

HEALTH *Report*



Winter 2014



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

Leading the way for health care

THERE'S A REASON WHY the Coppin State University (CSU) College of Health Professions has a stellar reputation: We've earned it.

Since July 30, 1995, when the first CSU Helene Fuld School of Nursing Community Health Center opened, our faculty, students and staff have been providing quality health care to the students, faculty and staff of the university, as well as to community residents. Additionally, our St. Frances Academy health center, located in east Baltimore, continues to lead the way for health care in the community.

The centers have multiple functions, including:

- Providing comprehensive primary care to underserved communities.
- Providing comprehensive primary care to faculty, staff and students of CSU.

- Providing learning experiences for graduate and undergraduate nursing students at CSU in the area where clinical sites are hard to find.
- Providing clinical practice for nursing faculty to maintain their certification.
- Providing outreach.

As a part of an institute of higher learning, the centers are uniquely positioned to prepare the next generation to care for their health and the community. For more information about our locations, see "Know before you go" on the back.

The Helene Fuld School of Nursing produces nurses committed to excellence and compassion, giving back to underserved communities, and setting new standards of nursing education technology. Our nursing program is holistic and student-centered, with outstanding one-on-one faculty support.

Sodium: Labels tell the story

Most of the sodium in our diets comes from processed foods, such as convenience foods. Look for these labels:

- ✓ Sodium-free or salt-free (product contains less than 5 milligrams of sodium per serving).
- ✓ Very low sodium (product contains 35 milligrams or less per serving).
- ✓ Low sodium (product contains 140 milligrams or less per serving).
- ✓ Reduced or less sodium (product has at least 25 percent less sodium than the regular version).
- ✓ Light in sodium (product has half the sodium of the regular version).
- ✓ Unsalted or no salt added (means no salt was added to the product during processing).

Sources: National Institutes of Health; U.S. Food and Drug Administration



HIGH BLOOD PRESSURE

The exercise solution

THERE ARE PLENTY of reasons to exercise. It can help you manage your weight, strengthen your heart and reduce your stress level. It can also help you control your blood pressure. In fact, exercise is one of the best ways to prevent or control high blood pressure.

A dangerous condition

More than 75 million Americans have blood pressure that is too high. As you get older, your risk for developing high blood pressure increases—75 percent of all people older than 60 have higher-than-ideal blood pressure rates.

High blood pressure can increase your risk for having a heart attack or stroke. It can also lead to kidney damage, vision problems, lung damage, memory loss and other unwanted health conditions.

It's important to have your blood pressure checked when you visit your doctor. Many people don't know they have high blood pressure because the disease has few symptoms—especially in its early stages.

Get up, and get moving

It doesn't take a lot of activity to lower your blood pressure. If you get in 30 minutes of moderate-level aerobic activity most days of the week, you may see your blood pressure begin to drop within a month.

If you're busy, you can even divide that 30 minutes of exercise into shorter periods of at least 10 minutes each. For instance, you can use the stairs instead of an elevator, get off the bus one or two stops early, or park your vehicle at the far end of the parking lot.

Other types of moderately intense aerobic activity include: → Shooting hoops. → Riding a bike. → Gardening. → Shoveling snow. → Walking briskly. → Swimming. → Jogging.

It's a good idea to check with your doctor before starting a new activity if you have heart problems, are older than 50 and are not used to exercising, or if you have a family history of heart disease at an early age.

Sources: American College of Sports Medicine; National Heart, Lung, and Blood Institute

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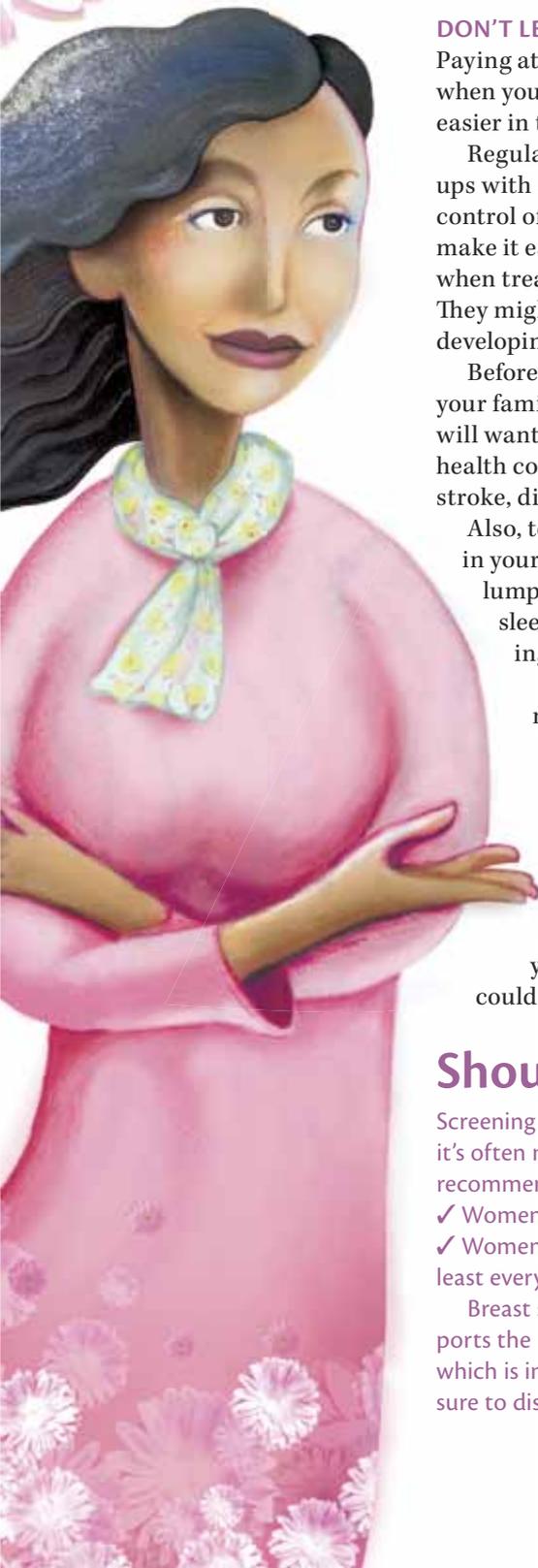
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Check up on your health

A little prevention goes a long way



DON'T LET illness sneak up on you. Paying attention to your health, even when you feel fine, can make staying well easier in the long term.

Regular screening tests and check-ups with a doctor are good ways to take control of your health. These exams can make it easier to spot problems early, when treatment is often more effective. They might even prevent a problem from developing in the first place.

Before your checkup, you should review your family medical history. Your doctor will want to know if close relatives had health conditions such as heart trouble, stroke, diabetes or cancer.

Also, tell your doctor about any changes in your own health. That includes new lumps; skin changes; pain; dizziness; sleep problems; and changes in eating, bowel or urinary habits.

Your doctor can then recommend which preventive health services and screenings you should have and when you should have them.

Which screenings are for you?

Some of the screenings that your doctor might recommend could include tests for:

- **Cholesterol.** Starting at age 20, all adults should have their cholesterol tested every five years. High cholesterol is a major risk factor for heart disease.
- **Blood pressure.** Have this checked at least once every two years. High blood pressure increases risks of heart and kidney disease and stroke.
- **Diabetes.** If your blood pressure is higher than 135/80 or you take medicine for high blood pressure, you should get screened for diabetes.
- **Colorectal cancer.** Most adults should have their first exam at age 50. Ask your doctor which of several available tests are right for you.

Women should also consider screening tests for breast cancer, cervical cancer and osteoporosis. Ask your doctor whether a mammogram is right for you based on age, family history, general health and personal concerns. Your age and health history determine how often you should have a Pap test. A bone density scan should be done at least once beginning at age 65.

Men should talk to their doctor about the risks and benefits of prostate cancer screening. Also, men who are between ages 65 and 75 and who have ever been smokers should ask about screening for abdominal aortic aneurysm.

Speak to the experts

To find out which screenings are recommended for you, make an appointment to see your doctor.

Sources: Agency for Healthcare Research and Quality; American Heart Association

Should I do breast self-exams?

Screening for breast cancer helps doctors find and fight the disease in its earliest stages—when it's often most treatable and before symptoms typically appear. The American Cancer Society recommends having screening tests for breast cancer at regular intervals:

- ✓ Women ages 40 and older should have a yearly mammogram.
- ✓ Women in their 20s and 30s should have a clinical breast exam (by a health care provider) at least every three years. Women in their 40s should have one yearly.

Breast self-exams, however, are optional. Self-exams cannot replace other screening tests, reports the National Cancer Institute. But they can help you become familiar with your breasts—which is important—so that you can more easily notice changes in how they look or feel. Be sure to discuss any unusual changes with your doctor.

Know before you go

We have two locations to better meet your needs:

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.

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.



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On schedule

Why well-baby visits matter

BABIES TYPICALLY CHANGE a lot during their first year of life. And like many parents, you may monitor every change in your baby for clues about how your little one is doing. Is he happy? Is she healthy? Am I doing this parenting thing right?

The best place to get answers—and other help along the way—is at well-child checkups. The American Academy of Pediatrics (AAP) recommends no fewer than seven visits by the time your baby is 12 months old.

A partner in health

According to the AAP, healthy babies should have their first well-child checkup within 3 to 5 days of being born. They should have another one by the time they're 1 month old, with additional checkups at 2 months, 4 months, 6 months, 9 months and 12 months. Some infants should be seen more often.

At those visits, think of yourself and your child's doctor as a team working toward helping your little one be as healthy as possible.

As the expert on your child's day-to-day life, you can share observations and insights about your baby's development. As the expert on children's health, the doctor can be on the lookout for anything out of the ordinary in your baby's health



or development—catching those problems early may be important for treatment.

Measures and milestones

At each well-child visit, your provider will most likely:

Measure your child's weight, length and head circumference. The doctor will keep track of your child's growth over time and note trends, as well as how your child compares to other children that age.

Do a physical exam. The doctor will look into your baby's ears, eyes and mouth; listen to his or her heart and lungs; and check his or her abdomen, genitals, hips and legs for any signs of problems.

Ask questions about the baby's development. The doctor will ask questions about your infant's social, cognitive and physical development—for example, does your baby smile, roll over or wave goodbye?

Provide immunizations. The doctor will make sure that your baby is up-to-date on his or her shots.

If you need a doctor to take care of your baby, schedule an appointment with one of our pediatricians. Call 410-528-8747 or 410-951-4188.