

PREVENTION LINK

of Southern Maryland



April features National Public Health Week and is also National Minority Health Month

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National Public Health Week/National Minority Health Month

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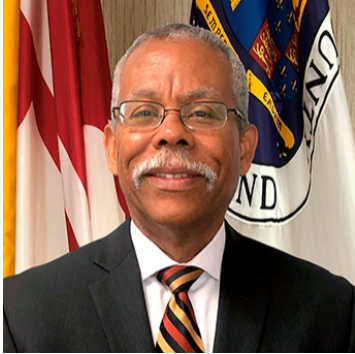
Our Focus: Kidney Disease and Its Impact on Minority Communities

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April marks a special time for our nation's health — **National Public Health Week** and **National Minority Health Month**. While the latter brings attention to the health disparities that impact racial and ethnic minorities, the former reminds us to honor and appreciate the hardworking professionals who strive to ensure our community's overall health and well-being. These annual events serve as an opportunity not only to recognize the critical issues facing our nation but also to spark conversations and actions that can lead to positive change. Let's join together to celebrate these important observances and work toward creating a healthier future for all.



Dr. Carter's Corner

Changing the Game in the Fight against Diabetes

Greetings, medical professionals!

In recognition of **National Minority Health Month** and **National Public Health Week**, which starts April 3, 2023, I'd like to recognize the remarkable work PreventionLink is doing in minority communities across Southern Maryland. A promising shift is occurring in Southern Maryland's battle against diabetes, especially in minority and rural communities.

PreventionLink (PL) is a game-changer in the fight against diabetes in Southern Maryland! Before the program/service was available, this region had only four NDPP sites. Now, there are 17! This means that more residents than ever have access to the necessary resources and support to prevent and manage chronic disease.

The tireless efforts of PL and its partners offer hope to the community while setting an inspiring standard for others to follow. PL harnesses the power of communities to achieve tangible, measurable victories.

The impact is truly inspiring, progressing toward a healthier future for all. While monumental strides have been accomplished, there are still disparities in age and race that require our collective attention. Let's unite in this game-changing movement to make quality healthcare accessible to all. Building strong partnerships and striving for fairness can improve outcomes for those with chronic illnesses. Let's push forward toward a healthier, more equitable future!

Sincerely,

Dr. Ernest Carter

In The Spotlight:

**Making a Difference! Making an Impact!
Meet Sherma Jack-Brisseau**



In observation of National Public Health Week, we're shining a light on an amazing person within our ranks.

Sherma Jack-Brisseau is a Registered Dietitian and Licensed Nutritionist at the Prince George's County Health Department, where she works tirelessly to address health disparities related to diabetes, infant mortality, HIV/AIDS, and oral cancer. In addition to her part-time role at the Suburban Maryland Ryan White Part A Administrative Agency, Ms. Jack-Brisseau is also passionately involved in Montgomery County's African American Health Initiative program, striving to reduce and eliminate these critical health issues one life at a time. Her unwavering dedication and commitment to helping others inspire us all to become better stewards of our health and our community.

For 40 years, Sherma Jack-Brisseau has passionately dedicated herself to empowering individuals to achieve optimal health and foster positive connections with their diet. Armed with a Bachelor of Science from Lehman College and a Master's Degree in Education from NYU, she worked as a Registered Dietitian, serving Kaiser Permanente as a health educator consultant. Sherma's expertise and unwavering commitment to her clients make her an invaluable asset in health and wellness.

Our Focus:

Solutions to Combat Chronic Kidney Disease in Communities of Color



Chronic kidney disease (CKD) affects more than 1 in 7 adults in the US. It [disproportionately affects communities of color](#). Black Americans have a 3.4 times higher likelihood of developing kidney failure than their white counterparts. Additionally, Hispanics are 1.5 times more likely to develop kidney failure than non-Hispanics. If left undiagnosed or untreated, the disease has devastating consequences. Unfortunately, [90% of adults with CKD are unaware of their condition](#), making early intervention challenging, especially in minority and rural communities.

Early Detection and Prevention Strategies

Kidney disease can be debilitating, but there is hope. With early detection and treatment, the progression of the disease can be slowed or even halted. Healthcare providers must prioritize preventive services, like comprehensive screenings and education about the signs and symptoms of CKD.

This could include offering more comprehensive screenings for high-risk patients or working with community organizations to raise awareness about the risk factors associated with CKD.

Integrating Technology into Treatment Plans

Technology can be a powerful tool for fighting CKD in communities of color. For example, telehealth can make healthcare more accessible by allowing doctors and patients to consult remotely via video or telephone. Similarly, mobile apps have the potential to provide personalized care plans tailored to each patient's individual needs. Finally, wearable devices like fitness trackers can help people manage their chronic conditions by monitoring their activity levels and ensuring they stay on top of their medication regimens.

By monitoring key factors that strain the kidneys, such as blood pressure, A1C levels, and weight, remote patient monitoring (RPM) can help slow or prevent CKD progression in its early stages. Regular monitoring, treatment compliance, and patient education are essential components of successful RPM.

Uncontrolled high blood pressure is the second-leading cause of kidney failure in the US.
– National Kidney Foundation

Habit Stacking:

An Innovative and Fun Way to Help Patients Improve Their Health

This innovative and enjoyable technique involves stacking new, healthy habits onto existing ones, creating a simple and accessible path toward a healthier lifestyle.

As healthcare providers, we are constantly looking for innovative ways to encourage our patients to prioritize their health. One trend gaining traction in the medical community is [habit stacking](#). If you're not familiar with the concept, it's all about merging two habits into one, making it easier for patients to incorporate healthy behaviors into their daily routine. By incorporating habit stacking into our care approach, we can help our patients build healthy habits that stick and ultimately lead to better overall health and wellness.



For example, if a patient wants to start exercising more regularly, they could pair it with another habit, like drinking a glass of water when they first wake up in the morning. Every time they have a glass of water, they can do 10 minutes of physical activity or stretching. Doing this consistently will help them to form the habit of getting some physical activity every day and, eventually, become more consistent in meeting their fitness goals.

Habit stacking can also help patients make dietary improvements by combining healthy eating with other activities that are already a part of their daily routine. For instance, if someone has trouble finding time for breakfast every morning, they might combine it with brushing their teeth, to make it easier for them to remember to eat something first thing in the morning.

By pairing healthy habits like diet and exercise with everyday activities, patients are more likely to stick with these lifestyle changes over the long term and enjoy lasting health benefits.

Not only is habit stacking motivational, it also establishes an easier path to consistent implementation. Additionally, it allows patients to see progress as each new habit is established and makes setbacks easier to cope with.

By taking a creative approach to health and wellness, patients can make lasting, positive changes that lead to a happier, healthier life. Start stacking those habits and watch the transformation begin!



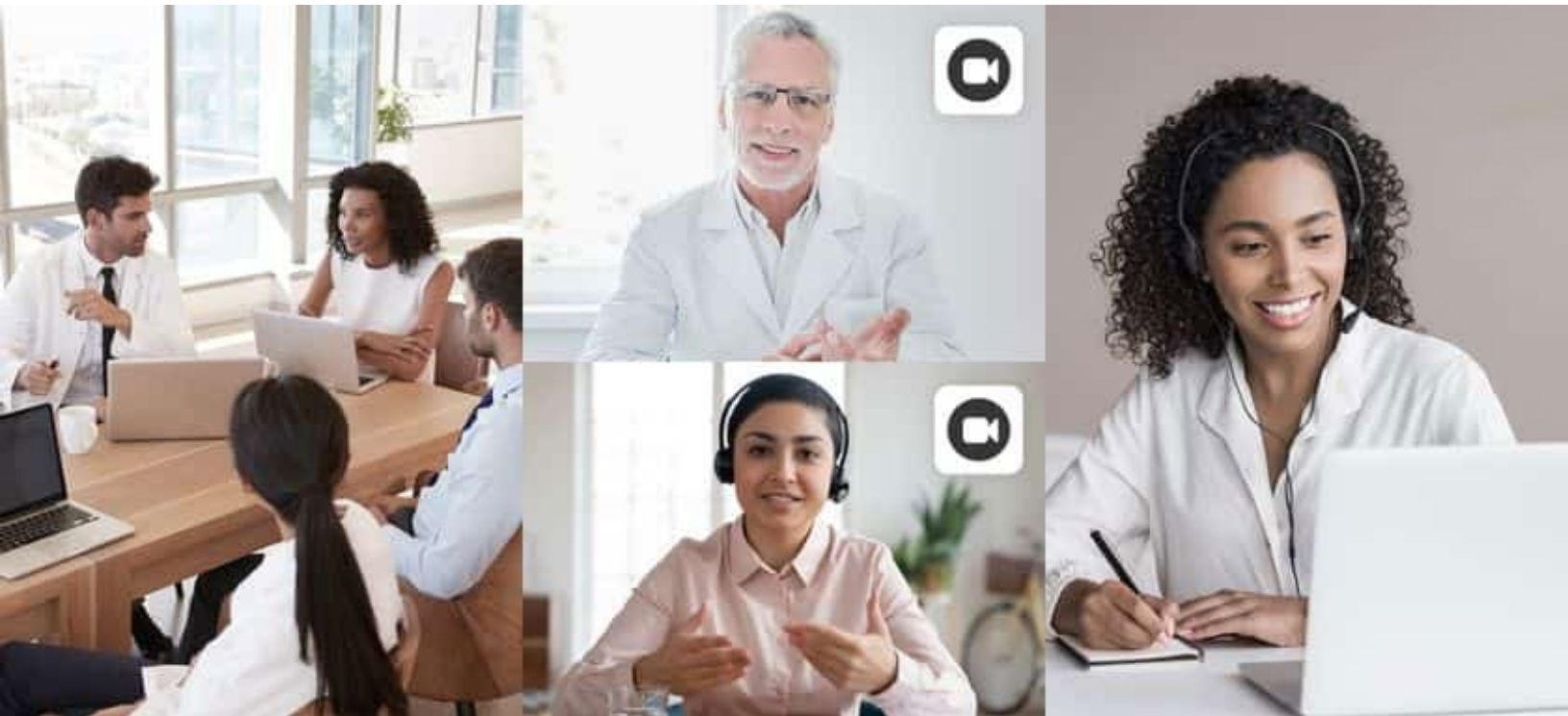
Upcoming In-Person Events



April 18th PreventionLink will conduct free blood pressure and diabetes screenings in partnership with the LindaBen Foundation at Word of Faith Church, 1 pm to 3 pm, 6601 66h St, Suite 101 in Riverdale

May 20th Inaugural Event: Get Healthy with PreventionLink at the Sports & Learning Complex for National Physical Fitness Month, 9 am to 5 pm, 8001 Sheriff Rd, Landover, MD 20785

Virtual Events



April 26th PreventionLink will discuss healthcare access to Prince George's Fresh Participant Advisory Board.

Register for an Upcoming Practice Recruitment Webinar

Take advantage of these webinars to learn more about PreventionLink's services and how they can benefit your practice.

April 2023

Tuesday, April 4th at 12pm <https://attendee.gotowebinar.com/register/5841019612562031964>

Tuesday, April 4th at 5pm <https://attendee.gotowebinar.com/register/55463094483792473>

Thursday, April 6th at 12pm <https://attendee.gotowebinar.com/register/2639526525989939799>

Thursday, April 6th at 5pm <https://attendee.gotowebinar.com/register/4244040545868585053>

Tuesday, April 11th at 12pm <https://attendee.gotowebinar.com/register/6512113131644930656>

Tuesday, April 11th at 5pm <https://attendee.gotowebinar.com/register/6975826663101337440>

Thursday, April 13th at 12pm <https://attendee.gotowebinar.com/register/133475643497826399>

Thursday, April 13th at 5pm <https://attendee.gotowebinar.com/register/3092652859982560085>

Tuesday, April 18th at 12pm <https://attendee.gotowebinar.com/register/3014254382387257949>

Tuesday, April 18th at 5pm <https://attendee.gotowebinar.com/register/4622033951800398685>

Thursday, April 20th at 12pm <https://attendee.gotowebinar.com/register/5441026078470293850>

Thursday, April 20th at 5pm <https://attendee.gotowebinar.com/register/2482771352241305695>

Tuesday, April 25th at 12pm <https://attendee.gotowebinar.com/register/7671678985018548821>

Tuesday, April 25th at 5pm <https://attendee.gotowebinar.com/register/4274039621120970846>

Thursday, April 27th at 12pm <https://attendee.gotowebinar.com/register/3832051339917818207>

Thursday, April 27th at 5pm <https://attendee.gotowebinar.com/register/4884387321792471638>

May 2023

Tuesday, May 2nd 12pm <https://attendee.gotowebinar.com/register/5690269971328351323>

Tuesday, May 2nd 5pm <https://attendee.gotowebinar.com/register/8714893418433182558>

Thursday, May 4th 12pm <https://attendee.gotowebinar.com/register/2074335767875399516>

Thursday, May 4th 5pm <https://attendee.gotowebinar.com/register/6904624489113967702>

Tuesday, May 9th 12pm <https://attendee.gotowebinar.com/register/6601742021010529365>

Tuesday, May 9th 5pm <https://attendee.gotowebinar.com/register/1474482905691083608>

Thursday, May 11th 12pm <https://attendee.gotowebinar.com/register/2404498218975663196>

Thursday, May 11th 5pm <https://attendee.gotowebinar.com/register/7128090331854849110>

Tuesday, May 16th 12pm <https://attendee.gotowebinar.com/register/7857446972093561945>

Tuesday, May 16th 5pm <https://attendee.gotowebinar.com/register/6521654693555027801>

Thursday, May 18th 12pm <https://attendee.gotowebinar.com/register/3863086155127578463>

Thursday, May 18th 5pm <https://attendee.gotowebinar.com/register/5301827906398067797>

Tuesday, May 23rd 12pm <https://attendee.gotowebinar.com/register/8863452832508694873>

Tuesday, May 23rd 5pm <https://attendee.gotowebinar.com/register/733783703500406870>



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