



The Eastern *Vibes*

Monthly Newsletter 2022

August 2022, Issue #97



Staff at the Community Health Fair at the Rampanlgas Recreation Grounds

Encouraging Clients To Take Control Of Their Health

My Health is My Wealth is the main message that staff at the Eastern Regional Health Authority wanted clients to understand at its recently hosted health fairs. Over 140 persons visited the health fairs hosted at the Rampanlgas Recreation Grounds and at the

Manzanilla Recreation Grounds on August 17 & 27, 2022 respectively. The health fairs were held in collaboration with USAIDS & UNICEF and provided early access to healthcare services for persons residing in remote communities.

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Encouraging Clients To Take Control Of Their Health (Con't.)

Clients welcomed the opportunity to engage with clinical as well as other staff members and were able to visit the Pharmacy Booth to have their prescriptions filled after consultation with Primary Care Physicians. Other services provided included Blood Pressure Testing; Body Mass Index (BMI); Pap Smears; Vaccination; HIV Testing; Food & Nutrition Display and Counselling; Counselling from the Medical Social Work Department; Eye Testing among others.

Those in attendance were encouraged to have regular health checks and were provided with information to empower them to make healthy and holistic choices. The importance of drinking

plain water instead of sweetened beverages, the need to eat fresh fruits and vegetables and to get moving by exercising for at least 30 minutes a day were highlighted.

The next health fair utilising this collaborative approach, will be held at the Mayaro District Health Facility, Car Park on September 2, 2022 from 8:00 a.m. to 2:00 p.m.

Members of the public are also invited to participate in a Walk-A-Thon from 6:30 a.m. The walk-a-thon starts and ends at the Mayaro District Health Facility.

See photos below.



Wellness Walk and Health Fair

As we capitalize on the TTMoves initiative the ERHA Wellness Coordinating Unit in collaboration with the ERHA Wellness Centre Committees hosted its 1st Wellness Moves Health Walk on August 20, 2022 at the Valencia Community. The aim of the walk was to engage the communities in physical activity, raise awareness towards healthy eating, reintroduce the wellness centre programs and to promote the wellness centres in each community in the quest of increasing membership, to promote healthier lifestyles within the communities of the Eastern Region. The walk was scheduled to start at 8:00am, however due to inclement weather the time was pushed back to 9:05am.

Representatives from the Valencia, Cumuto, Coryal, Brothers Road, Matura, Mayaro, Sangre Grande wellness committees and persons from other communities participated in the walk. Upon conclusion of the walk, participants were treated with fruit and water while they listen to a lecture on healthy eating via an audio recording from Sydelle Gibson-Mahabir, Nutritionist Nariva/ Mayaro, which was highly informative and appreciated. After the nutrition lecture all in attendance participated in an invigorating aerobic workout, then were served a healthy breakfast while Nurse Tricia Bramble, District Health Visitor Ag. gave an enlightening talk on the importance of physical activity and living a healthy lifestyle. Participants from the walk took

advantage of the services that were offered at the Health Fair that was moved to the Valencia Outreach Centre due to heavy rain.

The Wellness Coordinating Unit continues to collaborate with other departments within the authority, the Wellness Committees and the various organisations throughout the communities we serve to promote healthier communities of the ERHA.

The Wellness Coordinating Unit extended a heartfelt thanks to the Coryal, Cumuto and Valencia Wellness Committees for their hard work and collaboration in financing this event and to the other wellness committees and all ERHA staff for their participation and support.



Community members participate in aerobic workout



Astra Edwards-Bennett, Wellness Centre Coordinator pose with members of the public



Members of the Medical Social Work Department interact with clients

ERHA Host World Breastfeeding Week

Step up for Breastfeeding – 'Educate and Support'

The Baby Friendly Hospital Initiative (BFHI) Unit celebrated World Breastfeeding Week from August 1 to 7, 2022. This year's theme **"Step up for Breastfeeding: Educate and Support"** aligns greatly with the unit's mission to educate, support and empower our mothers to breastfeed exclusively for six (6) months and continuing up to two (2) years.

During our observances this year our Outreach Centres, Health Centres and the Sangre Grande Hospital conducted various breastfeeding activities which included testing the knowledge of staff and clients on breastfeeding and the mounting of Walls of Fame. These decorated walls featured the images of mothers and exclusively breastfed babies. Additionally, a

Breastfeeding Walk was held during the month of August which was hosted by the Coryal Outreach Centre and was well attended by staff and members of the community and environs. The BFHI Unit also recommenced its breastfeeding training and sensitisation for staff members in keeping with the Ten Steps to Successful Breastfeeding as well as this year's theme.

To end the month of activities, the BFHI Unit in collaboration with the Health Education Unit held a Breastfeeding Pop Up Shop in the Sangre Grande area to continue to educate the community on the positive impact breastfeeding has on mothers, infants, family and the community.

Let us continue to support breastfeeding mothers within our communities.



2nd Journey to a Healthier Me Camp

Over 65 students attended the ERHA's Wellness Camp entitled, "2nd Journey to a Healthier Me Camp 2022". The six (6) day interactive camp was held from 15th to 22nd August 2022 at the Biche Secondary School for children 6-17 years of age.

The multidisciplinary team comprising staff from the Wellness Unit; Nursing; Nutrition; Social Work; Dental and Health Education Departments welcomed the opportunity to interact with the children in person after a period of limited social contact and virtual activities. Also sharing their expert knowledge with the children, were representatives from the Community Police, National Alcohol and Drug Abuse Prevention Programme, Biche Football

School, Ministry of Agriculture and a Private Lawyer.

Recognising the high prevalence of Non Communicable Diseases in our society, the camp was structured to increase awareness and education on the behavioral risk factors to change lifestyle and behavior. The programme covered multiple topics under the headings Chronic Non-Communicable Diseases Prevention; Nutrition; Mental Health; Alcohol & Tobacco Prevention and Personal Hygiene.

The students were presented with certificates of participation and tokens at the end.

See highlights below.



General Safety Practice and OSH Re-sensitization Session

The OSH Department hereby reminds everyone to be mindful of COVID-19 and ensure precautionary measures are maintained. Below are some basic tips on how you reduce your risk of contracting the COVID-19 virus.

COVID-19 (the disease caused by the novel coronavirus) *What you can do*



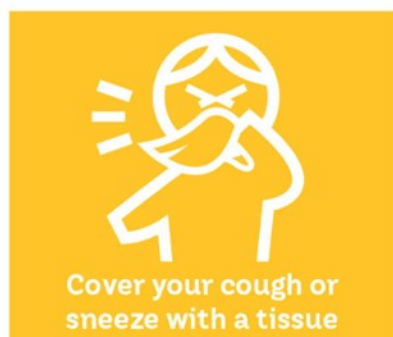
Avoid close contact with people who are sick



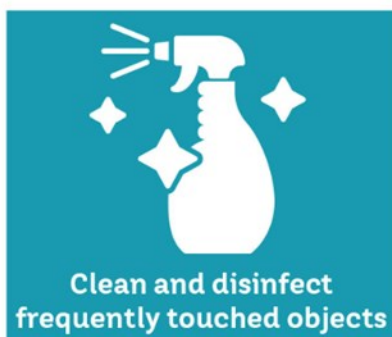
Avoid touching your eyes, nose, and mouth



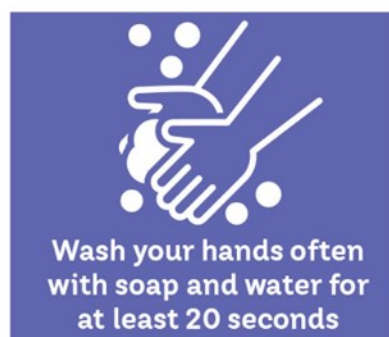
Stay home when you are sick



Cover your cough or sneeze with a tissue



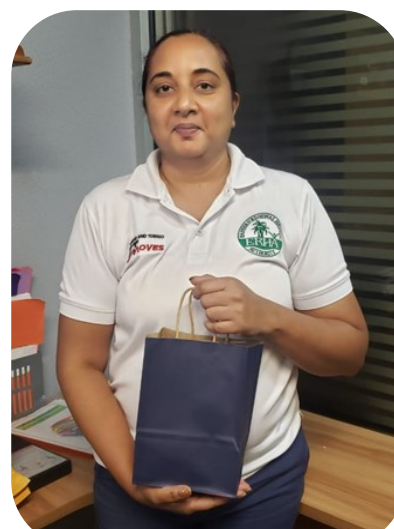
Clean and disinfect frequently touched objects



Wash your hands often with soap and water for at least 20 seconds

The Manager-OSH will like to congratulate all those who attended the virtual training held in July for Head Office staff. Prizes were awarded to the following persons for their participation in the Question & Answer segment:

- **Ms. Asha Joseph,
Cleaner I**
- **Ms. Lisa Daniel-Charles,
Manager-Corporate Communications**
- **Ms. Annusha Narine,
Accounting Assistant**
- **Ms. Trisha Ramrekarsingh,
Administrative Assistant**
- **Mr. Dillon Suepaul,
Junior Administrative Assistant Ag.**



Trisha Ramrekarsingh receives her prize from the OSH Department

General Safety Practice and OSH Re-sensitization Session (Con't.)

SAFETY AT WORK WORD SEARCH



Accident	Gas	Risk
Burn	Guard	Rules
Chemicals	Hazard	Safety
Cut	Health	Shock
Dangerous	Helmet	Stress
Dirt	Hurt	Temperature
Dust	Injury	Trip
Fall	Medical	Warning
Fire	Noise	

The OSH Department reminds staff to report all accidents and/or incidents to your respective OSH Departments. If you require any further information or have any suggestions feel free to forward your comments to: OSHDept@erha.co.tt

ERHA Amateur Radio Society

International Lighthouse Lightship Field Exercise



From L to R : (Seated) Dianne Mahabir, OJT Disaster Preparedness, Tameika Mungo, Area Administrative Officer (Ag.) Nariva/Mayaro, Ronald Tsoi-a-Fatt, Chief Executive Officer Eastern Regional Health Authority, Ms. Sumatee Soomai-Barran, District Health Visitor, Coordinator of the Prevention of Mother to Child Transmission of HIV Unit, Amanda Roberts, Administrative Assistant. (Standing) From L to R: Franklyn Baptiste, Facility Coordinator, Dillon Suepaul, Junior Administrative Assistant (Ag.), Krysta-Rae Snaggs, Disaster Preparedness Coordinator (Ag.).

Several stations from around the world responded to the ERHA's Amateur Radio Society (EARS) club station call-sign 9Y4EHA during 19th to 21st August 2022 as club members participated in the International Lighthouse Lightship Weekend (ILLW).

Originating in 1998, the ILLW is a key event in amateur radio activity that occurs annually in the third full weekend in August. It was created by the AYR Amateur Radio Group in Scotland and is currently one of the most popular worldwide radio activities. This is likely due to the fact that it's free and there aren't many rules. Nevertheless, it is important to remember that both 24-hour Health Facilities and Outreach Centres can benefit from amateur radio as a backup communication tool in both major disasters and minor emergencies. Maintaining connectivity during disasters such as hurricanes, tropical storms, earthquakes etc., is critical as local telephone systems and internet connections tend to drop.

On Friday, setting up the radio station was a tedious yet exciting task, as antennas needed to be fixed in place for effective propagation. Selecting the Toco Lighthouse at Galera Point was an ideal choice for radio communications as

it is perched on an open area with a breath-taking view, overlooking the Atlantic Ocean and Caribbean Sea. The lighthouse, standing over 70ft meant that members had to cautiously climb the close-knit, rusted stairs to mount a Yagi antenna at the very top. There, strong winds and overcast skies lingered as the antenna was installed to allow proficient transmitting at very high frequencies (VHF) and ultra-high frequencies (UHF).

A wire antenna was also set up in an inverted 'V' for high frequencies (HF) from the top of the tower and secured lower down. At the same time, loud pounding sounds of a sledge hammer on stakes were heard as the other members of the club pitched camping tents to lodge-in for the weekend to participate in the event.

At sunrise on Saturday, the team was awoken by the chirping of birds and the swift crashing of waves against the shoreline below. Of course, radio sounds were detected by the President of the EARS, Mr. Ronald Tsoi-a-Fatt, CEO of the ERHA as he was the first to be up and seated at this station. Using his call sign 9-Yankee-4-Romeo-X-Ray (9Y4RX), he listened attentively to make contact with other operators on the active bands present at the time.

ERHA Amateur Radio Society

International Lighthouse Lightship Field Exercise (Con't.)

Soon, the other members joined also exchanged transmissions with operators from as far as Japan, call-signs: Juliet-Alpha-5-Whiskey-November-Hotel (JA5WNH) and Victor-Kilo-8-Juiliett-Mike (VK8JM) in Australia. As customary, the messages were confirmed with the lingo 'QSL' which means "I acknowledge receipt of your transmission". We were also lucky to make connection with another ILLW participant located in Belgium. It wasn't the best communication as expected based on numerous factors such as distance, propagation, weather etc. Moreover, there was a special event FIFA frequency logged onto the net that day. Regardless of the heavy rainfall on Sunday morning, the team made contact with members along the Caribbean island chain who were very much thrilled to learn about the Toco Lighthouse experience. Some of the amateur radio islanders included Barbados, St. Lucia, St. Croix and Anguilla.

All in all, despite the challenges, it was a successful event where the EARS was able to communicate with approximately eighteen (18)

operators from countries across the world. Even though our members engaged frequently in radio activity, the team was delighted to engage in other activities such as hiking to a nearby stony beach, where everyone was equipped with rods and casters to do some fishing. We also got our hands in bubbling renowned 'Trini' delicacies such as curry crab and dumplings and hot fish broth. At nights, we explored the rocky area at the Toco lookout point where star-gazing was relaxing.

In retrospect, it is crystal clear to say that history was made as we are the first Regional Health Authority to participate in the observance of International Lighthouse Lightship Weekend by setting up amateur radio equipment at the Toco Lighthouse. If after reading, you are interested in joining the ERHA Amateur Radio Society, feel free to contact the secretaries at 226-9266/226-9947. We look forward to your participation. It is always good to learn a new skill and you never know when it will be needed.



Good News - August



Good News



Allana Poyah
August 24 at 12:53 PM

I would like to thank the lovely staff of the A&E Department, dedicated surgical doctors, kind operating theater staff and wonderful nursing staff of Ward 5 for making my recent stay a great one.

Posted on Facebook by Allana
August 24, 2022

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



Good News



Mindy Romero-Mollineau
August 24 at 2:44 PM

Good afternoon, I did surgery at the Sangre Grande Hospital about 6 weeks ago and I must say thank you to the nurses and doctors of Ward 3. Even after my surgery, the follow up care for dressing was excellent. Special thanks to Nurse Hernandez for her patience and care. Thank you Ward 3 for taking care of me!

Posted on Facebook by Mindy Romero-Mollineau
August 24, 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 published on Facebook:



Sita Ali
August 23 at 9:59 AM

Morning, I want to say thanks to the staff of Sangre Grande Hospital, Ward 2 for taking care of my husband Hasrath Ali much appreciated. Thank you all.

Posted by Sita Ali

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



AUGUST, 2022

Well NEWS

NEWSLETTER

PROSTATE CANCER: WHAT YOU SHOULD KNOW

by Health Education Department



INSIDE THIS MONTH'S ISSUE:

- The Prostate Gland
- Prostate Cancer
- Risk Factors
- Signs and Symptoms
- Screening
- Treatment
- Prevention

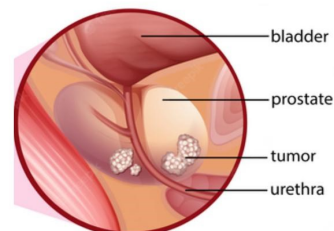
The Prostate Gland

The prostate is a walnut-sized gland located in the pelvic region just below the bladder. Its main role is to produce a fluid that makes up a part of semen. Urinary problems can be caused by any condition which affects the prostate such as benign prostatic hyperplasia (enlarged prostate), prostatitis (inflammation of the prostate gland) or prostate cancer.

Prostate Cancer

In Trinidad and Tobago, prostate cancer is the **most common cancer** in men and the **second leading cause of cancer-related deaths**, just behind lung cancer. Approximately 1 in 5 men will be diagnosed with prostate cancer.

Prostate cancer begins in the prostate gland. This type of cancer occurs when a normal prostate cell becomes abnormal and starts growing in an uncontrolled way. This eventually forms masses of abnormal cells known as tumours. As the cancer advances, it can spread beyond the prostate to other parts of the body such as the lymph nodes, lungs, liver, bones or surrounding organs.



Prostate Cancer Risk Factors

The exact cause of prostate cancer is still unknown but here are a few known factors which can increase one's chances of developing prostate cancer:

- » **Age** - More common in men over 50 years of age
- » **Race** - Afro- Trinidadian men are at higher risk
- » **Family History** - Risk is 2-3 times higher if a close relative such as a father, brother or son has been diagnosed with prostate cancer.
- » **Obesity** - Increases the risk of developing an advanced form of prostate cancer
- » **Smoking** - Increases risk of dying from the disease

Signs & Symptoms

Prostate cancer may not cause any symptoms in its early stages of development. These signs may also be caused by conditions other than prostate cancer. Therefore, if you have any of the following symptoms, visit your doctor to check the prostate.



**Weak or interrupted
flow of urine**



**Frequent urination,
especially at night**



**Painful
ejaculation**



**Pain or burning
during urination**



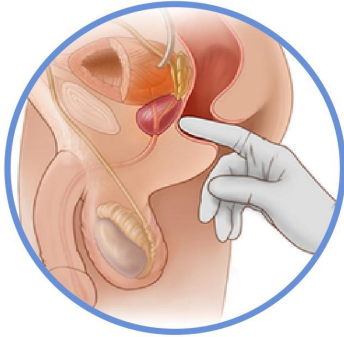
**Blood in the urine
or semen**



**Pain in the back,
hips, or pelvis**

Prostate Cancer Screening

It is recommended that all men over age 50 have a yearly medical checkup that includes a prostate exam. The most commonly used screening tests for prostate cancer are digital rectal examination and the PSA test.



Digital rectal examination is where the doctor will insert a lubricated, gloved finger into the rectum to examine the prostate for any lumps or anything that seems unusual. An irregular shaped, lumpy prostate can suggest the presence of cancer.



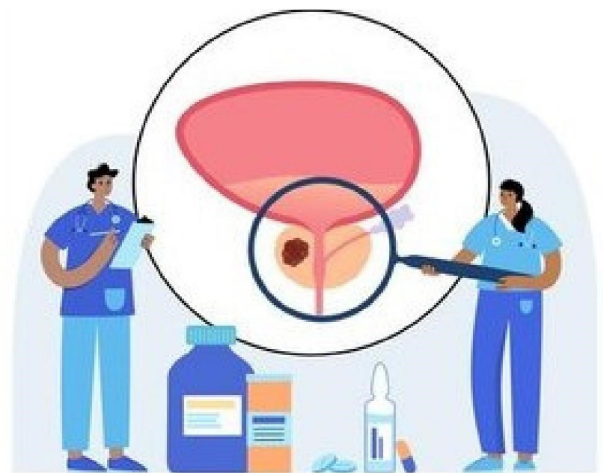
The prostate-specific antigen (PSA) test is a blood test that measures the amount of PSA in your blood, a substance that is released by the prostate. High PSA levels can be a sign of prostate cancer, an enlarged prostate, infection or inflammation of the prostate.

The results will indicate whether further examination is needed to determine the health of the prostate. The doctor may decide to perform further tests such as a urine flow test, an ultrasound or a biopsy.

Treatment

If prostate cancer is diagnosed, the treatment options available depend on several factors such as the stage of the tumour, spread of the disease, the patient's general health as well as potential benefits and risks of each treatment option. Treatment options can include:

- Active monitoring and check-ups
- Medications
- Surgery
- Radiotherapy
- Hormonal therapy
- Chemotherapy



Your doctor along with your healthcare team will help you choose the treatment option that is most suitable for you

Can Prostate Cancer be prevented?

There is no scientifically proven way to prevent prostate cancer but a healthy diet and lifestyle may be beneficial in lowering your prostate cancer risk.



Follow a healthy, balanced diet that emphasizes whole foods such as whole grains, lean meat, fatty fish, peas, beans, nuts, seeds and a wide variety of colourful fruits and vegetables. Avoid or limit red and processed meats, dairy products, sugar-sweetened beverages, highly processed foods and refined grain products.



Be physically active by exercising regularly. You should exercise for at least 30 minutes, 5 days a week, by doing activities such as brisk walking, aerobics, jogging, strength training etc. Stay hydrated by drinking water throughout the day and during exercise, that is approximately, 6-8 glasses (1.5 to 2 litres) per day.



Achieve and maintain a healthy body weight by adopting a healthy lifestyle which includes; healthy eating, being physically active, managing stress and getting enough sleep. If overweight, aim to steadily and gradually lose weight, about 1 to 2 pounds per week.



Stop smoking

Getting support from family, friends and healthcare professionals can help you successfully commit to quitting. The ERHA has a Smoking Cessation Clinic located at Cumuto Health Centre. To book an appointment call 226-1106.



Avoid alcohol intake

Limit intake to no more than 2 drinks per day for men. A standard drink contains 0.6 ounces of alcohol which is found in 12 ounces of beer, 5 ounces of wine or 1.5 ounces of spirits.



Visit your doctor or local health centre at least once a year for a medical checkup including a prostate exam. Remember, **early detection saves lives!**

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



AUGUST 2022

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: 668-9053

Brothers Road Outreach Centre

Brothers Road
Tabaquite
Tel: 656-2547

Coryal Outreach Centre

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

Cumana Outreach Centre

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

Cumuto Outreach Centre

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

Grande Riviere Outreach Centre

Hosang Street
Grand Riviere
Tel: 670-8264

Guayaguayare Outreach Centre

Guayaguayare Road,
Guayaguayare
Tel: 630-8777

Manzanilla Outreach Centre

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

Matelot Outreach Centre

Main Road
Matelot
Tel: 670-2428

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

San Souci Outreach Centre

Main Road
San Souci
Tel: 670-2382

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: 226-9000

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