

Living Healthy



Marrero Clinic: Gretna Clinic:
504.302.3262 504.509.4800

Fall 2019 A Newsletter for the Priority Health Care Community

Upcoming Events and Awareness

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

October 31

[National Latina AIDS Day](#)

December 1

[World AIDS Day](#)

December 5

["Skate the Town Red"](#)

Service Spotlight...

[Renew Hope Center](#)

October is Breast Cancer Awareness Month



Have you scheduled your mammogram? Call your Priority Health Care provider at 504.309.3262 or 504.509.4800



Priority family and friends,

Welcome to the first edition of **Living Healthy**, a quarterly newsletter for the Priority Health Care community. This newsletter will include health education articles, updates on current issues in the health care arena, and tips for disease prevention and lifestyle changes that promote healthy living.

We will also highlight activities and measures undertaken by the various departments at Priority Health Care that demonstrate our commitment to quality care and services. Community partnerships and events will be showcased as well.

In essence, we hope our efforts to keep you abreast of health information will serve to foster a *community of people living healthy lives* because *your health is our priority*.

Sincerely,

Mona Duffel Jones
Communications/Marketing Manager

What are your chances of being diagnosed with breast cancer?

[The National Breast Cancer Foundation, Inc.](#) says that 1 in 8 women and 1 in 1,000 men in the U.S. will develop breast cancer in their lifetime. It further notes that in 2019 approximately 268, 600 new cases of invasive breast cancer will be diagnosed.

Although genetics could be a factor, 85% of women diagnosed with breast cancer had no family history. Most new cases have been in women 55 or older. however, In women under 45, breast cancer is more common in African American women. African American women are also more likely to die of breast cancer, according to the non-profit breast cancer education website [Breastcancer.org](#).

The good news is that breast cancer death rates in women have declined 40% from 1989 to 2016, according to the American Cancer Society. If caught early, there is a 99% chance of survival past five years. Annual [mammograms](#), regular [self-breast exams](#), and doctor exams increase the likelihood of early detection.

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Renew Hope Center offers new life for those in recovery

Individuals struggling with a substance abuse disorder now have a path to a new life through the services provided at Renew Hope Center that opened its doors in June. The Renew Hope Center uses a comprehensive approach to recovery that includes an intensive outpatient program (IOP) and medication assisted treatment (MAT), as well as group and individual

sessions that are both educational and interactive.

"We are the only intensive outpatient program on the West Bank that provides medication assistance," said David Mathew, behavioral health navigator. "We not only have a modern facility, but we use structured evidence-based processes that enable people to function well in their daily lives," he added. Mathew explained that having a substance abuse disorder is akin

to any other chronic disease, like diabetes. He noted that part of the treatment includes helping people remove the stigma and stereotype associated with substance abuse and managing their recovery process. For more information go to [Renew Hope Center](#) or call **504.509.5999**.

PHC to open new pharmacy at Gretna location



By the end of 2019, Priority will open an on-site pharmacy at its Gretna location on the West Bank. “Having a pharmacy onsite insures that patients are getting their medication,” said Dr. Glenn Green, pharmacist in charge. Green noted that being onsite means that the pharmacist and the primary care doctor are able to consult in a timely manner. For example, if a particular medication is not available or is cost prohibitive, the pharmacist can easily convey that to the provider.

Green explained that an onsite pharmacy provides personalized service such as taking the time to explain to patients how to properly take their meds, providing automatic refills, as well as free shipping of meds to patients. The relationship between the pharmacist and provider serves as added assurance that patients with chronic conditions are compliant. That goes a long way in helping people live healthy.



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