

# Living Healthy



Marrero Clinic: Gretna Clinic:  
504.302.3262 504.509.4800

January 2020 A Newsletter for the Priority Health Care Community

## Upcoming Events and Awareness

[See what's happening...](#)

### January

[January 12](#)  
[National Pharmacist Day](#)

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### February

[February 4](#)  
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[Feb. 25 - March 3](#)  
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### March

[March 10](#)  
[National Women & Girls AIDS Awareness Day](#)

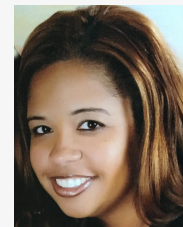
[March 7](#)  
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## A Message from Priority Health Care's CEO Tamara Boutte

*A challenge for self-reflection on becoming a better you*



The New Year offers each of us a new opportunity to begin again. This year, I want to dispense with the regular goal setting and unrealistic resolutions that we often abandon within the first few months.

Instead, I am asking you to reflect on the past year and examine what your life was like and how you can become a better version of yourself in 2020. There's a Zen saying that goes, "we cannot see our reflection in running water. It is only in still water that we can see." That's why I'm encouraging you to take time to meditate. Be still, and in that stillness ask yourself a series of reflective questions.

During my own self-reflection I pondered these seven questions that I am sharing with you now. Perhaps, you will use them as a guide and add some of your own.

Am I living my best life? Am I focusing on my physical and mental well-being? Am I surrounding myself with positive people and thinking positive thoughts? Am I thoughtful and empathetic to others who may be struggling with a personal crisis? Am I participating in enriching experiences? Am I engaging in small acts of kindness? Do I look for the best in others?

I challenge you to engage in self-reflection at the beginning or end of everyday in 2020 or whatever time works best for you. Focus on making healthy choices for your mind, body and spirit. Simply put, I challenge you to commit to becoming a *better you*. Let us also endeavor, through our individual and collective efforts, to encourage one another to live healthy lives.

Sincerely,

Tamara Boutte  
Chief Executive Officer

## "You are appreciated" on National Pharmacists Day, January 12<sup>th</sup>



PHC is proud to recognize our dedicated pharmacists,

**Drs. Glenn Green and Dennis Barnes**, for their commitment to informative and compassionate service. Green, who serves as the Lead Pharmacist (Pharmacist In Charge – Gretna), worked for Walgreens for 15 years before beginning his tenure at PHC. Green says he enjoys what he does and is grateful for the opportunity to help others in a more personable way by serving in a community health center.



Barnes, a veteran of the U.S. Navy, worked at Avita Drugs and independent pharmacies for more than a decade before joining PHC in September of 2019. He is serving as the Pharmacist In Charge - Marrero. He states, "I wanted to have an impact on the community. Here at PHC, they bring a different level of care that shows empathy and compassion and I am glad to be a part of that," Barnes said. Both Green and Barnes earned their Pharm.D. Degrees from Xavier University of Louisiana.

PHC is also grateful to **Dr. Jeff Rodriguez** and **Dr. Annette Evans** for serving as PRN pharmacist.

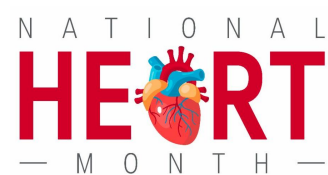
## January



### Cervical Cancer Awareness Month

You could win ["A Basket Fit for a Queen."](#) Call your Priority Health Care provider for your pap screening today at 504.309.3262 or 504.509.4800

## February

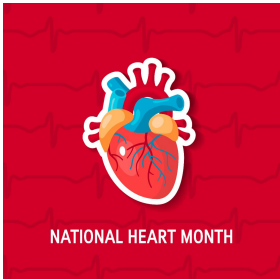


## Black History Month

### March Colon Cancer & Colorectal Cancer Awareness Month

Get your [FIT take-home test](#) today? Call your Priority Health Care provider at 504.309.3262 or 504.509.4800

READ MORE BELOW



**Heart disease is the leading cause of death in America and Louisiana**

According to the [Centers for Disease Control \(CDC\)](#), heart disease is the leading cause of death in America and in Louisiana. Louisiana ranks 46<sup>th</sup> in death due to heart disease and stroke, according to the 2016 Louisiana Department of Health Report Card. In Jefferson Parish, it ranks second, only to cancer. One person dies **every 37 seconds** from heart disease. The CDC also notes that 2 in 10 deaths occur in people under 65 years old. The top three [risk factors](#) for heart disease are high blood pressure, high blood cholesterol, and smoking. In addition, conditions such as diabetes, obesity, an unhealthy diet and lack of physical activity all contribute to the probability of heart disease or heart attacks. However, there are steps you can take to lower your risk and [prevent heart disease](#). Call for a check-up today, 504.309.3263 or 504.509.4800.



**March is Colon and Colorectal Cancer Awareness Month  
“An ounce of prevention is worth a pound of cure”**

When Ben Franklin uttered these words more than 200 years ago he probably didn’t have colon or colorectal cancer in mind. But the phrase can be applied to a host of things including colon and colorectal cancer prevention. Although colon cancer is the second leading cause of death in America, according to the CDC, it is also preventable, if detected early. However, 1 in 3 adults who should be screened (ages 50 – 75) are not doing so. While there are several tests available for [colon cancer screening](#), you can start with a simple take-home test called the fecal immunochemical test (FIT). Call PHC at **504.309.3262 (Marrero)** or **504.509.4800 (Gretna)** for your **FIT take-home screening test** today.



**TEA Time (Teach, Empower & Advocate ) Forum  
to focus on women’s health**

On **March 7th**, in recognition of Women and Girls HIV/AIDS awareness Day (March 10<sup>th</sup>), PHC is hosting a TEA Time (Teach, Empower & Advocate) Forum offering women and girls an opportunity to have candid conversations about taking control of their personal health while enjoying a light brunch and tea with kindred spirits in a relaxed setting. The event will focus on awareness, prevention, protection, and medical care for women and girls about HIV/AIDS and Sexually Transmitted Diseases (STDs). Mark your calendar and look for more information on our [website](#) or follow us on [Facebook](#) and [Twitter](#).



**March 26<sup>th</sup> is American Diabetes Alert Day**

Of the more than 30 million people in the U.S. that have diabetes more than 7.2 million are undiagnosed. In addition, 84 million people 18 or older have pre-diabetes (CDC) and 90-95% of diagnosed cases are [Type 2 Diabetes](#). Louisiana ranks 45<sup>th</sup> in the percentage of **adults with diabetes** and **50<sup>th</sup> in the number of obese adults** (La. Dept. of Health 2016 Report Card). Obesity is a significant contributor to Type 2 Diabetes. Diabetes can be a debilitating and costly leading to possible heart disease, blindness, kidney disease and loss of toes, feet, or legs. The good news is...it’s [preventable!](#) With a healthy diet, exercise, and a healthy weight you can prevent or delay Type 2 Diabetes. Take the [risk test](#) now. If you already have a diagnosis of Type 2 you can still ward off complications by joining a [lifestyle change program](#) or visiting your PHC primary care doctor to help management of your diabetes. Call for a **free glucose screening** today at 504.309.3262 (Marrero) or 504.509.4800 (Gretna).



**Special thanks to Dr. Prempeh on National Doctor’s Day, March 30<sup>th</sup>**

In recognition of National Doctor’s Day, PHC extends its appreciation to Dr. Osei Prempeh. He has been employed with PHC since 2013.



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