

Compassionate Care Chronicle

Compassionate Care Network

Fall 2006

Volume 1, Issue 2

Free Health Screenings at Area Islamic Centers FALL 2006

Muslim Community Center (MCC)
4380 N. Elston Ave., Chicago, IL 60641
Third Sunday of each month, 10AM-12PM

Dental Screening
Sun., Sept. 17, 2006, 10AM—12PM

Cataract & Glaucoma Screening
Sun., Oct. 15, 2006, 11AM—1PM

Prostate Cancer + Diabetes Screening
Sun., Nov. 19, 2006, 10AM—12PM
(Blood Testing)
Sun., Nov. 26, 2006, 10AM—11AM
(Results & Consultations)

Islamic Community Center- Illinois (ICCI)
6435 W. Belmont Ave., Chicago, IL 60634
Once every 3 months
Sun., Sept. 10, 2006, 10AM—12PM

Blood Pressure, Diabetes, Heart Risk
(Cholesterol), Obesity, Dental, Glaucoma &
Cataract Screenings

Islamic Foundation North (IFN)
1751 O'Plaine Rd., Libertyville, IL 60048
Once every 3 months
Sun., Nov. 12, 2006, 11AM—2PM

Blood Pressure, Diabetes, Heart Risk
(Cholesterol), Prostate Cancer, Obesity,
Dental, Glaucoma & Cataract Screenings

Islamic Society of NW Suburbs (ISNS)
3890 Industrial Ave., Rolling Meadows, IL 60008
Sun., Nov. 12, 2006, 1PM—5PM

Blood Pressure, Obesity, Body Fat, &
Diabetes Screenings

Free Health Screenings at Area Churches FALL 2006

Immaculate Heart of Mary (IHM)
3817 N. Christiana Ave., Chicago, IL 60618

Blood Pressure, Diabetes, & Body Fat Screenings
Sun., Sept. 24, 2006, 11AM-1PM

Celestial Church of Christ (CCC)
4100 N. Troy St., Chicago, IL 60618

Blood Pressure, Diabetes, & Body Fat Screenings
Sun., Oct. 22, 2006, 11AM-1PM

Transfiguration Church (TC)
2609 W. Carmen Ave., Chicago, IL 60625

Blood Pressure, Diabetes, & Body Fat Screenings
Sun., Nov. 26, 2006, 11AM-1PM

CCN Provider Dinner Meeting

Fri., Sept. 22, 2006, 6:30 PM—9 PM

Holiday Inn
5300 West Touhy Ave.
Skokie, Illinois 60077
(847) 679-8900

For more information please call:

CCN (773) 775-3600
www.ccnchicago.com
MCC (773) 725-9047
www.mcccchicago.org
IFN (847) 604-2365
ISNS (847) 253-6400
ICCI (773) 637-3755
IHM (773) 478-1157
CCC (773) 509-9613
TC (773) 561-7953

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Conversations in Health FALL 2006

At ICCI
Understanding Diabetes
Sun., Sept. 10, 2006

12PM—1PM

At IFN
Heart Health
Sun., Nov. 12, 2006
12PM—1PM

At MCC
Allergy & Asthma
Sun., Nov. 5, 2006
11AM—1PM

Obesity Excessive weight gain stresses the rest of the body, leading to many illnesses, including diabetes, high blood pressure, elevated cholesterol, and poor sleep. Whereas poor sleep interrupts proper functioning during the day, diabetes, hypertension, and high cholesterol lead to death if not diagnosed and treated early. The best way to find out if you or a loved one is at risk is to get your Body Mass Index (BMI) checked. It is very easy to check your BMI by visiting either your doctor or CCN's free health screenings. For every height, there is a range of weight that allows the body to function at its best – the BMI tells you whether or not your weight is safely within that healthy range. A BMI between 19-25 is healthy. A BMI between 25-29 is considered “overweight” and a BMI of 30 and above is “obese.”

As of 2006, obesity is the second leading cause of death in the US. This trend reflects the daily choices we make: to snack between meals, watch TV for hours, and drive instead of walk or bike. Moderation in meals is the key to health, but few pay attention to portion size.

Many people also don't realize that a little good can go a long way. Making a commitment to walk 30 minutes in the morning and evening 5 days a week can have a protective effect on your health. Trading in time spent on the phone for a quick walk around the neighborhood with your friend is a simple and great way to incorporate a healthy behavior into your daily life. Young adults who establish physically active habits (walking, exercise) continue to benefit from these healthy habits as they grow older.

Although minorities in general have a higher prevalence of obesity than Caucasians, African-American and Hispanic individuals represent the highest rates of obesity in the US. Within Muslim immigrant communities, obesity and weight-related diabetes are serious realities that often remain undiagnosed.

Walking is the diet without denial, the medicine without prescription, the exercise without equipment, the vehicle without pollution and the therapy without a couch.

Hypertension The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. High blood pressure, also called hypertension, is dangerous because it makes the heart work harder to pump blood to the body and it contributes to hardening of the arteries or atherosclerosis.

There are several categories of blood pressure, including:

- **Normal:** Less than 120/80
- **Prehypertension:** 120-139/80-89
- **Stage 1 hypertension:** 140-159/90-99
- **Stage 2 hypertension:** 160 and above/100 and above

People whose blood pressure is above the normal range should consult their doctor about methods for lowering it.

The exact causes of hypertension are not known. Several factors and conditions may play a role in its development, including: Smoking, obesity, lack of physical activity, too much salt in the diet, too much alcohol consumption (no more than 1 to 2 drinks per day), stress, older age, and genetics.

If your blood pressure is extremely high, there may be certain symptoms to look out for, including: headache, fatigue or confusion, vision problems, chest pain, difficulty breathing, irregular heartbeat, and blood in the urine.

Hypertension is typically treated by making changes in your lifestyle, and with drug therapy. Lifestyle changes include losing weight, stopping smoking, eating a healthy diet (such as the DASH diet, which includes lowering sodium but including daily servings of fruits, vegetables, and whole grain foods), and getting enough exercise, especially aerobic exercise.

Several types of drugs are available to treat hypertension, including ACE inhibitors, angiotensin receptor blockers (ARBs), diuretics, beta-blockers, and calcium channel blockers.

Join CCN Health Walkers Every Sat / Sun 9am-10am

Lincolnwood Town Center
Upper Level Food Court
Corner of Touhy & McCormick Ave
773 775-3600

Prostate Cancer The cause of prostate cancer is unknown. Compared with other types of cancer, generally, prostate cancer is relatively slow growing. A man with prostate cancer may live for many years without ever having the cancer discovered. In fact, many men with prostate cancer will not die *from* it but *with* it. As a man gets older, his risk of developing prostate cancer increases. More than 70% of prostate cancers are diagnosed in men over 65 years of age.

As the cancer grows, it may eventually squeeze the urethra, which is surrounded by the prostate. Then, symptoms such as difficulty in urinating may develop. This is usually the first clinical symptom of prostate cancer. (It is important to note, however, that difficulty in urinating can be caused by other, noncancerous conditions of the prostate and does not always mean that prostate cancer is present.) With or without symptoms, a growing prostate cancer can also attack cells close to the prostate.

As mentioned, cells can break off from the cancer and spread. Sites where prostate cancer tends to spread are the lymph nodes, various bones (especially the bones of the hip and lower back), lungs, and occasionally the brain. Cancer cells that have spread to other areas of the body can form tumors that can expand and squeeze other body parts. For example, when prostate cancer spreads to the bones, the most common symptom is bone pain.

A digital rectal examination (DRE) is a quick and safe screening technique in which a doctor inserts a gloved, lubricated finger into the rectum to feel the size and shape of the prostate. The prostate should feel soft, smooth, and even. The doctor examines for lumps or hard, irregular areas of the prostate that may indicate the presence of prostate cancer. In general, treatments for prostate cancer that has not yet spread and is still localized, involve surgery or radiation therapy. For more advanced disease, hormonal therapy with or without surgery and radiation therapy are often recommended.

The American Urological Association recommends :

- Annual check of the prostate with a digital rectal exam (DRE) for all men over 40.
- An annual blood test for prostate specific antigen (PSA) for all men 50 and above.
- Prostate cancer screening with DRE and PSA to begin at age 40 in Afro American men, since the incidence of the disease is significantly higher among them.

Current CCN Primary Care Physicians

PCPs from Chicago:

- * Shaheen Humayun: 773-784-2101, 5140 N. California, 60625
- * M. Iqbal: 773-973-2400, 2054 W. Devon, 60659
- * Nasreen Khan: 773-275-7500, 4633 N. Clark, 60640
- * Ghousia Khan: 773-281-8855, 1923 W. Montrose, 60613
- * Farkhunda Mazheruddin: 773-465-3500, 6348 N. Western, 60659
- * Sanjida Mirza: 773-561-5000, 1008 W. Foster, 60640
- * Fatima Mohiuddin: 773-761-9774, 2812 1/2 W. Devon, 60659
- * Syed Saaduddin: 773-274-4060, 1768 W. Devon, 60660
- * Badar Zaheer: 773-539-8000, 3334 W. Lawrence, 60625
- * Amjad Zureikat: 773-878-4000, 4754 N. Lincoln Ave., 60625

PCPs from Suburbs:

- * Misbahuddin Ahmed: 815-935-2525, 555 W. Court, Kankakee, IL 60901

- * Shakir Moiduddin: 708-361-0913, 7530 W. College Dr., Palos Heights, IL 60463
- * Abdul Qadir: 630-301-7366, 1177 N. Highland Ave., Aurora, IL 60506
- * B. Roy: 847-952-9330, 2101 S. Arlington Hts. Rd., Arlington Heights, IL 60005
- * Nasreen Hamidani: 708-354-1546, 418 Sherwood Ct., La Grange Park, IL 60526
- * Muhammad Gafoor: 708-450-4950, 675 W. North Ave., Melrose Park, IL 60160
- * Anjum Hameeduddin: 708-747-7720, 4847 W. Lincoln, Matteson, IL 60443
- * Sher Ahsan Niazi: 815-741-8888, 1721 W. Glenwood Ave., Joliet, IL 60435
- * Sitara Shariff: 630-968-1700, 4121 Fairview Ave., Downers Grove, IL 60515
- * Mohammed Saeed: 630-543-5454, 276 W. Fullerton Ave., Addison, IL 60101
- * Mohammed Khaleeluddin: 815-726-7600, 300 N. Ottawa St., Joliet, IL 60431
- * Mohammed Vaseemuddin: 847-891-6850, 1375 E. Schaumburg Rd., Schaumburg, IL 60193
- * Badar Zaheer, 630 916-3000, 1196 S. Main St, Lombard, IL 60148

Compassionate Care Network

Serving the uninsured

From the Director's desk

CCN continues to expand its services and increase its enrollment of both providers and patients.

This summer 5 osteopathic medical students from Midwestern University interned with us, enabling us to provide screenings and health education at several new facilities. Albert Schweitzer Foundation in Chicago, which supports health care programs for the indigent, has sponsored a Fellow to work at CCN for a year and organize a Student Volunteer Program. CCN hopes to become an exciting opportunity for medical students interested in community service.

Many communities across America are expressing an interest in our model of serving the uninsured. Here at home we continue to challenge ourselves to do more. We realize the magnitude of the problem and believe that each small step we take to move forward somehow helps someone in our community whose health care needs are not adequately met.

Azher Quader, MD.
Executive Director, CCN.

1.8 million residents in Illinois and over 500,000 in the Chicago metro area have no health insurance. Significantly, 1 in 5 Chicago kids are uninsured. Equally disturbing is the fact that non-covered health care costs are the single most frequent reason for bankruptcy in Illinois. Although government programs like Medicare, Medicaid, Kid Care, and Family Care provide help to many, a large number of the uninsured do not qualify for these programs due to their higher income levels. CCN's mission is to provide access to affordable healthcare for the uninsured, to promote health awareness through health education, and to assist in the early detection of illnesses through community health screenings. We believe that access to affordable healthcare is the right of every individual in a civil society. We believe that the plight of 45 million uninsured, who have limited or no access to affordable healthcare in America, cannot remain continuously unresolved in a nation that prides itself in the delivery of world class medical care. We believe that health care providers within the faith communities can pool their resources to provide a model of compassionate care with cost efficiencies that can, to some extent, alleviate this problem.

CONTACT

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CCN Photo Gallery

Top Left: Summer interns & CCN mentors, from L to R, Dr. Quader, R. Garretto, R. Sweiss, J. Porath, S.Khaleeluddin, A. Qaadir (Schweitzer Fellow), Dr.Sultana.

Top Right: Counseling the patients.

Bottom L to R: Views of screening at various locations.

