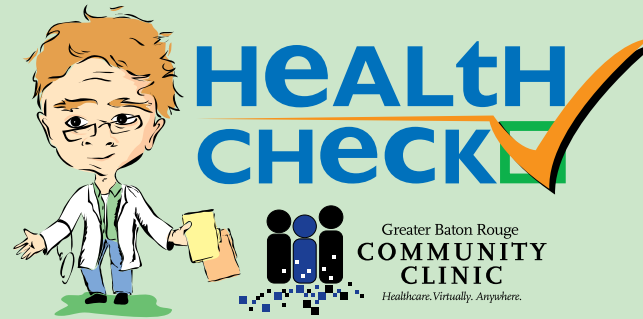




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An ounce of prevention is worth a pound of cure.

-Benjamin Franklin



We see warning signs every day, such as "lane closed" or "school crossing." Such signs are common reminders to be careful. The earlier we heed their advice, the better off we'll be. In our fast-paced world, we tend to ignore the clear "signs" our bodies give us that indicate a health problem.



When asked to identify the signs of heart trouble, most people will list numbness in the left arm or pains in the chest. Although these are some classic symptoms of heart trouble, once they occur it is often too late. We need to be more aware of early warning signs, such as high blood pressure or high cholesterol levels. By taking a few preventative measures, such as eating healthy, exercising and getting regular check-ups by your doctor, you can save lots of money, time and energy that would otherwise be needed to cure some health problems that are actually easy to prevent.

In our first issue of HealthCheck, Dr. Boomer will explain the importance of health screenings as a part of preventive care. They are quick and painless and can prevent more serious health problems from occurring later in life.



**WHO IS DR. BOOMER?...
 OPEN TO FIND OUT!**

KNOW THE IMPORTANCE OF SCREENINGS FOR MEN AND WOMEN

Physical Exams

Blood Pressure

Cholesterol

Prostate Screening

Mammogram

Bone Density

and more...



MISSION STATEMENT



The Greater Baton Rouge Community Clinic provides dental, medical, mental health and vision services to the uninsured, low-income working people.

Service Area: Ascension, East Baton Rouge, Iberville, West Baton Rouge, Pointe Coupee, East and West Feliciana, St. Helena and Livingston.

Together, we can make a difference. One in four Louisianians cannot afford healthcare coverage. Please help the Community Clinic continue to provide the low-income, uninsured, working people the healthcare they need to live healthier and more productive lives

Simply complete the form below and mail it to Community Clinic, P.O. Box 65373, Baton Rouge, LA 70896. For more information call 769-3377.

 Name (first and last)

 Street Address City State Zip Code


Please indicate which way you want to help!

volunteer \$5 contribution \$10 contribution \$25 contribution other amount



Hello, I am Dr. Bay B. Boomer.

I am your personal doctor. I want to be sure that you are taking good care of your health.

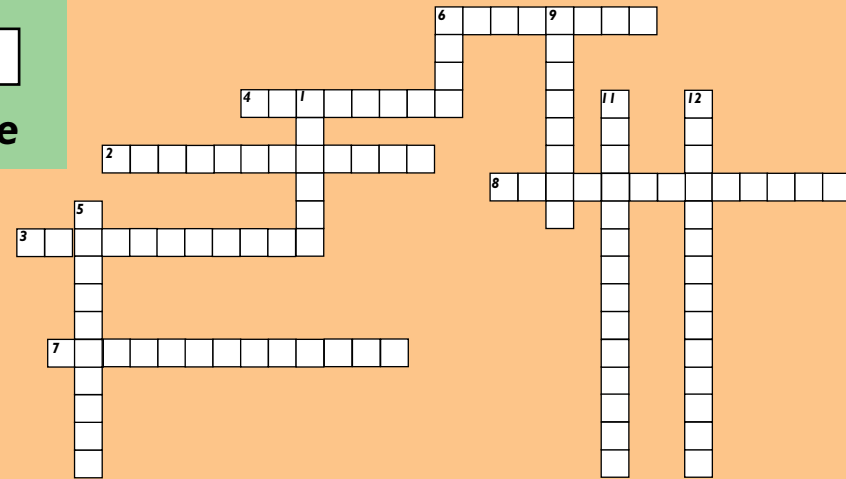
In each issue of HealthCheck , I will give you information on how to diagnose and treat certain conditions. Most importantly, I will teach you how to prevent diseases through good nutrition, exercise, and regular check-ups.

Okay, lets get started. . .

HEALTH CHECK 



Puzzle



Across

2. Another word for high blood pressure
3. Increases risk of heart attack and stroke
4. When you have high blood sugar
6. If you have a mole that is changing in appearance, you should have this.
7. Detects cavities and gum problems
8. Being high risk means you have this

Down

1. An exam needed every year for all ages/sexes
6. Sexually Transmitted Diseases
5. Exam which detects problems in your colon
9. This could save your vision
11. This gives you a better chance of avoiding or treating diseases
12. Knows your health history and monitors your symptoms.

1D. annual
2A. hypertension
3A. cholesterol
4A. diabetes
5D. colorectal
6A. Skin exam
6D. STDs
7A. Dental checkup
9D. eye exam
8A. family history
11D. early detection
12D. primary care doc

First Things First - The Value of Finding a Primary Care Home.

What is a primary home? This is when you find a family doctor who you can establish a relationship with for the benefit of your overall health.

Why is this important? A physician who knows you personally will tend to be more caring. One who is familiar with your health history and sees you on a regular basis will be more able to recognize your symptoms, reduce the complications of existing conditions and monitor any high-risk problems.

How often should I visit my primary care doctor? At least once a year for a physical exam.

Where can I find a primary care doctor? You can look in the yellow pages of your local telephone book under the following: Family Practice, General Practice or Internal Medicine.



Old Wives Tale #4!

Myth: If I really had high blood pressure, I would feel ill.

Fact: High blood pressure has no sign or symptoms. The only way to be diagnosed with high blood pressure is to be screened by a qualified healthcare professional, such as a doctor or nurse.



FLU SHOTS! Who should get a flu shot?

- People 50 years and older
- Residents of long-term care facilities
- People aged 2-64 with chronic health conditions
- Children aged 6-23 months
- Pregnant women
- Healthcare workers, caregivers, childcare workers

The flu vaccine is recommended for all people 6 months of age and older who have been displaced by hurricanes Katrina and Rita and are living in crowded group settings.



SUGGESTED SCREENINGS FOR WOMEN



Health problems vary by person and age. Family history plays a big role in many health problems. Tell your physician if there is a history or any particular disease in your family so that he can monitor your health.

Pap Smear

Detects cancer or pre-cancerous changes of the cervix. It is recommended to have your first pap smear at age 21 or when you first become sexually active.

Breast Self Exams

This is a physical examination of the breast and armpits which can be done at home. Watch for lumps or suspicious changes.

Mammogram

This is an x-ray of the breast tissue to determine lumps or changes that can't be determined by breast self exams. Women should start having mammograms at age 40.

Bone Density Measurement

This is a quick and painless scan of the lower back, hip region, wrist and heel to identify osteoporosis. Unless you have a family history, this screening is usually recommended for women 60 and up.

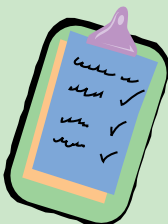


Old Wives Tale #137

Myth: There's never been a case of breast cancer in my family so I don't need to worry about it happening to me.

Fact: More than 80% of breast cancers occur in women with no family history, and 70% of women have none of the identifiable risk factors. However, if your mother, sister or grandmother ever had breast cancer, your risk is significantly increased. You should get screening mammograms earlier than other women.

SUGGESTED SCREENINGS FOR MEN



Unfortunately, men generally don't seek medical care until symptoms arise: which is often times too late. It is just as important for men to be screened regularly and take preventative care measures to preserve their health.

Prostate Screening

This exam consists of two tests, a blood test and a digital rectal exam. The tests are used together to identify enlarged prostates or prostate cancer.

Testicular Exam

This self-examination should be done once a month. Testicular cancer is the most common disease among American men between the ages of 15 and 35.



SUGGESTED SCREENINGS FOR MEN AND WOMEN

TEST	WHAT IT IS	AGE/WHEN
<input type="checkbox"/> Annual Physical Exam	Best way to detect problems early. A comprehensive physical exam should be done every year.	18 & older
<input type="checkbox"/> Blood Pressure Readings	Used to detect hypertension (high blood pressure) which can lead to heart attacks, strokes, heart failure and kidney damage if left untreated.	
<input type="checkbox"/> Cholesterol Test	A blood test. High cholesterol increases the risk of heart attack and stroke.	Men 35 & older Women 45 & older
<input type="checkbox"/> Diabetes Testing	A blood test. Diabetes, or high blood sugar, is a major cause of blindness, kidney disease, high blood pressure, stroke, heart disease and amputation of the lower legs and feet.	
<input type="checkbox"/> Colorectal Exam	Detects cancer and growths on the inside wall of the colon that could become cancerous.	
<input type="checkbox"/> STDs - Sexually Transmitted Disease Screenings	Many of these diseases can have serious, sometimes fatal, complications if not detected early.	Based on personal risk.
<input type="checkbox"/> Skin Exam	This is for those who have skin that burns easily or have moles. Self-exams are recommended to check for unusual growths or changes in moles.	
<input type="checkbox"/> Dental Check-Ups	Your oral health greatly impacts your physical health. To detect cavities and other problems with gums and teeth.	Once a year.
<input type="checkbox"/> Eye Exam	To detect conditions that can impair your vision or cause blindness if untreated.	Once a year.

DON'T DELAY...START CHECKING OFF YOUR LIST TODAY!

