

**Medi-Helpz, LLC**

**August 2025**



**Christomer Louise**



**Mary Pearl**

**Women of C.H.L.M.S**

"If you know whence you came, there is really no limit to where you can go."  
—James Baldwin, 20th-century poet, novelist, playwright and activist



**Sandra Louise**



**Henrietta Louise**

**"To be an activist is to speak. To be an advocate is to listen. Society can't move forward without both." \_ Eva Marie Lewis**

Welcome to our August newsletter! This month, we will begin to take a look at the healthcare changes written into the "[One Big Beautiful Bill](#) legislation. We will also highlight some important health observances that often go unnoticed but significantly affect marginalized communities. Thank you for staying informed with us!

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**One Beautiful Bill!**

The One Big Beautiful Bill Act, signed into law on July 4, 2025, introduces

sweeping changes to federal healthcare programs, especially Medicaid, Medicare, and the Affordable Care Act (ACA). Here's a breakdown of the key factors and when they take effect: (To learn more information about how your respective state will be impacted please use the reference list provided at the end of the article to complete a search).

In the upcoming months a section by section analysis of the "Bill" related to healthcare and the 5 Social Determinants of Health will be presented.

### **Medicaid Reforms**

- **Work Requirements: Adults aged 19–64 must complete 80 hours/month of work or qualifying activities.**
  - **Effective: January 1, 2027**
  - **CBO (Congressional Budget Office) Estimate: 4.8 million people will lose coverage**
- **Eligibility Checks: States must verify eligibility every 6 months.**
  - **Effective: December 31, 2026**
- **Copayments: Up to \$35 per visit for expansion adults (100–138% FPL) (Federal Poverty Level) .**
  - **Effective: October 1, 2028**
- **Coverage Restrictions:**
  - **Ends provisional eligibility**
  - **Limits retroactive coverage to 1–2 months**
  - **Effective: Varies from 2026–2028**
- **CHIP & Children's Coverage**
  - **CHIP adopts same work and verification rules as Medicaid.**
    - **Effective: January 1, 2027**
  - **Eligibility Restrictions: Humanitarian entrants (e.g., refugees, asylees) lose Medicaid access.**
    - **Effective: October 1, 2026**
- **Medicare Changes**
  - **Blocked Expansion of Savings Programs: Delays automatic enrollment for low-income seniors.**
    - **Effective: January 1, 2035**
  - **Immigrant Eligibility Restrictions: Certain legal immigrants lose Medicare access.**
    - **Effective: October 1, 2026**
  - **Nursing Home Staffing Rule Delay: Implementation postponed.**
    - **Effective: January 1, 2035**
- **Rural Health Transformation Program**
  - **\$50 billion over 5 years to support rural hospitals.**
    - **Effective: Begins 2026, applications due by December 31, 2025**
- **Projected Impact**
  - **Coverage Loss: Up to 11.8 million from Medicaid changes alone**
  - **Total Uninsured: Could reach 16.9 million by 2034 when ACA and Medicare changes are included**
- **Peer-Reviewed & Official Sources**
  - **Congressional Research Service Report on H.R. 1**
  - **GovFacts Explainer on Medicare & Medicaid Impacts**
  - **ASTHO Summary of Healthcare Provisions**

the full article follow this link: [bit.ly/4nmgPnA](https://bit.ly/4nmgPnA)

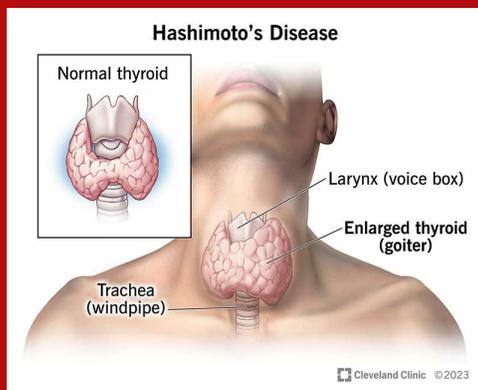
## Hidden Health Conditions

Chronic lymphocytic hypothyroidism aka Hashimoto Disease

Bigorexia

Methemoglobinemia

Metaplastic atrophic gastritis



## Chronic lymphocytic hypothyroidism aka Hashimoto Disease

### Health Literacy

There is no prefix for Chronic

Root word = Chron = time

Suffix=ic =pertaining to

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Lymphocytic

Prefix = Lympho= lymph or lymphatic system

Suffix = there are two (1) cyte= cell & ic = pertaining to

There is no root word

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Hypothyroidism

Prefix-Hypo = below normal



## Bigorexia

### Health Literacy

Prefix =Big= increasing muscle mass

Root + Suffix = distorted view related to body size and appetite

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Bigorexia is defined by the Diagnostic and Statistical Manual (DSM-5) as a body dysmorphic disorder that triggers a preoccupation with the idea that your body is too small or not muscular enough.

According to Healthline.com

Root word=thyroid =thyroid gland  
Suffix=ism = condition or state of  
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According to womenshealth.gov Hashimoto's disease is an autoimmune disease that affects the thyroid gland. Your thyroid is a small gland at the base of your neck. Your thyroid gland makes hormones that control many activities in your body, including how fast your heart beats and how fast you burn calories.

In people with Hashimoto's disease, the immune system makes antibodies that attack the thyroid gland. This damages your thyroid gland, so it does not make enough thyroid hormone. Hashimoto's disease often leads to hypothyroidism.

Hypothyroidism, when severe, can cause your metabolism to slow down, which can lead to weight gain, fatigue, and other symptoms.

Researchers aren't sure exactly what causes Hashimoto's disease. Studies show that it is more common in women than men.

Your risk is higher if you:

- Have a family history. Hashimoto's disease may run in families. Researchers are working to find the gene or genes involved.
- Recently had a baby. Some women have thyroid problems after having a baby, called postpartum thyroiditis. The thyroid often returns to normal within 12 to 18 months after symptoms start. But

Bigorexia shares some of the same symptoms as other disorders like anorexia nervosa and is a type of body dysmorphic disorder.

Bigorexia symptoms include:

- obsession with appearance, sometimes called mirror checking
- a fixation on your diet.
- dissatisfaction with your appearance that leads to depressed moods/ anger.

For more information on Bigorexia follow this link:  
<https://www.healthline.com/health/bigorexia#symptoms>

if you have a history of postpartum thyroiditis, your risk is higher for developing permanent hypothyroidism.

For more information on Hashimoto disease follow this link:

<https://womenshealth.gov/a-z-topics/hashimotos-disease>



## Methemoglobinemia

Health Literacy

Prefix=Met= subsequent of later

Root Words = Hemoglobin=  
Heme = iron + globin = subunit of hemoglobin

Suffix = emia = blood

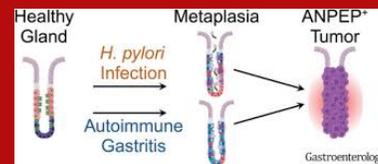
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Methemoglobinemia (MetHb) is a blood disorder in which an abnormal amount of methemoglobin is produced. Hemoglobin is the protein in red blood cells (RBCs) that carries and distributes oxygen to the body. Methemoglobin is a form of hemoglobin. With methemoglobinemia, the hemoglobin can carry oxygen, but is not able to release it effectively to body tissues.

The MetHb condition can be:

- Passed down through families (inherited or congenital)
- Caused by exposure to certain medicines, chemicals, or foods (acquired)

There are two forms of inherited MetHb. The first form



## Metaplastic atrophic gastritis

Health Literacy

Prefix = meta = change or transformation

Roots = plast= to form & atro un-nourished & gaster = stomach

Suffix = itis = inflammation

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According to the Cleveland Clinic Environmental metaplastic atrophic gastritis (EMAG) is stomach lining inflammation usually caused by *H. pylori* bacteria. Autoimmune atrophic gastritis (AAG) results from antibodies attacking stomach cells. People with these conditions may not have symptoms. Since both conditions may lead to cancer, you need regular monitoring.

For more information on metaplastic atrophic gastritis visit:

<https://my.clevelandclinic.org/health/diseases/22215-intestinal-metaplasia>

is passed on by both parents due to genetic variants in both. The parents usually do not have the condition themselves. They carry the gene that causes the condition. It occurs when there is a problem with an enzyme called cytochrome b5 reductase.

### Symptoms

Symptoms of type 1 MetHb include:

- Bluish coloring of the skin (called cyanosis)

Symptoms of type 2 MetHb include:

- Developmental delay
- Failure to thrive
- Intellectual disability
- Seizures

Symptoms of hemoglobin M disease include:

- Bluish coloring of the skin

Symptoms of acquired MetHb include:

- Bluish coloring of the skin
- Headache
- Giddiness
- Altered mental state
- Fatigue
- Shortness of breath
- Lack of energy

For more information:

<https://medlineplus.gov/ency/article/000562.htm>

### **Did you know: According to an article published on npr.org:**

The Trump administration secured permission from a federal court to roll back regulations that would have removed medical debt from consumer credit reports.

That puts Americans who cannot pay their medical bills at risk of lower credit scores, hindering their ability to get a loan or forcing them to pay higher interest rates.

Read more at: <https://www.npr.org/sections/shots-health-news/2025/07/25/nx-s1-5479075/trump-medical-debt-bbb-health-insurance>

**Introducing the C.H.L.M.S Medi-Helpz Foundation's New Initiative**

**Empowering Health Literacy in Marginalized Communities\*\***

The C.H.L.M.S Medi-Helpz Foundation is excited to announce a groundbreaking initiative aimed at improving health literacy rates in marginalized communities. Recognizing the critical need for accessible health education, we are committed to bridging the knowledge gap that often exists in rural and underserved populations.

In our efforts to empower individuals and enhance their understanding of health-related issues, we have identified a state-of-the-art digital learning platform that will serve as a vital resource for our communities. This innovative tool is designed to provide education, empowerment, and engagement methods tailored specifically for those who may face barriers to accessing traditional health information.

### Project Timeline

We are thrilled to share that the development of this digital learning platform will commence in late Q2 2025, with the goal of having it fully operational and available for use by Q2 2026. Our dedicated team will work diligently to create an interactive and user-friendly experience that caters to the unique needs of our target audience.

### What to Expect

The platform will feature:

- **Educational Resources**: Interactive modules covering a wide range of health topics, including nutrition, preventive care, and mental health, aimed at enhancing understanding and awareness.
- **Empowerment Tools**: Resources designed to help individuals navigate the healthcare system, empowering them to make informed decisions about their health.
- **Engagement Methods**: Community forums, live Q&A sessions with healthcare professionals, and learning experiences to foster participation and support.

### Stay Tuned

We will keep you updated on our progress and look forward to sharing more details as we move closer to the platform's launch. Together, we can make a meaningful impact on health literacy and promote healthier communities.

Don't forget to visit our website at [www.medihelpz.com](http://www.medihelpz.com) & our YouTube channel at Medi-Helpz

[Click here to Donate](#)



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