



WELL COMMUNITY

The SIUE We Care Clinic Newsletter
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Director's Message

The WE CARE Clinic provides primary care services to the East St. Louis community as well as surrounding communities. The WE CARE Clinic is a nurse-run clinic that is operated by Southern Illinois University Edwardsville (SIUE) School of Nursing. Our mission is to provide culturally appropriate care that addresses the needs of the community. As such, we offer primary and preventive care services that include health coaching for chronic disease management, breast screening services, asthma management, school vaccinations, and school and work physicals. At the We Care Clinic, you are cared for by an inter-professional team that includes a nurse practitioner, pharmacist, dietician, nurse, nursing and pharmacy students, and medical assistants. To schedule an appointment to see us please call 618 482-6959



Nurse's Corner



IT IS IMPORTANT TO KNOW YOUR CHOLESTEROL NUMBERS!

We want our LDL (bad cholesterol) to be in the normal range. Why? Because it's the LDL, that over time, can build up on our vessel walls and eventually lead blockages which could cause heart attack or stroke. We also need our HDL, good cholesterol, to be within normal range. Our HDL takes away the negative effects of the LDL, bad cholesterol. HDL is like a pac man eating up all the LDL!

If you have high blood pressure, diabetes, or are a smoker you are at higher risk for heart attack and stroke. And we need to do everything we can to prevent you from having a heart attack or stroke. The good news is, high cholesterol can be lowered, reducing risk of heart disease and stroke. If you're 20 years or older, have your cholesterol tested and work with your provider to adjust your cholesterol levels as needed. Three things that you can do starting today: eat heart healthy foods, get up and move more, stop smoking.

1. Eating A Heart- Healthy Diet

One of the best ways to lower your cholesterol is eat less animal fats (saturated fats)—those kinds of fats are in milk, cheese, cream cheese, sour cream and some meat. Transfats are not good for us either, they are the man-made fats that are sometimes found in packaged foods, some margarines, Crisco, etc. Choose skim milk, low-fat or fat-free cheeses and sour cream instead. It also means limiting fried foods and cooking with healthy oils, such as vegetable oil. Heart-healthy foods are fruits, vegetables, whole grains, poultry, fish, nuts and vegetable oils. Limit red meats and processed lunch meats, salty, sugary foods and drinks.

2. Exercise

When we sit more than we move, our good cholesterol- HDL stays too low. We want our HDL to be higher because it protects us from heart attack and stroke. Exercise is important! 30 minutes 5 days a week is enough to lower both cholesterol and high blood pressure. And will help increase our good cholesterol. You Choose: WALKING DANCING BICYCLING YARD WORK SWIMMING GARDENING..... ALL WORK!

3. Quitting Smoking

Smoking and vaping lowers our good cholesterol, HDL. Smoking makes it more likely for us to have a heart attack or stroke. Smokers who quit can lower their LDL cholesterol and increase their HDL cholesterol levels.

Losing Weight

Being overweight or obese tends to raise bad cholesterol and lower good cholesterol. Even losing a small amount of weight will help our cholesterol.

Eat smaller portions and more fruits and vegetables every day, limit starchy foods like macaroni and cheese, rice, potatoes and soda. Just by doing this you will see some weight loss, and see your cholesterol numbers improve!

Asthma Roundtable- True or False Asthma Edition



True or False: Asthma Is Not A Big Deal.

FALSE: Asthma is a major public health issue. It is estimated that more than 339 million people in the world have asthma with more than 25 million being Americans. Asthma attacks can also be fatal, with about 10 people dying each day from asthma. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks.

True or False: You Only Have Asthma When You Have Trouble Breathing.

FALSE: Even without visible symptoms, there is always some inflammation in the airways of people with asthma. This is why it's important to keep asthma controlled by taking daily controller medications and avoiding things that can trigger one's asthma.

True or False: People With Asthma Should Continue Exercising, Playing Sports, Or Participating In Gym Class.

TRUE: While exercise is a trigger for some people with asthma, primary care providers can work with individuals to manage asthma to participate in physical activities. Research also supports that exercise can strengthen the lungs which can help with asthma control.

True or False: Children Can Outgrow Their Asthma.

FALSE: Asthma is a chronic, lifelong disease. It may seem that a child's asthma can go away or become less severe, but flare-ups can occur at any age. It is important always be aware of triggers and symptoms of asthma.

True or False: Asthma Symptoms And Triggers Are Different For Everyone.

TRUE: Asthma affects everyone differently. One person may only have asthma symptoms during the winter months while someone else may have symptoms year-round. Working with one's primary care provider to make an appropriate treatment plan, take the correct medications, receive education, and develop one's management skills, asthma can be well-controlled.

Living well with asthma is possible and we are here to help! For more information about how to better manage asthma for you or someone in your household, please contact the Health Education Coordinator at the WE CARE Clinic at 618-482-6959.

Sleep: It's What You Eat

How else are eating and sleep related? Research has shown that those who sleep less than 7 hours per night consume a smaller variety of food and snack more, often on fattier foods, than those who sleep more than 7 hours per night (1). Just staying up later opens up more time for eating – and eating that is less healthy. So, what should you do? There is no one diet that is best for sleep. What is important, though, is following a healthy diet filled with whole foods. In other words, aim for foods like fruits, vegetables, whole grains, and lean proteins, including legumes.

Sleep, like eating, is something that we all do. Both are required on a daily basis. So, is there a relationship between the two? As our days get longer, it's important to keep making the most of our eating and sleeping habits.



There are several ways that eating and sleep are related. One of the most common questions people ask is how long should I stop eating before going to sleep? There is a common misunderstanding that you shouldn't eat after a certain hour (I've heard as early as 6pm). The thought is that eating at night will lead to weight gain and, potentially, a poor night's sleep. The real problem is that we are usually less active in the evenings and burn fewer calories than during other parts of the day. Also, the choices we make in the evenings a) are often less healthy and b) often contain more calories than we need. Bottom line: if you're hungry, a small snack can actually help with sleep. Try a piece of fruit with some yogurt.

Reference:

Grandner MA, Jackson N, Gerstner JR, Knutson KL. Dietary nutrients associated with short and long sleep duration. Data from a nationally representative sample. *Appetite*. 2013; 64: 71-80.

Healthy Recipes:

Here are a few quick, healthy snack recipes to try!

Summer Breeze Smoothie

1 cup yogurt, plain, nonfat
6 medium strawberries
1 cup pineapple, crushed, canned in juice
1 medium banana
1 teaspoon vanilla extract
4 ice cubes

Instructions: Place all ingredients in blender and puree until smooth. Serve.

Recipe from <https://www.nhlbi.nih.gov/files/docs/public/heart/cooking.pdf>



Easy Pico De Gallo

prep time: 10 mins
yield: 2 cups (4 servings)

4-5 tomatoes, chopped
1 small onion, finely chopped
½ - 1 jalapeño, finely chopped
2 tbsp dried cilantro
½ tsp salt
juice from 1 lime

Instructions: Add all ingredients to a bowl & stir. For the best flavor, let mixture marinate for at least 15 minutes before serving. Keeps well in refrigerator, covered, for 4 days.

Recipe from www.cookieandkate.com

Answering Your Covid-19 Questions

Governor J.B. Pritzker lifted the Illinois statewide mask mandate on February 28, 2022 thanks to high vaccination rates and a steep downtrend in coronavirus cases, hospitalizations, and deaths. While masks are not required in many indoor locations, they are still recommended per Dr. Ngozi Ezike, Director of the Illinois Department of Public Health (IDPH). This means many businesses may no longer require customers to wear masks, though some businesses may still request mask wearing based on risk. Mask wearing is still mandatory on public transportation such as buses and in airports.

As mask wearing in most settings declines, it is important to continue general infection prevention measures such as covering coughs and sneezes as well as frequent hand washing. It is also important to follow up with your primary care provider and discuss vaccinations against diseases such as flu, COVID-19, whooping cough (Tdap), and pneumonia. The state of Illinois has administered over 21 million COVID-19 vaccines, and over 80% of the population has received at least 1 dose. Test positivity rates as of 3/4/22 were 1.6% in the state of Illinois and 2.7% in St. Clair County. We recommend staying up to date on all required and recommended vaccines.

You may have heard the words epidemic, pandemic, and endemic- but what do they mean when it comes to COVID-19? When COVID-19 cases first began to rise in Wuhan, China the disease was only spread locally in the region. This is called an epidemic. When COVID-19 spread to other countries, it became a pandemic as it spread globally. We use the word endemic when a disease is ongoing and continues to spread in areas or regions. For example, the flu is considered endemic in many places. While COVID-19 is not yet classified as endemic, many medical experts believe this is on the horizon.

References

<https://dph.illinois.gov/covid19/data/countymetrics/countyschool.html?county=St.%20Clair>

https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days

<https://coronavirus.illinois.gov/>

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