

The Addabbo Newsletter
Connecting the Community

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Breast Cancer Awareness at Addabbo!



Addabbo Breast Cancer Awareness Employee Participation!

Pediatric Flu Vaccine



Luis Velasquez MD, FAAP
Director of Pediatrics
Joseph P. Addabbo
Family Health Center

Influenza or “The Flu” (as many refer to it) is a respiratory infection which has the potential to cause complications particularly in very young children or children with underlying health issues such as asthma.

Vaccinating children has always been important. However, due to COVID 19 also being present currently, it is even more important to vaccinate your children. The flu vaccine can reduce symptoms that could be confused as being COVID-19 and/or that may complicate a case of COVID-19. Preventing the flu and reducing symptoms will help reduce hospitalizations for the flu in an already heavily COVID-19-burdened hospital system.

The flu vaccine is available in two forms depending on the age of your child. The doses given depend on the child’s age as well. **Flu shot-** for children 6 months and older. Common side effects can be redness at the site of the vaccine, soreness, fever and tiredness or malaise – all of which are temporary. **Nasal Spray-** for children aged 2 and older. The nasal spray is not usually given to asthmatics aged 2 to 4 years of age, anyone taking aspirin regularly or one who has an already compromised immune system. Again, any common side effects are temporary.

The flu vaccine cannot give your child the flu. The shot contains inactive viruses and the nasal spray contains weakened strains which cannot make a person sick with the flu. *The flu vaccine will not protect against covid and the covid vaccine will not protect against the flu.* It will however, prevent extra complications from having both covid and the flu at the same time or within the same time period. Most children should receive the flu vaccine but there are certain circumstances under which a child should not receive the vaccine. Be sure to discuss your child’s circumstances thoroughly with your pediatrician. It’s that time of the year to get a flu shot—let’s fight the flu!



The blue circle has been the universal symbol for Diabetes since 2006.

Do Your Know Your Risk For Diabetes?

What does this blue circle symbolize? It's been in existence since 2007 and many people have no idea what it signifies. The blue circle is the global symbol for diabetes awareness, signifies the unity of the global diabetes community in response to the diabetes epidemic. It is also the official logo for World Diabetes Day celebrated each year on November 14th. **November is National Diabetes Month**- a month to bring attention to diabetes, prediabetes and diabetes prevention.

It is estimated that there are more than 460 million people living with diabetes globally now and even millions more at risk.

Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. **According to the CDC, more than 1 in 3 U.S. adults have prediabetes—that's 88 million people—but the majority of people don't even know they have it.**

The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes. Here are some steps you can take now to manage prediabetes and prevent diabetes:

- Take small steps towards a healthier lifestyle and daily habits.
- Move more.
- Choose healthier foods and drinks most of the time. Build a plate that includes a balance of veggies, protein and carbs. Drink water instead of sweetened drinks.
- Lose weight, track it and keep it off.
- Seek support from your healthcare professional and loved ones.
- Stay up to date on your vaccinations.

This is the month to discuss your risks with your healthcare provider. Do you know your risk?

The Pollen Count Is Low! Why Are My Allergies So Bad?



You're probably suffering from "perennial" allergy—allergies that are active all year around—not just in the spring and fall pollen seasons. It's very common to have both seasonal and perennial allergies.

Allergies involve our immune system, our body's natural defense that produces antibodies to fight off infections. In patients with allergies, the immune system treats otherwise harmless particles such as pollen, dust or animal dander as if they are a threat. Antibodies interact against these particles in the nose, eyes, skin and lungs to produce sneezing, nasal congestion, runny nose, itchy eyes, worsening of asthma—the familiar allergic symptoms.

Perennial common allergens are usually found indoors: dust mites, cockroaches, animals, feathers or mold spores from damp areas. These allergens can cause the same type of reactions: sneezing, red, itchy and watery eyes, stuffy noses and skin rashes. People with asthma may notice more wheezing, cough and shortness of breath.

Some cold weather symptoms are not caused by allergies and even people without allergies will suffer. When it's cold outside, we are exposed to indoor irritants—not allergens—such as cigarette smoke, cleaning products and gases from stoves and furnaces. These may cause symptoms that mimic allergies including skin irritations like itching, redness and dryness. It even has a name: "Winter Itch"! You may benefit from plain moisturizing eyedrops or nose sprays and you need to make sure your skin is well moisturized.

Hypo-allergenic dogs? No such thing. Even if some dogs have hair instead of fur, they are chemically identical. But, you may only be allergic to certain breeds of dogs. To the cat-allergic person, all cats are equally problematic.

Is it my allergies, COVID-19 or the flu? One way to differentiate is fever. Allergies do not cause fever. If you suspect the flu or COVID-19, call your primary care provider immediately. In most cases, an allergist can help you sort out the causes of your symptoms and prescribe treatment.

—Daryl Altman, MD
Allergist/Immunologist

Employee Spotlight Seronica Bradley, LPN



Seronica Bradley, LPN
Joseph P. Addabbo
Family Health Center

Seronica Bradley, LPN, has a long history with the Joseph P. Addabbo Family Health Center (JPA). Seronica is a native of Far Rockaway and when she herself was an infant, her mother brought her to Prime, the forerunner of JPA. When Prime became JPA, she continued as a pediatric patient in the new facility. Not only did she “grow up” with JPA, but her own children have as well.

Seronica has been an LPN at JPA’s Site 3 in Pediatrics for 10 years. She began her health career in dietary management where her colleagues told her that because of her love of helping people, she really should become a nurse. Her sister is also a nurse, so she was encouraged by her as well and the rest is history. She has a love of people and a love of helping them. She says that her favorite part of her day as a nurse is when her patients leave completely satisfied. She enjoys interacting with her patients and enjoys answering any questions they might have so they understand their diagnosis and treatment completely.

Marie Gallant, RN, BSN, Associate Director of Nursing, praised Seronica for her hard work and diligence. “She is always ready to help in any way she can,” said Nurse Gallant. “During the challenges we have had to deal with at JPA over the past year and a half, Seronica has been absolutely outstanding – always stepping up to help with such a positive attitude.”

Her advice to anyone thinking about becoming a nurse is that first and foremost, they love helping people. That’s an integral part of the job description. One of her favorite things is when the children or parents she knows from JPA recognize her on the street as their nurse. It always makes her smile.

JPA Patient Spreads Her Teenaged Wings to West Africa



Olivia Davis
Black Birthright Scholar
Queens

Black Birthright is an organization that educates Black American teenagers on their history by giving them a first hand experience of the rich culture in Africa. Joseph P. Addabbo patient Olivia Davis had the opportunity to participate in this amazing program. In an interview with Olivia, she was able to give us insight on her experience with Black Birthright. In 2019, Olivia was one of 7 kids to go to Senegal in West Africa where they spent 14 days learning about their culture and experiencing it for themselves. “I love the idea of traveling and the cause they were trying to do; educating young black people about their ancestry was something that was very close to me. I feel like the media portrays Africa as a country but not as a continent- they portray Africa as this poor country always at war with itself but it’s not that simple. Educating people on the stereotypes, on Africa as a continent, is really important and I love that message and I wanted to be a part of it.” said Olivia. She was able to pursue this passion on her trip through the many activities Black Birthright helped her participate in. They went to the local market, took dance classes, went to the beach, and learned how to make Ceebu Jentraditional Senegalese rice. Olivia and her group also went to Gorée Island, which used to play a significant role in the slave trade. It was the earliest European settlement in Western Africa which was an outpost for the slave trade but now it has been turned into a museum with exhibits on Senegal’s past and the role of women in West African society. On the island, they got to meet with a professor who taught them about the beginning of the slave trade and the ways in which Africa was different before slavery. Meeting with a professor wasn't the only time they were able to learn about Senegal's history. They also went to a village where they got to learn from the men and women about their specific roles. Olivia and the other girls in the group learned from the women of the village about the ways that religion affected a woman's role in education, taking care of a family, and traveling. In Senegal there are three major languages spoken- French, Arabic, and Wolof. Olivia and her group got to learn some words in Wolof, the most popular native language. All of these experiences are what made Olivia’s trip with Black Birthright so memorable. “There was more to Senegal than what Senegal and Africa have been portrayed as having in the media,” Olivia said. This trip was eye opening for her- not only was it educational, it was also extremely fun and helped her foster friendships she still cherishes today.

— Written and Submitted by
Sophia Kumar, JPA Intern

The Tricky Thanksgiving Feast and Diabetes



Just because you or a family member has Diabetes, it doesn't mean giving up all the traditional things you are used to on Thanksgiving. By ensuring you plan ahead properly, you can not only enjoy the holiday but indulge in some of your favorites.

⇒ **Appetizers-** Appetizers may look and taste great, but remember they are just the beginning. Make sure to choose fresh appetizers like vegetables or guacamole.

⇒ **Turkey-** Turkey is usually the centerpiece of the meal. Roasted turkey is high in protein and does not have any carbs. A good-sized portion of turkey is typically the size of your palm. Don't forget to remove the skin and choose the leanest pieces of meat.

⇒ **Stuffing-** Stuffing is the one option at the Thanksgiving meal that is the highest in carbs. Watch your serving size very carefully. Whole grain or wheat bread homemade stuffing is the best choice.

⇒ **Potatoes-** Another common item on the Thanksgiving table is potatoes. Potatoes can also be heavy on the carbs, so keep your servings small. Season them instead of adding more butter or other fats.

⇒ **Cranberry Sauce-** Typically, cranberry sauce has lots of sugar in it and it's best to avoid it. If it's something you must have, add a tablespoon on top of your turkey to satisfy your need for cranberry sauce.

⇒ **Rolls and Bread-** Avoid the rolls and other side dishes that you make for other non-holiday meals and choose foods that are your most favorite.

⇒ **What About Dessert?-** You don't have to totally deprive yourself. Small portions are key and savor each bite!

⇒ **Adult Beverages-** Holidays are the time to get together with friends and family and to enjoy yourself. If there is alcohol involved and you wish to indulge in some alcoholic drinks, try wine spritzers, mixed drinks with low cal. mixers or club soda.



Our Locations:

6200 Beach Channel Dr.
Arverne, NY 11692

1288 Central Ave.
Far Rockaway, NY 11691

114-39 Sutphin Blvd.
Jamaica, NY 11434

118-11 Guy R Brewer Blvd.
Jamaica, NY 11434

120 Richard Street
Brooklyn, NY 11231

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About Us

Established in 1987, the Joseph P. Addabbo Family Health Center, Inc. (JPA) is a non-profit Federally Qualified Health Center with five (5) operational facilities located on the Rockaway Peninsula, Southeast Queens, and Red Hook, Brooklyn. JPA has been designated a Level III (the highest level) Patient Centered Medical Home.

Our caring professional staff of Board Certified Physicians, Nurses and certified support staff offer a wide range of services including routine in-person appointments, televideo and telephonic consultations and "walk-in" service for sick visits.

We have a long history of delivering exemplary medical services. We look forward to continue providing our patients with the same standard of excellence.

FTCA Deemed Organization. The Joseph P. Addabbo Family Health Center is granted medical malpractice protection through the Federal Tort Claims Act (FTCA). The Joseph P. Addabbo Family Health Center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals. This institution is an equal opportunity employer.

For the safety of everyone, please continue to follow CDC guidelines, wear your masks, maintain social distancing, avoid large gatherings and wash your hands frequently.

Call Us At:
718-945-7150

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www.addabbo.org