

# HEALTH *Report*



Summer 2013

## Community *is the new reform*

**THE CORNER** of East Chase Street and Brentwood Avenue is where you will find a demonstration of community reinvestment and reform: St. Frances Academy. Established over 150 years ago by Mother Mary Elizabeth Lange and the famous Oblate Sisters of Providence, St. Frances Academy fosters academic, spiritual, physical and social growth. Students are encouraged to take advantage of the opportunities presented to help them achieve their fullest potential.

The Coppin State University College of Health Professions' Helene Fuld School of Nursing's newly renamed Coppin Clinic at St. Frances offers an opportunity for students to achieve their fullest potential by maintaining good health and wellness. The

Coppin Clinic provides outreach both throughout the school and in the community. Coppin State University College of Health Professions' collaboration with St. Frances Academy was established with a farsighted approach. It is based on fostering long-term relationships and building the community by providing care for children and adults, managing chronic health problems, providing weight-management education, assisting with obtaining insurance, offering 24-hour phone consultation and maintaining an environment where walk-ins are welcomed during clinic hours.

The clinic helps to provide clients flexibility to accommodate community support. For this reason, the Coppin Clinic provides even more than the average school nurse. According to the National Association of School Nurses, the school nurse has a multifaceted role within the school setting, one that supports the physical, mental, emotional and social health of students and their success in the learning process. It is the scope of nursing activities contained within the role of the

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school nurse and the unique non-medical setting that differentiates school nursing from other nursing specialties. The Coppin Clinic partnership extends beyond partnering with St. Frances Academy; the clinic has created a partnership with the community.

The clinic focuses on what matters the most: children; families; safety; and stronger schools, neighborhoods and communities. By addressing the pressing health needs of the community, the clinic stays on the forefront of health disparities and improvement. In any given week, the clinic serves at least 30 patients.

Creating a nurturing environment is central to Coppin State University's College of Health Professions Coppin Clinic.

"We are a community," says Pat Setlow, who has worked as director for over three years. "We will continue to provide for those in the school and the neighborhood."



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

# Stand up for your health



Time for a  
checkup?  
See page 4 for  
our locations  
and hours.

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HEALTH REPORT is published as a community service for the friends and patrons of COPPIN STATE UNIVERSITY HELENE FULD SCHOOL OF NURSING COMMUNITY HEALTH CENTERS.

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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.

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**IF YOU'RE A MAN**, you've heard the stereotypes about how men take care of their health. And you may have gotten a chuckle. You can get a guy to change the car's oil, but good luck getting him to see a doctor, right? Unfortunately, beyond the humor lies a little truth—and it's nothing to laugh about.

Take medical checkups. Men are nearly 25 percent less likely than women to have seen a doctor in the past year, the Agency for Healthcare Research and Quality (AHRQ) reports. At the same time, men are more likely to be hospitalized for serious health problems, such as diabetes complications and pneumonia.

### It's about a good, long life

If taking care of your health hasn't been a priority, why not make a new start now? You deserve good health—and those who love and depend on you need you to be well too.

Checking in with a doctor is a good first step. Chances are, you're healthy. But only a doctor can say for sure. For example, you could have high blood pressure or abnormal cholesterol levels and not know it—both of which can have some serious consequences, like heart disease, if not treated.

You can also learn which medical screening tests you may need.

According to the AHRQ and other experts, men may need to be screened for:

- **Colorectal cancer.** Start getting tested at age 50—sooner if the disease runs in your family.
- **High blood pressure.** Have your blood pressure checked at least every two years.
- **Diabetes.** If your blood pressure is higher than 135/80 mm Hg or you take blood pressure medicine, your doctor may test for diabetes.
- **High blood cholesterol.** Have your cholesterol tested regularly if you're 35 or older. Start at age 20 if you have risk factors for heart disease.
- **Abdominal aortic aneurysm.** This is a weakened blood vessel that can burst without warning. If you're between ages 65 and 75 and have ever smoked, get checked.

You may also want to talk to your doctor about the pros and cons of prostate cancer screening and whether you should be screened for depression.

Additional source: American Heart Association

## Men, check the size of your belly

Your doctor can order all sorts of tests to measure your health. But here's one you can do on your own: Measure your waist.

Excess fat around the middle can raise the risk for several health problems.

A man with a waist of more than 40 inches may be at higher risk than a man with a smaller waist for type 2 diabetes, high blood pressure, high cholesterol and coronary artery disease.

To find out your waist size, place a tape measure around your bare abdomen. Make sure the tape is parallel with the floor and just above your hipbone. The tape should be snug but not too tight. Relax, exhale and measure.

Sources: Centers for Disease Control and Prevention; National Institutes of Health

# Screenings

## that could save your life

### For women, for men

**MANY SCREENING TESTS** are gender-neutral—meaning they're recommended for both men and women. However, some tests are specific to the sexes.

For women, those include tests that can detect:

→ Breast cancer, cervical cancer and osteoporosis. Most women should have Pap tests starting at age 21, regular mammograms starting at age 40 and a bone density test at age 65.

For men, those include tests that can detect:

→ Prostate cancer and abdominal aortic aneurysm. Starting at age 50, most men should talk to their doctor about the pros and cons of screening for prostate cancer. Men between ages 65 and 75 who have ever smoked should be screened for an abdominal aortic aneurysm.

Source: Agency for Healthcare Research and Quality; American Cancer Society

## HPV: Vaccines help guard against cervical cancer

**MORE THAN HALF** of the sexually active women in the U.S. will be infected with some form of human papillomavirus (HPV) at some point.

But what if the worst of these viruses could be prevented? The cancers they may cause might never start.

That's the idea behind getting vaccinated for HPV.

While most HPVs are harmless, some types are responsible for most cervical cancers.

By protecting against these HPVs, the vaccines Cervarix and Gardasil can help prevent cervical cancer, as well as certain other types of cancer in both women and men.

Both vaccines require a series

of three shots. To work best, however, they need to be given long before someone might be exposed to HPV through sexual contact.

The U.S. Food and Drug Administration has approved Cervarix for use in females 9 to 25 years old and Gardasil for use in both females and males 9 to 26 years old.

The Centers for Disease Control and Prevention (CDC) recommends that girls get either vaccine starting at age 11 or 12. So should other females younger than 27 if they weren't vaccinated as preteens.

CDC recommends Gardasil for 11- to 12-year-old boys and as a catch-up vaccine for males up to 22 years old.

Additional source: National Cancer Institute

## PAP TESTS

### Why and when

**THE PAP TEST** takes less than a minute, and it could save your life. So if you're a woman, get that test on schedule—don't put it off.

The Pap test takes a sample of cells from the cervix to look for any abnormal changes. Sometimes, abnormal cells can lead to cancer. The Pap test helps find those changes early, which may prevent cancer. The test also helps detect cancer at an early stage, when it is easier to treat.

Women should have Pap tests starting at age 21. After that, most women:

- Younger than 30 should have a Pap test every three years.
- Ages 30 to 65 should have co-testing with a Pap test and a test for the human papillomavirus (HPV) every five years. You can have just a Pap test once every three years if HPV testing is not available. (Women with certain risk factors may need more frequent tests. Talk to your doctor to see what's best in your situation.)
- Older than 65 may be able to stop having Pap tests. But, as always, talk to your doctor to get the OK before you stop.

Sources: American College of Obstetricians and Gynecologists; U.S. Department of Health and Human Services



## 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](http://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.



• Shavon Darden, MSN, CRNP, FNP-BC, RN, Associate Director/Family Nurse Practitioner

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## What causes a heart attack?

**A** A heart attack is all about blood flow—or the lack of it.

A healthy heart muscle needs a constant supply of oxygen-rich blood. During a heart attack, that blood supply is blocked, often by a blood clot in an artery that feeds the heart.

Clots usually occur as a result of coronary heart disease. This disease develops gradually as fat, cholesterol and other materials—called plaque—slowly build up inside an artery, causing it to narrow.

Sometimes, an area of plaque splits open and a clot forms. That clot can also block blood flow through the artery.

Without a sufficient blood supply, heart tissues begin to die. Unless the blood flow is quickly restored,

permanent heart damage—even death—can occur.

While some heart attacks come on fast and with force, most start slowly with mild discomfort. Symptoms may include:

- A feeling of pressure, fullness or pain in the chest. These sensations last more than a few minutes or may go away and come back.
- Discomfort in one or both arms, the back, neck, jaw, or stomach.
- Trouble breathing.
- Nausea or light-headedness.
- Breaking out in a cold sweat.
- Feeling unusually tired for no reason.

If you think you're having a heart attack, call 911 right away. Drugs and other treatments, when given quickly, can be very effective.