



# Patient Newsletter

## Corning Area Healthcare, Inc.

Fall 2013

### Celebrating America's Health Centers: Transforming Health Care in Our Local Communities

There is a lot of confusion and misinformation about how the world of health care is changing around us. But here is what is important to know: more people will have more options for affordable primary care services. Community Health Centers are expanding into more neighborhoods where people live and work, thanks to the Affordable Care Act or "ObamaCare." Health centers have been around for over 45 years and are the family doctor to over 22 million people, according to the National Association of Community Health Centers (NACHC). The care at a health center is both excellent and affordable. This is good news for working families who struggle with medical debt, or the millions of people who forgo health care or filling a prescription because they are worried about cost. *AARP The Magazine* recently cited health centers as the number one option "for good health care when you're uninsured." But health centers are also a provider of choice for people who are insured and value having an affordable health care home.

Good health care starts with having a caring team of caring professionals on your side. As employees at Corning Area Healthcare, Inc., every day we witness the value we bring to patients' lives. When people have a place to go for regular care, they use it and stay healthy and out of hospitals. We see the patients who are controlling their diabetes; the gentleman whose life was saved by a simple test and the relief in a mother's eyes because she did not have to choose between putting food on the table and getting her child immunized. We are proud of our record and accomplishments as local solutions that working together has:

- Reduced income and ethnic health disparities nationwide, even in the poorest and most challenged communities.
- Produced \$24 billion in annual health system savings.
- Reduced unnecessary hospitalizations and unnecessary visits to the ER.
- Provided a system of preventive medicine that patients use regularly, thereby improving health outcomes.

The services we provide onsite—primary care services, prenatal care, pediatrics, and gynecological services allow our patients to get the care they need under one roof and in a place where they are treated as individuals, with dignity and respect. This is what health care should be: simple and patient-centered. Public health improves when the gateways of affordable primary health care open to more people. This is what we mean when we talk about transforming our health care delivery system, and shifting the emphasis from disease management to prevention.



 Like us on  
**Facebook**

[https://www.facebook.com/  
CorningAreaHealthcare](https://www.facebook.com/CorningAreaHealthcare)

---

Lots of information is now available right at your fingertips. Log on to our website.

[www.cahi-ar.org](http://www.cahi-ar.org)



#### Important Dates:

- Sept 2—Labor Day—Clinics closed
- Sept 22—Autumn begins
- October 14—Columbus Day
- October 31—Halloween



# Why Immunize?

For Parents



Photo provided by freedigitalphotos.com

Why immunize our children? Sometimes we are confused by the messages in the media. First we are assured that, thanks to vaccines, some diseases are almost gone from the U.S. But we are also warned to immunize our children, ourselves as adults, and the elderly.

## Diseases are becoming rare due to vaccinations.

It's true, some diseases (like polio and diphtheria) are becoming very rare in the U.S. Of course, they are becoming rare largely because we have been vaccinating against them. But it is still reasonable to ask whether it's really worthwhile to keep vaccinating.

It's much like bailing out a boat with a slow leak. When we started bailing, the boat was filled with water. But we have been bailing fast and hard, and now it is almost dry. We could say, "Good. The boat is dry now, so we can throw away the bucket and relax." But the leak hasn't stopped. Before long we'd notice a little water seeping in, and soon it might be back up to the same level as when we started.

## *Keep immunizing until disease is eliminated.*

Unless we can "stop the leak" (eliminate the disease), it is important to keep immunizing. Even if there are only a few cases of disease today, if we take away the protection given by vaccination, more and more people will be infected and will spread disease to others. Soon we will undo the progress we have made over the years.

## *Japan reduced pertussis vaccinations, and an epidemic occurred.*

In 1974, Japan had a successful pertussis (whooping cough) vaccination program, with nearly 80% of Japanese children vaccinated. That year only 393 cases of pertussis were reported in the entire country, and there were no deaths from pertussis. But then rumors began to spread that pertussis vaccination was no longer needed and that the vaccine was not safe, and by 1976 only 10% of infants were getting vaccinated. In 1979 Japan suffered a major pertussis epidemic, with more than 13,000 cases of whooping cough and 41 deaths. In 1981 the government began vaccinating with acellular pertussis vaccine, and the number of pertussis cases dropped again.

## *What if we stopped vaccinating?*

So what would happen if we stopped vaccinating here? Diseases that are almost unknown would stage a comeback. Before long we would see epidemics of diseases that are nearly under control today. More children would get sick and more would die.

## *We vaccinate to protect our future.*

We don't vaccinate just to protect our children. We also vaccinate to protect our grandchildren and their grandchildren. With one disease, smallpox, we "stopped the leak" in the boat by eradicating the disease. Our children don't have to get smallpox shots any more because the disease no longer exists. If we keep vaccinating now, parents in the future may be able to trust that diseases like polio and meningitis won't infect, cripple, or kill children. Vaccinations are one of the best ways to put an end to the serious effects of certain diseases.

For more information, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)



# How Vaccines Prevent Disease

Previously titled "How Do Vaccines Work?"

Parents are naturally concerned about the health and safety of their children. The popularity of preventive measures from child-proof door latches to auto safety seats are evidence of their concern. Illness and death caused by infectious diseases, while not as widespread as a half-century ago, are still a danger. **Vaccines** protect children by preparing their bodies to fight many potentially deadly diseases.

## Disease Prevention--Protect Those Around You

Disease prevention is key to public health. It is always better to prevent a disease than to treat it.

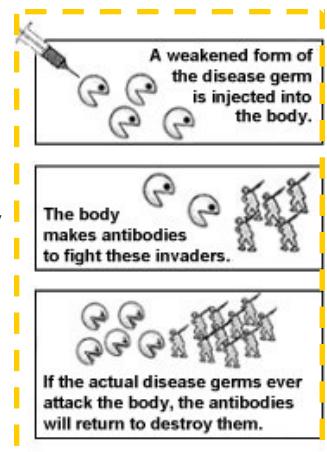
Vaccines can protect both the people who receive them and those with whom they come in contact.

Vaccines are responsible for the control of many infectious diseases that were once common in this country and around the world, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and *Haemophilus influenzae* type b (Hib). Vaccine eradicated smallpox, one of the most devastating diseases in history.

Over the years vaccines have prevented countless cases of infectious diseases and saved literally millions of lives.

Vaccine-preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work. Children are born with an immune system composed of cells, glands, organs, and fluids located throughout the body. The immune system recognizes germs that enter the body as "foreign" invaders, or *antigens*, and produces protein substances called *antibodies* to fight them. A normal, healthy immune system can produce millions of these antibodies to defend against thousands of attacks every day, doing it so naturally that people are not even aware it is happening. Antibodies often disappear once they have destroyed the invading antigens, but the cells involved in antibody production remain and become "memory cells." Memory cells remember the original antigen and then defend against it if the same antigen attempts to re-infect a person, even after many decades. This protection is called *immunity*.

Vaccines contain the same antigens or parts of antigens that cause diseases, but the antigens in vaccines are either killed or greatly weakened. Vaccine antigens are not strong enough to cause disease but they are strong enough to make the immune system produce antibodies against them. Memory cells prevent re-infection when they encounter that disease again in the future. Through vaccination, children develop immunity without suffering from the actual diseases that vaccines prevent.



## Why are Childhood Vaccines So Important?

- Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life. Also, young children do not have this "maternal immunity" against some diseases, such as whooping cough.
- If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but because babies are now protected by vaccines, we do not see these diseases nearly as often.
- Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized. These include children who are too young to be vaccinated (for example, children less than a year old cannot receive the measles vaccine but can be infected by the measles virus), those who cannot be vaccinated for medical reasons (for example, children with leukemia), and those who cannot make an adequate response to vaccination.



### **Family Medical Center**

**1300 Creason Road  
Corning, AR 72422  
Phone: 870-857-3399  
Fax: 870-857-3301**



### **Pocahontas Family Medical Center**

**141 Betty Drive  
Pocahontas, AR 72455  
Phone: 870-892-9949  
Fax: 870-857-0208**



### **Community Healthcare Center**

**201 Colonial Drive  
Walnut Ridge, AR 72476  
Phone: 870-886-5507  
Fax: 870-886-5632**

## **Mission Statement**

Corning Area Healthcare, Inc. (CAHI) a non-profit community health center, serving the comprehensive needs of Northeast Arkansas in a professional manner with compassion and quality without regard to language, financial or cultural barriers.

**Website: [www.cahi-ar.org](http://www.cahi-ar.org)**

## **Cherry-Barbecue Pork Ribs Recipe**

**8 servings | Prep/Total Time: 25 minutes Grill 10 minutes**

### **Ingredients**

- 4 pounds bone-in country style pork ribs
- 1/2 cup orange juice
- 2 teaspoons Liquid Smoke, optional
- 1 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2/3 cup barbecue sauce
- 1/3 cup cherry preserves
- 1 tablespoon molasses



### **Directions**

- Place the ribs in a 3-qt. microwave-safe dish. In a small bowl, combine the orange juice, Liquid Smoke if desired, garlic powder and pepper; pour over ribs. Cover and microwave on high for 15-20 minutes or until meat is tender.
- Meanwhile, in a small saucepan, combine the barbecue sauce, preserves and molasses. Bring to a boil. Reduce heat; simmer, uncovered for 2 minutes, stirring occasionally.

Drain ribs. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill ribs, covered, over medium heat for 8-10 minutes or until browned, basting with sauce and turning occasionally.

### **Nutritional Facts**

1 serving equals 301 calories, 14 g fat (5 g saturated fat), 86 mg cholesterol, 255 mg sodium, 15 g carbohydrate, trace fiber, 27 g protein.

