

# HELPING HANDS NEWSLETTER



Helping Hands Newsletter

March 2015

## Taking control of Diabetes at JCHC

Carmen is a 38 year old mother of two young children who mean the world to her. She works cleaning houses, and puts her children's needs before her own. She went for years without health insurance. She had been diagnosed with diabetes 8 years ago, however she could not afford medications and doctors visits, so she tried to control it on her own. Carmen never realized how much diabetes could affect her health if left untreated. She learned about the Judeo Christian Health Clinic about a year ago because she was having some changes in her vision. Upon evaluation, it was found that her diabetes was wildly out of control and her Hemoglobin A1C was 12.8 (a normal level being 7 or under). Her uncontrolled diabetes was affecting her vision.

Through the Judeo Christian Health Clinic, Carmen was referred to an ophthalmologist who diagnosed her with diabetic retinopathy. This condition meant that Carmen was at risk for losing her vision altogether. Through the volunteer eye doctors, Carmen was able to receive panretinal photocoagulation or PRP laser treatment that is used to stabilize and help prevent future

vision loss due to diabetic retinopathy. Almost losing her vision was the wake up call that Carmen needed to realize that she had to take control of her diabetes. She made some lifestyle changes and began regularly attending visits with her PCP here at the Judeo Christian Health Clinic. Because medications through the JCHC pharmacy were free, she was able to bring her Hemoglobin A1C down to 9.4 in six months, after one year it is closer to normal at 7.2. Carmen is so thankful to have had the opportunity to save her vision and continue working and being a loving mother to her two children.

Judeo Christian Health Clinic sees many patients like Carmen, who once given the education and the tools to succeed, take control of their diabetes and overall health. The support of the community makes the mission of the Clinic to provide free, quality, timely, and compassionate healthcare for patients like Carmen a possibility.



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## Raising the Bar on Foot Care at JCHC

Most Americans have walked 75,000 miles by the time they are 50 years old! Foot pain affects the majority of Americans during daily activities such as walking, exercising or standing for long periods of time according to a survey conducted by the American Podiatric Medical Association. (apma.org)

Judeo Christian Health clinic patients are no exception. Our patients have foot pain and problems due to a variety of reasons and ailments. Dr. Martin Port has been volunteering as a podiatrist for the Clinic for several years. Through his experiences, Dr. Port has found that many patients have a need for orthotic shoe inserts, that have simply not been available, or are too costly for patients to buy on their own.

Recognizing the need, Dr. Port set out to make a difference for his patients at JCHC. Dr. Port wrote for a grant to the Florida Podiatric Medical Society in order to purchase orthotic inserts for patients who otherwise would not have access to them. The Florida Podiatric Medical Society was formed to be the philanthropic arm of the FPMA. Over the years its fundraising has aided the FPMA with Public Education, Philanthropy, and the establishment of Scholarships to worthwhile students in the pursuit of a Podiatric medical career as well as many one time charitable contributions to worthwhile charities in the State of Florida. This contributions will allow Dr. Port to provide his patients with doctor prescribed orthotic inserts, which will be beneficial to so many of the patients he sees at the Clinic. On behalf of all patients at JCHC thank you to the Florida Podiatric Medical Society and to Dr. Port.



**Martin Port, DPM, is a volunteer at JCHC who has spearheaded the initiative to receive a grant from the Florida Podiatric Medical Society.**

## Volunteers Make a Difference

Thanks to all those who give of their time to the patients of the Judeo Christian Health Clinic. There are hundreds of healthcare professionals including doctors, nurses, dentists, pharmacists, and many others who volunteer their time in service to our patients. Please welcome our newest volunteers listed below.



**Volunteer Ardell O'Neal, RN checks a JCHC patient's vital signs prior to seeing the doctor.**

**Eileen C. Alexander, ARNP**  
**Mary Alice Blevins, RN, CDE**  
**Carlos Cintas**  
**Magda I. Dugue**  
**Maria G. Echevarria**  
**Richard E. England, MD**  
**Hanen Fernandez**  
**Gabriel S. Gonzalez-Portillo**  
**Rosario B. Hidalgo, MD**  
**Martha E. Kapitz, MD**  
**Paola G. Macias**

**Patricia Mayers**  
**Leonger Malpica, RN**  
**Maria A. Ospina**  
**Mary Teresa Prendiville, DDS**  
**Angela Rabin**  
**Daniel A. Sanchez, MA**  
**Max J. Shumake**  
**Jennifer E. Strong, RN**  
**Kyle Sutherland**  
**Ailyn C. Valladares**  
**Diana A. Velasquez**