

# MCCN NEWS

MISSION CITY COMMUNITY NETWORK-NONPROFIT COMMUNITY CLINIC

## November

## Diabetes Awareness Month



### DIABETES

### MCCN Chronic Disease Care Program

In medicine, a chronic disease is a disease that is long-lasting or reoccurs periodically. Chronic conditions are the major cause of illness, disability, and death in the United States. The number of people in the United States with chronic diseases is rising. Our goal at MCCN is to improve clinical outcomes and quality of life for our patients with a chronic disease.



**Sheelah Muhammad**  
Certified Physician Assistant

"We service a large multicultural group of patients for Diabetes. We are able to provide medications as well as the glucometer, microstrips and lancets for free if they qualify. Labs are done on a quarterly basis to check the progress of the patient."

"We also have once a month classes in English and Spanish at a church next door about diabetes, the meaning of HA1C, type of diet to control glucose levels and exercise. (The Hemoglobin A1C test is an overall view of how blood sugar levels are controlled in people with diabetes.)

Patients with a strong family history of diabetes can have their HA1C checked when they come for a physical examination or if they are experiencing symptoms of diabetes. Some patients have found out that they are pre diabetics and with the proper diet and exercise they will not convert to diabetics. Others have converted and they find out that they are diabetics on the follow up visit." For more information about the MCCN Diabetes Care program, please call 818-895-3100.

#### What is Diabetes?

Diabetes mellitus (MEL-ih-tus), or simply, diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.

Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

#### What are the symptoms of diabetes?

Diabetes is diagnosed by blood sugar (glucose) testing. Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Here are common symptoms experienced by some people:

#### Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

#### Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

#### No Symptoms? You May Still Have Diabetes

Often people with type 2 diabetes have no symptoms. Talk to your doctor to find out if you are at risk for type 2 diabetes. Also, women with gestational diabetes often have no symptoms which is why it's important for at-risk women to be tested at the proper time during pregnancy

For more information please visit the American Diabetes website at <http://www.diabetes.org/>.

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## Flu Shots in Pacoima



People sign up to get their free flu shot. Pictured to the right (with the cane) is **Mr. Malik**, a long-time MCCN Board member.

## Flu Season 2012

The 2012 flu season got off to a slow start until the number of cases spiked last week, prompting officials at the Centers for Disease Control to urge people to get their flu shots now. Currently, the highest level of flu activity has been reported by states in the South. This year's flu season has kicked in early, with activity up significantly across the nation, particularly in the south and southeast, federal health officials say.

"It looks like it's shaping up to be a bad flu season," said Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention.

Each year MCCN sponsors "flu shot health events" in the community. This year it was held October 14 at the Sikhs Indian Temple located at 9989 Laurel Canyon Boulevard in Pacoima.

## MCCN Increases OB Providers

Obstetrics is the branch of medical science concerned with childbirth and caring for and treating women in or in connection with childbirth. The word is usually abbreviated as "OB".

An obstetrician (MD) is a medical specialist who focuses on labor and delivery. Obstetrics is actually a surgical sub-specialty, meaning that an obstetrician attends surgical training and then specializes in the care of pregnant women and in surgeries which are related to labor and delivery such as Cesarean sections.

Most obstetricians see their patients throughout their pregnancies, and they also study gynecology, so that they can deal with a range of conditions related to the reproductive system. During pre-natal visits, obstetricians check to be sure that the baby is healthy, discuss steps pregnant mothers can take to ensure that the pregnancy runs smoothly, and perform diagnostic tests to look for potential problems with the pregnancy and delivery.

## OBSTETRICS



**MCCN now provides OB care five days a week**

**New MCCN Clinic Location**  
**15201 11th Street, Suite 300**  
**Victorville, CA 92395**  
**(818) 895-3100**

## Call for more information!

MCCN has clinic locations throughout Los Angeles County and now in San Bernardino County. For a complete list of MCCN clinic locations, please call (818) 895-3100. MCCN has been providing quality medical care and social service programs for over 20 years.

MCCN is expanding again! We have a new clinic that opened on November 26 in Victorville for adults and children. Many services are available including Physical Exams for Adults; Well Child Exams; Family Planning; Free Pregnancy Testing; Diabetic & Hypertension Screening and more! Please call for more information 818-895-3100.

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