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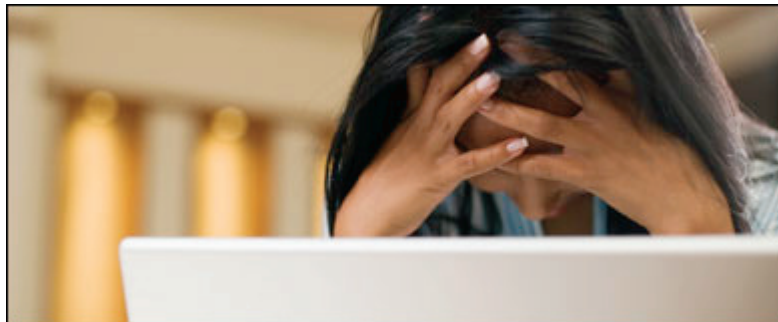
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INC. IS A 501 (C) (3) NON-PROFIT
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**UNITED WAY OF NORTHERN
FAIRFIELD COUNTY AFFILIATE**

Mission Statement

Our mission is to provide free, quality health care for area residents over the age of 18 who are uninsured or underinsured and who have limited financial resources.

Treatment Works: Get Help for Depression and Anxiety



Depression is a true and treatable medical condition. Most people get better with treatment. Try not to let hopelessness or shame stop you or a friend from getting medical help. Take action.

Many Americans suffer from mental conditions such as depression and anxiety. Studies show these health problems and illnesses affect about 1 in 5 Americans. A tough situation such as a natural disaster, the loss of a loved one, or financial distress can trigger or increase depression and anxiety.

Do You Know the Signs?

Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience:

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness, and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps, or digestive problems that do not get better, even with treatment



Effective Treatment Exists

People who suffer from depression or anxiety should seek help as early as possible. Most adults see an improvement in their symptoms when treated with antidepressant drugs, psychotherapy, or a combination of both. Unfortunately, many never seek treatment. New research suggests that racial minorities and people with less than a high school education may be less likely to be diagnosed for depression. It is often difficult for depressed or anxious people to believe that things can get better. Try not to let hopelessness or shame stop you or a friend from getting medical help. Take action.

Where to Find Help

If you or someone you care about is in crisis, please seek help immediately.

- Call 911
- Visit a nearby emergency department or your health care provider's office
- Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor

Healthy Weight - it's not a diet, it's a lifestyle!

Introduction

When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age.

Assess Your Weight

The first step is to determine whether or not your current weight is healthy. BMI – Body Mass Index is one way to measure your weight.

Lose Weight

Healthy weight loss isn't just about a "diet" or "program". It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits.

Prevent Weight Gain

To stay at a healthy weight, it's worth doing a little planning now. If you are overweight but aren't ready to lose weight, preventing further weight gain is a worthy goal.

In this issue we will focus on Body Mass Index (BMI).

What is BMI?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI is a reliable indicator of body fatness for people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA).^{1, 2} BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.

How is BMI used?

BMI is used as a screening tool to identify possible weight problems for adults. However, BMI is not a diagnostic tool. For example, a person may have a high BMI. However, to determine if excess weight is a health risk, a healthcare provider would need to perform further assessments. These assessments might include skinfold thickness measurements, evaluations of diet, physical activity, family history, and other appropriate health screenings.

Why does CDC use BMI to measure overweight and obesity?

Calculating BMI is one of the best methods for population assessment of overweight and obesity. Because calculation requires only height and weight, it is inexpensive and easy to use for clinicians and for the general public. The use of BMI allows people to compare their own weight status to that of the general population.

The standard weight status categories associated with BMI ranges for adults are shown in the following table.

BMI	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 & above	Obese

See the chart on the next page to see where you fall.

BODY MASS INDEX CHART

Weight in pounds→	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
Height ↓																								
5'0"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2"	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3"	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4"	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5"	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6"	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7"	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8"	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9"	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10"	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11"	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0"	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1"	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2"	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27

How reliable is BMI as an indicator of body fatness?

The correlation between the BMI number and body fatness is fairly strong; however, the correlation varies by sex, race, and age. These variations include the following examples:

- At the same BMI, women tend to have more body fat than men.
- At the same BMI, older people, on average, tend to have more body fat than younger adults.
- Highly trained athletes may have a high BMI because of increased muscularity rather than increased body fatness.

It is also important to remember that BMI is only one factor related to risk for disease. For assessing someone's likelihood of developing overweight- or obesity-related diseases, the National Heart, Lung, and Blood Institute guidelines recommend looking at two other predictors:

- The individual's waist circumference (because abdominal fat is a predictor of risk for obesity-related diseases).
- Other risk factors the individual has for diseases and conditions associated with obesity (for example, high blood pressure or physical inactivity).

What are the health consequences of overweight and obesity for adults?

The BMI ranges are based on the relationship between body weight and disease and death. Overweight and obese individuals are at increased risk for many diseases and health conditions, including the following:

- Hypertension
- Dyslipidemia (for example, high LDL, cholesterol, low HDL, cholesterol, or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

The information in this newsletter is supplied by the Centers for Disease Control and Prevention. For more information, visit their website: www.cdc.gov

In the next issue we will continue with Healthy Weight and focus on the topics of:

- Losing Weight and
- Preventing Weight Gain.

SNACKS

Use these easy, fun tips to help you eat a colorful variety of fruits and vegetables every day!

FRUITS AND VEGETABLES MORE MATTERS

To continue with the effort help incorporate more fruits and vegetables into your diet, this newsletter is focusing on Snacks.

Try hummus and whole wheat pitas

Snack on vegetables like bell pepper strips and broccoli with a low-fat or fat-free ranch dip.

Try baked tortilla chips with black bean and corn salsa.

Stash bags of dried fruit at your desk for a convenient snack.

Keep a bowl of fruit at your desk or counter.

Drink a fruit smoothie made with whole fruit, ice cubes, and low-fat or fat-free yogurt.

Top a cup of fat-free or low-fat yogurt with sliced fresh fruit.

For quick and easy snacks, stock up on fresh, dried, frozen, and canned fruits and vegetables.

Pick up ready-packed salad greens from the produce shelf for a quick salad any time.

Encourage your child to choose his or her own fruit when shopping.

Store cleaned, cut-up vegetables in the fridge at eye level and keep a low-fat or fat-free dip on hand.

Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.



Try these healthy vegetable variations to some favorite dishes...

Sweet Potato Fries

1. Preheat oven to 425 degrees F.
2. Cut uncooked sweet potatoes into thin slices.
3. Dip slices in a mixture of egg substitute and nutmeg.
4. Spray a baking pan lightly with a non-stick cooking spray. Arrange the slices in a single layer on the baking pan.
5. Bake for 20 minutes or until slices are tender.

Bean Quesadillas

1. Spread low-fat cheese and low-fat or fat-free refried beans between two tortillas.
2. Brown on both sides in a pan until cheese melts.

