

P.O. Box 2800 • Conway, NH 03818

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with support from Memorial Hospital

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Affordable healthcare
It's our mission. It's our passion.

Fall 2010 Newsletter

www.whitemountainhealth.org

Executive Director's Notebook



Many people in our community believe that White Mountain Community Health Center provides health care to women and children only. While our history was based on care for these two groups, we have expanded. Several years ago we began providing primary care services to adult males as well.

I would like to take this opportunity to draw attention to the medical screenings men need during their lives. We have provided a list of those recommendations in this newsletter. White Mountain Community Health Center provides many of those screenings including the "Healthy Heart" screenings for both men and women. This simple low cost screening provides valuable information on four health hot buttons including body mass index, cholesterol, blood sugar and blood pressure.

Lifestyle contributes to good or bad health in both genders. As we age, an unhealthy lifestyle catches up with us and can lead to major chronic illnesses such as heart disease and diabetes. Men, due to many factors, are often not as aware as women of their current health status.

Please remember, cost is not an issue. White Mountain Community Health Center (www.whitemountainhealth.org) is a nonprofit state, town and hospital supported health center. We can eliminate that barrier for you.

If you have a medical provider, visit them at least once a year. You will be glad you did and so will your loved ones.

Patricia McMurry
Executive Director



The Center for Disease Control and Prevention reports some startling facts about men and heart health:

- Heart disease is the leading cause of death for men in the United States.
- Heart disease killed 26% of the men who died in 2006—more than one in every four.
- Half of the men who die suddenly of coronary heart disease have no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.
- Between 70% and 89% of sudden cardiac events occur in men.



Available by appointment at White Mountain Community Health Center, Healthy Heart Screens allow men and women to get information to help reduce their risk of heart disease and cardiac events. Healthy Heart Screens include: blood pressure, cholesterol, blood sugar and BMI (Body Mass Index). They cost only \$20. You walk out with real numbers you can use to make informed choices about your lifestyle. Bring the results to your healthcare provider and talk about choices, options and treatments available.

Call 447-8900 to make your appointment.



In the News:

People around town have come forward to help the health center during these tough times! **Our youngest supporter, Alexis Noel**, once again supported us, for a third time, by holding her annual lemonade stand at our yard sale in July. Every year she donates 100% of her profits to charity!

Speaking of our **annual yard sale**, despite the heat and humidity, we managed to raise money to help with our various patient assistance funds. These smaller efforts add up to some very big help!

Community support of all food pantries is desperately needed. Businesses and individuals can make a big difference with a donation of cash or non-perishable goods. Local businesses and individuals have helped out the WMCHC Food Pantry. **Harry and David of Settler's Green in North Conway** showed its support for our food pantry with a generous donation. **Big Dave's Bagel and Deli** of North Conway is helping out with donations of day old bagels. The bagels are wrapped and frozen to add to food bags given out at the pantry. **Betsy Fitzsimmons of Denmark, ME** donated fresh, nutritious vegetables from her very own garden!

Representative Carol Shea Porter was a recent visitor at the health center during her tour of the area in September. She met with Patricia McMurry and several staff members to discuss the center's mission, needs, services and to promote the new health care bill passed by Congress.

Everyone is feeling the pinch financially these days, but there are still those individuals, foundations and businesses that choose to continue to reach out to help the health center. **The Robert and Dorothy Goldberg Charitable Foundation** is one such entity. Recently, the foundation generously granted WMCHC \$5,000 to help offset the cost of pediatric programs. **The Clarence E. Mulford Trust** also helped with a donation of \$1,000 to help with the cost of caring for our patients from Fryeburg, Maine. This type of generosity is what keeps us going and helps our community to be a healthier place for everyone.

www.whitemountainhealth.org



SERVICES AVAILABLE

Adult Primary Care • Pediatric Care
Prenatal Care • Children's Dental Program
Family Planning • Teen Clinic
Family Planning Walk-In
Breast & Cervical Cancer Screening
Nutrition services • Food Pantry
HIV and STD Screening
Mental Health Counseling • Social Work
Healthy Heart Screens
Partners in Health of Carroll County
Child Care Resource and Referral

More information about services, news, programs, privacy policy, providers, events, patient financial responsibility and more is available at:

www.whitemountainhealth.org
Sign up for our newsletter!

Our children's dental program representatives go to our area schools yearly to help children learn the importance of good oral hygiene.



Jen Bona, Dental Assistant, demonstrates brushing technique.

Contact and Location Information

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In the Spotlight



VOLUNTEERS MATTER!

Our volunteers help us bring valuable services to our community. David Olson is just such a volunteer. With his background in the grocery business, David brings an exceptional level of organization and efficiency to our food pantry. Thank you David for your dedica-

Health experts from the U.S. Preventive Services Task Force have made recommendations about testing men for the conditions below. Talk to your healthcare provider about these tests:

Obesity: Have your body mass index (BMI) calculated to screen for obesity.

High Cholesterol: Have your cholesterol checked regularly starting at age 35.

High Blood Pressure: Have your blood pressure checked at least every 2 years.

Colorectal Cancer: Have a test for colorectal cancer starting at age 50.

Diabetes: Have a test for diabetes if you have high blood pressure or high cholesterol.

Depression: Your emotional health is as important as your physical health. Talk to your doctor about being screened for depression.

Sexually Transmitted Infections and HIV: Talk to your doctor to see whether you should be tested for STI's and HIV.

Abdominal Aortic Aneurysm. If you are between the ages of 65 and 75 and have ever smoked (100 or more cigarettes during your lifetime).

Visit www.ahrq.gov for a more information.