

Your Monthly Newsletter

MAY

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Vaccinations and Measles Cases In 2000, Measles was considered eliminated from the United States. Since 2010 we've seen over 2,400 cases. What happened?

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Syphilis Rises – Know your STIs

Syphilis is not one of the more commonly discussed STIs, but its increasing in prevalence. Here's how to spot this lesser known infection and find treatment.

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Meet Paula Pavlovich, our newest Corner Health member – She's here to help you!

Check out our May programs!

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Delicious, healthy recipes for you to try with your family

“You'll find all you need at the Corner including people who care about you.”

- Versell Smith, Jr.
Executive Director



THE CORNER HEALTH CENTER

The Corner Health Center provides judgment-free, high-quality health care to adolescents ages 12-25 and their children. We provide a variety of health services, including:

- Physicals and vaccinations
- Mental health programs and counseling
- Sexual health and contraceptive services
- OB-GYN
- Diet and nutrition support
- Hormone therapy

No one is turned away because of insurance status or ability to pay

Learn more at:

www.cornerhealth.org

Or visit us at 47 N. Huron St

Ypsilanti Mi 48197

734-484-3600



Rise of Measles in America



VACCINATIONS AND THE MEASLES CASES

You may have heard a thing or two about the resurgence of measles in America. Recently, we have been flooded with news of children and adults getting sick with measles at rates that we haven't see for years. Health officials have been working diligently to stop the recent wide-spread of this infection, but where did it come from?

Measles is a disease causing high fever, rash, cough, runny nose, and conjunctivitis (red, irritated eyes). Measles is highly contagious and can be spread through droplets sprayed by coughing, sneezing, or even breathing. The measles virus can live in the air or on a surface for a two hour time span. If another person were to breathe that same air, or touch the infected surface and then rub their eyes, nose, or mouth, they could contract the virus. Measles is a health concern for all ages; however, children under 5 and adults older than 20 years of age are at heightened risk for developing complications. These complications can be serious and could include diarrhea, ear infections, pneumonia, encephalitis (swelling of the brain), and death.

There is no treatment for measles, though there are medications to treat some of the symptoms. However, in 1971 the measles, mumps, and rubella (MMR) vaccine was made which drastically reduced the number of cases seen each year. In 2000, measles was considered eliminated from the United States. According to the Centers for Disease Control (CDC), the US was seeing less than 100 cases a year, down from 53,000 in 1988. While not completely gone, the number of newly infected individuals remained low until 2011, when 220 cases were reported – the numbers have been steadily increasing since then. So far, in 2019, there have been 555 reported cases.

So what happened? Why, if vaccination works, are we seeing this increase?



MEASLES CONT.

“Children should receive two rounds of the MMR vaccine: one at **12 months**, the next at **4 years** of age.”

In recent years, the rate of immunization has dropped in states, like Michigan, that have implemented “non-medical exemptions” (NMEs) for vaccinations. These NMEs mean that parents and guardians have the right to choose whether or not to vaccinate their children. Some choose not to immunize due to reports of vaccinations causing autism. This had been proven **false**. Extensive research shows that there is no relation between vaccination and autism.

According to the CDC, children should receive two rounds of the MMR vaccine: one at 12 months, the next at 4 years of age. This is the most effective way of preventing these diseases. It is important to make sure that both doses are given, as one does not offer full protection.

Please call the Corner at **734-484-3600** for more information about vaccinating yourself and your children. It’s the best thing you can do to protect your family and community.





SYPHILIS ON THE RISE

Syphilis, though not as frequently discussed, is a very common sexually transmitted disease (STI). In Washtenaw County, the number of new syphilis infections has been steadily increasing for years. This infection is caused by a bacterium, and is curable when diagnosed. However, if left untreated this infection can cause serious health problems.

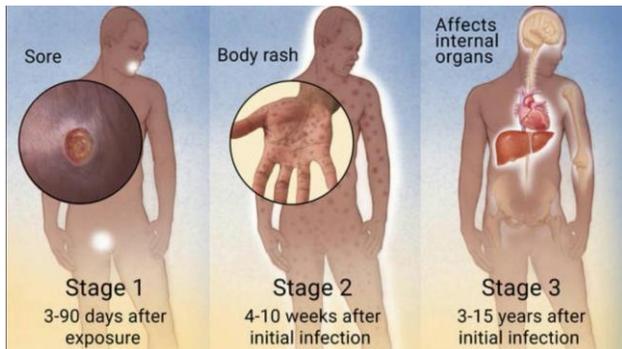
Syphilis presents in different stages.

Primary: Painless sores, or cankers, forming on the penis, vagina, anus, or mouth. These symptoms usually appear within 3-90 days of the infection.

Secondary: Skin rashes and/or mucous membrane (mouth, vagina, anus) lesions appear 4-10 weeks after infection, matched with flu-like symptoms and patchy hair loss.

Latent (Hidden): No symptoms, syphilis is hidden, though one can still spread the disease. Could be within the first year of infection (Early Latent) or after the first year (Late Latent).

Tertiary: 15-30% of untreated case will develop into tertiary stage. Can affect multiple organ systems, ultimately leading to death.



The most common mode of transmission is through sexual activity, when one might come in contact with an infected person's sore.

Call the Corner at **734-484-3600** today for more information about STI prevention, testing, and treatment

Prevention:

- Abstain from sexual activity
- Be in a monogamous relationship. Get tested together!
- Properly use latex condoms everytime.
- Avoiding recreational drugs or alcohol as use can lead to unsafe sexual practices.

Syphilis is curable with a round of antibiotics!

Get tested today!



Meet Paula!

Meet Paula Pavlovich! She's the newest team member here at The Corner Health Center. Located at our front desk, Paula brings with her a passion for people, loads of experience from working in healthcare for over 30 years, and a bright and genuine smile. Paula has lived in Ypsilanti for 40 years, raising her now adult son. She loves to travel and is the one you want on your bowling team! She's happy to be here at The Corner Health Center and excited to assist you. Please join us in welcoming her!

Welcome Paula!



May's Programs

Mood Lifters
Mood Lifters will be going into it's second session at the Corner Health Center on May 13th. Mood Lifters has been very well received; the program is currently full and has a waitlist! For information about future sessions please email **Jen MacLeod at jmacleod@cornerhealth.org**

Smart Recovery
Smart Recovery is an educational support group for youth struggling with addiction. This group is for 13-18 year olds in need of a supportive environment to gain motivation, learn to cope with and manage their addiction. This group meets the 2nd and 4th Monday of each month from 5-6pm at Corner Health. For more information please contact:

Ashley Palmer at 734-961-1076

Fraternity of Fathers
Fraternity of Fathers is a group for men with children under the age of 6 years or a baby on the way. This is a 10-week group to provide support to fathers in the local area. Join us at the Corner Health Wednesdays from 3-5pm, For more information, please contact: **Jenn Gaunt at gauntje@med.umich.edu**

Corner Health Baby Shower!
Please join us on May 6th from 6:00pm-7:30pm for a Corner Health Baby Shower. This event will include games, baby gifts, and food. We invite all Corner Health patients who are either pregnant or up to 6 weeks postpartum. There's only space for 10 participants, so RSVP to: **Kate Share at 734-714-2314**

Healthy Recipes

Breakfast

Broccoli, Ham, and Egg Casserole

Great for mornings on the go!

Makes 8 servings
 Prep Time: 15 minutes
 Cook Time: 35-45 Minutes

- Ingredients:
- 4-6 cups of Broccoli
 - 1-2 cups Diced Ham
 - 1 cup Grated Cheese
 - 8-10 Eggs
 - Green Onion (optional)
 - Sour Cream (optional)
 - Black Pepper (to taste)

- Instructions:
1. Heat oven to 375F. Spray a 9"x12" casserole dish with non-stick spray.
 2. Bring a medium-sized pot of water to a boil and cook the broccoli just 2 minutes; then drain well. Dice the ham while the broccoli drains.
 3. Layer broccoli, ham, cheese, and green onions (if using) in casserole dish. Season with and fresh-ground black pepper and pour beaten egg over.
 4. Cook for 35-45 min, until egg is thoroughly cooked.



Lunch

Grown Up Lunchables

The taste and ease you loved as a kid



Like the lunchables you ate in the cafeteria with your friends, there are many things variations of what you can add – get creative!

Here's an option to get you started.

- Option 1:**
- Grilled chicken trips
 - Cucumbers, carrot sticks, sliced red pepper
 - Grapes
 - Cheese
 - Hummus or ranch
- Option 2:**
- Deli turkey
 - Mozzarella cheese sticks
 - Apple slices
 - Snap peas
 - Whole grain crackers
 - Hard boiled egg

Dinner

Healthy Taco Bowls

Taco Tuesday just got easier – and cheaper!

- Ingredients:
- 1.25 lbs Ground turkey
 - Low sodium seasoning packet
 - 1 can (15 oz) Black beans drained & rinsed
 - 1 cup Frozen corn
 - Cooked rice
 - Taco toppings; shredded lettuce, salsa, avocado, olives, lime, shredded cheese, etc

- Instructions:
1. In a large nonstick skillet, cook the ground turkey. Drain.
 2. Add the Low-sodium seasoning packet. Stir the mixture constantly for 1 minute while it cooks.
 3. Bring to a boil. Once boiling add the black beans and corn.
 4. Turn heat to medium and let simmer for 15-20 minutes or until thickened.
 5. Serve with rice and taco toppings for delicious burrito bowls.

