



SYSTEM NEWS

March 25, 2019

Letter From the CEO

Dear Cook County Health Friends,

Many factors go into living a healthy life and we know that access to medical care is just one of the many necessary components. Social determinants of healthcare, including stable housing and access to healthy food options, are also key to positively impacting overall health. With that in mind, Cook County Health continues to partner with community organizations to support the health of our patients outside of the typical hospital or health center setting.



Through our partnership with the Greater Chicago Food Depository, we are providing fresh fruits and vegetables to patients who screen as food insecure. Through February, the Fresh Truck had made 163 visits to 12 CCH health centers providing 440,000 pounds of fresh produce to nearly 70,000 household members. Among the seven scheduled site visits in March is CCH's new Arlington Heights Health Center, which opened in January to serve families in Cook County's northern suburbs.

Cook County Health also partners with Black Oaks Center, a nonprofit that seeks to create a local food system through education, entrepreneurship, and access to healthy, affordable foods, to sell local fresh fruits and vegetables at CCH sites. People who use their SNAP/Link card benefits receive a Link Match Coupon, part of the Link Up Illinois program, which doubles the value of fresh fruit and vegetable purchases, with a credit of up to \$20 per week for future visits.

Additionally, Cook County Health has also partnered with multiple organizations to help connect our patients to housing and support services. Our investments in supportive housing programs have increased patient access to housing opportunities and improved overall well-being. CCH community health workers, case managers, nurses and social workers assess and identify patients in need of additional resources.

We firmly believe in our role in helping to reduce health disparities in Cook County, and we continue to explore ways to provide comprehensive care for our patients, their families and communities.

A handwritten signature in black ink, appearing to read "Jay Shannon". The signature is fluid and cursive, with a long horizontal stroke at the end.

Dr. Jay Shannon, CEO, CCH

March is National Kidney Month

In recognition of National Kidney Month, CCH urges every one to learn about chronic kidney disease and what you can do to prevent it. Chronic kidney disease (CKD) is a common and under-recognized disease. It is mostly asymptomatic in the earlier stages, but if left untreated it can lead to end-stage renal disease (ESRD) or kidney failure.

CKD is the ninth-leading cause of death in the U.S. An estimated 30 million adults are living with kidney disease and approximately 48 percent of those in the later stages of the disease are unaware of their diagnosis. In the U.S., minority populations are up to three times more likely to develop kidney failure compared to Caucasians. One reason for this alarming statistic is a lack of awareness about the disease in its early stage.



What are some steps YOU can take to prevent CKD?

- If you have a family or personal history of hypertension, diabetes or kidney disease, talk to your primary care doctor about two screening tests: serum creatinine level (level of kidney function) and urine protein (albumin) for early detection of kidney disease.
- If you have a history of hypertension, keep your blood pressure below 140/90 and ask your doctor about your blood pressure goal.
- If you have a history of diabetes, keep your blood sugar under control and know your A1C level.
- Additionally, eat healthy, exercise regularly, avoid smoking, maintain a healthy weight and avoid medications such as Ibuprofen, Advil and Aleve.
- Get to know your kidney numbers. For more information, visit the National Kidney Foundation of Illinois [website](#) to learn about free kidney health screenings.

If you are interested in learning more about kidney disease, you are invited to attend a kidney health class at Stroger Hospital. For registration, call the Nephrology Clinic at 312-864-4600.

Research + Innovation Summit: Tackling the Opioid Epidemic



for saving her life.

In February, CCH hosted the first Research and Innovation Summit: Tackling the Opioid Epidemic, which brought together key stakeholders from across the city, county and state to talk about what CCH and our partners are doing to address the issues impacting our communities.

Patience Roberts shares details of her battle with Opioid Use Disorder that spanned over two decades. She credits medication-assisted treatment, coaching and support

Substance Use Disorder varies in different regions throughout the U.S., but in Cook County, most opioid deaths are from the street drugs heroin and fentanyl, which are involved in nearly three quarters of all fatal drug overdoses. In 2017, there were more than 1,100 opioid overdose deaths in Cook County—a number that will likely continue to rise. Click [here](#) to learn more about CCH's work towards tackling the opioid epidemic.

The summit provided an opportunity for stakeholders to learn about CCH's

Substance Use Disorder programs and provided a space for people to engage and collaborate to develop actionable plans to address this critical issue. CCH will host the next Research and Innovation Summit "Housing is Health" on May 22.

Ruth M. Rothstein CORE Center Award

Congratulations to the Ruth M. Rothstein Core Center team for receiving an award from the AIDS Foundation of Chicago (AFC) at their annual meeting for 20 years of partnership and setting the pace to advance health equity and justice in Illinois.

The CORE Center was established as a partnership between CCH and Rush University Medical Center two decades ago. Since it opened its doors in 1998, the CORE Center has remained one of the largest providers of HIV/AIDS care in the US. The mission of the CORE Center is to provide the highest quality of care for persons and families affected by infectious diseases.



The CORE Center and CCH are proud partners of Getting to Zero Illinois, an initiative to end the HIV epidemic in the state by 2030. The initiative was developed in collaboration with community-based organizations, healthcare providers, government agencies, people living with HIV and other committed community members. Getting to Zero can be achieved by getting 20 percent more people living with HIV virally suppressed and getting 20 percent more people vulnerable to HIV on pre-exposure prophylaxis (PrEP). To learn more about the CORE Center, [click here](#).

Pictured from left to right: Freddie Shufford (CORE Center), Bashirat Olayanju (AFC), Dr. Toyin Adeyemi (CCH Senior Director of HIV Services), Alice Cameron PharmD (CORE Center) and John Peller (CEO, AFC)

Arlington Heights Health Center Open House and Tours

ARLINGTON HEIGHTS HEALTH CENTER

3250 North Arlington Heights Road, Suite 300
Arlington Heights, IL 60004

OPEN HOUSE & TOURS
Friday, April 12, 2019

10:45am - 12:00pm

Please R.S.V.P. to RSVP@cookcountyhhs.org
by Monday, April 8, 2019.



cookcountyhealth.org

Maintain a Healthy Heart



CCH Division of Cardiology showed its support for tackling heart disease in women by 'going red' on National Wear Red Day, February 1.

Heart disease is the leading cause of death in the U.S. for both men and women. The Centers for Disease Control and Prevention estimates that one in every four deaths in the U.S. is the result of heart disease. High blood pressure is a key risk factor for heart disease as it can cause excess strain on the heart's coronary arteries. This damages the arteries over time and can ultimately cause a heart attack, heart failure, and several other health issues. Here are steps you can take to lower your blood pressure:

- Weight loss is one of the most effective lifestyle changes a person can make to control their blood pressure. Reducing your weight by 10 pounds can significantly lower your blood pressure.
- Regular physical activity of at least 30 minutes per day can help you avoid developing full-blown hypertension. If you already have high blood pressure, keeping your heart rate up on a regular basis can bring

- your blood pressure down to safer levels.
- Maintain a healthy diet and stay away from salt. Getting lots of vegetables, fruits, whole grains and low-fat dairy not only can help you lose weight, but it also can drastically reduce your blood pressure. Avoid eating too much salt and minimize saturated fats and cholesterol from your diet.
- Quit smoking and limit the amount of alcohol you drink. Consuming more than one drink per day for women and two drinks for men can raise blood pressure.

Making lifestyle changes is no small feat, but the potential benefits can be quite substantial.

Men's Health Matters

When it comes to prevention and early detection, men's health often takes a back seat to women's health. Research shows that compared to women, men are more likely to smoke and drink alcohol and generally lead less healthy lifestyles. In addition, men are more likely to put off routine checkups and delay seeing a healthcare provider for potential problems.

Fortunately, many of the health conditions and diseases that men face can be prevented or treated—if found early. In order to start taking better care of their health, it is important for men to understand their risk factors and how they can improve their overall health.



Complimentary Screenings & Lunch

Eye Screening
Dental Screening
Foot Screening
Blood Pressure Screening
HIV Rapid Testing/Hep C

Lab Work for:

Cholesterol, Diabetes
Prostate Cancer (over 40)
(Must present photo ID for lab work)

Saturday, April 27, 2019

11:00am-3:00pm

Provident Hospital of Cook County
500 East 51st Street • Chicago, IL 60615

For more information call
312-572-2705



Alpha Phi Alpha Fraternity,
Iota Delta
Lambda Chapter



Kappa Alpha Psi
Fraternity,
Chicago Heights
Alumni Chapter



Chicago Alumnae Chapter
Delta Sigma Theta Sorority, Inc.



City Colleges
of Chicago
Malcolm X College
Medical Assistant Program,
Phlebotomy Program,
and School of Nursing



**COOK COUNTY
HEALTH**

Men's Health Initiative

Dr. Brian Humphrey, licensed clinical psychologist, launched a Men's Health Initiative (MHI) in January at CCH's Englewood Health Center. MHI is a lecture series focusing on a variety of topics such as violence prevention and healthy lifestyle options that aims to help improve men's social, physical and mental health. The next forum discussion at Englewood Health Center will be held on Tuesday, April 16, 2019.

Also, check out [this month's episode of CAN TV](#) with Dr. Humphrey discussing the importance of men's health.

ENGLEWOOD HEALTH CENTER

COOK COUNTY
HEALTH

A Monthly Men's Health
Initiative Forum Discussion With
Dr. Brian Humphrey

Real
Talk!

2019 Discussion Topics:

- Nutrition
- Self-care
- Exercise
- Anger management
- Fatherhood
- Financial management
- Issues of the law
- Environmental justice



ENGLEWOOD HEALTH CENTER

1135 West 69th Street
Chicago, IL 60621

cookcountyhealth.org

Physician Profile:

Dr. Mark Wille

Dr. Wille is the director of kidney and stone disease for CCH's Division of Urology and the director of the Interdisciplinary Stone Clinic, a collaboration with urology, nephrology, and dietary resources to help patients prevent urolithiasis. Dr. Wille is particularly interested in the management of complicated stone disease and uses minimally invasive and endoscopic surgical techniques. He is dedicated to helping his patients with innovative, individualized, modern medical solutions for a variety of health concerns.

He received his Bachelor of Science degree in chemistry from the University of Illinois, graduating with Summa Cum Laude distinction. He went on to receive his medical degree from the University of Chicago. After medical school, Dr. Wille trained in general surgery and completed his urology residency at the University of Chicago.



2019 Cook County Health Symposium on Oral Oncology

THURSDAY
04.04.19

John H. Stroger, Jr. Hospital of Cook County
Chicago, IL

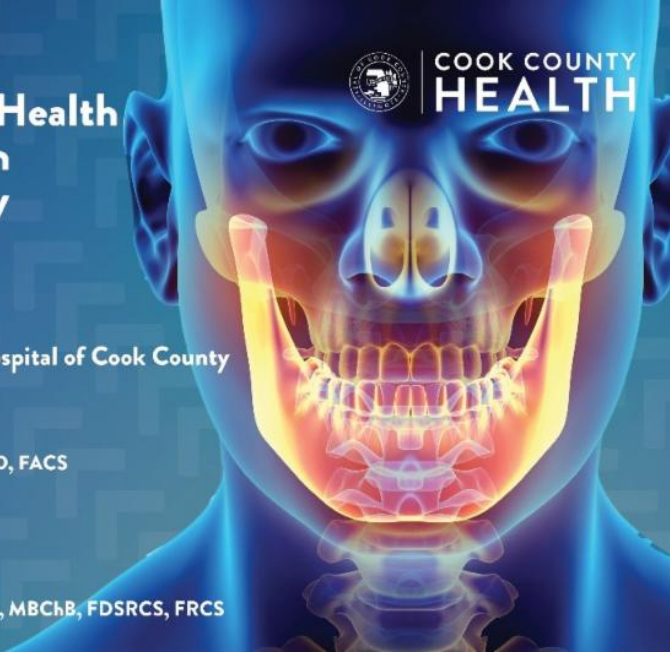
Program Chairman:
Mohammed Qaisi, DMD, MD, FACS

Program Co-Chairman:
Urjeet Patel, MD, FACS

Key Note Speakers:
Richard Hayden, MD, FACS
Andrew Schache, Ph.D, BDS, MBChB, FDSRCS, FRCS



COOK COUNTY
HEALTH



Cook County Health in the News



[Late Season Flu Wave Sparked by New Strain](#)



[U.S. opioid epidemic: Study warns about 'third wave' of fentanyl](#)



[Loan Repayment Program for Clinicians Also Seeks to Fight Opioid Crisis](#)



[Midwest Hospitals Running as Usual Despite Freezing Temps](#)



[Weather Whiplash in the Midwest: From Deep Freeze to Melt, Bringing New Risks](#)



[The Boiling Water Challenge is Sending People to the Hospital](#)

Watch us on CAN TV

Every month, Cook County Health features a guest expert on CAN TV to offer viewers information on various health topics, such as heart disease and breast cancer, and discuss prevention and treatment strategies. Be sure to tune in to CAN TV on the second Tuesday of each month at 5 p.m. to catch CCH's monthly segment, and call in with your health questions at 312-738-1060. To find archived episodes, visit YouTube and look for the [Community Health Hotline](#). The next show will air on Tuesday, April 9 at 5 p.m.

Cook County Health in the Community: Spring Events

CCH's outreach team participates in a variety of community events throughout Cook County. Whether it is a health fair, festival, job fair or community picnic, CCH's outreach workers make sure that Cook County residents know about the full portfolio the system provides. If you would like to know where CCH will be this month, please check our [calendar of events](#).

Visit our website at cookcountyhhs.org.

If you would like to invite a representative from CCH to attend a community event, please send an email to events@cookcountyhhs.org.

To provide feedback on CCH Community News, update your contact information, or unsubscribe, please email Marcelino Garcia, Director of Community Affairs, at mgarcia6@cookcountyhhs.org.