

BHC

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**Benevolence
Health Centers**

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Newsletter

Spring Cleaning For Your Health

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Words from the CEO

Hello!, We at Benevolence Health Centers remain committed to using our resources to improve and stay connected to the health and well-being of our community, as a result many of our staff members work and live in the neighborhoods that we serve. We offer Primary Care, Dental (certain locations), Psychological Services(certain locations), and much more! It is our hope that with the release of this news letter that you will not only become more familiar with our staff and the services that we provide, but you will be educated on multiple health issues that are plaguing our communities

We appreciate the trust you have placed in Benevolence Health Centers. Our web site has important information about the services we offer. If you have any questions about any of them, please contact us for assistance.

Thank you for choosing Benevolence Health Centers, or "BHC" as many families in Southern California know us by. We look forward to providing extraordinary services to you and your family.

Sincerely,
Kwabena Obeng

What is EBOLA?

It's a virus that attacks a person blood system: Ebola is what scientists call a hemorrhagic fever - it operates by making its victims bleed from almost anywhere on their body. Usually victims bleed to death.

Ebola is highly contagious; Being transmitted via contact with body fluids such as blood, sweat, saliva, semen or other body discharges.

Ebola is however NOT AN AIRBORNE VIRUS! IT IS EXTREMELY deadly: About 90% of people that catch Ebola will die from it. It's one of the deadliest diseases in the world, killing in just a few weeks.

Not treatable(no cure): Ebola has no known treatment or cure. Victims are usually treated for symptoms with the faint hope that they recover.

How Do I Know Someone has Ebola? Fever, Headache, Diarrhoea, Vomiting, Weakness, Joint & Muscle pains, Stomach Pain, and Lack of Appetite.

Protect Yourself by washing your hands with soap. Do this a lot. You can also use a good hand sanitizer. Avoid unnecessary physical contact with people. Restrict yourself to food you prepare yourself. Disinfect your surroundings. The virus cannot survive disinfectants, heat, direct sunlight, detergents and soaps. Fumigate if you have pests (rodents can be carriers of Ebola). Fumigate your environment and dispose off the carcasses properly! Dead bodies CAN still transmit Ebola. Don't touch them without protective gear or better yet avoid them altogether. Protect yourself: Use protective gear if you must care or go near someone you suspect has Ebola.

Report any suspicious symptoms in yourself or anyone else IMMEDIATELY.
DO NOT DELAY!



Personal Hygiene: Healthy Habits Include Good Grooming

- Bathe regularly. Wash your body and your hair often. Your body is constantly shedding skin. That skin needs to come off. Otherwise, it will cake up and can cause illnesses.
- Trim your nails. Keeping your finger and toenails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Feet that are clean and dry are less likely to contract athlete's foot.
- Brush and floss. Ideally, you should brush your teeth after every meal. At the very least, brush your teeth twice a day and floss daily. Brushing minimizes the accumulation of bacteria in your mouth, which can cause tooth decay and gum disease. Flossing, too, helps maintain strong, healthy gums. Unhealthy gums also can cause your teeth to loosen, which makes it difficult to chew and to eat properly. To maintain a healthy smile, visit the dentist at six-month intervals for checkups and cleanings.
- Wash your hands. Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after handling garbage, goes a long way toward preventing the spread of bacteria and viruses. Keep a hygiene product, like an alcohol-based sanitizing gel, handy for when soap and water isn't available.
- Sleep tight. Get plenty of rest — 8 to 10 hours a night — so that you are refreshed and are ready to take on the day every morning. Lack of sleep can leave you feeling run down and can compromise your body's natural defenses, your immune system.

culled from an article: "A Guide to Good Personal Hygiene" By Beth W. Orenstein | Medically reviewed by Niya Jones, MD, MPH

Getting the Most Vitamins from Your Food

Eating the right foods doesn't necessarily mean that you're getting the vitamins they contain. Food processing, storing, and cooking can easily undermine the best nutritious intentions. To get the most from what you eat (not to mention what you spend) keep the following tips in mind.

- Wash but don't soak fresh vegetables if you hope to benefit from the B and C vitamins and they contain.
- Forgo convenience and make your salads when you're ready to eat them. Fruits and vegetables cut up and left to stand lose vitamins.
- Use a sharp knife when cutting or shredding fresh vegetables, because vitamins A and C are diminished when vegetable tissues are bruised.
- If you don't plan to eat your fresh fruit or vegetables for a few days, you're better off buying flash-frozen ones. The vitamin content of good frozen green beans will be higher than those fresh ones you've kept in your refrigerator for a week.
- Store frozen meat at 0 degrees F or lower immediately after purchase to prevent loss of quality and bacterial growth.
- Outer green leaves of lettuce, though coarser than inner ones, have higher calcium, iron, and vitamin A content. Don't thaw your frozen vegetables before cooking. Broccoli leaves have a higher vitamin A value than the flower buds or stalks.
- There are more vitamins in converted and parboiled rice than in polished rice, and brown rice is more nutritious than white.
- Frozen foods that you can boil in their bags offer more vitamins than the ordi-



inary kind, and all frozen foods are preferable to canned ones.

- Cooking in copper pots can destroy vitamin C, folic acid, and vitamin E.
- Stainless steel, glass, and enamel are the best utensils for retaining nutrients while cooking. (Iron pots can give you the benefit of that mineral, but they will short-change you on Vitamin C.)
- The shortest cooking time and the smallest amount of water are the least destructive to nutrients.
- Milk in glass containers can lose riboflavin, as well vitamins A and D, unless kept out of the light. (Breads exposed to light can also lose these nutrients.)
- Well-browned, crusty, or toasted baked goods have less thiamine than others.
- Bake and boil potatoes in their skins to get the most vitamins from them.
- Use cooking water from vegetables to make soups, juices from meats for gravies, and syrups from canned fruits to make desserts.
- Refrain from using any baking soda when cooking vegetables if you want to benefit from their thiamine and vitamin C.
- Store vegetables and fruits in the refrigerator as soon as you bring them home from the market.

Source: Earl Mindell, Hester Mundis. Earl Mindell's Vitamin Bible. (New York, NY: Warner Books) 1985.



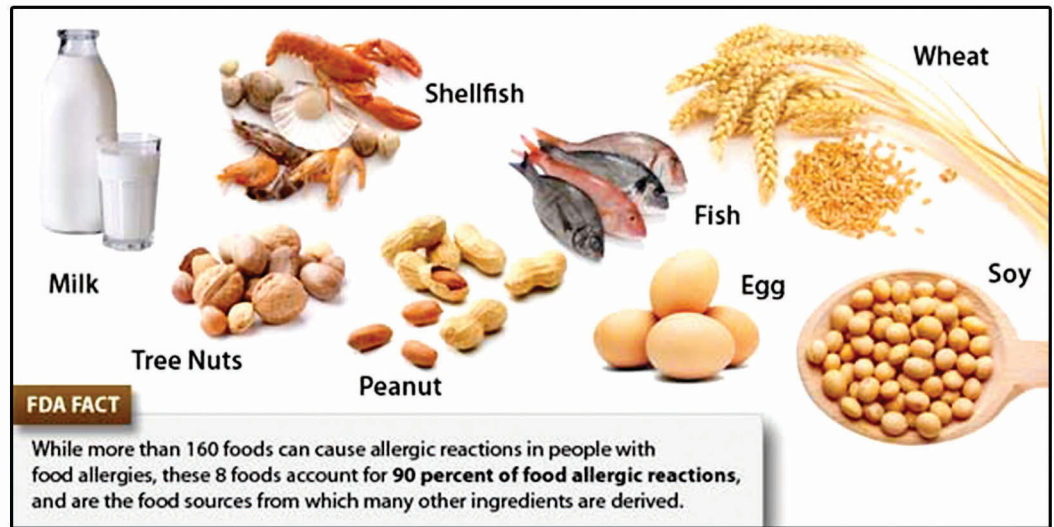
Food Allergies and what you should know.

What Is a Food Allergy?

If you have a food allergy, your body's immune system overreacts to certain food components known as food allergens. These allergens, which are usually proteins, are harmless to most people. But if your body's immune system has been sensitized to the allergens, it may overreact and attack the proteins as if they were harmful bacteria.

Most people who have a food allergy are allergic to a protein found in one or more of the following foods:

- **Fish**
- **Shellfish**
- **Peanuts**
- **Tree nuts**
- **Soy**
- **Wheat**
- **Eggs**
- **Cow's milk**



Food Allergy Symptoms

Symptoms of a food allergy may include:

- Hives. These raised areas of the skin are red and itchy. Hives often appear in clusters.
- Eczema. Also called atopic dermatitis, eczema appears as red areas on the skin that are itchy and scaly.
- Asthma. A food allergy can trigger asthma, which is characterized by wheezing, coughing, and, possibly, trouble breathing.
- Gastrointestinal symptoms. Vomiting, diarrhea, cramping, and gas are common symptoms of a food allergy.
- Itching and swelling. A rash may appear around your mouth, and you may have itchiness and swelling of your mouth and throat.
- Anaphylaxis. This life-threatening allergic reaction affects the whole body.

Symptoms may include flushing, mouth tingling, a rash, dizziness, trouble breathing, excessive sneezing, anxiety, abdominal cramps, vomiting, diarrhea, low blood pressure, fainting, and shock. If you or someone around you is showing symptoms of anaphylaxis, contact emergency medical personnel immediately.

These symptoms usually appear within a few minutes to a couple of hours of eating the food you are allergic to. Rarely, an allergic reaction to a food can occur even when you do not consume the food, since some food allergens can become airborne (for example, when shellfish is steamed).



Diagnosing and Treating a Food Allergy

Anyone who has had symptoms of an allergic reaction to food should consult an allergist or immunologist, who can diagnose the condition and decide how to best treat it. Diagnosis of a food allergy will involve a complete medical history, physical exam, and allergy skin or blood tests to confirm the presence of the allergy.

The best treatment for a food allergy is to avoid the food that triggers the allergic reaction. However, this can be difficult if you don't prepare your own meals. Here are some tips to help avoid problems when eating out and buying pre-made foods:

- Talk to your hosts or wait staff about dish ingredients when dining away from home
- Read all food labels and ask your doctor what ingredients you should watch out for
- Avoid foods that don't have labels

It is a good idea to always carry an injectable epinephrine or an antihistamine medication with you at all times, if recommended by your doctor. Also, consider wearing an identification bracelet that describes your allergy.

Some people, especially children, eventually "grow out" of their food allergy. But, there is currently no cure for food allergies. Researchers are working to find a cure and identify better ways to prevent and treat allergic reactions to food allergens.



Benevolence Health Centers: A Beacon of Hope for Minorities and Economically Disadvantaged Communities.

At the heart of Los Angeles, Medicare, Medi-Cal, Private insurance and other public programs only cover 83% of patients. What happens to the other disadvantaged, often single parent families, which fall between the cracks of the medical health programs?

According to the Institute for the Study of Homelessness and Poverty at the Weingart Center, an estimated 254,000 men, women and children experience homelessness in Los Angeles County during some part of the year and approximately 82,000 people are homeless on any given night. Many disadvantaged or homeless who have health issues are lacking the education about prevention in order to help themselves.

Since 2005, BHC has provided quality health care and excellent educational programs to the under-served and uninsured in Southern California. Benevolence Health Centers regularly serves more than 5,000 families each year, providing community access to medical, dental and mental health clinics, including case management, pharmacy, youth programs as well as STD and HIV/AIDS prevention and treatment.

BHC promotes a comprehensive care, assisting individuals and their families from birth through the senior years, regardless of ability to pay. Benevolence Health Centers have an integrated system of care that emphasizes prevention, and an individual's total health. BHC believes this is the best way to help alleviate unnecessary trips to already overextended emergency rooms, thus also reducing the total cost of providing care to the uninsured.

The unsung heroes are the volunteers and people who make personal donations to keep this service available for the less fortunate of our fine city. If you have extra time or money on hand consider BHC as your tax free donation recipient. Classes and health education materials are available to patients and community members free of charge. BHC's Health Education Department provides patients with tools to make healthy choices. Benevolence Health Centers offer a variety of programs that focus on prevention, self-management and healthy lifestyle behaviors. Classes are offered free of charge at multiple BHC locations in both English and Spanish.

BHC clinics also offer mobile health clinics that serves multiple locations and group settings within the Southern California region; such as transitional homes, board and care facilities, churches, schools etc.

Clinic Information

Anaheim Clinic
BHC Medical & Dental
303 N. East Street
Anaheim, CA 92805

Orange County Clinic
805 West La Veta Avenue
Orange, CA 92868

Compton
BHC Medical & Dental Services
611 East Imperial Hwy. Suite 107
Los Angeles, CA 90059

Los Angeles Clinic I
Central Medical Clinic
3533 West Pico Blvd.
Los Angeles, CA, 90016

Crenshaw Community Clinic II
3631 Crenshaw Blvd., Suite 109/110,
Los Angeles, CA 90018

Long Beach-South Medical Clinic
1126 East South St.
Long Beach, CA 90805

Long Beach-Benevolence Health Ctr
934 Atlantic Ave.
Long Beach, CA 90813