

communityone

Patient News • English Edition • Summer 2007

Summer Safety

The summer can be the most enjoyable time of the year, but it can also be the most dangerous.



Here are a few Summer Safety Survival Tips:

SUN SAFETY

When you're out in the sun, take care of your skin. You can start with the sun basics:

- 1. SLIP** on a shirt
- 2. SLOP** on sunscreen with SPF 15 or higher
- 3. SLAP** on a hat
- 4. WRAP** on sunglasses

- ALWAYS swim with a buddy-never alone
- Know your swimming limits and stay within them. If you are in trouble, call or wave for help.
- Alcohol and swimming don't mix.
- Swim in supervised areas only.
- Do not chew gum or eat while swimming. You could easily choke.
- Obey "No Diving" signs which indicate the area is unsafe for headfirst entries. Always enter the water feet first if you don't know the depth.
- Learn CPR

WATER SAFETY

By following these tips you can reduce your risk of water-related accidents:

- NEVER leave small children alone around any body of water.

Get Involved

Do you want to improve your hospital or health center? If so, get involved with the Health Advisory Council.



Each Harris County Hospital District health center and hospital has an advisory council. These groups of people are made up of patients and community members.

Councils meet once a month to talk about patient care and services. They also offer ideas

to improve patient care at the health centers and hospitals.

These groups of concerned residents have helped with many projects. They have helped change bus routes and get extended hours.

There is also a council at large meeting. The council at large meeting brings all councils together. They meet once a month to discuss HCHD-wide topics.

To get involved, call the volunteer coordinator at 281-543-2698.

SPOTLIGHT ON HEALTH:

Prostate Cancer

Prostate cancer is the most common type of cancer in men. About 232,090 American men will be diagnosed with prostate cancer this year.



Factors that increase the risk of prostate cancer are:

- **Age:** Most American men diagnosed with prostate cancer are older than 65.
- **Family History:** If a man's father or brother had prostate cancer, then he is at an increased risk.
- **Race:** Prostate cancer occurs more in African American men.
- **Diet:** A diet high in red meat and fat may increase a man's risk.
- **Prostate Changes:** Having abnormal prostate cells can increase a man's risk.

There are two ways men can be screened for prostate cancer.

- **PSA (Prostate-Specific Antigen) test:** A blood test that checks the level of PSA in a man's blood.
- **Digital rectal exam:** Your doctor will examine the prostate through the rectum to check for lumps.

Ask your doctor when your prostate cancer screening should start.

For more information on prostate cancer, call:

The Cancer Resource Center at Ben Taub General Hospital - 713-873-2556
The Cancer Resource Center at Lyndon B. Johnson Hospital - 713-566-4608

Get Ready, Get Set, It's Time for Back To School



Why Immunize?

- Immunizations will help protect your child from many illnesses, from a cold to some of the most deadly diseases such as polio, the measles, and the mumps.

How do we prevent the spread of germs to other people?

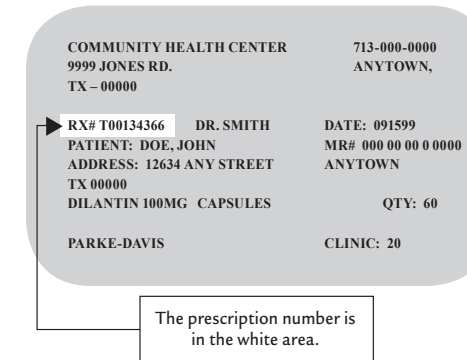
- Hand washing before preparing, touching or eating food, after using the toilet, and coughing, sneezing, and blowing your nose.

Eat Well, Play Well at School

- Eat a healthy breakfast such as fruit and yogurt, toast with peanut butter, a glass of orange juice, or cereal with a banana
- Eat healthy snacks like popcorn, fruit or pretzels instead of junk food
- Parents plan or prepare school lunches with your children.
- Parents and children should get in 30 minutes a day of physical activity such as walking the dog, jogging, riding bikes, and playing with friends.

Refill Prescriptions by Phone

Save time when you need to refill your prescription. Call our automatic refill telephone line and you won't have to stand in line. Here's how it works:



Call the refill line five days before your medicine runs out.

2. Have your medicine bottle when you call.
3. Enter the prescription number and then press the # key.
4. After you enter the number, you will be told when to pick up your medicine.

The Pharmacy Refill Line Numbers are:

Acres	(713) 842-4310
Aldine	(713) 842-4314
Baytown	(713) 842-4321
BT-Psych	(713) 842-4317
BT-OP	(713) 842-4311
Casa	(713) 842-4312
Gulfgate	(713) 842-4319
LBJ	(713) 842-4322
MLK	(713) 842-4316
Northwest	(713) 842-4324
Peoples	(713) 842-4313
Settegast	(713) 842-4320
Squatty Lyons	(713) 842-4323
Strawberry	(713) 842-4325

Patient Telephone Directory



Appointment Line
Call to schedule appointments at any facility.
713-526-4243

Ask Your Nurse
24-hour nurse help line.
713-633-2255

Ben Taub General Hospital
713-873-2000

Community Outreach Information Line
713-566-6064

LBJ General Hospital
713-566-5000

Patient Billing Office
713-566-6600

Patient Education Classes
713-566-6292

Patient Eligibility Office
713-566-6691

Quentin Mease Community Hospital
713-873-3700

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