



The Eastern *Vibes*

Monthly Newsletter 2023

August 2023, Issue #109

The ERHA Partners with PAHO to Conduct Mass Casualty Management Training



Practical simulation exercise conducted at the Mass Casualty Training

A Mass Casualty situation can occur at any time. Therefore, it is very important for healthcare professionals to be prepared to respond when a mass casualty occurs.

The Eastern Regional Health Authority (ERHA) in collaboration with the Pan American Health Organization

(PAHO) conducted an intensive four-day Mass Casualty Training Programme from August 8 to 11, 2023 for 64 clinical and non-clinical healthcare professionals from the Authority and other Regional Health Authorities.

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The ERHA Partners with PAHO to Conduct Mass Casualty Management Training (continued)

The key objective of the programme was to strengthen the capacity of participants to handle mass casualties and promote coordination within the Authority and among key responder agencies in the Eastern region.

The training session was conducted by a team of regional trainers and focused on theory and practical aspects of Mass Casualty Management. A pre-test was administered to participants to determine their level of awareness on Mass Casualty Management

before they were introduced to key subject areas. These include Alerting Process; Scene Assessment; Incident Command; Triage, Evacuation and Transport; Radio Communication and Risk Communication among others. Table top exercises and practical simulations were also conducted prior to the final written exam.

All participants successfully completed the programme and were awarded certificates.



Wellness in the East (Water Wednesday)

Residents of Sangre Grande and environs visited the Cunapo R.C. Primary School on August 9, 2023 to participate in **"Water Wednesday"** a health initiative hosted by the ERHA in collaboration with the Ministry of Health under the TTMoves banner.

The main objective of the health fair was to educate persons on the importance of water in their diet and encourage them to drink more water. Other wellness services included blood pressure testing, blood sugar testing, health education, nutrition, hydration station, water safety and water conservation lectures.



Wellness in the East (Fruit Friday)

Researchers discovered that eating 400 grams of fruits and vegetables daily could help prevent chronic illnesses such as cancer, heart disease, stroke and diabetes.

On August 11, 2023, the Eastern Regional Health Authority in partnership with the Ministry of Health hosted **"Fruit Friday"** a health campaign under the TT Moves banner to edify persons on the importance and benefits of incorporating fruit and vegetables in their diet to stay healthy.

Over 200 persons attended the event at the Rio

Claro Regional Corporation Car Park, Rann's Plaza, High Street, Rio Claro. They visited the various display booths and accessed health services which included Blood Pressure and Blood Sugar testing; Health Education; Nutrition; HIV testing and Counselling.

Recognising the importance of exercise, members of the public and the Rio Claro Chronic Disease Support Group participated in an aerobics competition to get more active and to learn simple steps to incorporate into their daily exercise routines.



Encouraging Breastfeeding in the ERHA



Member of staff lectures to clients

Breastfeeding has several benefits to baby, mother and by extension the entire family.

The Eastern Regional Health Authority (ERHA) joined the international community to observe Breastfeeding Week during the period August 1-7, 2023 under the theme "***Enabling Breastfeeding: Making a Difference for Working Parents.***"

Members of staff mounted creative displays at various facilities to celebrate the occasion and to highlight the importance of breastfeeding. Health Education lectures and literature were delivered to mothers during their clinic visits and at the Sangre Grande Enhance Health Centre mothers participated in games and entered a competition to test their knowledge on breastfeeding. They played word search, hot seat and had fun learning new information and the winners received attractive prizes. Samples of healthy snacks such as lactation cookies, granola bars and porridge were distributed to assist mothers with the production of breast milk.

In an effort to get employers to support breastfeeding at their workplaces and to reduce absenteeism, a free webinar was hosted. The webinar offered free staff training as well as support to create Breastfeeding Friendly Workplace Policies.

SOME BENEFITS OF BREASTFEEDING

TO BABY:

- Provides ideal nutrition
- Contains important antibodies
- Reduce disease risk
- Promotes healthy weight
- May make children smarter
- Free



TO MOTHER:

- Lowers risk of breast & ovarian cancer & other diseases
- Reduces anaemia
- Burns extra calories
- Quicker recovery from childbirth
- Convenient, saves time & money
- Lowers risk of postpartum depression
- Strengthens bond between mother and baby

Iron Chef Fish Challenge



Highlights of the Iron Chef Challenge

Men in the Eastern Regional Health Authority displayed their culinary skills at the first **Men's Iron Chef Fish Challenge** hosted by Ms. Caroline Caldon, Head Nurse and staff of the Toco Heath Centre on August 16, 2023 at Trini River Lime, Matura.

Teams from Nariva/Mayaro, Sangre Grande Enhanced Health Centre and Toco Health Centre participated in a friendly competition where they incorporated the use of the featured ingredient 'Fish', as well as the secret ingredient, 'Guava Jam' to create their delicious meals to entice the judges.

The external judges who were both chefs were amazed by the presentation, taste and variety of dishes that were prepared in a short timeframe.

The challenge trophy was awarded to Team Toco with their dishes consisting of breadfruit lob with cream cheese sauce, fish tacos with pico de gallo, garlic herb fish with a side of grilled corn, tomatoes, avocado with a guava jam sauce topped off with banana bread pudding for desert. Nariva/Mayaro placed second and Sangre Grande Enhanced Health Centre came third.

All the men who were visiting the popular venue were also able to access health care services from the health outreach activity that was also coordinated by the staff. Services offered included basic medical assessment, prostate screening, HIV testing, health education, nutrition, medical social work and mental health lectures.

ERHA Supporting the Commonwealth Youth Games



From Left to Right: Dr. Andrew Lakhan, ENA Malecia Metivier, Dr. Anthony Charles, RN Jillian King-Bobb, ENA Kezia Mayers, Dr. Kimberly Alexander, RN Marella Mark

The Eastern Regional Health Authority (ERHA) partnered with the Ministry of Sports and Community Development to provide medical support for the 7th Commonwealth Youth Games taking place in Trinidad and Tobago from August 4-11, 2023. Over 1000 athletes and para athletes performed in seven sporting disciplines which occurred simultaneously in Trinidad and

the sister isle of Tobago. The ERHA's diverse multidisciplinary clinical team consisted of Houses Officers, Registered Nurses, Enrolled Nursing Assistants and District Health Visitors with extensive experience in emergency first aid. They demonstrated effective teamwork while providing professional medical service to athletes, team officials and volunteers.

CTAS Training and Resensitisation Session



Dr. Kira Surage, Head of Accident and Emergency Department, NCRHA address employees at the training session

It is essential for clinicians to triage patients to decide the order of treatment based on urgency. Recognising the importance of triage, the Eastern Regional Health Authority (ERHA) conducted a Training and Resensitisation Session on the Canadian Triage and Acuity Scale (CTAS) for staff of the Sangre Grande Hospital on August 7, 2023. CTAS is a tool used internationally by emergency departments to group patients according to the severity of their condition.

The session was conducted by Dr. Kira Surage, Head of Accident and Emergency Department, North Central Regional Health Authority and Ms. Caroline Caldon, Head Nurse, Accident & Emergency Department, ERHA.

A mixed approach utilising lectures and practical sessions was adopted to transfer the information on CTAS methodology and practice.

A certificate of participation was awarded to participants at the end of the session.

Back to School Drive



Participants stretch during aerobic session

"Our children are our future, there is no greater way to invest in the future than investing in our children."

Dr Nirvadh Singh.

Recognising the need to invest in our children and foster educational opportunities the Matura Wellness Committee in collaboration with the Fitness Family held a Health Walk, Aerobic Fun Session and Back-to-School Donation Drive on August 12, 2023.

Participants were asked to bring school supplies

such as Bookbags; Notebooks; Copybooks; Pens; Pencils; Sharpeners; Erasers; Vests and Socks (black or white) which would then be distributed to needy children in the community.

The walk commenced at 8mm Toco Main Road, Matura and ended at the Matura Government Primary School. The energised group were then guided through an aerobic session by Fitness Kings and Queens and Fitness Family led by instructor Nigel Chapman and guest instructor Pablo Philip.

Support for Mothers and their families



Members of the Baby Hospital Initiative Unit and Support Group

The Eastern Regional Health Authority is on the road to regain Baby Friendly Hospital status which was first achieved in April 2002. The Authority has already passed several steps in the Accreditation process and is getting ready for the final assessment later in September 2023.

With this in mind, the Baby Friendly Hospital Initiative Unit (BFHI) and Support Group were launched on August 30, 2023.

The BFHI Unit work within the ERHA to attain and maintain accreditation and regain baby friendly status at the Sangre Grande Hospital.

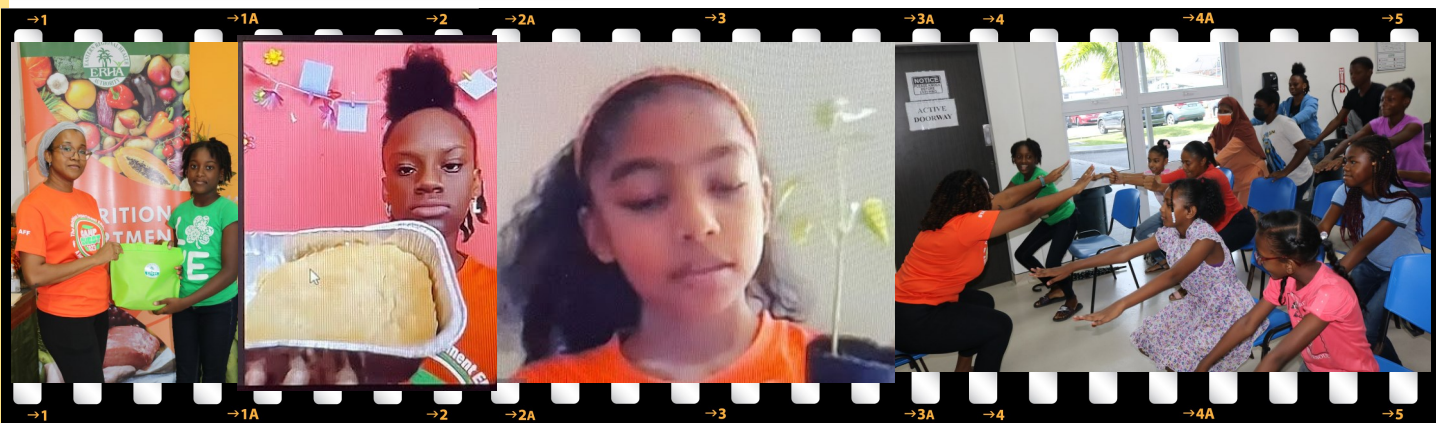
Camp Quest 2023 - The Journey to a Healthier You

The Health Education Department, St. Andrew/ St. David hosted 19 children at Camp Quest 2023 during the period August 21-25, 2023. The hybrid camp experience featured a blend of in-person and online activities to educate students on the importance of healthy eating, physical activity, home gardening and self-awareness to maintain good health and reduce the risk of Chronic Non-Communicable

Diseases (CNCD's).

The programme included practical sessions, demonstrations, outdoor physical activities and team-building exercises to provide the students with the knowledge and skills they need to make informed decisions along their journey to a healthier you.

Highlights of the Camp



Healthy Climate, Healthy Me Kids Camp

20 children between the ages 7-12 years of the Dades Trace & Rio Claro community participated in the **Healthy Climate, Healthier Me Kids Camp** hosted by the Eastern Regional Health Authority Nutrition Department, Nariva/Mayaro.

The camp was held at the Rio Claro Health Centre during the period 21st – 25th August 2023.

The aim of the camp was to promote, encourage and educate the children and their families and community by extension on healthy

lifestyle choices and its impact on climate change and overall health and well-being. Children, parents and guardians were welcomed to the orientation session where they participated in health screenings. Children were challenged to participate in fun games & activities to reduce their carbon footprint. During the camp, interactive sessions were conducted on healthy self-image, bullying prevention, self-care, nutrition, cooking, physical activity, alcohol & drug use prevention, and agriculture & gardening.



A Lasting Impression of Thanks



A Tribute to our Heroes

The Eastern Regional Health Authority (ERHA) successfully commissioned additional facilities in response to the spread of the COVID-19 virus which included Ward Five, Old Health Centre, El Dorado Facility, Extended Care Unit (ECU), Tacarigua Racquet Centre, Accident and Emergency Department (A&E).

Our Fallen Angels



Hannah, Sagar, Jayaraman, Harshvardhan, Jayanthi, Urvashi

Thanks to:

- Accident & Emergency, Wards - 1, 2, 3, 4, 5, 6, Intensive Care Unit, Extended Care Unit, Neonatal Intensive Care Unit, Operating Theatre, Outpatient Department, Ophthalmology Clinic, Dialysis, Oncology, Blood Bank, Central Sterilising Service, Infection Prevention Control, Information System/Information Technology, Medical Lab, Administration, Human Resources, Accounts, Social Work, Kitchen, Wards Maid, Ultra Sound Scan & X-ray Radiology, Computed Tomography, Occupational Safety & Health, Nutrition and Dietetics, Attendants, Community Liaison Unit, Transport Department, Endoscopy, Medical & General Stores, Security, Quality Department, Medical Records, Biomedical, Physiotherapy, Facilities, Sewing Room, Laundry, Pharmacy, Friends of the Hospital.



"Caring is the Key"



On August 28, 2023 a public tribute was paid to members of staff at the Sangre Grande Hospital and our fallen angels for their response, dedication and unwavering support during the COVID-19 Pandemic.

Mr. Ronald Tsoi-a-Fatt, Chief Executive Officer and Ms. Winnifred Vambe, Hospital Nursing Manager both unveiled the Wall of Thanks as a memorial to recognise the various teams that came together to provide care at the hospital and also at some of the facilities that were commissioned. Dr. Rajiv Bhagaloo, Medical Director (Ag.), Dr. Vedavid Manick, Registrar

Internal Medicine, Ms. Sita Harrypersad Cooper, Registered Nurse, Mr. Suresh Ramdial, Registered Nurse and Ms. Silla Bissessar, Manager-Employment and Employee Services and members of staff all delivered remarks. They thanked staff for their service and recalled some of the key moments along the journey.

Members of staff and relatives of our fallen heroes who were present were filled with emotions as they saw the images that were unveiled. They shared fond memories and posed for photographs.

Attendant's Appreciation Day

Hospital Attendants are at the front line of healthcare and provide assistance to ensure the health of all clients.

On August 18, 2023 the Management of the Eastern Regional Health Authority at the Sangre Grande Hospital held a function to show appreciation to this category of staff.

55 persons were acknowledged not only for performing their jobs and for going beyond the call of duty to serve others but more importantly for doing so with diligence, compassion and genuine care. Making our clients comfortable, at ease and inspiring them along their journey.

Thank you to all our Hospital Attendants.



Sangre Grande Enhanced Health Centre Wellness Centre members explore the Paramin Hills

Physical health and mental well-being are inextricably related.

With this in mind, members of the Sangre Grande Enhanced Health Centre Wellness Centre embarked on a field trip to the village of Paramin on August 19, 2023. The culturally enriching adventure provided an opportunity for

persons to experience a different aspect of community living. They connected with nature and were marveled by the wonderful sights and sounds and teased their palates with the fresh produce and authentic flavours that are synonymous with Paramin.

Cheerleading Camp



Participants and staff at the Valencia South Primary School

Over 50 aspiring cheer leaders between the ages of 5 to 17 participated in an Introductory 3 day Cheerleading Camp held in the month of August.

The camp was an initiative by the Eastern Regional Health Authority Wellness Centre Committees and was conducted in Cumana

Community Centre, Cumana on August 18, 2023 and then at the Valencia South Primary School, Valencia on August 24 and 25, 2023.

The aim of the camp was to promote physical activity, overall health and well-being while promoting gender equality through sports among children.

They were taught to develop stunt skills in cheerleading, leadership qualities and the importance of teamwork. The camp was filled with excitement, laughter and enthusiasm as students learned cheerleading chants, new dance routines and coordination .

A certificate of participation and tokens were presented to participants. The session was conducted by Ms. Corissa Bournes, On-the-Job-Trainee, Wellness Department and coach at Cheer Fusion All Stars.

Lecture Series on Physical Activities

302 clients within the County St. Andrew/ St. David, benefited from a lecture series on Physical Activity for all ages during the month of August.

These sessions were conducted by the Health Education Department during Chronic Disease Clinics in the Sangre Grande Enhanced Health Centre and Manzanilla Health Centre.

The main aim of the lecture series was to inform clients about the benefits of exercise during all stages of life including, childhood, adolescence, adulthood and late adulthood.

According to the World Health Organization physical activities contribute to preventing and managing non-communicable diseases such as cardiovascular diseases, cancer and diabetes.

Physical activities can also improve muscle strength, heart health and can assist in lowering blood pressure and blood sugar levels.

Persons of all ages were encouraged to participate in physical activities. Children and adolescents aged 5-17 years should do at least 60 minutes or more of moderate-to-vigorous physical activity daily for at least three days per week. Activities such as bike riding, skipping, playing sports and hiking etc. could be included. Whereas, adults should engage in at least thirty minutes of exercise five days per week. Jogging, brisk walking and muscle strengthening exercises could be included in the routine.

The lecture sessions were conducted by Sherifa Ali, Health Education Aide.



"A people without knowledge of their past history, origin and culture is like a tree without roots".

Marcus Garvey



Happy Emancipation Day

From the Chairman, the Board of Directors and the Chief Executive Officer of the Eastern Regional Health Authority





ERHA Sports and Cultural Club Elections

Congratulations Team ERHA! We will like to send our heartfelt gratitude to all the persons who showed their interest in joining the Executive Team of the Sports and Cultural Club and to everyone who participated in the process.

Final Results

Positions	Results				
President	Astra Bennett	238	Goonesh Mungroo	205	
Vice President	Kavita Williams	233	Marcia Marcial	209	
Assistant Public Relations Officer	Kerencia King	183	Isaac John	146	Stacy Ramjitsingh 101

New Executive Team for the ERHA Sports and Cultural Club!

Positions	Names		
President	Astra Bennett		
Vice President	Kavita Williams		
Treasurer	Dionne Buffong		
Assistant Treasurer	Eliel Briggs		
Public Relations Officer	Nadine Debisette		
Assistant Public Relations Officer	Kerencia King		
Secretary	Sherifa Ali		
Assistant Secretary	Shamine Maharaj		
STAD Rep and Alternate	Denice Dedier	Caroline Caldon	
NAMA Rep and Alternate	Karen Copland	Praavin Samlal	
SGH Rep and Alternate	Onika Andrews	Goonesh Mungroo	Isaac John
Head Office Rep and Alternate	Darion Ramdenny	Stacy Ramjitsingh	Marcia Marcial

A special thanks to everyone who voted.

"Caring is the Key"

Staffing Updates Happy Retirement!



The Management and Staff of the Eastern Regional Health Authority honours the following persons for their service

Thank you for your Service

Ms. Nelsia Loraine-Smith

Ms. Loraine-Smith worked at the Eastern Regional Health Authority for 14 years. She assumed duties on January 5, 2009 as a Permanent **Nursing Assistant**. Ms. Loraine-Smith retired on **June 20, 2023**.

Mr. Anthony Rondon

Mr. Rondon worked at the Eastern Regional Health Authority for 32 years. He started working in 1991 as a **Driver** under the Ministry of Health and in 2015 he assumed duties as an Emergency Medical Technician on September 14, 2015. Mr Rondon retired on **June 1, 2023**.

"Caring is the Key"

In Loving Memory



**The Eastern Regional Health Authority
Celebrates the Life of:**

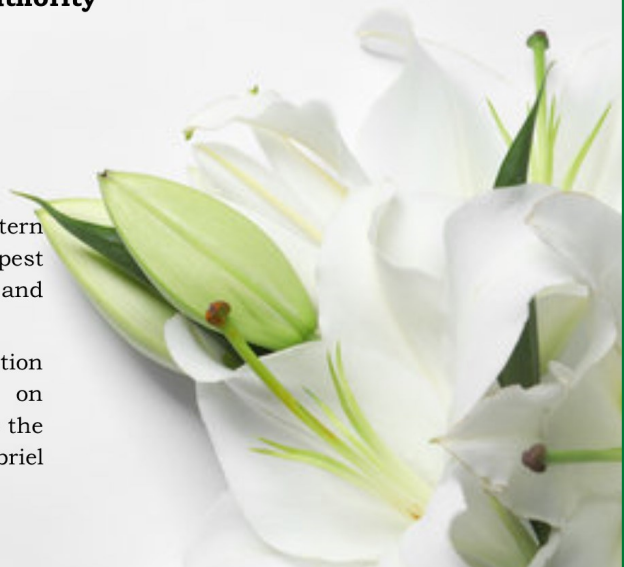
Mr. Lewis Gabriel,

Motor Vehicle Driver

The management and staff of the Eastern Regional Health Authority extend deepest condolences to the friends, family and co-workers of Mr. Lewis Gabriel.

Mr. Gabriel assumed duties in the position of "On-Call" **Motor Vehicle Driver** on March 1, 2005 and was last attached to the Mayaro District Health Facility. Mr. Gabriel died on May 3, 2023.

May his Soul Rest in Peace



SITUATIONAL AWARENESS

Situational awareness is being aware of what is happening around you in terms of where you are, where you are supposed to be and whether anyone or anything around you is a threat to your safety and health. This is important to everyone as we all have to be aware of our surroundings and the potential hazards we face. It is important for each individual to look out for his or her own safety as well as the safety of their workmates. Even the most experienced people can lack situational awareness, especially when doing tasks that have become routine.

Any potential hazard sighted by any employee can

be immediately communicated to the Occupational Safety & Health Department via email at **OSHDept@erha.co.tt** or call Ms. Farah Mohammed, Manager-OSH at 735-8369.

You can also contact your OSH department at your respective units:

St. Andrew/St. David 226-9850

Nariva/Mayaro 226-9908

Sangre Grande Enhanced Health Centre
226-9628

Head Office 226-9184

Sangre Grande Hospital 226-9796

Situational Awareness Levels

Comatose – Not able to function

High Alert – Confirmed threat, must act

Focused Awareness – Carefully observing a potential threat

Relaxed Awareness – Enjoying life while paying attention

Tuned Out – Not paying attention

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DISASTER KITS



As the Hurricane season approaches, it is important to prepare in case of an emergency. Having an emergency supply kit is an essential component of personal & Family Preparedness. The Office of Disaster Preparedness and Management (ODPM) guidelines for stocking the family emergency kit are as follows:

- ◆ Non-Perishable Food Items
- ◆ First Aid Kit and Personal Hygiene Kit
- ◆ Water-Stock one gallon of water per person per day (3days supply is recommended)
- ◆ Battery-powered Radio and Extra Batteries
- ◆ Flashlight
- ◆ Personal Documents stored on a flash drive or waterproof container
- ◆ Extra Infant Supplies & Formula
- ◆ Pet Supplies
- ◆ Extra Clothing/Comfortable Shoes

"BEING DISASTER READY IS MY RESPONSIBILITY"

Good News - August

 **Good News**

 Jennifer Henderson

A shout out to the Sangre Grande hospital Accident and Emergency team! My sisters and I highlight and deeply appreciate the great care Mom got in casualty. The doctors, especially Dr Matthews and all the nurses, were exceptional. They were all so kind. We sincerely thank everyone who played a part in caring for her. We thank them so much for supporting us. Dr. Dookeeram, I know that you are instrumental regarding health care at Grande hospital. Keep up the great work.

*Posted on Facebook by Jennifer Henderson
July 29, 2023*

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

 **Good News**

 Sabita Boodram

To Nurse Roxana Ragbir & the entire Staff ERHA Trinidad & Tobago - ophthalmology. Thank you. 🙏

Smooth process this morning 🙏... Always a pleasure meeting up with our Health Care Warriors Dr. Vedavid Manick , Nurse Sindy Bhawanie , CSR Tenille Wosabi keep up the great work you all are doing 🙏

#breastcancerwarrior
#thankfulgratefulblessed

*Posted on Facebook by Sabita Boodram
August 30, 2023*

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



AUGUST, 2023

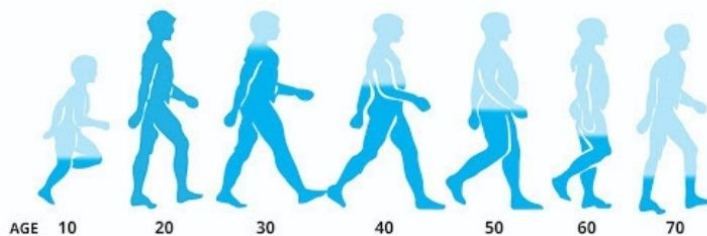
Well NEWS

NEWSLETTER

SUPPORTING YOUR TESTOSTERONE

by Health Education & Nutrition Departments
County St. Andrew/St. David

TESTOSTERONE HORMONE LEVEL



INSIDE THIS MONTH'S ISSUE:

- What is Testosterone?
- Symptoms of Low Testosterone
- How to Manage Risk Factors
- Dietary Tips to Boost Testosterone Levels

WHAT IS TESTOSTERONE?

Testosterone is a hormone that is primarily produced in the testicles in males and in smaller amounts in the ovaries and adrenal glands in females. It is a hormone that is responsible for the development and maintenance of male characteristics.

In males, testosterone stimulates the production of sperm and contributes to sex drive (libido). A healthy testosterone level helps maintain sexual function, contributes to the development and maintenance of muscle and bone mass, supports energy levels and influences mood and brain function.

WHAT HAPPENS AS YOU GET OLDER?

Testosterone levels naturally decline with age in men. Typically, testosterone production begins to gradually decrease around the age of 30 with an estimated decline of about 1% per year. This age-related decline is a normal part of the aging process.

The decline in testosterone levels can vary between individuals and some men may experience more significant decreases than others. Certain factors such as overall health, lifestyle and genetics can influence the rate of decline.





RISK FACTORS

MODIFIABLE

Modifiable risk factors can be controlled or changed. These factors will increase the rate of testosterone decline in the body. Therefore, it is important to manage these factors.

- Non-communicable chronic diseases such as diabetes, heart disease, kidney disease, etc.
- Overweight or obesity
- Excessive alcohol use
- Smoking
- Stress and anxiety
- Inadequate sleep
- Poor diet

NON-MODIFIABLE

- Age
- Genetic conditions



Symptoms of Low Testosterone

Erectile Dysfunction

Low testosterone levels can lead to reduced blood flow to the penis which causes difficulties in achieving or maintaining an erection.

Reduced Sex Drive

When testosterone levels are low, there may be a decrease in the signals and receptors that contribute to sexual desire and arousal.

Fatigue and Lack of Energy

Low levels can result in decreased energy production and a general feeling of fatigue.

Mood Changes

Low levels can lead to mood changes such as irritability, decreased motivation and feelings of depression.

Reduced Hair Growth

Low levels can result in reduced hair growth, thinning of existing hair and hair loss.

Decreased Mental Function

Low testosterone levels can impact cognitive processes such as memory, alertness and focus.

Weight Gain

Low testosterone levels can lead to an increase in fat accumulation, particularly around the abdomen.

Decreased Bone Density

Low levels may lead to decreased bone density and an increased risk of osteoporosis.

Decreased Muscle Mass

Low testosterone levels may cause a loss of muscle mass and decreased muscle strength.



How to Manage Risk Factors



1. BE PHYSICALLY ACTIVE

Exercise regularly by establishing a workout schedule: **30-45 minutes at least 3-4 times weekly**. Start with low-intensity exercises and gradually increase the duration and intensity over time.



2. MANAGE STRESS

Practice deep breathing exercises, meditation or yoga to help calm the mind, reduce stress levels and promote relaxation. Talk with trusted friends, family members or a mental health professional to share your feelings and concerns.



3. PREVENT AND MANAGE MEDICAL CONDITIONS

Take medication as prescribed by your doctor, monitor blood glucose levels, blood pressure and body weight. Be sure to follow a healthy diet plan as recommended by your Dietitian.



4. GET ENOUGH SLEEP

Establish a consistent sleep schedule by going to bed and waking up at the same time every day, including weekends. This helps regulate your body's internal clock and promotes better sleep quality. Limit or avoid caffeine and nicotine, as they can disrupt sleep.



5. LIMIT OR AVOID ALCOHOL

Limit intake to no more than 2 drinks per day for men. A standard drink is equal to 1.5 ounces of spirits, 5 ounces of wine or 12 ounces of regular beer. Excessive alcohol intake is equal to more than 14 standard drinks per week for men. Consult your doctor about drinking if you are on medication.



6. QUIT SMOKING

Smoking can potentially decrease testosterone levels in men due to hormone disruption and inflammation. To help you quit, join the **Smoking Cessation Clinic** located at **Cumuto Outreach Centre**. To book an appointment call 226-1106.

Dietary Tips to Boost Testosterone Levels using the 6 Caribbean Food Groups



Staples

Choose high-fibre staples such as whole grains and ground provisions, as these provide essential nutrients that support hormone production and overall health. Whole grains such as oats can boost testosterone levels.



Legumes

Incorporate legumes such as kidney beans, black beans, channa or lentils into your diet, as they are rich in potassium, fibre and zinc, which are beneficial for testosterone production and maintenance.



Food from Animals

Include high-quality protein in main meals such as breakfast, lunch and dinner. Choose chicken, turkey, lean cuts of beef/pork, eggs and fatty fish such as tuna, sardine, mackerel and salmon. These provide essential amino acids necessary for testosterone production.



Fruits

Everyday, choose fruits as healthy snacks to obtain antioxidants, vitamins and minerals that promote overall health and support optimal hormone function. Fruits known to boost testosterone levels include citrus fruits, cherries, berries and grapes.



Vegetables

Aim to include both cooked and raw vegetables with your main meals as they are packed with nutrients, fibre and phytochemicals that help maintain healthy hormone levels. Choose green vegetables such as spinach and broccoli as these are known to boost testosterone.



Fats & Oils

Choose healthy fats as they provide essential fatty acids that aid in hormone production and support overall well-being. Include olive oil, avocado, almonds, walnuts, pumpkin seeds and sunflower seeds as these support healthy testosterone levels.



August 2023

Sangre Grande Hospital

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

Mayaro District Health Facility

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

Biche Outreach Centre

Canque Village
Biche
Tel: 280-9781/668-9053

Brothers Road Outreach Centre

Brothers Road
Tabaquite
Tel: 656-2547/340-6895

Coryal Outreach Centre

Balata Hill Road and Cumuto Main Road
Coryal
Tel: 484-1368/668-8066

Cumana Outreach Centre

Toco Main Road
Cumana Village, Cumana
Tel: 226-1134/670-8250

Cumuto Outreach Centre

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

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264/385-5421

Guayaguayare Outreach Centre

Guayaguayare Road,
Guayaguayare
Tel: 226-4090/630-8777

Manzanilla Outreach Centre

Eastern Main Road
Manzanilla
Tel: 226-1111/668-2063

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428/354-0052

Matura Outreach Centre

Toco Main Road
Matura
Tel: 226-1261/668-6276

Rio Claro Health Centre

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

Sangre Grande Enhanced Health Centre

Ojoe Road
Sangre Grande
Tel: 226-1102/668-2509

Sans Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382/280-8694

Toco Health Centre

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

Valencia Outreach Centre

Alexander Street
Valencia
Tel: 226-1260/667-8197

Satellite Dialysis Unit,

Narine Ramrattan Building
Naparima/Mayaro Road,
Rio Claro
Tel: 226-9353

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

