

BORREGO HEALTH MAGAZINE



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IN THIS ISSUE

- 2 MESSAGE FROM THE CEO**
- 3-4 HEALTH OBSERVANCES**
- 5 TRAUMA-INFORMED CARE**
- 6 COMMUNITY OUTREACH**
- 7-8 RESEARCH CORNER**
- 9-16 TRANS MEDICINE**
- 17 NURSING UPDATE**
- 18 EMPLOYEE ENGAGEMENT**
- 19-24 AROUND THE CLINICS: BREAST CANCER AWARENESS**
- 25-26 COVID-19 UPDATES**
- 27-28 HALLOWEEN PHOTOS**

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Would you like to collaborate or recognize a staff member?
Please, send us your article or photo of you and the peer you are recognizing along with the reason why.
Submit to:
marketinghelpdesk@borregohealth.org

You Are Making A Difference

By Dr. Edgar Bulloch | Chief Medical Officer, Interim Chief Executive Officer



To say 2020 has been a challenging year for everyone is an understatement. Yet, all of you have returned to work day after day to ensure the health and well-being of the communities we serve is upheld. I know at times it is easy to fall into routines and forget why we are here and what we have accomplished.

The list on the right is to remind you of the amazing accomplishments you as Borrego Health employees have been a part of. We could not have gotten to where we are without each and every one of you. Your countless hours of work and dedication and your ability to remain steadfast during this global pandemic is truly amazing.

But, as the COVID fatigue sets in, don’t let your guard down. **Wear your masks, wash your hands, physically distance, get your flu shot** and continue with this incredible work you are doing. You are all the heroes in this story. I am so honored to have been chosen to lead you through the next months.

- Tested 32,000+ patients for COVID
- Identified 3625 positive patients
- Created COVID mobile strike force dashboard that shows us our positive rates by clinic.
- Our Mobile team has also been taking COVID education and testing to the migrant farmworkers in Eastern Coachella Valley.
- Obstetrics and Gynecology teams have delivered 1886 babies this year to date!
- Residents from our Riverside Community Hospital/Eastside program graduated its first set of Family Medicine physicians, 3 of which are set to serve as attending physicians in our clinics.
- Working with Riverside Community Health Foundation (RCHF), our residents are engaging the teen populations. In their “Ask a Doctor for Teen Health” sessions, providing valuable adolescent health education and counseling to teens that may not ordinarily feel comfortable talking about health.
- Diabetes seminars in both English and Spanish to educate our patients on this condition that affects many of them.
- Our Behavioral Health team has used this COVID period to expand access to care through telehealth. They have been seeing three times more the standard number of patients since pre-COVID times. In these times of uncertainty, anxiety levels and depression in the communities we serve is at an all-time high. Using the resiliency model that they have developed and taught to all of us, they are able to help our patients build resiliency to navigate these times as well.
- As part of Stonewall Medical Center, this month we are also opening the first multidisciplinary healthcare service center for trans and gender-nonconforming people in the Coachella Valley region called Triumph. We have already received countless testimonials from patients who feel their voice is finally being heard.

National Diabetes Awareness Month

Take Diabetes to Heart: Linking Diabetes and Heart Disease

Source: <https://www.webmd.com/diabetes/heart-blood-disease>

Having diabetes means you are more likely to develop heart disease and to have a greater chance of a heart attack or a stroke. Over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. The good news is that the steps you take to manage your diabetes also help to lower your chances of having heart disease or a stroke.

PREVENTION IS KEY

Here are some ways to live a healthy diabete-free life:

Manage your A1C, blood pressure, and cholesterol levels. Ask your health care team what your goals should be.

Develop or maintain healthy lifestyle habits. Follow your healthy eating plan and make physical activity part of your routine.

Learn ways to manage stress. Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.

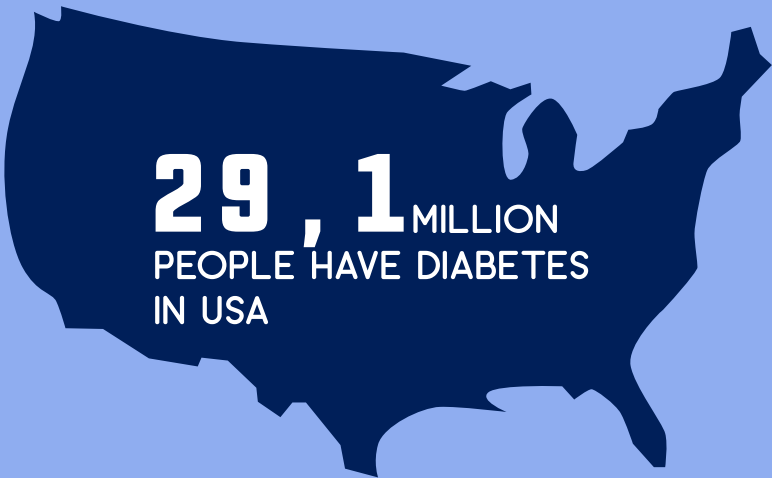
Stay on top of your medications. Take medicines as prescribed by your provider.

Stop smoking or using other tobacco products. You can start by calling 1-800-QUITNOW or visiting smokefree.gov.

DIABETES INFOGRAPHIC

Diabetes is a serious, lifelong condition where your blood glucose level is too high. There are two main types, Type 1 and Type 2. They're different conditions but they're both serious.

Diabetes is due to either the pancreas not producing enough insulin, or the cells of the body not responding properly to the insulin produced.



90%
ADULTS DIAGNOSED
WITH TYPE 2 DIABETES

TYPE 1 INSULIN DEPENDENT

Is an autoimmune disease. It develops when the insulin producing cells in the pancreas are destroyed causing glucose to remain in the bloodstream. This raises sugar levels in the blood which cannot be naturally corrected.

CAUSE : UNKNOWN

TYPE 2 INSULIN RESISTANT

Type 2 Diabetes is caused by the body not producing enough insulin or when the body becomes resistant to the insulin it is producing. Obesity and high blood sugar levels are the most potent risk factors for Type 2 Diabetes.

CAUSE : EXCESSIVE BODY
WEIGHT AND INSUFICIENT
EXERCISE

1 OF 3

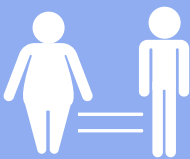


AMERICAN ADULT AT HIGH RISK OF
DEVELOPING DIABETES

PREVENTION



MAINTAIN A
HEALTHY
DIET



LOSE WEIGHT



EXERCISE
REGULARLY

The Diabetes/Trauma Connection

By Michael Caruso | Substance Use Counselor - Trauma-Informed Care Workgroup

The American Diabetes Association designates November as American Diabetes Month. It is observed in order to bring awareness to and a better overall understanding of the disease. In honor of its observance, we are looking at the connection between diabetes and a history of trauma.

Exposure to traumatic events and to toxic stress has been associated in medical literature with chronic health conditions. More specifically, national research evidence show that adults who had experienced multiple adverse childhood experiences (e.g., traumatic events) or ACEs are at higher risk for many health conditions, including physical inactivity, being overweight or obese, and having a diagnosis of diabetes (Hughes et al., 2017). In a recent study using data from 1982 to 2012 and spanning ages 14 to 56, gender differences were found with ACEs predicting diabetes onset among women reporting 2-3 or 4 or more ACEs events; this relationship was not significant statistically for men (Lown et al., 2019). The authors stated, "Being overweight or obese was significantly more common among women with a history of ACEs, which suggests BMI may be on the pathway from ACE to diabetes onset for women." (Lown et al., 2019; abstract). In addition, chronic or comorbid Post-traumatic Stress Disorder or PTSD has been associated (not causation) with increased diabetes risk among veterans; in community settings, trauma exposure has been associated with diabetes risk (Huffhines et al., 2016).

What can we do? We can acknowledge the role of both the social determinants of health and trauma in health outcomes among our patients with diabetes. We can use motivational interviewing techniques to explore patient-centered treatment plans.

A special thank you to our academic partners, Dr. Karissa Fenwick with the Greater Los Angeles VA and Dr. Monica Perez Jolles with the University of Southern California, for their contribution to this article. If you would like to read more about any of the research cited in this article, send a request to research@borregohealth.org.

Check out our newly launched site here for TIC resources
<https://borregomedical.sharepoint.com/SitePages/Trauma-Informed-Care.aspx>



Community Mental Health Promotion Program

By Angel Marin | Outreach Educator

We are pleased to announce the launch of the ethnically and culturally specific Community Mental Health Promotion Program (CMHPP) addressing the needs of the diverse communities throughout Eastern Coachella Valley. This is a Prevention and Early Intervention (PEI) project with Riverside County - Department of Behavioral Health. The goal of this program is to engage the underserved LGBTQ+ communities that lack sufficient behavioral health resources.

The LGBTQ+ populations are often reluctant to seek behavioral health services in a traditional setting, and from persons who may not be sensitive to their particular needs. The Community Mental Health Promoter (CMHP) program is to serve as a conduit from informal community-based prevention to link to appropriate, culturally sensitive, formal mental health care. Efforts in the past few months have been focused on identifying our team, developing community programming, establishing partners, and, in September, the program was launched in the desert region.

The Community Mental Health Promoter will be conducting regularly scheduled mental health workshops and linking those participants to services and resources in hope to minimize the stigma associated with mental health before the development of serious mental illness or serious emotional disturbance occurs. These educational and informational workshops were created to emphasize the unique challenges of LGBTQ+ youth and aging adults. They are open to the general community, as well to caregivers, and parents that require additional information relevant to the LGBTQ+ mental health needs. The topics for these workshops include anxiety, depression, mental health 101, mental wellness, substance use, suicide prevention, and trauma.

We are very pleased to have Kim Skeete, Community Mental Health Promoter as our newest team member, as she comes to us with extensive knowledge and understanding of both populations, and community engagement. The workshops are being currently conducted virtually and free of charge to the community.

For more information contact Kim Skeete at 951-384-6014.



Meet our Promoter **Kim Skeete**

As a Black Trans woman in the healthcare field, Kim strives to be a voice of and for the Trans community. Kim puts her passion for shedding more light on the injustices to the Black Trans Community to the forefront of anything she undertakes. Kim joined Borrego Health earlier this year as the first Community Mental Health Promoter. As a Community Mental Health Promoter, she has created the wellness workshops designed to promote the awareness of mental health and the importance of self-care in the community. As an active member of the community, Kim hopes to have more conversations surrounding mental health in both the Transgender and gender non-conforming community and with those individuals living with HIV. Kim is active in social media, promoting trans rights, social activism, and discussing mental health awareness to LGBTQ+.

HPV Vaccine Attitudes among LGBTQ+ Young Adults

By Christina Reaves, MPH | Director of Research

HPV remains prevalent:

Despite an effective human papillomavirus (HPV) vaccine, HPV remains the most common sexually-transmitted infection in the United States (US). About 33,000 people in the US develop HPV-associated cancers, including cervical, anal, vaginal, vulvar, penile and oropharyngeal, annually. The Healthy People 2020 target is for 80% of adolescents to be fully vaccinated for HPV. The CDC recommends a 2 dose schedule for anyone who initiates the first dose before their 15th birthday. The second dose needs to be given within 6-12 months of the first. For individuals who initiate the vaccination between ages 15 and 26, they will need 3 doses with a different vaccination schedule. In 2017, coverage with ≥1 dose of HPV vaccine was 65.5% among US adolescents aged 13 through 17 years. As a result, many young adults need to be (fully) vaccinated for HPV.

Our Young Adults:

Between February 2018 and February 2019, Borrego Health served 29,178 patients who were between the ages of 18 and 26. Only 14% had received at least 1 dose of the HPV vaccination. This increased slightly to 17% when, between October 2019 and October 2020 we served 31,162 patients who were between the ages of 18 and 26. This is less than half of the CDC reported 39.9% of adults between the ages of 18 and 26 who received 1 or more doses of the HPV vaccination in 2018.

Disparities:

Sexual and gender minority populations experience health disparities in numerous domains, including those related to HPV-associated cancers. Our partners at San Diego State University School of Public Health and University of California San Diego School of Medicine are interested in cancer-related disparities among LGBTQ+ patient communities. In the United States, between 2016 and 2017, 26% of lesbian, gay and bisexual youth reported being fully vaccinated against HPV. Our academic partners facilitated a focus group with providers at Escondido that informed a survey to better understand attitudes about the HPV vaccination and barriers to receiving it among individuals who identify as LGBTQ+ between the ages of 18 and 26.

Age		Gender	
18-20	39%	Cisgender female	52%
21-24	34%	Cisgender male	23%
25-26	27%	Trans/non-binary	25%
Race		Sexual orientation	
White	64%	Lesbian/gay	34%
Black	8%	Bisexual	31%
API	23%	Other*	35%
Native American	5%		
Ethnicity			
Latinx	30%		

*e.g., pansexual, queer, straight. Everyone who identified as straight were a gender minority.

MY VOTE. MY HEALTH.

By Christina Reaves, MPH | Director of Research

Thank you to everyone who supported the My Vote.My Health. campaign!
Here are some highlights:

- Between September 28 and October 26, we sent nearly 130,000 text messages, in partnership with ConsejoSano, to over 35,000 patients.
- Between September 2 and October 28 our Marketing Department posted 8 My Vote. My Health. campaign messages on Facebook, Twitter, and Instagram.
- In late September, our HIM Department assisted with adding a message to our Care Plan in Intergrity EHR.
- Between September 1 and October 15, our on-hold phone message included a My Vote.My Health. message.
- 22 sites, including mobile services, received postcard-sized flyers with a Stay Safe. Vote Early. message.
- 18 sites received business-card-sized Stay Safe. Vote Early. messaging.
- 37 sites, including some dental and pharmacy, received posters.
- Our community partners in the Eastern Coachella Valley collected over 150 pledges.
- Desert Hot Springs Health & Wellness Center director, Samantha Prior, shared that their site set up a display with My Vote. My Health flyers and posters to be the first thing anyone coming through the doors would see. She also shared that one of their providers voted for the first time. Congratulations!



On photo: From left to right: Jaime Lopez, Gilbert Espinoza, Rocio Torres, Raul Sotel

Trans Medicine @ Borrego Health

By Dr. Patric Schine | Director of Transgender Medicine

Over my past 20 years practicing trans medicine, I've fielded a lot of questions about it from other providers and the general medical community. Why is it needed? What is so unique about trans people? Why is trans medicine a specialty? Can't they be seen by Family Practice? So many questions over all these years and I find myself, calmly, answering them all. As a cisgender (non-transgender) gay man, I'm not the most qualified to answer these questions effectively, but as recognized ally in trans medicine, I believe I do the best I can.

So then, what is unique about trans people? Nothing at all, really. Trans people are the same as cis people. However, trans and other gender-diverse people experience some of the highest levels of discrimination and violence in the world—even in healthcare.

In healthcare systems around the US, a patient's gender plays a fundamental role in the decision-making about their care. But rather than finding new ways to address changing social norms, most of these systems shove trans folks into inappropriate boxes instead, such as abiding by the bizarrely rigid male-female dichotomy, which has led to trans men getting subpar prenatal care and trans women being railroaded into unnecessary screening. This has happened here within our own Borrego Health system—and it continues to happen. The difference is that we now recognize this, we have a team devoted to fixing it, and we are working with trans people and community partners to identify and eliminate these internal biases.

"We must do more to protect our trans patients from harm, violence, discrimination, bullying, and targeted surveillance."



In 2011, the release of the seventh edition of the World Professional Association for Transgender Health's (WPATH) Standards of Care (SOC) for trans healthcare transformed trans people's lives. The gatekeeping that the medical community had so diligently protected was being challenged and chipped away by the very community it had "promised" to protect. As medical providers, we could now start prescribing hormones simply by informed consent, and the barriers for patients to get into behavior health care began to dissolve.

While this change in 2011 was radical, in 2020 it is no longer enough. We must do more to protect our trans patients from harm, violence, discrimination, bullying, and targeted surveillance. I'm proud to be on the team that worked to develop both our wonderful new trans care facility, Triumph, and our agency-wide Center of Excellence for Transgender Health designation from IEHP. I hope you will join my trans team and me in our excitement and celebration of the trans community.



TRIUMPH BORREGO HEALTH

By Dr. Antonia E. "Toni" D'orsay, PhD, MS, MA | Director of Trans Services

In February of 2018, I came here from Phoenix. I took the job of building a program that rests on three principles, and after much struggle and much effort, this is the reality of one of those three principles.

On November 16th, we opened a clinic after the collective term for a group of trans people. A clinical space that will bring people together. That will bring hope with it — the hope of hormones, and referrals, and better healthcare than just the bare minimums and the rigid gatekeeping that have marked sixty plus years of trans medicine, norms still taught today, if they are taught at all.

A group of trans people is a Triumph: a testament to the will to endure, a gospel of resilience, a thread of defiance and perseverance that is all woven into the tapestry that is the diverse glory of what transness means, is, and can be.

Thirty-four months has this effort been ongoing, gathering knowledge, resources, expertise, passion, compassion, and commitment to this end, and it is not the end of anything; it is the start of so much more.

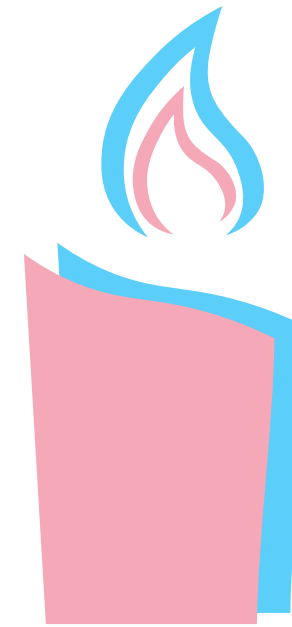
But the greatest journeys start with a single step upon a long road, and here we have come to a milepost, a marker in this long journey. This space will celebrate trans people, care for trans people, be about trans people.

We are the first of our kind, a primary care clinic where every trans person from 5 to 105 can turn to seek the care and attention they need, not as a lower priority but as an equal one. Here we begin our task of not just being a center of excellence, but a center of progress.

This is a part of dream first envisioned over a decade ago, when trans folks were still forced to use insecure overseas pharmacies online, struggle to find the means and ability to drive for hours to reach an urban center where they could find care that at least did not harm them, did not force them to accept being wronged just to get a scrap of paper so they could avoid it all for another three months.

Now, we bring the dream into a reality. We are standing here at the edge of something greater than any of us, because it is meant for all of us.

This is Triumph. This is us, triumphant.



TRANSGENDER DAY OF REMEMBRANCE

transgender woman who was killed in 1998. The vigil began an important tradition that has become an annual event.

TDOR founder Gwendolyn Ann Smith has shared: "Transgender Day of Remembrance seeks to highlight the losses we face due to anti-transgender bigotry and violence. I am no stranger to the need to fight for our rights, and the right to simply exist is first and foremost. With so many seeking to erase transgender people—sometimes in the most brutal ways possible—it is vitally important that those we lose are remembered, and that we continue to fight for justice."

We invite all in the Borrego Health and wider communities to join us for a vigil on Friday, November 20th from 4:00pm-5:30pm in front of the Triumph Trans Services Center at 68555 Ramon Rd, Cathedral City, CA 92234 to remember those we've lost and to recommit ourselves to act for justice and change.

TDOR 2020 honors those who died between October 1, 2019 and September 30, 2020. For that period, 47 lives were taken in the United States (that we know of), and 386 worldwide; this includes death by violence, by self-harm, those who died in ways yet to be determined and sadly, this year, from COVID-19.

By: Mateo Williamson | Transgender Navigator

I'll never forget my first Trans Day of Remembrance, held at the University of Arizona in Tucson almost a decade ago. I was a college student and had just come out as transgender at the age of 20. When the sun was starting to set on campus, the trans and allied community gathered on the mall with candles to read the names of the trans people we had lost to violence over the past year.

An eight-year-old trans girl stepped up to the mic and read the hopes and dreams of a trans woman who had been killed. We all came together in mourning, and it felt right to honor the memories of our trans siblings in this way.

What is Transgender Day of Remembrance and why is it so important to the trans community? TDOR is held every year on November 20th and is observed through vigils throughout the world. On this day, we remember and honor the lives of trans and gender-diverse people who were killed over the past year.

Transgender Day of Remembrance (TDOR) was started in 1999 by transgender advocate Gwendolyn Ann Smith as a vigil to honor the memory of Rita Hester, a

The list for 2020 is as follows. We ask that you #saytheirnames:

28 Sep 2020
Mia Green, 29
Philadelphia, Pennsylvania

19 Sep 2020
Aerrion Burnett, 37
Independence, Missouri

15 Sep 2020
Gia Valentina Romualdo Rodríguez, 46
Miami, Florida

7 Sep 2020
Isabella Mia Lofton, 21
Brooklyn, New York

31 Aug 2020
Elie Che, 23
The Bronx, New York

26 Aug 2020
Shelley Lynn Rose, 16

13 Aug 2020
Kee Sam, 24
Lafayette, Louisiana

28 Jul 2020
Aja Raquell Rhone-Spears ("Rocky Rhone"), 32
Portland, Oregon

27 Jul 2020
Queasha Hardy, 24
Baton Rouge, Louisiana

26 Jul 2020
Tiffany Harris ("Dior H Ova"), 32
The Bronx, New York

13 Jul 2020
Marilyn Monroe Cazares, 22
Brawley, California

6 Jul 2020
Angela Martinez Gómez, 42
Santa Monica, California

4 Jul 2020
Summer Taylor, 24
Seattle, Washington

3 Jul 2020
Bree Black, 27
Pompano Beach, Florida

1 Jul 2020
Shaki Peters, 32
Amite City, Louisiana

30 Jun 2020
Draya McCarty, 28
Baton Rouge, Louisiana

30 Jun 2020
Merci Mack, 22
Oak Cliff, Dallas, Texas

30 Jun 2020
Tatiana Hall, 22
Philadelphia, Pennsylvania

25 Jun 2020
Brayla Stone, 17
Sherwood, Arkansas

13 Jun 2020
Brian Powers ("Eagle")
Akron, Ohio

9 Jun 2020
Dominique "Rem'mie" Fells, 27
Philadelphia, Pennsylvania

9 Jun 2020
Riah Milton, 25
Liberty Township, Cincinnati, Ohio

6 Jun 2020
Name Unknown, 16-20
Chicago, Illinois

31 May 2020
Selena Reyes-Hernandez, 37
Marquette Park, Chicago, Illinois

27 May 2020
Tony McDade, 38
Tallahassee, Florida

9 May 2020
Jayne Thompson, 33
Orchard Mesa, Colorado

6 May 2020
Helle Jae O'Regan, 20
San Antonio, Texas

3 May 2020
Nina Pop, 28
Sikeston, Missouri

11 Apr 2020,
Johanna Metzger
Baltimore, Maryland

3 Apr 2020
Henrietta Robinson, 79
Miami, Florida

1 Apr 2020
Ashley Moore, 26
Newark, New Jersey

30 Mar 2020
Lorena Borjas, 59
Queens, New York

28 Mar 2020
Lexi "Ebony" Sutton, 33
Harlem, New York

18 Mar 2020
Monica Diamond, 34
Charlotte, North Carolina

12 Mar 2020
John Scott Devore/Scottlyn Kelly Devore, 51
Augusta, Georgia

21 Feb 2020
Camila María Concepción, 28
Los Angeles, California

4 Jan 2020
Alex McCray, 22
St. Louis, Missouri

1 Jan 2020
Dustin Parker, 25
McAlester, Oklahoma

29 Dec 2019,
Mia Penny, 26
Washington, D.C.

19 Dec 2019
Yahira Nesby, 33
Brooklyn, New York

18 Dec 2019
Alice Carter ("Baby Alice"), 35
Washington, D. C.

10 Dec 2019
Angel Rose Garcia, 21
Hyattsville, Maryland

7 Dec 2019
Nikki Kuhnhausen, 17
Larch Mountain, Oregon

14 Oct 2019
Brianna "BB" Hill, 30
Kansas City, Missouri

11 Oct 2019,
Daphne Dorman, 44
San Francisco, California

10 Oct 2019
Christine Zephier, 23
Mankato, Minnesota

6 Oct 2019
Corbin Ray Bach, 23
Paducah, Kentucky

The Trans Med Team is Growing!

The opening of the new Triumph Trans Services Center in Cathedral City this month brings new staff as well.

Please welcome these fabulous folks to Borrego Health!



Bruce Hinton, PA-C (he/him)

Bruce Hinton is a PA-C with a passion to and for the trans community. Coming to Borrego Health from New Orleans, Louisiana, Bruce has spent the last five years providing comprehensive and compassionate care to the transgender community of southern Louisiana and surrounding areas such as Florida, Alabama, and Georgia. Bruce will be one of the main providers at our Triumph center and will work closely with Dr. Patric Schine, our Director of Trans Medicine, on holistic healthcare for the trans community.

"I love watching journeys unfold, and to be a part of that process is such a beautiful thing," says Bruce. "I am so excited to be a part of this team! I am truly experiencing a pinch-me moment that I get to continue to do this work with this amazing community as part of this truly phenomenal team."



Marcel Omar (he/him)

Marcel Omar is the new CSR for the Triumph Center, Borrego Health's comprehensive trans services center. A trans man himself, Marcel is committed to providing top-notch customer service to the patients of Triumph.

"It's my dream to give back to the community. To advocate for trans people and being the first face they see, that's important," says Marcel. Born and raised in the Inland Empire, Marcel is simply "here for the community, so they see they have friends with them the entire way."

As an actor, musician, and drag king, Marcel puts a spotlight on his artistry. "My passion is in creating art." Through art, he feeds his soul the energy it needs to show up for the community every day!

Wheelchair Donations from the Rotary Club

By Terri Richards | Director of Nursing

Sometimes, it seems like good things happen by chance or are just meant to be. Barbara Dreis, the president, of the Rotary Club of Indio sent us the following email a few months letting us know they just met with the Wheelchair Foundation and decided we want to provide wheelchairs to the needy in our Eastern Coachella Valley and beyond into Imperial Valley.

Their first step was to discover the need. After reaching out to the Galilee Center in Mecca, they suggested to contact to get an idea on the need. Thanks to our friends at the Galilee Center, we were able to share with Barbara that a need did exist for the wheelchairs.

Barbara got a chance to get to know about Borrego Health via many emails and phone conversations and, because of that new connection we became the proud recipient organization for **13 brand new wheelchairs!**

These wheelchairs will be utilized at the Martha's Village Clinic, Central Medico Coachella, the Central Medico Oasis, and the new Coachella clinic under construction. Borrego Health is grateful to our friends at the Galilee Center for suggesting our organization and we are so thankful to the Rotary Club of Indio for providing this much-needed donation to our clinic sites in the Eastern Coachella Valley.



BORREGO HEALTH *Unsung Heroes'* SPOTLIGHT

It's an idea that has been floating around for a while: to have a regular section in the newsletter highlighting the great employees that build Borrego Health's unique workforce. It has been suggested by several employees, but it was Mr. James Everett who emailed me a couple times requesting a space where we could celebrate each other. I happily accepted the request, and replied: Why don't we start with you?

MEET JAMES EVERETT, Security Guard at Centro Medico Escondido

"Coming from a family of ten brothers and a sister, my father was a strict military person: up at 0530 a.m., and to bed by 1000 p.m. I served in the Marine Corps, and when I left, I became a medical student in Vista, CA. I went on that journey and started working at Rady Children's Hospital in Escondido. But I wanted to be an outside person, and became a dairy delivery guy. That was a blast, I enjoyed the open road at night when everyone was asleep. Soon, I discovered doing security work. I became a bouncer for a few clubs in Escondido and San Marcos. I quickly became good at my job and sharpened my skills as a security guard. I worked at Hemet Valley Hospital before I joined Borrego Health. As of October 19, this is my first full year working for this company, and I have enjoyed every minute of it, helping people where and when I can. I love talking to the patients and kids.

I enjoy waking up in the morning knowing I have a great job to come to."





COACHELLA

ARLANZA

DESERT OASIS WOMEN'S HEALTH

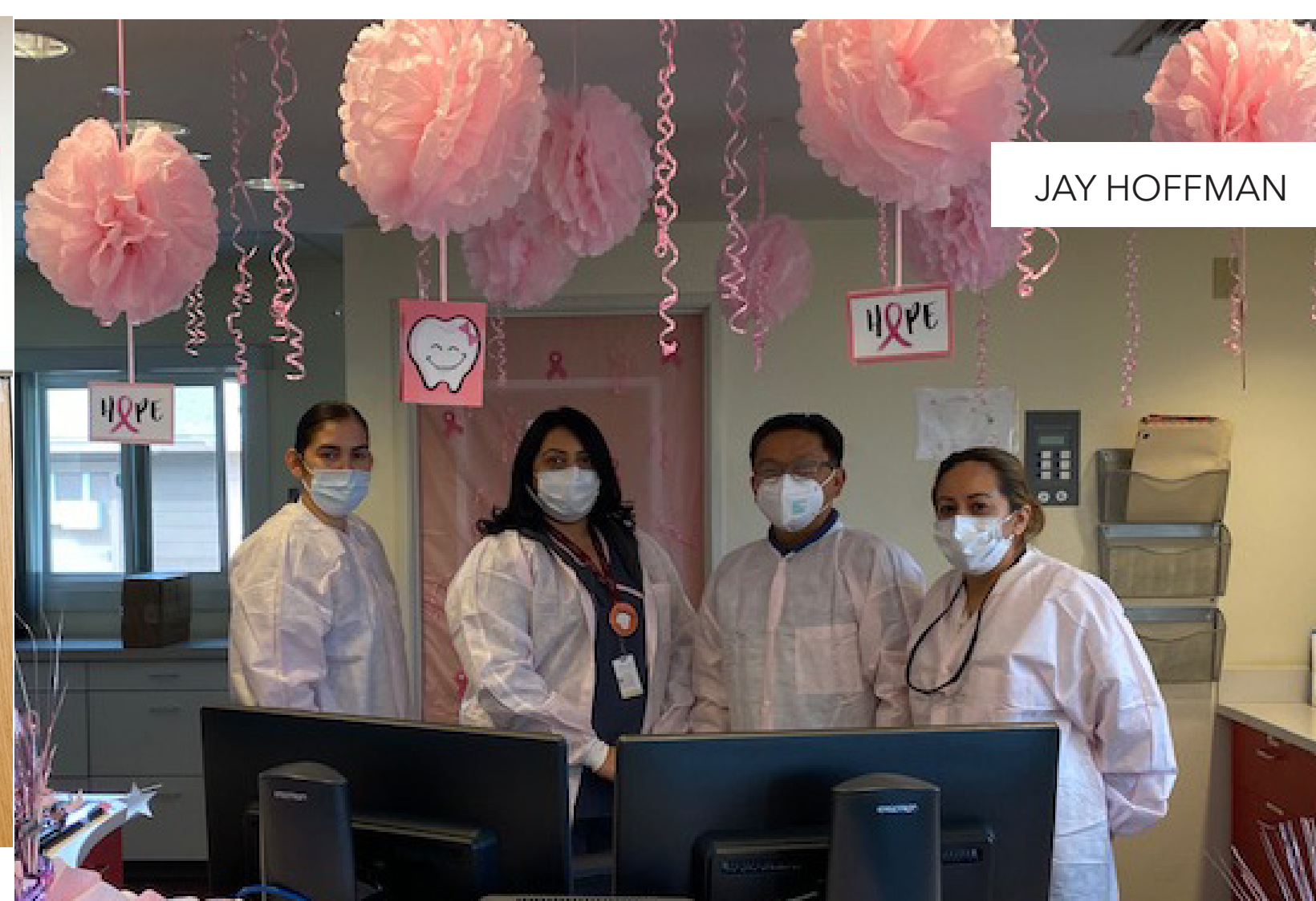


D STREET



MAIN CAMPUS





JAY HOFFMAN



ESCONDIDO



LA MESA



TROTH



Some Covid Survivors Have Antibodies That Attack the Body, not Virus

New research found 'autoantibodies' similar to those in lupus and rheumatoid arthritis patients. But patients may also benefit from treatments for those autoimmune diseases.

by The New York Times, with the edits

Some survivors of Covid-19 carry worrying signs that their immune system has turned on the body, reminiscent of potentially debilitating diseases like lupus and rheumatoid arthritis, a new study has found. At some point, the body's defense system in these patients shifted into attacking itself, rather than the virus. The patients are producing molecules called "autoantibodies" that target genetic material from human cells, instead of from the virus.

This misguided immune response may exacerbate severe Covid-19. It may also explain why so-called "long haulers" have lingering problems months after their initial illness has resolved and the virus is gone from their bodies. The findings carry important implications for treatment: Using existing tests that can detect autoantibodies, doctors could identify patients who might benefit from treatments used for lupus and rheumatoid arthritis. There is no cure for these diseases, but some treatments decrease the frequency and severity of flare-ups.

In the typical response to a virus, cells known as B immune cells make antibodies that recognize pieces of viral RNA from the virus and lock onto them. But in conditions like lupus, some B cells never learn to do this and instead produce autoantibodies that glom onto DNA debris from dead human cells, mistaking them for intruders. Something similar may be happening in patients with Covid-19, the research suggests.

Dozens of teams are closely studying the immune response to the coronavirus. Given the ease of testing for autoantibodies, it may soon become clear whether the antibodies were identified only because researchers went looking for them, or whether they represent a more permanent alteration of the immune system. If the autoantibodies do turn out to be long-lasting, she said, they may result in persistent, even lifelong, problems for Covid-19 survivors.

<https://www.nytimes.com/2020/10/27/health/covid-antibodies-autoimmunity.html>



'I Feel Like I Have Dementia': Brain Fog Plagues Covid Survivors

The condition is affecting thousands of patients, impeding their ability to work and function in daily life.

by The New York Times, with the edits



After contracting the coronavirus in March, Michael Reagan lost all memory of his 12-day vacation in Paris, even though the trip was just a few weeks earlier.

Several weeks after Erica Taylor recovered from her Covid-19 symptoms of nausea and cough, she became confused and forgetful, failing to even recognize her own car, the only Toyota Prius in her apartment complex's parking lot.

Lisa Mizelle, a veteran nurse practitioner at an urgent care clinic who fell ill with the virus in July, finds herself forgetting routine treatments and lab tests, and has to ask colleagues about terminology she used to know automatically.

It's becoming known as Covid brain fog: troubling cognitive symptoms that can include memory loss, confusion, difficulty focusing, dizziness and grasping for everyday words. Increasingly, Covid survivors say brain fog is impairing their ability to work and function normally.

Scientists aren't sure what causes brain fog, which varies widely and affects even people who became only mildly physically ill from Covid-19 and had no previous medical conditions. Leading theories are that it arises when the body's immune response to the virus doesn't shut down or from inflammation in blood vessels leading to the brain.

Confusion, delirium and other types of altered mental function, called encephalopathy, have occurred during hospitalization for Covid-19 respiratory problems, and a study found such patients needed longer hospitalizations, had higher mortality rates and often couldn't manage daily activities right after hospitalization. So far, MRI scans haven't indicated damaged brain areas, neurologists say.

Doctors don't know whether symptoms will improve or evaporate with time. Some patients are devising workarounds or make-shift recovery exercises. Experts advise people with brain fog to see doctors to rule out other medical conditions and treat remaining physical symptoms. For now, Ms. Mizelle, Mr. Reagan, Ms. Taylor and others are consulting cardiologists and other specialists, along with neurologists until a real solution is found.

<https://www.nytimes.com/2020/10/11/health/covid-survivors.html>

