

HEALTH *Report*



Spring 2013

We're here for you!

Clinics provide affordable community care

THE COLLEGE of Health Professions at Coppin State University has two health care outreach clinics: one on the main campus and the other at St. Francis Academy in East Baltimore. Through our Community Health Centers (CHCs), we provide comprehensive primary care for the residents of Coppin Heights, East Baltimore and our neighboring communities.

The CHC on the main campus is also proud to serve as the Student Health Center for the campus and provide learning experiences for graduate and undergraduate nursing students and health information management students at Coppin State University.

Our services

The CHC provides quality health services at a low cost.

“It is important for area

residents to have accessible, quality health care service,” says Marcella Copes, PhD, RN, dean of the College of Health Professions and CHC director. “Our location allows us to provide services to area residents in an affordable and accessible manner.”

The CHC offers:

- Annual exams for adults and children.
- Gynecologic examinations/Pap smears.
- Comprehensive specialty referrals.
- Management of chronic health problems such as diabetes, hypertension and asthma.
- Child and adult immunizations (influenza, meningitis, MMR, varicella, pneumonia, tetanus, hepatitis B).
- Lab testing.
- STD screening and contraceptive management.

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Health Report is a publication of the Community Health Centers College of Health Professions at Coppin State University.

- Sports physicals.
- Family planning.
- Health education.

The CHC accepts most commercial health insurance plans, as well as Medicaid and Medicare. For our patients who are uninsured, the CHC will help with getting insurance or provide a sliding scale for services.

The CHC is staffed with highly qualified, culturally competent health care providers with varied skills and specialties. Our patient-centered facility provides compassionate care to all our clients. Shavon Darden and Patricia Setlow, the lead practitioners and associate directors, are board-certified family nurse practitioners with many years of experience in primary health care.

For more information, see “Know Before You Go” on the back page.



From left: Shavon Darden, MSN, CRNP, FNP-BC, RN, Associate Director/Family Nurse Practitioner; Valerie Rivera; Starr Mickle; and Tia Parker



WAYS TO KEEP ACTIVE

If you're not in the habit of being active, start small and spread your exercise out over the day. You could:

- ✓ Walk around when you're on the phone.
- ✓ Stretch while you watch your favorite TV show.
- ✓ Play with your kids or your dog.
- ✓ Park your car a block or two away from your destination and walk the rest of the way.
- ✓ Take the stairs instead of the elevator or escalator.
- ✓ Do some gardening or yard work.

Source: American Diabetes Association

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Information in HEALTH REPORT comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

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DIABETES

Just get the news?

Start here

IF YOU'VE JUST LEARNED you have type 2 diabetes, it's normal to have mixed emotions. You may feel angry about having the disease. You may feel relieved to have a diagnosis—and a plan. You might also think, "Why me?"

Having diabetes isn't your fault. The disease results from a complicated interplay between genetics and lifestyle. Scientists don't fully understand why some people get it and others don't. But they do know that there are ways to reduce the risk of the serious complications associated with diabetes.

So, now that diabetes has been diagnosed, it's time to look forward. Ask yourself: What can I do now to control this disease?

According to the American Diabetes Association, you should:

Create a meal plan—and stick to it.

Your doctor or a dietitian will help you adjust your diet to meet your blood sugar (glucose) goals. You can probably expect to:

- Count carbohydrates, which raise blood sugar the most.
- Get more fiber, which can be found in fruits, vegetables, beans and whole grains. Eat less salt, saturated fats and trans fats.

Exercise most days of the week.

Physical activity helps keep your blood sugar and blood pressure under control—and it even helps insulin work better. It's also a great way to relieve stress.

Try to work up to at least 150 minutes of moderate-intensity aerobic activity a week. And aim to do some strength training and stretching too. Work with your doctor to create an exercise plan that suits you.

Know your blood glucose level.

Medications, a healthy diet and regular exercise can help control your blood sugar. But you need feedback to make sure these interventions are working. That's why it's important to monitor your blood sugar as directed by your doctor.

He or she will help you determine your target glucose level and how often you should check your blood. Many people test several times a day. Record the results to share with your doctor.

You should also have an A1C test at least twice a year. It tests average blood glucose levels over time.

Managing blood sugar isn't always easy—but it's worth it. If you stick with it, you'll have more energy, feel less tired and avoid many of the health problems associated with uncontrolled diabetes.

Physical activity helps keep your blood sugar and blood pressure under control—and it helps insulin work better.



Have your blood pressure checked regularly. If it's too high, there are ways to get it under control.

Blood pressure basics

Blood moves through your blood vessels under pressure. The pressure during a beat is called systolic pressure. The pressure between beats is called diastolic pressure. Those two measurements make up your overall blood pressure reading.

According to the National Heart, Lung, and Blood Institute (NHLBI), normal blood pressure is less than 120 millimeters of mercury (mm Hg) systolic and less than 80 mm Hg diastolic. As those readings increase, the risk of health problems also rises.

That's why the NHLBI recommends that most people try to keep their blood pressure below 140/90. One exception is people with diabetes. Their goal is to keep blood pressure below 130/80.

Who is at risk

About 1 in 3 American adults has high blood pressure, according to the NHLBI. The risk of developing it goes up with age. More than 65 percent of all Americans 60 and older have blood pressure that is too high.

- You are also at risk if you:
- Have a family history of high blood pressure.
 - Are African American.
 - Smoke.
 - Are overweight or obese.
 - Eat too much salt.
 - Don't get enough physical activity.

Don't let blood pressure SNEAK UP on you

HIGH BLOOD PRESSURE can be a sneaky problem. It usually takes many years to develop, and there are almost never any symptoms. In fact, most people who have high blood pressure feel perfectly healthy.

But slowly, behind the scenes, high blood pressure (hypertension) can cause some serious health problems. An increased risk of stroke, heart problems and kidney trouble are among them.

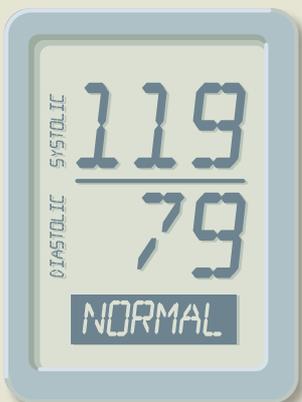
That's why it's important to have your blood pressure checked regularly. If it's too high, there are ways to get it under control. If it's normal, good health practices can help keep it there.

The lows and highs of blood pressure

How do you know if your blood pressure is too high? This chart of blood pressure levels (measured in mm Hg) can help. The ranges apply to most adults (18 and older) who don't have a short-term serious illness.

CATEGORY	SYSTOLIC		DIASTOLIC
Normal	Less than 120	and	Less than 80
Prehypertension	120–139	or	80–89
High blood pressure Stage 1	140–159	or	90–99
High blood pressure Stage 2	160 or higher	or	100 or higher

Source: National Heart, Lung, and Blood Institute



Know before you go

We have two locations to better meet your needs:

HEALTH & HUMAN SERVICES BUILDING

2601 W. North Ave.,
Suite 131
Baltimore, MD
21216

Appointment line:
410-951-4188

Fax: 410-951-6158

Hours: Monday through Friday,
9 a.m. to 5 p.m.

You can schedule an appointment online at www.coppin.edu/info/200476/patient_login.

THE COPPIN CLINIC AT ST. FRANCES

501 E. Chase St.,
Baltimore, MD
21202

Appointment line:
410-528-8747

Fax: 410-538-8748

Hours: Monday through Friday,
9 a.m. to 4:30 p.m.



● Patricia D. Setlow, FNP-BC, CRNP, Associate Director/Nurse Practitioner, The Coppin Clinic at St. Frances

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Why and when kids need checkups

THERE ARE TWO KINDS of trips to the pediatrician: those when your child is sick and those when he or she is well.

Well-child checkups can be just as important as the visits for illness. They give you the tools you need to keep your child healthy year-round—and for a lifetime.

According to the American Academy of Pediatrics, at a childhood checkup you may expect:

A physical exam. Among other things, the doctor will measure your child's height and weight, listen to the heart and lungs, and press lightly on the abdomen to check the health of internal organs.

A developmental assessment. The doctor may ask about emotional and behavioral health. For example, you may discuss a baby's developmental milestones—such as smiling, clapping and learning to walk—or how older children are doing in school.

A preventive medicine checkup. Your child may get vaccines or screening tests. For example, at some visits vision or hearing may be tested. Doctors may also test lead and cholesterol levels and for diseases such as tuberculosis.

An opportunity to ask questions. Your doctor is an expert on childcare issues and can offer advice and resources for issues from potty training to eating disorders and learning problems.