



The Eastern *Vibes*

Monthly Newsletter 2022

May 2022, Issue #94

The New Administration Building



New Administration Building, located at No. 121 Eastern Main Road, Sangre Grande.

The Eastern Regional Health Authority Road, Sangre Grande has been transformed to accommodate several units officially from May 01, 2022. The former COSTAATT building located at the corner of Cooperative Street and No. 121 Eastern Main

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New Administration Building

The Human Resources Department, Operations Department and Finance Department have all found a new home. Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer, indicated that, "We have been exploring several options to house staff in one building for a very long time. While we continue to work towards achieving that goal, this relocation presents us with an opportunity to encourage team building,

increase productivity and save time by reducing the physical distance to transport files, correspondence and personnel. It also helps foster social skills required when attending to clients."

The Corporate Communications Department posed the following question to Department Heads and Staff to get their views on the relocation.

Q: What does the move to the new administrative building mean to you and your staff?

General Manager - Human Resources

"The Human Resources Department is synonymous with this drive, vision and passion and the move to the new administrative building has thrust the Department in a forward thinking approach to adopt effective change management strategies to ensure greater efficiency within the Department. Whilst the new move has presented some required adjustments to staff as the Department has experience some infrastructural

challenges as a result of the move to the new administrative building it has presented the following advantages to the Human Resources Team:

- Synergy of operations with the Finance Department
- Greater privacy for some departments to maintain confidentiality of information and processes
- Convenient location which allows for accessibility for visitors and staff; and consolidation of departments

resulting in customers ability to access a wide range of information and or services at one convenient location.

The team members of the Department anticipate that with the support of Management, greater strides will be made to ensure adherence to infrastructural requirements geared towards the maintenance of the safety and well-being of both employees and visitors to the new administrative building."

Junior Administrative Assistant

"With having all the units under one roof there is less delay in transferal of documents however the space is not sufficient for the number of staff."

Receptionist/Telephone Operator

"The operations are different as I have to relearn things as it is not just about being a receptionist but it is about customer service"

Hospitality Office Assistant

"I am happy for the move as I have more space to work and store items."

General Manager - Finance

"Easy access as Human Resources, Operations and Finance are all in one building."

Administrative Assistant

"Staff in the department is more separated as opposed to all being together."

Clerk I

"Happy to have our own space , however, there are problems with infrastructure."

Cleaner I

"Despite having more work, the space is better."

Passing the Light – Nurses Appreciation Celebrations

Nurses throughout the Eastern Regional Health Authority came together to commemorate Nurses Appreciation Day which is celebrated on May 12, annually with the symbolic gesture of passing of the light to recognise the contribution made by Florence Nightingale to the nursing profession.

Ms. Indardaye Maharaj, General Manager - Nursing passed the light to Primary Care Nurse Manager, Eleanor John-Eccles on May 10, 2022

at the Rio Claro Satellite Dialysis Unit, in Nariva/ Mayaro to commence the activity.

Hundreds of nurses located at various health facilities participated in the activity which was conducted over a three day period.

The ERHA recognises and applauds the incredible work done by our nursing professionals and thanks you for your commitment to provide quality healthcare.



Ms. Indardaye Maharaj, General Manager-Nursing (front row, right) and colleagues at the Satellite Dialysis Unit, Rio Claro marking the beginning of the symbolic Florence Nightingale Lamp





International Nurses Day 2022

A message from the General Manager of Nursing at the Eastern Regional Health Authority

Nurses: A Voice to Lead - Invest in Nursing and Respect Rights to Secure Global Health

On this International Day of the Nurse and the 202nd anniversary of the birth of Florence Nightingale, I will like to celebrate the incredible work of the 710 nursing personnel attached to the Eastern Regional Health Authority (ERHA).

The Authority joins the global community today to celebrate International Nurses Day under the theme, "Nurses: A Voice to Lead - invest in nursing and respect rights to secure global health".

It is with grateful heart I say thank you for your selfless contribution. Your commitment, compassion and sense of duty towards a healthy Trinidad and Tobago has been exemplary.

You are part of the backbone of our healthcare system and are amongst the most respected of all professions. At some point the life of every Trinbagonian would have been touched by the care and love that our nurses provide every hour of the day, every day of the year. From the time the first breath is taken and the last is breathed, nurses are there caring, helping and guiding.

You were steadfast in keeping our public healthcare system operational and stood valiantly on the frontlines, battling the COVID-19 pandemic to save the lives of our citizens. You went beyond the call of duty shining the light from your lamps onto those entrusted in your care. You touched the lives of many prioritizing their need and the need of the country. Several life lessons were learnt that will remain with you for the rest of your lives. The management of the ERHA lauds each and every one of you.

How apposite it is that this year's theme reminds us to "invest in nursing and respect rights to secure global health". The COVID-19 pandemic has highlighted the vital role nurses play in our healthcare system globally. It has brought to the forefront the indispensable value of our nurses across the spectrum of healthcare. Regrettably, many lives in our twin island Republic were lost but without the heroic efforts of you our nurses, many more would have suffered the same fate.

We applaud you for putting on your armor and going to war against the pandemic emulating the founder of modern nursing. This year, as we commemorate International Nurses Day which will be observed on May 12th, the ERHA has commenced the passing "of the Florence Nightingale Lamp" as a symbol of unity and to honour your sterling contribution to the nursing profession. The journey commenced at the Brothers Road Outreach Centre in the South on Tuesday May 10, 2022 and will end at the Valencia Outreach Centre in the East on Thursday May 12, 2022.

Our nation has bestowed upon you a legacy of respect. You have earned a place in the pages of our history books. The management of the ERHA owes you a debt of gratitude for the tremendous dedication you have shown in the face of a relentless pandemic. You fought and continue to fight skillfully, bravely and tirelessly.

We also pause to remember all our fallen heroes during the pandemic especially ERHA's three angels: Jacqueline Harewood, Hannah Scipio and Janelle Brusco who traded their scrubs for wings and now look over us from above.

As we shine the spotlight on nursing, now more than ever, there is compelling evidence that ensuring a strong nursing workforce leads to better health outcomes for individuals, communities and nations. The ERHA remains aware of and grateful for your incredible contribution. You are an indispensable component in the provision of quality healthcare.

As we emerge from this crisis, it is vital that we apply the lessons learnt from the pandemic and remember the value of our frontline workers, our nurses. It would be almost egregious, if we as a nation, ever disregard or forget your heroic efforts.

On this International Nurses Day as we continue to grapple with the repercussions of the COVID-19 pandemic, I urge you all to remember the needs of your patients and to continue to honour the nursing profession. The men and women who risk their lives and their security to support us as we slowly emerge from this dark period to one of hope. Thank you for embodying the values of the ERHA then, now and in the future.



Ms. Indardaye Arjoon Maharaj
General Manager - Nursing

Happy International Nurses Day!

ERHA Celebrates Mothers on Mother's Day

In keeping with the tradition of Mother's Day, the Eastern Regional Health Authority joined with persons throughout the world to honour motherhood. Ms. Natalia Coryat-Roberts who resides in Arima was among the fourteen mothers who were recognised. She gave birth to the first baby born at the Sangre Grande Hospital on Mother's Day. A healthy baby girl who weighed 2930g, was delivered by Staff Midwife, Tushana Mc Clatchie-Ali at 10:39 a.m.

Ms. Madonna Cooper, Staff Midwife and other members of staff, recognised all mothers and expecting mothers admitted to the maternity ward and presented them with fruit hampers.



Mothers and mothers-to-be with fruit baskets at the Sangre Grande Hospital on Mother's Day.



Tushana Mc Clatchie-Ali (right), Staff Midwife, presents a hamper and fruit basket to Ms. Natalia Coryat-Roberts on Mother's Day

They were encouraged to eat healthy especially after giving birth to help heal their bodies, stave off bone loss and to nourish their babies during breast feeding. Ms. Coryat-Roberts our first mother of the day, also received a hamper with baby products.

ERHA Staff Wellness Challenge

In recognition of World Health Day and Health Promotion Month 2022 the Health Education Departments Nariva/Mayaro and St. Andrew/St. David, conducted a Staff Wellness Challenge for all staff members during the period April 4 – 29, 2022.

This year's theme was "Health Promotion for Well-being, Equity and Sustainable Development" with the sub theme "Our Planet, Our Health." The challenge was designed to encourage employees to improve their health and well-being.

Over 17 departments or teams participated in the challenge which invited them to know their numbers related to Body Mass Index (BMI), Random Blood Sugar (RBS) and Blood Pressure (BP). They were also encouraged to engage in physical activity; prepare healthy meals; consume water with meals and to share recipes with colleagues.

Another component of the challenge encouraged supervisors to engage staff in an eco-friendly team building exercise of their choice with a view of improving staff morale.



1st Place
Oncology Palliative Care Unit



2nd Place
Biche Outreach Centre



3rd Place
Disaster Preparedness Unit

Health Fair at Guaico Seventh-Day Adventist Church

In an effort to bring healthcare closer to communities, the Eastern Regional Health Authority hosted a health fair in collaboration with the Seventh-Day Adventist Church at the Church compound in Guaico Tamana Road, Sangre Grande on May 22, 2022.

Over 150 members of the public benefited from vision testing; basic screening such as blood pressure, glucose testing and body mass index.

The Health Education, Nutrition, Pharmacy, Dental and Medical Social Work Departments were all present to engage and educate members of the public and respond to their questions.

Persons in attendance were also treated to information and giveaways from the Agriculture booth, the Grande Riviere Chocolate Company and Karen's Karibbean Katering Services.



Pharmacy staff strike a pose at their booth



Activities at the Nutrition Display Booth



Client gets vision screening at the booth



Nursing Staff of St. Andrew/
St. David

Administrative Professional Day



Administrative Staff at the ERHA



The Eastern Regional Health Authority acknowledges the important role administrative professionals play at the authority.

In recognition of Administrative Professionals Day on April 27, 2022 the Authority presented tokens of appreciation to the administrative staff.

The Authority believes that it is necessary to take the time to acknowledge the hard work and dedication by these professionals as they are gemstones to our team and the office's central nervous system. The ERHA continues to encourage growth and development in the field.

World Hypertension Day Quiz

Approximately 50 percent of staff scored a perfect score in a virtual quiz for staff conducted by the Health Education Department on May 17, 2022 in observation of World Hypertension Day. A total of ninety-four persons participated. The first 10 persons who received a total score were awarded prizes.

The goal of the quiz was to educate staff on key aspects of hypertension such as risk factors, signs and symptoms, as well as prevention and management.

World Hypertension Day Quiz and Answers

1. What is Hypertension?	Hypertension, also known as high blood pressure is a non- communicable disease in which the blood pressure within the blood vessels is consistently higher than normal.
2. What is the normal blood pressure value?	Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range.
3. What is considered a high blood pressure reading?	High blood pressure levels are readings of 140/90 mmHg or higher.
4. Which of the following are risk factors of high blood pressure?	<p>Some risk factors of high blood pressure are :</p> <ul style="list-style-type: none"> - Age greater than 65 - Family history - Medical conditions - Excess dietary salt - Lack of Physical Activity - Alcohol use and Smoking - Obesity/ Overweight - High Stress Levels
5. High blood pressure is also known as the "Silent Killer" because it usually has no symptoms. True/False	True - Hypertension usually has no warning signs and symptoms. This is why it is called the "silent killer". Measuring your blood pressure is the only way to know whether you have high blood pressure.
6. High Blood pressure can cause complications such as:	<p>Some complications of High Blood Pressure are :</p> <ul style="list-style-type: none"> - Heart attacks - Heart and Kidney Failure - Vision Loss - Stroke - Poor blood flow to lower limbs - Sexual Dysfunction - Dementia
7. Which of these are important lifestyle changes for lowering blood pressure?	<p>Some important lifestyle changes for lowering blood pressure are :</p> <ul style="list-style-type: none"> - Eat a balanced diet as directed by your dietitian - Eat a diet low in salt and processed foods (e.g. corned beef, sausage and saltfish) - Get at least 150 mins minutes of physical activity each week - Reduce alcohol consumption and Avoid Smoking - Create a blood pressure logbook - Take medication as prescribed - Do routine blood test as outlined by your doctor - Let your nurse/doctor know if you are experiencing any symptoms - Keep your clinic appointments
8. Which of the following food should be avoided on a low-salt diet?	<p>Ham , Sausage and salt fish</p> <p>Processed meats and cured fish contains high levels of sodium. Consuming foods high in salt can cause and increase in hypertension levels. So it is important to avoid these type of foods.</p>
9. What should you do when measuring your blood pressure to get an accurate reading?	<p>To help ensure an accurate blood pressure reading, be sure to:</p> <ul style="list-style-type: none"> - Select validated automotive device - Choose correct cuff size - Do not have a conversation / Stay still - Have an empty bladder - Test in a comfortable environment that is not too cold or too warm - Support feet by placing them flat on the ground
10. A person with high blood pressure should check their blood pressure how often?	Twice daily - First measurement should in the morning before eating or taking medication and the second in the afternoon at the same daily. Keep record of blood pressure measurements to be shared with doctor at clinic appointments.

World Immunization Week

More than 1.5 million people die every year around the world from not being vaccinated. World Immunization Week which is celebrated during the last week of April, promotes the use of vaccines to protect people of all ages and communities from diseases such as chickenpox, polio and hepatitis.

This year the Eastern Regional Health Authority (ERHA) conducted several activities during the period April 20 -30, 2022 in observance of World Immunization Week. The purpose was to raise awareness of the importance of vaccines and immunization in an effort to encourage persons

to get vaccinated.

Activities were conducted at several health facilities throughout the ERHA which commenced April 20, 2022. A Vaccination Open Day was held at Biche Outreach Centre, Rio Claro Health Centre and Guayaguayare Outreach Centre. The activities for the week also included visits to Shut -Ins, Measles, Mumps and Rubella (MMR) Home Visits campaign, distribution of literature on vaccination and lectures at selected facilities. A range of vaccines were offered, which include MMR, Hepatitis, Yellow Fever and COVID-19.



Ms. Debora Morris-Davis, District Health Visitor at the Brothers Road Outreach Centre educates members of the public on vaccination



Staff of Cluster I Nariva/Mayaro ready to welcome members of the public at the Immunization Outreach at Persads D'Food King, Mayaro



Staff of Cluster I, Nariva/Mayaro assist a child as she receives her vaccine

STAD host lecture series in observance of World No Tobacco Day

World No Tobacco Day is observed on the 31st of May annually. Tobacco kills over 8 million people every year and destroys our environment. To promote healthy living as well as to protect our environment, the Health Education Department of County St. Andrew/St. David, conducted the lecture series on The Dangers of Smoking & The Effects on Asthma during the period 18th May to 31st May 2022.

Over 250 persons attended the sessions which focused on the effects of smoking cigarettes; chemicals used in cigarettes, e-cigarettes and vaping and the dangers of second and third-hand smoke. Also discussed was pregnancy complications due to smoking; effects on asthma and tips to replace cravings.

The target audience included patients from the Chronic Disease, Antenatal, Post Natal and

Health Office clinics at Manzanilla, Sangre Grande Enhanced and The Sangre Grande Police Youth Club. The sessions were facilitated by Sherifa Ali-Badri and Khadine Ramdial, Health Education Aides. At the end of the session persons were provided with information to join the Cessation Clinic at Cumuto Outreach Centre.

World No Tobacco Day

"Tobacco: Threat to our environment"

World No Tobacco Day is observed on May 31 each year.

This year's theme focuses on raising awareness among the public on the environmental impact of tobacco from cultivation, production, distribution and waste. It will give tobacco users one extra reason to quit.

Smoking can cause:

- ☹ Cancer
- ☹ Lung damage
- ☹ Heart disease
- ☹ Fertility problems
- ☹ Risk of type 2 diabetes
- ☹ Vision problems

Need help?

Join our Cessation Clinic
Every Thursday
9:00 a.m - 2:00 p.m.
Cumuto Outreach Centre
226 - 1106

ERHA
Trinidad Tobago

www.erha.tt

"Caring is the Key"

NAMA Staff Wellness Event

Members of staff at the Mayaro District Health Facility are taking steps to improve their lifestyle. On Sunday May 29 , 2022 Head Nurse, Lindel Phillip-Antoine and her team hosted a Wellness Event for approximately 90 persons, comprising staff and family.

The activity commenced with a 5K walk/run from the Mafeking Bridge to the Mayaro District Health Facility carpark. This was followed by an

aerobic session and prize distribution ceremony.

The activity was hosted to encourage employees to develop and maintain healthy lifestyle practices and to drop any unhealthy and/or risky habits they may have. It also assisted in boosting energy, improving mood and generating a positive feeling about oneself.

Everyone who participated indicated that they had fun. See photos below



Staff Display East Indian Attire on Indian Arrival Day



(From left to right) Amanda Ramtahal, Vashti Ramdial, Roma Deonarine, Vasha Ramkhelewan and Lilly Phillip from the Sangre Grande Hospital Lab

Good News – May



Good News

The ERHA is pleased to inform you of a "Good News" message:

I'm just sending my gratitude to the staff of Ward 4 and NICU for trying their very best for my baby and I. Even to the clerk that worked on Wednesday 25th May at Casualty, he was very polite and helpful. Although my baby passed away on Friday night I know a lot of patients would blame the health facility but I saw for myself the doctors and nurses try in every possible way. Thanks so much to everyone from Casualty, Ward 4, NICU and also those who worked on Wednesday night, at getting my emergency caesarean section done.

Posted on Facebook by Durvani Rampersad
May 31, 2022

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."



Good News

The ERHA is pleased to inform you of a "Good News" message:

 Valarie Griffin

Tue 9:25 PM

A pleasant good night. On behalf of my brother Pastor Morris and I we will love ❤️❤️❤️ to say from deep within our hearts for the care and attention that all of you extended to our daddy Mr. Ivan Morris. Our dad was very impressed having worked in the medical system abroad.

We will like to single out for special mention Dr. Sandy who was the doctor who worked with daddy.

Again all the nurses from the registration area to the nurses room and for the lady in the dark maroon scrub who was keeping order on the floor we say a BIG THANKS. God bless you all real good. 🙏

Posted on Facebook by Valarie Griffin
May 31, 2022

Let us never cease to provide quality service with compassion and dignity as we demonstrate that, "Caring is the Key."



14TH JUNE
WORLD
BLOOD DONOR DAY

The Eastern Regional Health Authority is inviting you to

Give for the greater good and become an altruistic donor by taking part in Non-Remunerated Voluntary Donation

Sangre Grande Hospital's Blood Bank

Monday - Friday : 7:30 a.m. - 3:00 p.m.

Saturday : 8:00 a.m. - 12:00 noon

Contact: : 226-9779/9780

Call to make an appointment



"Give blood for it is life, pass it on!"



Observing National Disaster Preparedness and Prevention Month 2022

ERHA Observes NDPPM:

The Eastern Regional Health Authority Disaster Preparedness Office conducted several activities over a four week period to celebrate National Disaster Prevention and Preparedness Month (NDPPM). These activities aim to raise staff awareness on the importance of being prepared and being disaster-ready. Some of the activities included:

- ◆ Creating a family Emergency and Communication Plan
- ◆ Sharing of a Disaster 'Go Bag' Video providing guidelines on how to prepare disaster kits and distribution of Family Emergency Booklets
- ◆ Publicizing locations of emergency shelters
- ◆ Hosting virtual webinar that covers disaster-related topics from various stakeholders



Participants were all encouraged to improve their level of preparedness by first understanding risks and then taking precautions to avoid or minimise those risks.

What is the NDPPM and how did it originate?

**Be Prepared!
Be Secured!
Be Ready!**

The Government declared the National Disaster Prevention and Preparedness Month on June 25, 2020 to be held in the month of May annually. It was officially launched on April 30, 2022, this year's theme is **"Be Prepared! Be Secured! Be Ready!"**

NDPPM is a new approach to national disaster risk reduction and management and is aligned with Government's Vision 2030 goals and the United Nations Sendai Framework for Disaster Risk Reduction.

May is particularly significant because it is the month preceding the start of the Atlantic Hurricane Season and the Wet Season which usually begins at this time. Heavy rains across the region, including Trinidad and Tobago, have historically plagued this period, causing major losses such as loss of life, animals, livelihoods, homes and infrastructural damage. NDPPM aims to promote a heightened sense of awareness, preparedness and readiness, before the commencement of the Wet Season.

Despite the fact that Trinidad and Tobago has been spared from severe disasters in recent years, we must always be aware of the risks posed by natural hazards and disasters, some of which are intensified by climate change. This emphasizes the importance of the national community to resist complacency and develop attitudes that focus on preventing, preparing for and responding to disasters that arise as a result of many hazards. Contact the Disaster Preparedness Office to secure your copy of the Family Emergency Booklet at **226-9941**.

Disaster Kit Items



Emergency Numbers:

POLICE 999

FIRE SERVICE 990

**GMRTT (Emergency Health Service)
811**

World Day for Safety and Health at Work Competition

The safety culture of an organisation is the product of individual and group values, attitudes, perceptions, competencies and patterns of behaviour that determine the commitment and the style and proficiency of an organisation's health and safety management.

(Source: ACSNI Human Factors Study Group: Third Report- Organising for Safety HSE Books 1993)

World Day for Safety at work is observed annually on April 28 to increase awareness on the prevention of accidents and diseases at work. Over the last two years the OSH Department was forced to conduct activities on a smaller scale due to the COVID-19 pandemic. However, we were able to utilise a virtual platform to provide an avenue to engage staff and also to acknowledge them and provide incentives to encourage participation in activities.

The Occupational Safety and Health Department has been working to improve the Safety Culture at the Eastern Regional Health Authority by the following methods:

- Reviewing and updating existing Policies - Accident Incident policy and the introduction of the OSH Ticketing System
- Implementing the necessary requirements to attain ISO:45001 Certification (Occupational Health and Safety Management Systems).
- Conducting training sessions, sensitisation sessions and toolbox talks
- Presenting safety award certificates of recognition
- Circulating information pertaining to hazard and risk identification
- Hosting Safety Competitions and awards to boost the safety morale of the staff
- Conducting the Safety Warden Programme

This year the International Labour Organisation (ILO's) theme for OSH day is "***Act together to build a positive safety culture***".

The OSH department hosted a PowerPoint competition and invited staff to define, *What is Safety Culture?, How is it beneficial?, How can the ERHA improve its Safety Culture?*

The Power Point presentations submitted were very well researched and informative. After evaluation the winners were:

- 1st Place - Neshia Naraceram-Baboolal
- 2nd Place – Karen Copland and Zalina Khan
- 3rd Place - Kerry Baboolal

Other awards that were presented to encourage staff to promote a positive safety culture were:

- Least number of Accidents/Incidents for 2021- **Head Office**
- NIL Motor Vehicular Accidents for 2021- **Head Office**
- Highest Level of participation in OSH training - **NAMA**
- Highest level of participation in Safety Committee Meetings - **NAMA**
- Timely rectification of OSH Issues from Action Sheets- **SGEHC**
- Most recyclables collected in 2021- **Head Office**

Photos of OSH Week Celebrations

Winners of the OSH Power Point Presentations



1st Place Winner
Mrs. Nesha Naraceram-Baboolal



2nd Place Winners
Ms. Karen Copland and Zalina Khan



3rd Place Winner
Mr. Kerry Baboolal, with colleagues of the
Pharmacy Department, Rio Claro Health Centre



Staff displays at different facilities for OSH Week

Tokens and Certificates awarded to staff





COVID-19 Pediatric Vaccination Programme

Pediatric Pfizer Vaccine administering requirements:

- All children ages 5-11 are eligible to receive the Pediatric Pfizer Vaccine
- Children must be accompanied by their parent/guardian
- Parents/guardian must walk with:
 - A form of identification
 - Proof of relationship to child (guardians only)
 - The birth certificate of the child/ward



Day	Time	Location
Tuesday & Thursday	8:00 a.m. - 3:00 p.m.	• Grand Riviere Health Centre
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Mayaro District Health Facility
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Rio Claro Health Centre
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Sangre Grande Civic Centre
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Toco Health Centre
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Valencia Health Centre

COVID-19 Booster Programme

Pfizer COVID-19 Vaccine 2nd booster dose for members of the public who fall into the following categories:

- All moderately to severely immunocompromised persons
- Persons aged 60 years and over
- Healthcare workers

Get your 2nd COVID-19 vaccine booster 4 – 6 months after receiving your initial booster.

Day	Time	Location
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Sangre Grande Civic Centre
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Mayaro Sport Facility
Monday - Friday	8:00 a.m. - 3:00 p.m.	• Rio Claro Health Centre



MAY, 2022

Well NEWS

NEWSLETTER

WOMEN'S HEALTH: FIBROIDS AND PCOS

by Health Education & Nutrition Departments



INSIDE THIS MONTH'S ISSUE:

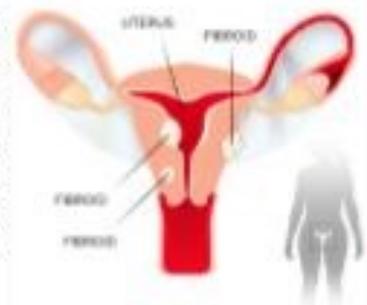
- What are Fibroids?
- What is PCOS?
- The Role of Insulin
- What can we do about Insulin Resistance

WOMEN'S HEALTH – FIBROIDS AND PCOS A COMMON CAUSE?

What are Fibroids?

Uterine fibroids are a common condition where solid tumours are formed in the muscle layer of the uterus. These non-cancerous tumours vary in size and number. Many women have no symptoms because of their fibroids and only discover that they have them incidentally. Some will however, suffer many debilitating effects. These include incontinence, constipation, abdominal and pelvic pain, painful prolonged heavy periods, painful intercourse and infertility.

Fibroids generally affect women of childbearing years. Many women often experience relief from their symptoms once they have entered menopause. Other risk factors for fibroids include obesity and a family history which suggests there may be a genetic component. Women with African ancestry also appear to be at increased risk.

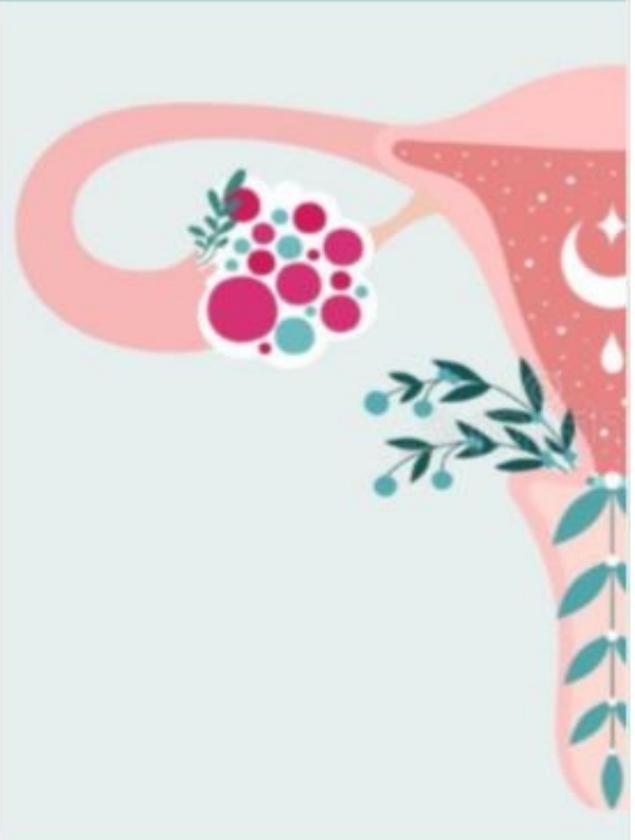


WHAT IS PCOS?

PCOS refers to **polycystic ovarian syndrome**.

- PCOS is a condition in which the ovaries produce an excessive amount of male hormones leading to hormone imbalances. It is characterized by the formation of several small cysts (fluid-filled sacs) in the ovaries of affected women.
- It commonly occurs in women of childbearing years.
- Women with PCOS often experience infrequent or absent periods, abnormal patterns of hair growth, acne, obesity, depression and infertility.
- Women with PCOS are also at increased risk for the development of diabetes, heart disease, high blood pressure and stroke.

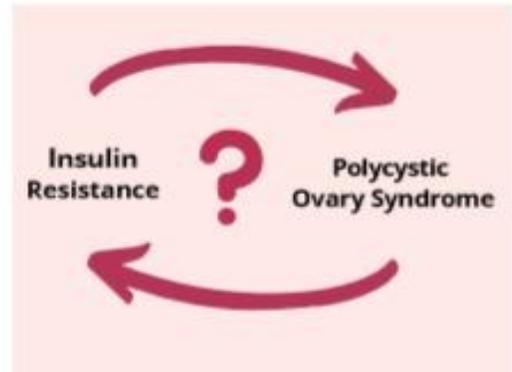
SIGNS & SYMPTOMS



The reasons that some women develop fibroids and or PCOS have been unclear for quite some time. However, it is known that they are both as a result of hormone imbalance. With fibroids, the women are thought to have excessively high levels of oestrogen which when combined with abnormalities in the muscle cells in the uterus, can lead to the development of fibroids. With PCOS, women have high levels of androgen hormones (testosterone) which leads to abnormalities in how their eggs are developed.

THE ROLE OF INSULIN

Recently, some scientists have proposed that hormone imbalances in PCOS and fibroids have the same root cause – Insulin Resistance. The link between PCOS and insulin resistance is however more well established than with insulin resistance and fibroids. Insulin is widely known as the hormone that allows glucose (sugar) to enter our cells and provide energy, but it is a master regulator of many biological functions.



Insulin levels in the body directly affects how much oestrogen and testosterone your body produces. Insulin resistance in our muscles cells is associated with the development of diabetes; insulin resistance in the ovaries and or parts of the brain responsible for the production of sex hormones is thought to be associated with the development of PCOS and fibroids.

WHAT CAN WE DO ABOUT INSULIN RESISTANCE?

Thankfully, this provides an opportunity for us to take charge of our own health. Insulin resistance can be successfully treated or at the very least managed with changes in lifestyle and diet. Insulin resistance develops when our bodies produce too much insulin over a long period of time. Our bodies will produce insulin whenever we eat food; especially starchy or sweet foods (carbohydrates) and to a lesser extent protein foods.



Fats and oils have very little impact on how much insulin we produce. The faster and higher our blood sugar levels rises, the more insulin our bodies will produce to get those sugar levels down. Eating a diet high in carbohydrate foods that spike our blood sugar levels frequently, will eventually lead to insulin resistance. To reverse the process we would then need to eat in a way that keeps our blood sugar low and thus our insulin levels low.

STEPS TO IMPROVE INSULIN RESISTANCE

- 1. Lower the carbohydrate content of your diet** by choosing less starchy and sweet foods. Choose foods higher in dietary fibre e.g. ground provision, peas and beans, green leafy vegetables and unrefined grains. Fibre helps to slow the breakdown of the carbohydrates into sugars, leaving you with lower blood glucose levels and thus lower levels of insulin.



- 2. Include good quality sources of protein at every meal,** from foods such as eggs, lean meat or fish and **healthy fats** found in avocado and nuts. These foods help to keep your blood sugars steadier; You will feel less hungry and hence eat less often.



- 3. Reduce consumption of industrialized seed oils** (canola, soybean, corn, cotton seed, sunflower oils etc.) these oils cause inflammation in the body which is one of the leading causes of insulin resistance. Choose healthier oils such as olive oil and avocado oil.



- 4. Exercise regularly.** This also helps to lower your blood sugar levels and hence decrease the need for insulin. Walks after meals are recommended for this reason. You should exercise for at least 30 minutes, 5 days a week, by doing activities like brisk walking, aerobics, jogging, strength training etc.

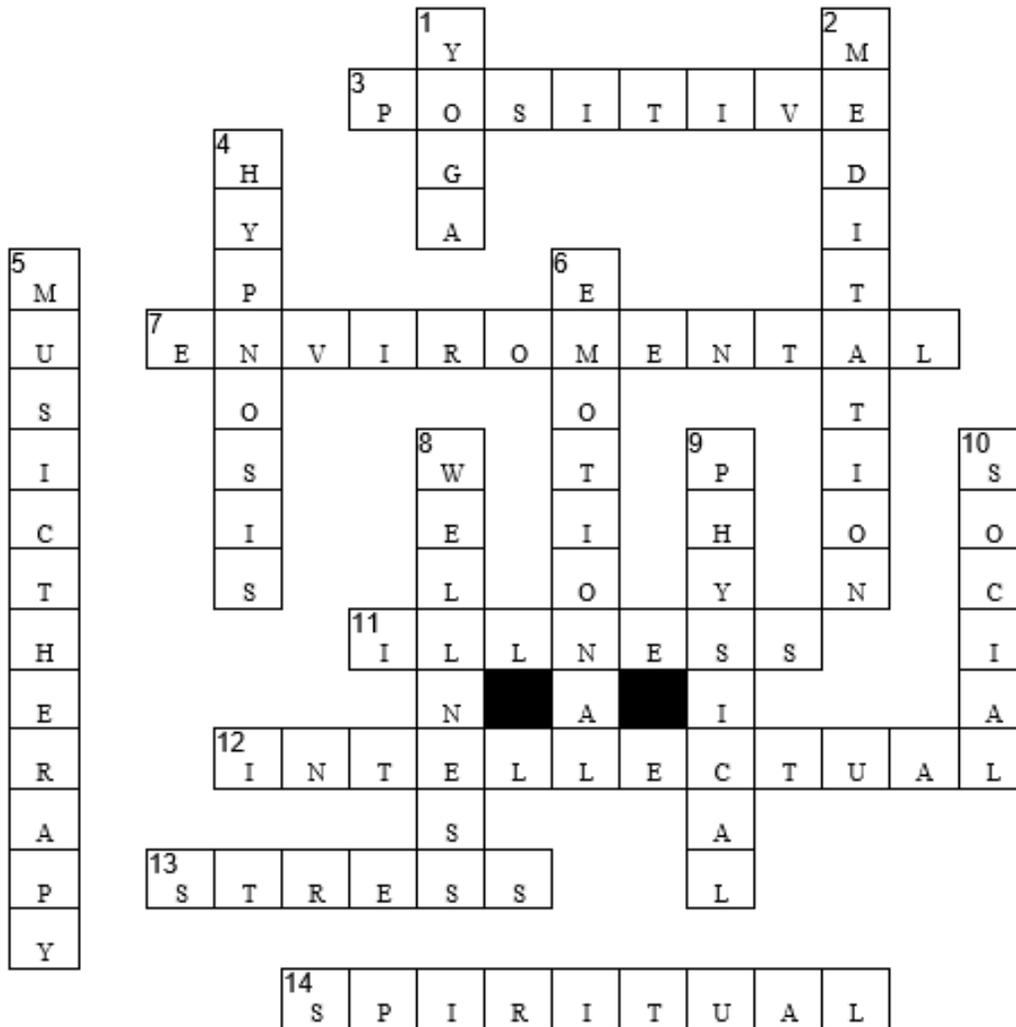


- 5. Visit your dietitian for nutritional guidance.** If you are living with fibroids or PCOS, visit your local health centre to request a referral to speak with a registered dietitian for relevant and individualized nutrition advice.



For more information, contact us at: 226-9603 or 226-1110 ext. 9844

Wellness Crossword Puzzle - *Answers*



Across

3. Making and maintaining _____ changes to improve our health and wellness is almost always easier if we have encouragement and support from our friends, family or co-workers.
7. This type of wellness is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us.
11. An unhealthy state or condition of the mind or body in which physical, social, emotional, intellectual, or spiritual functioning is compromised.
12. This type of wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment.
13. The forces or stimuli that impinge upon an individual; also, an individual's response to these forces.
14. This type of wellness is the ability to establish peace and harmony in our lives.

Down

1. A system of belief and practices aimed at the union of the individual self with the universal self.
2. An altered state of consciousness in which the mind is focused in passive attention and quiet, resulting in an experience of transcendence.
4. A method of altering consciousness by focusing attention on one thought, thereby distracting consciousness from other thoughts.
5. Use of beat, rhythm, pitch, harmony, synchrony, chords and lyrics to facilitate healing, alter consciousness, reduce stress, facilitate movement, aid sleep, improve concentration, and more.
6. This type of wellness is the ability to understand ourselves and cope with the challenges life can bring.
8. An interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.
9. This type of wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress.
10. This type of wellness is the ability to relate to and connect with other people in our world.



MAY 2022

Sangre Grande Hospital
Ojoe Road, Sangre Grande
Tel: 226-4744/668-2273
Tel/Fax: 668-4368

Brothers Road Outreach Centre
Brothers Road
Tabaquite
Tel: 656-2547

Cumuto Outreach Centre
Main Road
Cumuto
Tel: 226-1106/643-9075

Manzanilla Outreach Centre
Eastern Main Road
Manzanilla
Tel: 226-1111, 668-2063

Rio Claro Health Centre
De Verteuil and Dougdeen Street,
Rio Claro
Tel: 226-1104, 644-2236, 644-0181

Toco Health Centre
Paria Main Road, Toco
Tel: 226-1576, 670-8277

Mayaro District Health Facility
Pierreville, Mayaro
Tel: 226-1575, 630-1258/9
Tel/Fax: 630-1257

Coryal Outreach Centre
Balata Hill Road and Cumuto Main
Road
Coryal
Tel: 668-8066

Grande Riviere Outreach Centre
Hosang Street
Grand Riviere
Tel: 670-8264

Matelot Outreach Centre
Main Road
Matelot
Tel: 670-2428

**Sangre Grande Enhanced Health
Centre**
Ojoe Road
Sangre Grande
Tel: 226-1102, 668-2509

Valencia Outreach Centre
Alexander Street
Valencia
Tel: 226-1260, 667-8197

Biche Outreach Centre
Canque Village
Biche
Tel: 668-9053

Cumana Outreach Centre
Toco Main Road
Cumana Village, Cumana
Tel: 670-8250

**Guayaguayare Outreach
Centre**
Guayaguayare Road,
Guayaguayare
Tel: 630-8777

Matura Outreach Centre
Toco Main Road
Matura
Tel: 226-1261, 668-6276

San Souci Outreach Centre
Main Road
San Souci
Tel: 670-2382

Satellite Dialysis Unit,
Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9000

**Submit Articles / Pictures for the ERHA's Newsletter by the 20th of each month to
corpcomm@erha.co.tt**

Website : www.erha.co.tt



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