

communityone

PATIENT NEWS

ENGLISH EDITION

WINTER 2004

Neighborhood Centers Get More Hours and Doctors

The Harris County Hospital District's neighborhood health centers are expanding their hours to better serve you. On September 1, six centers began staying open later and on Saturdays. These centers include:

Gulfgate	Strawberry
Northwest	Settegast
Aldine	Martin Luther King

Acres Home and Baytown health centers are increasing the number of doctors.

Aldine Health Center expanded its hours on March 1. They also added two new doctors in September.

The \$4.5 million health center expansion project is expected to take care of 87,000 new patient visits.

"This expansion provides access to persons who do not have a primary-care provider and a medical home," said Alicia Reyes, CHP Administrator. "Some centers have space for more doctors and those with limited room received extended hours."

People's Health Center in southwest Houston was the first Hospital District center to open six days a week. Its success is the basis for the new expansion.

For more information on the new hours or to find out if your home health center has expanded hours, call 713-633-2255.

Safety Tips for a Happy Holiday

The holiday season is a time for cheer, family get-togethers and lots of food. It's also a time of high stress. A good idea to reduce stress is to prepare for the season. If you have too much to do, take a break and remember to take care of yourself. If it seems like you are getting the holiday blues, talk to someone like a church leader or a close friend.



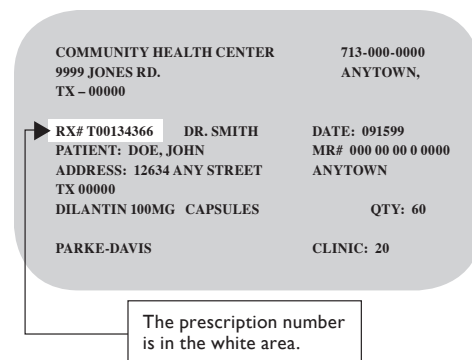
Remember some holiday and family parties may have alcoholic drinks. If you drink, DO NOT DRIVE. Take a cab, or ride home with someone who has not been drinking. It's just not worth it. If the police stop you and you get a ticket, you may have to pay a hefty fine or even go to jail.

Turkey and all the trimmings...cakes, pies and desserts galore...the holiday season is usually a time when people overeat. Enjoy your meals, but be sure to eat in moderation and exercise. By taking a 30-minute walk every day, you can take off those extra holiday pounds.

Happy Holidays!

Refill Prescriptions by Phone

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



1. Call the refill line five days before your medicine runs out.
2. Have your medicine bottle ready 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.

Pharmacy Refill Line Telephone Numbers

Acres Home	713-842-4310	LBJ	713-842-4322
Aldine	713-842-4314	MLK	713-842-4316
Baytown	713-842-4321	Northwest	713-842-4324
Ben Taub-Psych	713-842-4317	People's	713-842-4313
Ben Taub-Outpatient	713-842-4311	Settegast	713-842-4320
Casa de Amigos	713-842-4312	Squatty Lyons	713-842-4323
Gulfgate	713-842-4319	Strawberry	713-842-4325

SPOTLIGHT ON HEALTH:

Protect Yourself from Getting the Flu

Flu, or influenza, is a virus that can cause respiratory illnesses that usually occur in the winter. The flu virus is spread from one person to another by sneezing, coughing or direct contact. While most people recover from the flu in a week or two, it can be life-threatening for the very young, the old or those with chronic disease.

One of the best ways to protect yourself against the flu is to get a flu shot. However, this year, there is a lack of flu shots.

Doctors and nurses are limiting flu shots to the following persons:

- ✓ Age 65 and over.
- ✓ Have a chronic health condition.
- ✓ Women in the third trimester of pregnancy.
- ✓ Infants 6-23 months of age.

To avoid the flu:

- ✓ Get enough sleep.
- ✓ Eat a healthy diet.
- ✓ Exercise regularly.
- ✓ Wash your hands often.
- ✓ Stay away from people who have the flu.

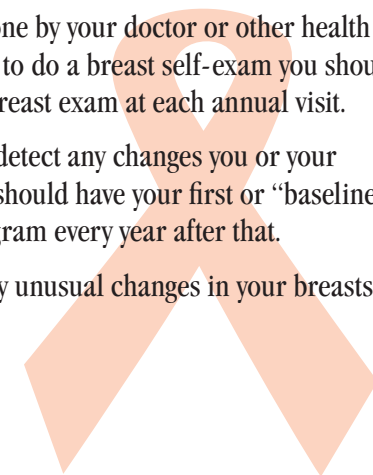


Breast Health

Here is a simple 3-step approach to breast health.

- 1 **Breast Self-Exam (BSE):** If you are age 20 or older, you should do or have someone help you do an exam once a month. Young women should begin performing monthly breast exams starting at their first "period."
- 2 **Clinical Breast Exam (CBE):** Exam done by your doctor or other health professional once a year. If you are unable to do a breast self-exam you should ask your doctor or nurse to do a clinical breast exam at each annual visit.
- 3 **Mammogram:** X-ray of your breasts to detect any changes you or your doctor did not find. If you are age 40, you should have your first or "baseline" mammogram. You should have a mammogram every year after that.

Breast health is very important. If you notice any unusual changes in your breasts make sure to tell your doctor.



Domestic Violence

Help stop the abuse

Domestic violence includes several forms of abuse including physical, emotional, financial and sexual.

If someone tells you they are being abused, listen, and do not judge. Let the person know it is not their fault and that they can get help. Make sure they know they are in danger. Tell him or her to make a safety plan.

You can help stop domestic violence. Teach young people that abuse is not okay and that abusers will be held responsible for their actions. Call the police if you see abuse.



To get help, call the Domestic Violence Crisis Center at 1-800-799-SAFE (7233).

They are available 24 hours a day/ 7 days a week. They can help you with legal issues, counseling or finding shelter. Services are available in many languages.

You can also get help at the VIVA Clinic. This clinic is located on the 2nd floor at Ben Taub General Hospital. They are open on Thursdays from 1-4 p.m. and anybody can visit the clinic.

If you want to speak to someone from VIVA, call 713-873-4980 or drop by the clinic.

This publication is co-produced with the Health Promotion Services Department for the patients of the Harris County Hospital District. All Spanish copy is provided by HCHD Interpretation Services. For questions or comments about the content, contact John F. Martinez via e-mail at john_martinez@hchd.tmc.edu or call 713-566-6486.