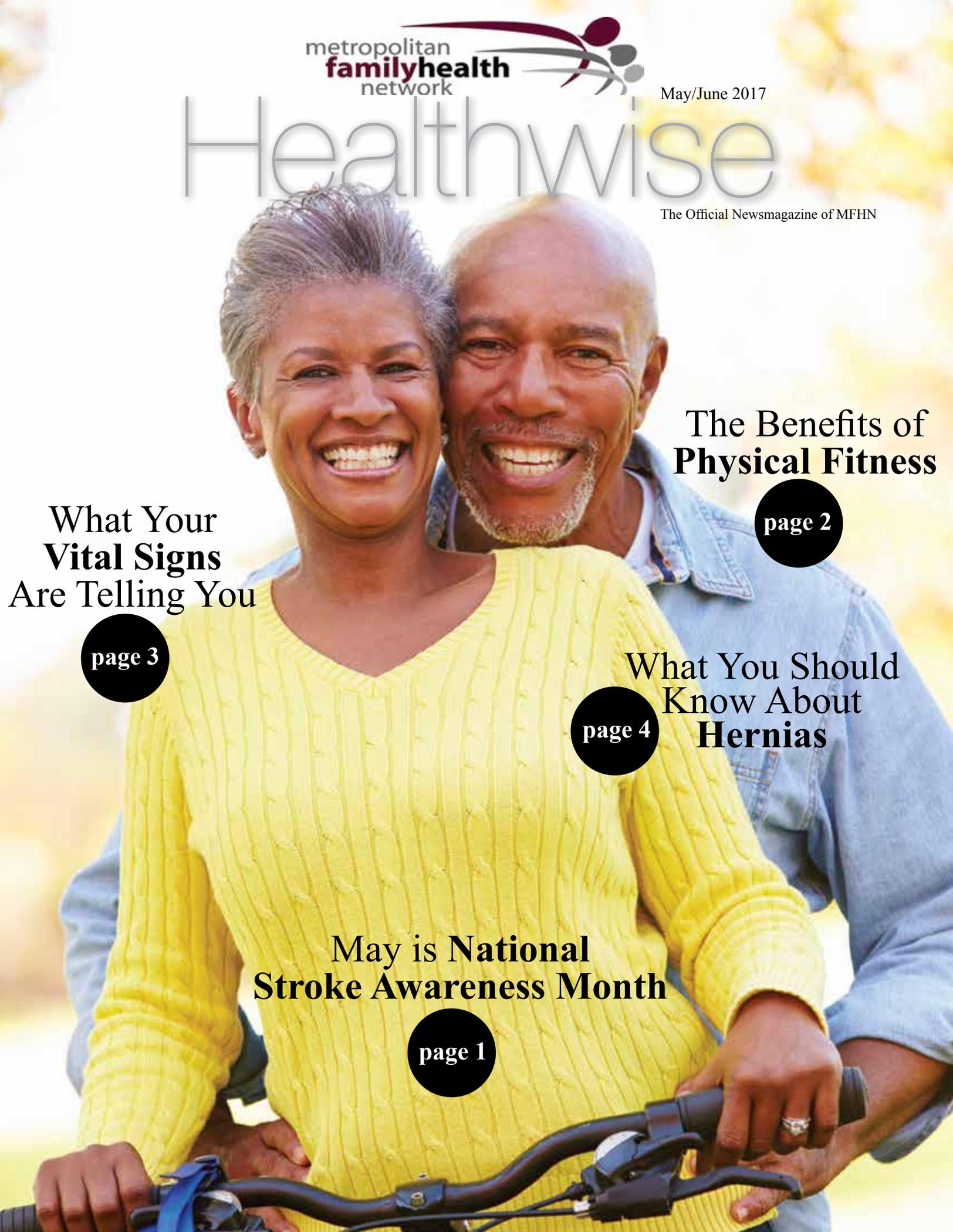
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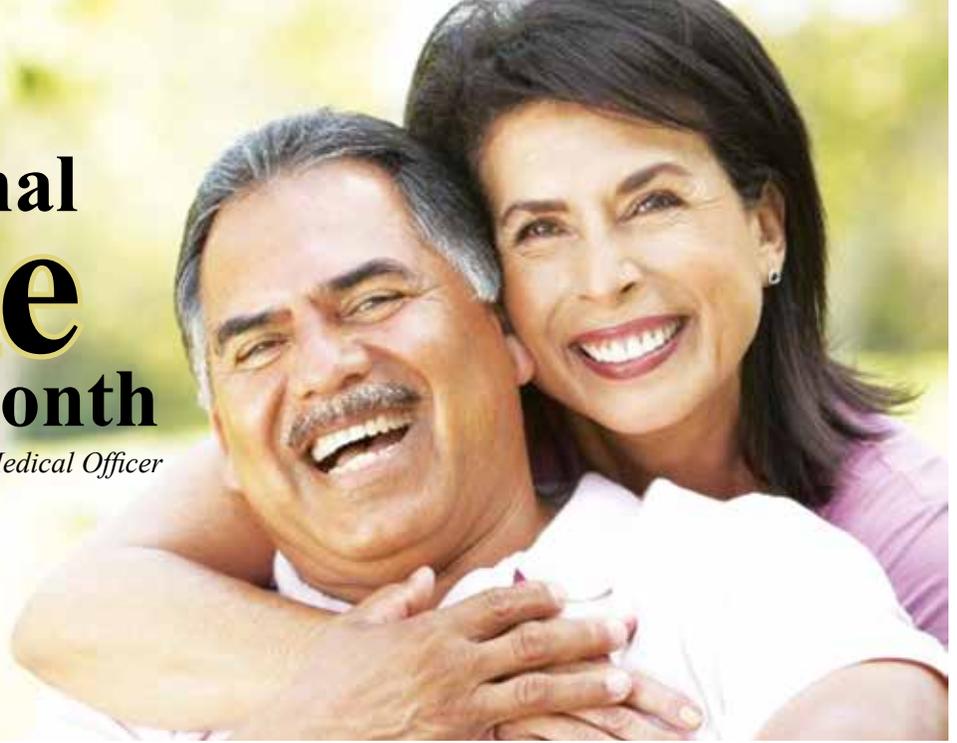
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Stroke Awareness Month**

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May is National Stroke Awareness Month

By Patrick Beaty, M.D., MFHN Chief Medical Officer



Stroke is a serious health issue. The Centers for Disease Control report that about 795,000 people in the U.S. have a stroke each year. Stroke is the fifth leading cause of death in the United States, killing more than 130,000 Americans each year. It is also a major cause for serious disability in adults.

What is a stroke?

Sometimes referred to as a brain attack, a stroke occurs when blood clots or other particles (such as fatty deposits called plaque) block the blood vessels to the brain, or when a blood vessel in the brain bursts and blood wells up and damages the surrounding brain tissue. When these things happen, the flow of oxygen-rich blood may not be delivered to all parts of the brain, which controls movement, memory, thinking, language, emotion, breathing, digestion and many other functions of the body.

The brain uses 20% of the oxygen one breathes. Brain cells can die within minutes if that flow of oxygen-rich blood is impeded, thus causing a stroke.

Anyone – at any age – can have a stroke, but the risk of having one does increase with aging. Some people are more likely to have a stroke, including: those who have already had a stroke or a mini-stroke; people with high blood pressure; individuals with high cholesterol; those with diabetes; men and women with heart disease; and smokers.

Preventing strokes

How one lives can affect the chances of having a stroke. The risk can be lowered significantly by:

- Making and keeping appointments for regular check-ups with your doctor.
- Eating a diet that is low in saturated and trans fats, and keeping one's sodium (salt) intake low.
- Being physically active on a regular basis.
- Getting to and maintaining a proper weight. Excess body fat – obesity – can lead to high blood pressure, diabetes and heart disease.
- Drinking alcohol in moderation. Too much alcohol raise blood pressure, and increases levels of the triglycerides that can harden arteries.
- Stop smoking and using tobacco of any kind.

Know the signs of stroke

A stroke is a medical emergency. If you – or someone you're with – have any of these signs, call 911 immediately:

- Sudden numbness or weakness of the face, arm, or leg.
- Sudden confusion, or trouble speaking or understanding others.
- Sudden trouble seeing in one or both eyes.
- Sudden dizziness, trouble walking, or loss of balance or coordination.
- Sudden severe headache with no known cause.

Stroke is preventable and treatable, especially when it is identified and treated quickly.

FAST is an easy way to remember and identify the most common warning signs of stroke:

F (face) – Ask the person to smile. Does one side of the face droop?

A (arms) – Ask the person to raise both arms. Does one fall slowly downward or droop?

S (speech) – Ask the person to repeat a single simple phrase. Is their speech slurred or odd sounding?

T (time) – Call 9-1-1 immediately if you see any of these signs. Keep track of when you saw the first symptom and let the medics and doctors know.

A Message from the President & CEO

Dear Friends:

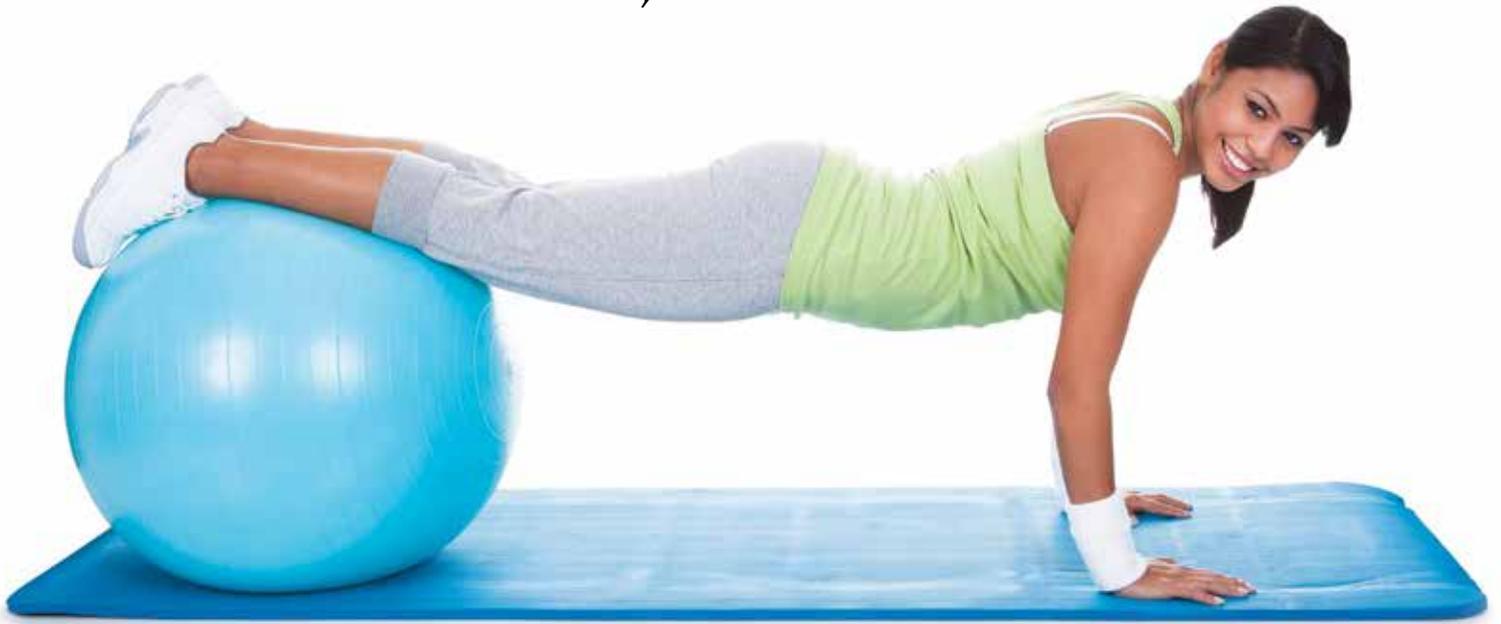
May is National Mental Health Month. Most everyone feels stressed at some time. Stress can be a good tool for learning to set priorities, deadlines and coping with difficult people and situations. However, stress can actually harm your health when you deal with it long-term. When this happens, we urge you to talk with your healthcare provider as soon as possible. You should also make sure that you eat properly, exercise regularly, engage in relaxing activities and not turn to alcohol or drugs to try and help you calm down.

This new issue of our newsmagazine has information about preventable conditions and more. We hope you will find this issue beneficial!

Joan Dublin

Joan Dublin, RN, MPA, ACHE
President and Chief Executive Officer

The Benefits of Physical Fitness



Today, people lead very busy lives. Sometimes becoming physically fit seems like just another thing to add to one's "To Do" list.

Being physically fit has a lot of long-term benefits, including enjoying overall better health, greater strength, more flexibility, looking better, having a more positive attitude, reducing the chance of developing many chronic diseases, and living longer.

Physical fitness is a measure of the body's ability to function efficiently and effectively in work and recreational activities, to be generally healthy, to be able to fight off disease, and to withstand the stress of emotionally demanding situations.

Physical fitness, according to the U.S. Department of Health and Human Services, means possessing five characteristics that make it possible to perform physical activity. These include:

1. Cardiorespiratory Fitness – or how well a person's body can supply fuel to one's circulatory system during physical activity.
2. Muscular Strength – ability of muscles to exert force during an activity.
3. Muscular Endurance – the ability of muscle to continue to work and exert strength without tiring.
4. Body Composition – which measures the amount of muscle, bone, water and fat in a person's body.
5. Flexibility – the range of motion across joints.

There's more to becoming physically fit than just exercising (although that's an important component). To be physically fit, one should:

- Exercise regularly;
- Eat a nutritious diet;
- Get to and maintain a weight that's right for oneself (not everyone's healthy weight can be found on a chart);

- Get enough rest; and
- Learn how to and practice relaxing and being able to handle stress.

People who are physically fit are less likely to have heart disease, diabetes, high blood pressure, high cholesterol, strokes, certain kinds of cancer and other chronic diseases. They have stronger bones and muscles, more energy, fewer injuries and aches/pains, a better mood/less depression, and they will be able to move with greater ease and enjoy life more ... and for a longer period of time.

A medical professional is the best person to determine whether or not someone is physically fit. Make sure that you make and keep an appointment for an annual physical examination at MFHN.

Call 201-478-5827 today, and get started on your way to enjoying the benefits of being physically fit.

What Your Vital Signs Are Telling You



A typical visit to the doctor begins with checks of one's "vital signs"—body temperature, pulse, respirations and blood pressure. These are measurements that help determine overall physical health, especially how well the heart and lungs are working. Vital signs also provide clues to possible diseases, and show if progress is being made towards recovery of illness or injury.

Vital signs are best taken when a person is at rest and should be taken about 30 minutes after someone has eaten, drank a cold beverage, smoked or exercised. The normal ranges for a person's vital signs vary with age, weight, gender, and overall health.

Body Temperature can be taken in five ways using different kinds of thermometers: orally (by mouth), rectally, by ear, by skin (scanning the forehead) or axillary (under the arm). A normal body temperature range for adults is 97.8°F to 99°F. A temperature that is more than 99°F indicates a fever and this may be a sign of an infection or underlying disease. Hypothermia is when a person's temperature drops below 95°F.

Pulse is the measurement of the heart rate — the number of times the heart beats per minute. The pulse rate can indicate the heart rhythm, and the strength of the heart while pumping blood through the arteries. Pulse is usually measured at the wrist, the inside of the elbow or the side of the neck. The normal pulse for a healthy adult is 60 to 100 beats per minute. Adult females tend to have faster heart rates than males, and athletes who do a good deal of cardiovascular conditioning may have heart rates near 40 beats per minute without experiencing any problems.

Respiration Rate is the number of breaths a person takes per minute. The respiration rate is measured by watching and counting the number of times a person's chest rises per minute. Respiration rates can be higher if a person has fever, illness, or other medical conditions. When checking respiration, it is important to also note whether a person has any difficulty breathing. Normal at-rest respiration rates for adults range from 12 to 16 breaths per minute.

Blood Pressure is measured using a blood pressure cuff and a stethoscope to

gauge the pressure inside the artery when the heart contracts and pumps blood through the body. Taking the blood pressure measures two numbers. The highest number (the systolic pressure) indicates the pressure inside the artery when the heart contracts and pumps blood through the body. The lower number (the diastolic pressure) indicates the pressure inside the artery when the heart is at rest and is filling with blood.

What is normal blood pressure for one person may not be normal for another, but most doctors do not want to see a blood pressure that is greater than 120 systolic pressure rate and 80 diastolic.

The four vital signs are only one part of your regular check-up or sick visit. But they are really important to helping health care professionals determine your overall health ... or illness.



What You Should Know About Hernias

June is National Hernia Month. A hernia occurs when an organ pushes through an opening in the muscle or tissue that holds it in place. For example, the intestines may break through a weakened area in the abdominal wall. A hernia can be very painful, and it's important to have it checked and treated by a health care professional as soon as possible to prevent dangerous complications.

Anything that causes an increase in pressure in the abdomen can cause a hernia, including:

- Not lifting things carefully or lifting objects that are too heavy.
- Diarrhea or constipation.
- Persistent coughing or sneezing.
- Straining to urinate.
- Extra weight.

Types of hernias and their symptoms

Hernias occur most frequently in the lower abdomen and groin areas, but they can also appear in the stomach and other areas of the body. Either way, a doctor should be consulted for treatment.

Lower abdomen/groin hernias – more than 70% of hernias occur in these areas. These hernias occur more often in men than in women. Symptoms include: swelling or a lump on either side of the pubic bone where the groin and thigh meet; discomfort or pain in the area, especially when bending over, coughing, or lifting; weakness, pressure, or a feeling of heaviness in the abdomen; severe “colicky” abdominal pain.

Femoral hernias are caused when tissue bulges from the lower abdomen into the upper thigh, just below the groin crease. They usually occur in women. Most femoral hernias cause no symptoms. There may be some groin discomfort that is worse when standing, lifting heavy objects, or straining.

Stomach or hiatal hernias occur when part of the stomach bulges through the diaphragm, the muscle that separates the organs in your abdomen from those in your chest. Hiatal hernias are more common in people over the age of 50. Some symptoms are: heartburn; belching; chest pain; difficulty swallowing; feeling overly full after eating; vomiting blood or having black stools.

Incisional hernias can occur after a person has had abdominal surgery. The intestines may push through the incision scar or the surrounding, weakened tissue. There may be swelling or a bulge and pain/discomfort on or around the incision.

Umbilical hernias are a bulge around the navel. They are most common among babies and toddlers, but sometimes do occur in adults. Umbilical hernias are usually painless, although there may be a bulge when the little one cries, coughs, or strains. (The bulge may disappear when the child is calm.)

Treating hernias

As a rule, hernias will be treated surgically unless there are pre-existing circumstances that may make surgery unsafe. If surgery is not possible – or is being postponed – a surgical belt or binding may be prescribed, but it will never be used for femoral hernias.

If you suspect you or your child may have a hernia, call and make an appointment to see your Metropolitan Family Health Network caregiver as soon as possible.

M.D. Spotlight

Maria Franco-Lipat, M.D.,
Pediatrics

A native of the Philippines, Dr. Franco-Lipat is a Board-certified Pediatrician who has provided care for our young patients since September 2006.

Dr. Franco-Lipat graduated cum laude with a Bachelor of Science degree from University of the Philippines (Quezon City) and in the top 20% of her class from University of the Philippines College of Medicine (Manila) where she was awarded her doctorate degree. She served her internship at Philippine General Hos-

pital in Manila and residencies in Family Practice at U.S. Naval Hospital - Subic Bay (Philippines) and in Pediatrics at Newark Beth Israel Hospital.

After completing her residency at Beth Israel, Dr. Franco-Lipat was an Attending Physician at United Hospitals Medical Center Pediatric Evening Clinic in Newark. Prior to joining Metropolitan Family Health Network, she was a Physician Leader for the New Jersey Immunization Collaborative and Attending Physician in the Pediatric Clinic at the Jersey City Family Health Center, where she was also a Preceptor for Medical Students and Physician Assistants.

Dr. Franco-Lipat is fluent in English, Spanish and Tagalog.



The A, B, Cs of Hepatitis

Hepatitis is an inflammation of the liver that is most often caused by a virus. In the United States the most common types of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C. There are other kinds of hepatitis – namely Hepatitis D and Hepatitis E – that are serious but rare in the U.S.

Hepatitis A

Hepatitis A is very contagious, but over the past several years there has been a 90% decrease in the number of U.S. cases. Experts say the reason for the decrease is the vaccination of children and others who are at risk.

Hepatitis A is spread by contact with contaminated feces. This can happen by eating or drinking contaminated food or water. People who have Hepatitis A may not know it, and can spread the disease if they do not properly wash their hands after going to the bathroom.

Those who have Hepatitis A may have fever, fatigue, nausea, vomiting, loss of appetite, abdominal pain, joint pain, jaundice and/or dark urine. Most cases of Hepatitis A can be treated safely at home by resting, drinking lots of water and eating healthy foods. A bad case requires treatment with antibiotics.

Hepatitis B

Hepatitis B can range in severity from an acute (short-term) illness that lasts a few weeks to a chronic (lifelong) illness. The Hepatitis B virus is transmitted when blood, semen or other body fluids from an infected person enter the body of an uninfected person, most commonly via unprotected sex or injection drug use. A woman who is infected can pass the virus along to her baby at birth.

Many individuals with Hepatitis B do not have symptoms, and therefore do not know they're infected. Signs of Hepatitis B include lack of appetite, fever, feeling tired, nausea and vomiting, dark urine, grey-colored stool, jaundice and joint pain.

The best way to prevent Hepatitis B is to get vaccinated. Those who have acute cases of the disease need to be monitored by a medical professional and get adequate rest, eat healthy foods and drink plenty of fluids. Individuals with the chronic disease should be seen by a doctor and evaluated and tested on a regular basis. A doctor may be able to slow down the effect of the disease with treatment.

Hepatitis C

Hepatitis C has become a public health concern, especially with respect to Baby Boomers (men and women born between 1945 and 1965) who are five times more likely to have the virus. Most people who get Hepatitis C become infected by sharing needles/other equipment used to inject drugs, as well as an infected person's razor, nail clippers, glucose monitor or toothbrush. Hepatitis C can also be spread when non-sterile equipment is used for tattoos or body piercings. Unfortunately, some people develop a chronic (long-term) infection which may lead to liver damage, liver failure and liver cancer.

Too often people with Hepatitis C do not know they have the disease because they do not exhibit any symptoms, which can include fever, feeling tired, loss of appetite, nausea/vomiting, grey-colored stool, joint pain and jaundice.

There is no vaccine to prevent Hepatitis C. Many different things can affect treatment, so it is vital to see a physician.

MFHN Celebrates National Doctors' Day



In late March, MFHN honored our physicians and care providers with a buffet luncheon in appreciation for all of their efforts on behalf of our patients and our community.

In addition, MFHN hosted an Open House that day. We were fortunate to have had representatives, testings, information and demonstrations from our partners at NJ-SNAP, CarePoint Health, American Cancer Society, AstraZeneca, Dexcom, Gilead Sciences, Horizon NJ Health, Hudson River Radiology, Janssen Pharmaceuticals, Jersey City Medical Center / RWJBarnabas Health, Novo Nordisk, Pfizer, and United Healthcare.

High-Fives to MFHN Staff

Continuing education is important to providing the highest quality care for our patients. Please join us in congratulating the MFHN staff members who recently completed the HI-FIVE (Health Informatics For Innovation, Value & Enrichment) program.

- **Emely Balon**, Health Services Manager
- **Scott Carey**, Chief Operating Officer
- **Christina Gonzalez**, Patient Financial Processor
- **Kathy Gonzales**, Information Clerk Technician
- **Garrick Hall**, Patient Navigation Coordinator
- **Stephanie Lee**, Certified Application Counselor
- **Louris (Suzie) Mikaeil**, Field/Outreach Worker

HI-FIVE helps healthcare workers update their knowledge of the fast-changing field of health information technology. Developed by Columbia University with funding from the Office of the National Coordinator for Health Information Technology (ONC), the program is tailored to specific health care roles.

Welcome New Colleagues

Metropolitan Family Health Network is happy to welcome the following individuals who joined our organization this year:

Mohabeir “Mark” Boodhoo, Certified Patient Care Tech
Zoraida Cortes, Patient Financial Processor
Carlos Manrique, Security Officer
Leah Ogega, Patient Financial Processor

Charlene Rivero, Information Clerk Tech
Marleni Rodriguez, Patient Financial Processor
Johannes Tsoedi, Security Officer



Save the Date

Please Plan to be a Part of
New Jersey Primary Care Association Members'

2017 National Health Center Week Kick-off Ceremonies

"Celebrating America's Health Centers:
The Key to Healthier Communities"

Monday, August 14th at 11 a.m.

Hosted by and held at
Metropolitan Family Health Network
935 Garfield Avenue, Jersey City, NJ 07305

Additional details to follow.





Kids' Corner: Your Doctor and Dentist Are Your Friends

Some kids feel scared or nervous about going to the doctor or the dentist. Don't worry, this is normal. Truth is, even adults sometimes feel that way.

Doctors and dentists help people get and stay healthy. They go to school and study for 20 years or more! Pediatricians are doctors who are specially trained to take care of kids. Dentists are doctors who are specially trained to take care of teeth and gums.

There are two reasons to see the doctor or dentist. The first is if you are not feeling well or if you hurt, and your Mom, Dad, Grandma, Grandpa or other adult in charge wants advice about how to help you get better.

The other reason is for you to get a check-up. At a check-up the pediatrician listens to your heart and lungs. The pediatrician also looks at your mouth, teeth, eyes, ears, throat, tummy, arms and legs. This is to make sure everything inside your body and on the outside is working right and that you are growing properly. When you go the dentist for a check-up, the dentist takes pictures of your mouth and teeth and checks them carefully for bad spots (cavities).

Sometimes, the doctor will poke you to take a little bit of your blood so it can be tested. And sometimes, the doctor or dentist may also give you a shot.

Always remember: The doctor's and dentist's jobs are to protect you and your health.

Some doctors are old, some are young. Some are men. Some are women. Doctors and dentists come in all sizes, shapes and colors. All of our doctors and dentists care about you – that's a promise they make! Your doctor and dentist are your friends. If there is anything bothering you, tell them. They want to help you feel better!

