



NEWSLETTER

ISSUE NO. 1

MAY 2010

For sixteen years, we've been fulfilling our primary mission: to provide accessible, affordable and high quality comprehensive health care services to all people in the communities we serve, through collaborations, outreach programs, education, and partnering to reduce health disparities and increase access to all. We look forward to continuing to work with you to improve the health and quality of life of our community.

NEW PATIENT INFORMATION

- If you are a new patient, you need to bring:
- Picture ID
- Social Security Card (if applicable)
- Proof of income
- Health insurance card or Medicare/Medicaid information

GENERAL PATIENT INFORMATION

- It is better to make an appointment beforehand. If you decide to walk-in, expect a 1-2 hour wait.
- Absolutely NO CELL-PHONE USAGE
- Please empty liquids in bathrooms before putting containers in trash bins out of consideration for maintenance staff
- If you are coming in for a chemistry test (such as a glucose test), do not eat 6-8 hours before test-taking. It is recommended that you stop eating at midnight the night before your appointment. However it is very important that you drink a lot of water before taking the test.
- All confidentiality forms must be signed before a client's information (such as medical records, status, results)



can be released to a separate facility

- It typically takes a 24-hour turn-around period before information can be sent out, so it would be in your best interest to call ahead of time.

GET YOUR FREE HIV TEST

ABOUT AIDS

Aids is the last stage of an infection caused by the virus, HIV. HIV weakens the immune system, the body's natural defense against illness. By the AIDS stage, the immune system is very weak, and cannot protect against illness. Most people with AIDS eventually die from the disease or related conditions.

HOW IS HIV SPREAD?

HIV is spread through contact with body fluids- mainly blood, semen and vaginal fluids. This contact usually happens during vaginal, anal, or oral sex, when sharing a needle, or from a mother who has HIV to her baby. However HIV is not spread through the air or through casual activities such as sitting next to someone, shaking hands, using restrooms or being bitten by mosquitoes or other insects.

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ANYONE CAN GET HIV!

Consider getting tested for HIV if you have engaged in any unprotected sexual contact, shared needles or syringes for any reason, had a sexually transmitted disease (STD), or receive a blood transfusion or blood clotting factor between 1978 and 1985. Central Care Community Health Center offers HIV rapid testing. If you think for any reason you may have come in contact with the HIV virus, please make an appointment for your FREE test today!

IMMUNIZATIONS PROTECT CHILDREN

Immunizations are important in protecting your children. Besides reducing the incidence of diseases, vaccinations also offer protection from infection, prevent outbreaks and epidemics in the community, and keep diseases from affecting future generations. Vaccinations work about 90-100% of the time. They are most effective when given at the right age (the table below illustrates the right time children should get certain vaccines), so it is important to keep up with recommended vaccinations for your children. However if you have fallen behind, there are still ways to get your child back on the correct vaccine track. Please call for our free back to school Immunization Drive in August. (713) 734.0199

BREAST HEALTH AND YOU

Did you know... breast cancer is the leading cause of cancer deaths for Hispanic women.

In fact, all women are at risk for breast cancer, and the risk increases as women age. Regular screening can identify cancer early and lower your risk from dying from breast cancer. Don't let fear keep you from getting screened- many women live long, happy, healthy and productive lives after treatment. The key is to find the problem early!

Breast Cancer Screening Methods

SAVE THE DATE!!!
ANNUAL HEALTH FAIR
Saturday, September 25, 2010
10:00 AM-2:00 PM
CCCHC at Martin Luther King Jr. Blvd



- Mammogram: an x-ray of the breasts that only takes a few minutes. You should get a mammogram every year starting at age 40.
- Clinical Breast Exam (CBE): a doctor or nurse will examine your breasts visually and manually to check for abnormalities. You should get a CBE every 3 years starting at age 20, and every year after age 40.
- Breast Self-Exam (BSE): a self-administered test so you know how your breasts normally look and feel. You should do it every month starting at age 20. It should not replace a regular mammogram and CBE.

Call the CCCHC today to schedule an appointment for a breast cancer screening, and find out more information about proper breast health.

CONNECTING WITH YOUR CHILD

Remember that it's never too early to connect with a child! Here are some tips for parents and others who are caring for infants and young children to help them develop to their full potential.

- Support development of young children in your community by volunteering in child care facilities, distributing child development information through your agency or business, encourage availability of employee benefits that support families
- Make sure your children know they are loved through hugs, kisses, smiles, talking, eye contact, saying "I love you" often. Also ensure that your child has regular health exams and receives all appropriate immunizations (shots).
- Talk, read, sing, and play with your child every day
- Remain calm and discipline with love and consistency: avoid calling your child negative names, be aware that while spanking/hitting/shouting may halt bad behavior immediately, it may teach violence as the way to settle issues, and create dependable, predictable routines for your child

- Take care of yourself while pregnant though prenatal vitamins and folic acid, drinking lots of water, avoiding excessive caffeine, drugs, alcohol and smoke, and visiting your doctor or nurse monthly as soon as you think you are pregnant

FOLIC ACID HELPS BABIES BE HEALTHY

- See your doctor or nurse if you are thinking of becoming pregnant
- A vitamin called folic acid prevents birth defects of a baby's spine and brain. These defects prevent a child from running, walking or playing normally, and often children with folic acid deficiency die before or shortly after birth.
- You should take folic acid before, during and after your pregnancy
- Take a vitamin or 1 bowl of cereal with 100% daily value of folic acid (check label to see the DV)
- You can get folic acid at the grocery store without a prescription
- Start taking folic acid today for a healthy body!

IMPORTANT NUMBERS

Poison Control Center 1-800-222-1222

If you have a poison emergency, call the poison control center immediately. Experts will help you if someone has breathed, eaten or touched chemicals, or has taken the wrong medicine.

The City of Houston Information 3-1-1

3-1-1 connects you to city services 24 hours a day. Representatives will direct you to the right person, help you with traffic tickets, operating hours, or a neighborhood problem.

Crisis Hotline 713-Hotline (468-5463)

Felling stressed, depressed, or thinking of suicide and don't know where to turn? Call the Crisis Hotline 24 hours a day and talk privately about your problems.

United Way Help Line (TEXAS) 2-1-1

Need help and don't know who to call? 2-1-1 helps you find out about food, shelter, counseling, after-school programs, senior services, disaster relief and other resources

Ask your Nurse 713-633-CALL (2255)

Feeling sick, but not sure if you need to see your doctor or go to the hospital? Call to talk to nurses for answers to your health questions

Emergency 9-1-1 (Police-Fire-Medical Emergencies)

Call 9-1-1 only for life or property threatening emer-

gencies needing police, fire or ambulance. The easy-to-remember phone number can be dialed from any phone, including wireless.

ANNUAL HEALTH FAIR

We welcome you to our Annual Health Fair scheduled



for September 25 (MLK) and October 23 (Riverside), 2010 from 10 am to 2 pm.

The overall purpose of this event is to enhance the health and welfare of the community by providing an avenue for parents, seniors, teens, children, and the general public to obtain information and services to improve their health.

Services and information provided will focus on health concerns deemed priority by the Office of Minority Health and local health care providers, consumers, and advocates: infant mortality, cancer cardiovascular disease, diabetes, HIV infection, substance abuse, child and adult immunizations, teenage pregnancy, environmental hazards, homicide, suicide, and unintentional injuries. Immunization, cholesterol and diabetes testing, blood pressure, prostate cancer and breast cancer information are some of the many services planned for the day.

LOOKING TO MAKE A DIFFERENCE?

We welcome you to **volunteer** at one of our two locations (addresses listed on page 4)!

For more information, email Marco Greer at mtgreer@live.com

Interactive workshops and other special recognitions are planned.

We ask that you join us in improving the health of our community by participating in our Health Fair through monetary or in-kind donations.

DENTISTS YOU CAN TRUST, PRICES YOU CAN AFFORD!

We provide affordable dental services such as:

- Limited Exam
- Basic Cleaning
- Simple Extractions

- Cavity Fillings
- X-rays
- Root Canals
- Flouride Treatments

Cosmetic services are available. Free dental screenings and basic cleanings for all students. College students must be currently enrolled and have a letter from university confirming enrollment status. Please call (713) 831.9663 to schedule an appointment!

GET YOUR WELL WOMAN EXAM!

A Well Woman Exam offered at the CCCHC is highly recommended for women who are sexually active OR twenty-one years of age or older. This exam includes: pelvic exam, breast exam, pregnancy screening, STD screening, and Pap smear. Also available at CCCHC are family planning services, birth control prescriptions, prenatal care, DEPO Provera injection, and comprehensive health care.

GET YOUR STATUS DAY!

FREE Rapid HIV Testing at the CCCHC
on Martin Luther King Jr. Blvd

Saturday, May 15, 2010, 9 AM–2 PM

~Bring a friend!!! ~

PAYMENT OPTIONS

Medicare

Medicaid

Payment plans available

Most private insurance accepted

ADDITIONAL INFORMATION

The Management Team

Marcus Roland -President & CEO

La Toya Darden-COO

Dr. Margaret Egbunike- Medical Director

Board Members

Darryl Odom- Board Chair

Deborah Archie- Treasurer

Karyn J. Smith- Secretary

Marvin C. Delaney

Willie Nelson

Detria Ward

Eric C. Hixon

Frank Mims

James N.E. Williams

Edward Thompson, Sr.

Locations and Contact Information

8610 Martin Luther King Jr. Blvd.

Houston, TX 77033

(713) 734-0199

M/W — 8:00 am – 5:00 pm, T/Th — 8:00 am – 7:00 pm,

F – 8:00 am – 12:00 noon, Call for Saturday Hours

3315 Delano Street

Houston, TX 77004

(713) 831-9663

M/W — 8:00 am – 5:00 pm, T/Th — 8:00 am – 7:00 pm,

F – 8:00 am – 12:00 noon, Call for Saturday Hours