

What's the Scoop on Your Health?



October 2022

Introducing Alex Plum!

The Corner Health Center's New Executive Director



Alex Plum, MPH, MBA(c), CHES, is passionate about building bridges between and among communities to improve the primary health care of populations. Alex has spent the last seven years at Henry Ford Health in Detroit.

He is an alumnus of Emory University and Michigan State University and he will complete his MBA in healthcare supply chain in 2023 at Wayne State University. He lives in Detroit with his partner Jason and dog Yolly.

The Corner Health
Center

www.cornerhealth.org

47 N. Huron St

Hours

Monday, Thursday, Friday 9am-5pm

Tuesday 9am-6pm

Wednesday 1pm-5pm

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The mission of the Corner Health Center is to inspire 12- to 25-year-olds (and their children) to achieve and sustain healthy lives by providing judgment-free, affordable health and wellness care and education.

We cover comprehensive health care, behavioral health services, health education and youth development programs designed exclusively for teens and young adults.

For more information, visit www.cornerhealth.org or call 734-484-3600 for an appointment.



October is...

Domestic Violence Awareness Month

In October, we honor Domestic Violence Awareness month to acknowledge the survivors of domestic violence. Domestic violence is a pattern of abusive behavior in any relationship that is used to gain power and control over another intimate partner. This can be physical, sexual, emotional, economic, psychological or threats of such actions. It can also include patterns of coercive behavior that influence another person in an intimate partner relationship.

How can we raise awareness against violence?

- Take a stand and bring the issue of domestic violence to the forefront
- Advocate for change
- Support and connect with resource organizations
- Inform and educate



[Click here for
resources in
Washtenaw County.](#)

Conduct Your Own Breast Exam this Month!

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. It is important to routinely check at home and during your annual physical for changes in your breast.

How to perform a breast self-exam

1. Examine Your Breasts for Changes in a Mirror with Hands on Hips
2. Raise Arms and Examine Your Breasts
3. Look for Signs of Breast Fluid
4. Feel for Breast Lumps While Lying Down
5. Feel Your Breasts for Lumps While Standing or Sitting

[Click here for more detailed instructions.](#)

This information is provided by Breastcancer.org. Donate to support free resources and programming for people affected by breast cancer.



The Corner Program Updates

Meet Mikayla Miller - Our Nurse Care Coordinator

Mikayla (She/Her/Hers) is a new Nurse Care Coordinator at Corner Health Center. She was born and raised in Ypsilanti and is excited to give back to her community. Mikayla graduated from Western Michigan University and enjoyed her time in Kalamazoo (Go Broncos!). Mikayla enjoys working with teens and youth and volunteers throughout the week with a youth mentoring program. She spent this past summer working up north as a summer camp nurse. For fun, Mikayla loves reading, binge watching the newest Netflix series and is attempting to learn piano. She is excited to be a part of The Corner Family!



Join the Patient and Family Advisory Council!

Open to all patients and family members of patients, council members help the Corner improve the care we give by providing honest feedback and ideas

Click to [learn more or apply](#). Applications are also available at the front desk

First meeting is in person at Corner Health Center on Oct. 27 at 3pm

Health Literacy Awareness

Health Literacy Month is a time when organizations and individuals worldwide raise awareness about the importance of understandable health information.

There are two types of health literacy - personal and organizational.

- Personal health literacy is the degree to which individuals are able to find, understand and use health information.
- Organizational health literacy is the degree to which organizations enable individuals to find and understand health services.

In observance of Health Literacy Awareness, click [here](#) to let us know what health issues you would like us to cover!

HIV Awareness Month

What is HIV?

HIV (Human Immunodeficiency Virus) is a virus that can lead to AIDS. It damages your immune system, making it easier for you to get sick. Once you have HIV, the virus stays in your body for life but HIV medicine lowers or even stops your chances of spreading the virus to other people. HIV is spread during sex, sharing needles or syringes for shooting drugs, piercings, tattoos etc or from getting HIV-infected blood, semen, or vaginal fluid into open cuts or sores on your body.

How are HIV and AIDS Different?

HIV is an infection that can lead to AIDS. AIDS stands for Acquired Immune Deficiency Syndrome and it is not the same thing as HIV. AIDS is the disease that is caused by the damage that HIV does to your immune system. People with HIV do not always have AIDS.

What are Some Symptoms of HIV/AIDS?

- People usually look and feel healthy for a long time after they're infected
- Early symptoms could be feeling feverish, achy, and sick.
- If HIV turns into AIDS it could look like:
 - sore throat, yeast infections, sores on the mouth, anus, or genitals, headaches, rapid weight loss, bruising more easily than normal, etc.

The only way to know if you have HIV is to get tested!

HIV Prevention & Treatment Medication Options

- [PrEP](#) (Pre-exposure prophylaxis) is a pill you take once a day that can help lower your risk of contracting HIV. PrEP is something you would take if you currently have not tested positive for HIV.
- [Apretude](#) is the first and only long-acting, injectable PrEP. It is taken every other month and also should be taken only if you are negative for HIV.
- [PEP](#) (post-exposure prophylaxis) is a series of pills you start taking after you have been exposed to HIV that lowers your chance of contracting it. You have to start PEP within 72 hours after you were exposed to HIV.
- [ART](#) (antiretroviral therapy) is a combination of medicines that slows down the effects of HIV in your body. It can also lower or even stop your chances of giving HIV to anyone else. ART is taken if you have tested positive for HIV.

For more
information
scan here:



FOLLOW US ON SOCIAL MEDIA!!!



Schedule your Appointment

Schedule your Appointment by calling 734-484-3600.

Same-day and walk-in appointments are available most days.

Masks are available as needed and they are required in the building.

If you need to cancel or reschedule, please call!!!



Reduce Your Risk

Keep 6 ft distance + cover your face + wash your hands



COVID-19 News from Corner

COVID-19 vaccines and boosters available on-site for those ages 6 months and older and the new bivalent COVID-19 booster shots that target the BA-4 and BA-5 Omicron strains. The Pfizer bivalent boosters are approved for ages 12+ and Moderna bivalent for ages 18+.

Friends and family are invited to schedule an appointment as supplies allow.

Use bit.ly/CornerHealth to schedule your appointment today!

Covid-19 Vaccine Update

In last six months, The Corner Health Center provided more than 1,068 Covid-19 vaccines to people ages 6 months and older!

Washtenaw COVID Update

63.8% of all Washtenaw County residents have received their first dose of the COVID-19 vaccine, as of 10/5