

BHC

Benevolence Health Centers

Corporate Address:
 1010 Crenshaw Blvd. Suite 100
 Torrance CA 90501
 ☎ (323) 732-0100
 ☎ (424) 558-8100
www.bhchealth.org

Services We Provide

- Primary Care
- Preventive Care
- Pediatric Care
- Mental Health
- Women’s Health/ OBGyn
- Dental Services
- Podiatry Services
- Chiropractic Services
- Endocrinology
- X-rays
- Counseling
- Transportation
- Pharmacy
- Geriatric/ Senior Care
- HIV/AIDS Care
- Health Education
- Immigration Physicals

Message From the CEO

I am happy once again for the opportunity to say thank you for your patronage of our health centers!

Our goal and promise are always to bring you the best quality and compassionate patient centered care. Thank you for believing in us.

Kwabena Obeng, MBA
 CEO Benevolence Health Centers

Summer 2019

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Newsletter

Healthcare Effectiveness Data and Information Set “HEDIS” performance measures in the managed care industry 2019: Controlling High Blood Pressure ~Five Simple Steps to Control Your Blood Pressure

High blood pressure is a common and dangerous condition. Having **high blood pressure** means the **pressure of the blood** in your **blood vessels** is higher than it should be. But you can take steps to control your **blood pressure** and lower your risk of heart disease and stroke. Usually hypertension is defined as blood pressure above 130/80, and is considered severe if the pressure is above 180/120.

Uncontrolled high blood pressure or hypertension can be fatal. If you’ve been diagnosed, the five simple steps outlined below can help you keep it under control:



Know your numbers

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

If you have been diagnosed with high blood pressure you would want to stay below 130/80 mm Hg, but your healthcare provider can advise you of your personal target blood pressure.

- Reduce sodium intake. Sodium is added to most packaged and/or canned foods. One teaspoon of table salt contains 2,325 mg of sodium. Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction (reduce salt intake).
- Get active. Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week and/or three sessions of isometric resistance exercises per week. Actively walking every day is helpful.
- Limit alcohol intake. It is recommended not to drink more than 1-2 drinks a day.

Work with your Doctor



Your healthcare provider will help you make a plan to lower your blood pressure. Don’t wait, visit your health care provider today!

Keep checking your blood pressure



Take ownership of your treatment by tracking your blood pressure.

Make a few lifestyle changes

In many cases this will be your doctor’s first recommendation in one of these areas:

- Maintain a healthy body mass index (BMI) which is your weight divided by your height. Strive for a body mass index (BMI) between 18.5 and 24.9. Eat healthier. Eat lots of fruit, veggies and low-fat dairy, and less saturated and total fat.

Take your prescribed medication

If you have to take medication, take it exactly the way your doctor says.

Source: HEART www.heart.org

Healthy Lifestyles

5 Habits of Super-Healthy People

Don't skip Breakfast

Breakfast is important as it jump-starts your metabolism and stops you from overeating later. Plus, studies show that adults who have a healthy breakfast do better at work, and kids who eat breakfast score higher on tests. If a big breakfast isn't for you, keep it light with a granola bar or a piece of fruit. Just don't skip breakfast.

Plan Your Meals

It'll help you save time and money in the long run. Block out some time, then sit down and consider you and your family's goals and needs. Do you want to lose weight? Cut back on sugar, fat, or carbs? Add protein or vitamins? Meal prep keeps you in control. You know what you're eating and when. A bonus: As tempting as some snacks are – doughnuts, cookies, etc in the breakroom at work on the streets, skip them if you can.

Drink Plenty of Water

Water is good for you. Water helps dissolve minerals and nutrients, making them more accessible to the body. It also helps remove waste products in your body. Water is that sugary drinks are linked to obesity and type 2 diabetes. If you don't like to drink plain water, add flavor with slices of orange, lemon, lime, watermelon, or cucumber.

Take an Exercise Break

Don't just grab another cup of coffee -- get up and move. Do some deep lunges or stretches. It's great for your body and mind. Just 30 minutes of walking five times a week may help keep the blues at bay. And if you can't do those minutes all at once, short walks help, too.

Sleep Well

There are almost too many benefits to list. A good night's sleep keeps you in a better mood, sharpens memory and focus, and helps you learn new things. In the long term, it lowers your risk of heart disease and helps you keep fit. Aim to get 7 to 9 hours a night. For the best rest, do it on schedule -- turning in and waking up at about the same times every day.

Source: WebMD www.webmd.com



Tips for Staying Healthy this Summer

The warmer weather and bright skies in summer can bring about a great amount of excitement after the winter months. The changing of the seasons is also an excellent time to adopt new healthy habits or take control of any existing health problems triggered during this time. Here are a few tips to make this season healthier and enjoyable:



1. **Remove Allergy Triggers:** Summer time is when plants bloom, which also means that you spend more time outdoors which triggers allergy due to pollen in the air. Indoors also have dust mites which are also an allergy trigger. You can control allergy symptoms by regularly washing linens and blankets, avoiding outdoor time when the pollen count is high and taking time to talk to your doctor about any remedies that can be taken to alleviate your symptoms.

3. **Protect Your Skin:** As you spend more and more time outdoors, it is important to take precautions to protect your skin by wearing sunblock. The Skin Cancer Foundation recommends that you choose a sunblock with an SPF higher than 30, and that has UVA-blocking ingredients such as zinc oxide, titanium dioxide, avobenzone, ecamsule, and oxybenzone.



2. **Start a New Workout Routine:** Warmer weather and bright skies in summer means that conditions are perfect for getting outdoors. This is a great time to add variety into your exercise routine with activities such as hiking and running. Make sure to consult with your doctor before beginning any new exercise regimen.

4. **Introduce Superfoods into Your Diet:** Summertime means that vegetables and fruits are in season. Consider incorporating super foods such as walnuts, blueberries, asparagus and strawberries to make your diet healthy and exciting.

Source: Life Map www.lifemapco.com

Cervical Cancer Screening Awareness

What Should I Know About Cervical Screening?



Two screening tests can help prevent cervical cancer or detect it early—

- The Pap test (or Pap smear) looks for *precancers*, cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus (human papillomavirus) that can cause these cell changes.

When to Get Screened

21 to 30 Years Old (Pap Only)

You should start getting Pap tests at age 21. If your Pap test result is normal, your doctor may tell you that you can wait three years until your next Pap test.

30 to 65 Years Old (Pap or HPV)

Talk to your doctor about which testing option is right for you.

65 Years and older

Your doctor may tell you that you don't need to be screened anymore if—

- You have had normal screening test results for several years, or
- You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.

Test Results

It can take as long as three weeks to receive your test results. If your test shows that something might not be normal, your doctor will discuss with you and plan a treatment and a follow up.

Source: CDC www.cdc.gov

Parents' Guide to Immunizations

Required for School Entry (Starting July 1, 2019)

Students admitted at TK/K-12 need:

- **Diphtheria, Tetanus, and Pertussis (DTaP, DTP, Tdap, or Td) – 5 doses**
(4 doses OK if one was given on or after 4th birthday. 3 doses OK if one was given on or after 7th birthday.)
- **Polio (OPV or IPV) – 4 doses**
(3 doses OK if one was given on or after 4th birthday)
- **Hepatitis B – 3 doses**
(Not required for 7th grade entry)
- **Measles, Mumps, and Rubella (MMR) – 2 doses**
(Both given on or after 1st birthday)
- **Varicella (Chickenpox) – 2 doses**

Students starting 7th Grade need:

- **Tetanus, Diphtheria, Pertussis (Tdap) – 1 dose**
(Whooping cough booster usually given at 11 years and up)
- **Varicella (Chickenpox) – 2 doses**
(Usually given at ages 12 months and 4-6 years)

Records:

California schools are required to check immunization records for all new student admissions at TK/Kindergarten through 12th grade and all students advancing to 7th grade before entry. Parents must show their child's Immunization Record as proof of immunization. (IMM-222 School (1/19))

Source: L.A. Care Health Plan, CDPH. Immunization Branch. ShotsForSchool.org

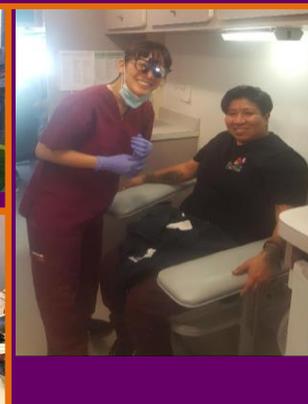
BHC Outreach Program

Community Events

Our Mobile Clinic Outreach Team provides Medical and Dental services to the communities we serve regardless of the ability to pay. We service individuals and families, particularly those who are uninsured, underinsured, and medically underserved.



The Mobile Outreach Team is Available to Schools, Shelters, Churches and any other Organizations. To schedule a site visit of the Mobile Outreach, please email Twyller Weary at twear@bhchealth.org.



Upcoming Outreach Site Visit

Mt. Tabor Baptist Church & LAVA Mae Showers
Every Wednesday 9:00 am to 2:00pm
6614 S Western Ave., Los Angeles, CA 90047

St. Francis Center & Lava Mae Showers
Every Tuesday 9:00am – 2:00pm
1835 S Hope St, Los Angeles, CA 90013

For a list of Outreach visits, go to www.bhchealth.org, or email twear@bhchealth.org or call (323) 732-0100 x780

Additional Collaborative Partners in the Community:

LA Best Start East Compton
Good Seed Whole Generation
LA Door & Project 180
Weingart Center
Children's Institute
Crystal Stairs
Training Research Foundation



Outstanding Recognition

Provider of the year 2018



Lei Zhu, P. A.

Lei Zhu, P.A. was born in PR China, and is a graduate of UCLA. He obtained his M.D. Degree at St-George's University. Then, he completed his Master's degree in P.A. at University of Texas of Rio

Grande Valley. He had most of his medical training at Lutheran and Maimonides Medical Center in New York, and McAllen Medical Center in Texas. He specializes in both Family and Emergency Medicine.

He is skilled in Preventive care, Outpatient care, Reading Radiographic Imaging, EKG, Wound Care, and Suturing, I&D, Ingrown Nail removal, etc. He also has experience in providing excellent health care to low income communities. Lei put it best when he said:

"I believe everyone is a miracle of life. I strive to provide the best and complete medical care to all patients who entrust me with their health care".

Employee of the year 2018



Carolina Reyes

Carolina Reyes, who is currently the clinic manager for BHC Imperial, graduated from Downey Adult School on April 2015. She joined BHC as an extern where she received most of her training.

After finishing her externship with Benevolence Health Center, she was offered a position which she happily accepted. She received introduction to the medical field from medical professionals who worked at the clinic.

As she eloquently puts it:

"I enjoy helping the community with their health care needs and providing good service to them. BHC has given me the opportunity to grow and learn from different specialties which I'm beyond grateful for".

CLINIC LOCATIONS

BHC Alvarado
2065 West 6th St., Ste 110
Los Angeles, CA, 90057
(213) 263-2468

BHC Pico
3533 West Pico Blvd
Los Angeles, CA, 90016
(323) 734-1600

BHC Crenshaw
3631 Crenshaw Blvd, Ste 109/110
Los Angeles, CA, 90016
(323) 732-0100

BHC Imperial
611 E. Imperial Hwy. Ste 107
Los Angeles, CA, 90059
(323) 732-0100

BHC Compton
920 N. Long Beach Blvd. Ste 201
Los Angeles, CA, 90221
(323) 732-0100

BHC South
1126 E. South Street
Long Beach, CA, 90805
(562) 984-9200

BHC Atlantic
934 Atlantic Ave.
Long Beach, CA, 90813
(562) 437-1888

BHC Sylmar
12610 Glenoaks Blvd
Sylmar, CA, 91342
(818) 361-4111

BHC Anaheim
303 N. East Street
Anaheim, CA, 92805
(714) 491-1771

BHC Orange
805 West La Veta Ste 110
Orange, CA, 92868
(714) 289-8800

BHC Mobile Clinic



Email tweary@bhchealth.org to schedule the Mobile Clinic at Your Event

New Location Announcement!!!

BHC Sylmar

We are excited to officially announce the new added location in Sylmar

Services Provided:

- Primary Care
- Preventive Care
- Pediatric Care
- Women's Care
- General Medicine
- Health Screening
- Health Education
- Immigration Physical



We are located at **12610 Glenoaks Blvd Sylmar, CA, 91342**. Call **(818) 361-4111** now to schedule your appointment.

Join Our Team!!! Send Resumes to career@bhchealth.org

- Medical Assistants
- Dental Assistants
- Licensed Clinical Social Workers
- Family Nurse Practitioners
- Licensed Vocational Nurses (LVNs)
- Board Certified Family Physicians
- Experienced Call Center Representatives
- Medical Scribes
- Medical Billers & Coders.
- Referral Coordinators