



## UHS WELCOMES OUR NEW MEDICAL DIRECTOR: SHEILA BHAGAVAN, MD



Dr. Bhagavan is a board-certified internist with 22 years of clinical experience and several years of administration leadership as a Senior Medical Director. She graduated from the Indiana University School of Medicine and completed her Internal Medicine residency at McGaw Medical Center of Northwestern University.

## ADDED SUGARS: IT GOES BEYOND SWEETS

*From the UHS Nutrition Department: Sally Orloff, MS, RDN, LDN, CDCES*

Extra sugar in our diet contributes to a host of chronic conditions that are fueled by inflammation in the body, such as obesity, diabetes, fatty liver and heart disease, among others. The Office of Disease and Prevention and Health Promotions reports the sources of added sugar. Not surprising, 24% is from sweet drinks which is pop, fruit and energy drinks; Desserts & Sweet Snacks follows at 19%; Coffee and tea supplies 11%; Cereal and breakfast

bars are at 7% and flavored milk and yogurt is 4%. Food companies tend to add sugar to many processed foods, and some that appear to be of a healthier selection. "Added Sugar" is in the Nutrition Facts and you can check on what you consume. While everyone is different, in general, its recommended men consume no more than 50 grams and women no more than 30 grams of added sugar per day.



## October is BREAST CANCER AWARENESS Month

UHS encourages our members to schedule and keep their mammogram appointments. Regular mammograms are a crucial part of early detection and can significantly improve outcomes by catching potential issues before they develop into more serious conditions.

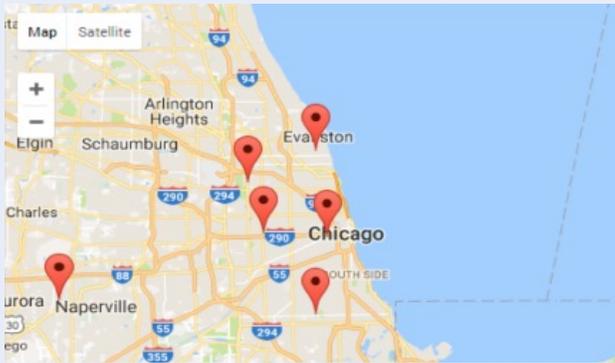


[komen.org/about-komen/our-impact/breast-cancer/breast-cancer-awareness-month/](https://www.komen.org/about-komen/our-impact/breast-cancer/breast-cancer-awareness-month/)

At Union Health Service, we are proud to share that our membership's mammography screening compliance rate standards is at an impressive 84%.

**UHS MEMBERS** Are you receiving our survey or newsletter via email? Are you receiving text messages for upcoming appointments? If not, it could be that we don't have your most up-to-date contact information. Please call us at 312.423.4200 ext. 7997 to update your contact information.

## Union Health Service operates six facilities throughout Chicagoland providing primary and specialty care



### Locations include:

- 1634 W. Polk St. Chicago, IL 60612
- 4701 N. Cumberland Ave. Norridge, IL 60706
- 2800 W. 87th St. Chicago, IL 60652
- 610 S. Maple St. Oak Park, IL 60304
- 3535 E. New York St. Aurora, IL 60504
- 1325 Howard St. Evanston, IL 60202

For more information on UHS locations please refer to our website [www.unionhealth.org](http://www.unionhealth.org).

## UHS FLU CLINIC 2024

Union Health Service will be offering Saturday Flu Clinics at our Polk Street Location starting on October 5, 2024 and continuing through November 16th. The scheduling will be from 8am to 3pm. The clinic includes pediatric patients 5 years and up.

*Any other recommended vaccinations should be discussed with a Primary Care Physician.*

### FLU VACCINES

- ✓ 10/5-11/16
- ✓ Saturdays
- ✓ 8am - 3pm
- ✓ Polk St. Clinic Station B Only

Flu Shots are available at all of our UHS locations. Call to schedule with a nurse at your regular clinic location or request during your regular scheduled appointments.

Flu season starts in October, with the peak between December and February. The CDC recommends an annual flu vaccine for everyone six months of age and older. Call the Member Service Department at 312.423.4200 x7997 to schedule your annual flu vaccination.

**SHOULD I GET A FLU SHOT AND THE COVID-19 VACCINE? YES.** The flu and COVID-19 vaccines are for different illnesses. A seasonal flu shot will not protect you from COVID-19. Getting both vaccines will help protect you the most. COVID-19 vaccines are available at participating network pharmacies. Flu shots are available at Union Health Service, Inc. offices.

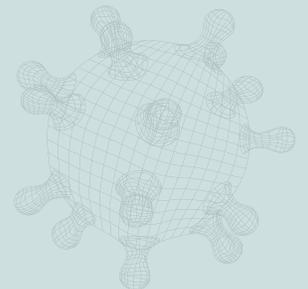
## COVID TEST KITS

Members should be doing testing through home test kits that are available <https://www.covid.gov/tests>.

In September 2024, every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home.

**Before You Throw Out "Expired" Tests:** Check to see if your COVID-19 tests' expiration dates have been extended.

<https://aspr.hhs.gov/COVID-19/Test/Pages/default.aspx>



RECOGNIZE WHEN YOU NEED MORE HELP

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

If you or someone you know has a mental illness and is struggling emotionally, or has concerns about their mental health, there are ways to get help.

To find more information, discuss with your Primary Care Physician (PCP). Information is also available on the National Institute of Mental Health (NIMH) website at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp)

**IF YOU ARE IN IMMEDIATE DISTRESS OR ARE THINKING ABOUT HURTING YOURSELF, CALL OR TEXT THE 988 SUICIDE & CRISIS LIFELINE AT 988 OR CHAT AT 988LIFELINE.ORG**

## Call First Policy

**WHEN A PATIENT CALLS FIRST IT ENABLES UHS TO TRIAGE THE CALL.**

In triaging we may eliminate visits in instances where a future appointment would be preferable. However, patients may feel they need to see a physician that day and the nurse will find a spot in the schedule. Nurses and physicians are the only staff who can triage calls. Of course, there may be some delays, but your call will reduce your waiting time.

