



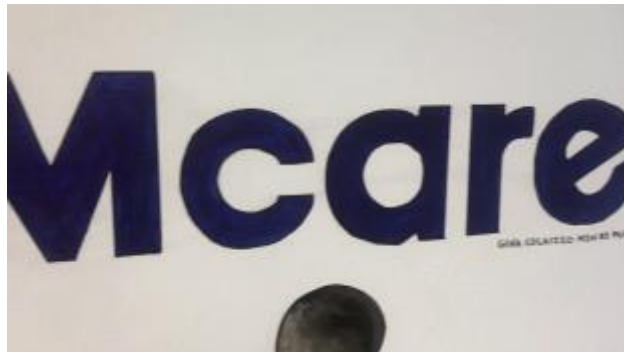
CAMcare Health Transformation Newsletter: January 2022

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The "Inspiration Station"



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Gina Colaizzo, one of CAMcare's Pediatrics Primary Providers, has been using her free time and talents to pour beauty into the walls of our sites! She is truly a healthcare hero and artist in her own right! Please take a few moments to view the video on her awesome artwork! For more information on published children's books, "HOW TO BE A WINNER AT DINNER" and "With my bear hands", and other healthcare illustrations, visit [The Official Gina Colaizzo Website!](#)

Health Awareness: January 2022

The Transformation newsletter highlights one or more of the national health awareness efforts. You will find the following emphases for this issue:

January is **Cervical Health** Awareness Month, National **Birth Defect Prevention Month**, National **Glaucoma Awareness** Month and **Thyroid Disease Awareness** Month!



More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening. During January, NCCC and its many local chapters across the country highlight issues related to cervical cancer, HPV disease and the importance of early detection.

Human papillomavirus (HPV) is the name of a group of viruses that infect the skin. There are more than 100 different types of HPV. Some types of genital HPV may cause genital warts, while other types of genital HPV are linked to abnormal cell changes on the cervix (detected through [Pap tests](#)) that can lead to cervical cancer. However, this cancer can almost always be prevented through regular screening and, if needed, treatment of abnormal cell changes.

To help in the fight against cervical cancer, visit the [NCCC Website](#) for information!



[Birth defects](#) are structural changes that affect the body (e.g. heart, brain, foot). They develop most often during the first three months of pregnancy, when a baby's organs are forming and can cause problems in overall health. About 1 in 33 babies in the U.S. is born with a birth defect each year, according to the Centers for Disease Control and Prevention. Common birth defects include [congenital heart defects](#), [cleft lip and cleft palate](#) and [spina bifida](#).

Your genetics, behaviors and social and environmental factors can impact the risk for birth defects, and **not all birth defects can be prevented**. However, there are things you can do to increase your chance of

having a healthy, fully-term pregnancy and baby. Understanding birth defects across the lifespan can help those affected by birth defects have the information they need to seek proper care.

The March of Dimes recommended the following healthy steps to prevent birth defects:

1. Attend Pre-pregnancy checkups
2. Get vaccinated
3. Take Folic Acid
4. Maintain healthy weight
5. Avoid smoking, drinking alcohol and consuming other harsh substances.

For more campaign information visit, [The MARCH OF DIMES Website!](#)



Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

For more information, please visit the [Glaucoma Research Foundation.](#)



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"Flossie's Corner": CAMcare Events, Communication and Marketing



Lacisha "Flossie" Laws- Communications Manager

Javier Mendez- Marketing Coordinator

Luis Lopez -Outreach Coordinator

Happy New Year Healthcare Heroes! We are so excited to begin another year working beside such dedicated and selfless people! As we venture into 2022, we want to send a Super, Terrific and Fantastic Shoutout to all those who helped make the 2021 Winter Holiday Events a complete success! Because of your participation, donation of time and supplies, and preparation, we successfully impacted over 500 families with nearly 900 children. Of the many gifts that were given, including bikes, electric scooters, tv's, Roller skates and toys, we were able to provide a safe environment for gift distribution even in the midst of the new COVID 19 variant. It is truly our mission at work! Below you will find some pictures from the events and we hope you will be proud of the work we all have accomplished together!

Hairbows, Haircuts & Hygiene 2021 <https://www.youtube.com/watch?v=x-vccQKb32w>

Holiday Toy Drive with Live Like JT 2021 <https://www.youtube.com/watch?v=4Hx5uZM5Utc>

-CAMcare Marketing Team



























STAY CONNECTED TO CAMCARE!



To stay up-to-date with what's happening or upcoming at CAMcare, follow the organization's social media accounts if you are not already following!

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