

Medi-Helpz, LLC

October 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 October newsletter! This month, we will continue taking a look at the healthcare changes written into the "One Big Beautiful Bill legislation.

This month we will begin taking a detailed look at how the language written into this bill are directly connected to the five Social Determinants of Health factors. For those who are not aware of what those factors are: **Economic Stability: Financial security plays a crucial role in determining one's health. Individuals facing poverty or unstable employment often struggle to afford nutritious food, secure housing, and access healthcare services. By not having access to resources that require money, the cycle of poverty continues and makes an inescapable loop for many individuals**

and families. Economic stability also impacts stress levels, mental health, and overall quality of life.

Education Access and Quality: Education serves as a cornerstone for health. Access to quality education equips individuals with essential knowledge and skills to make informed health decisions. It also influences employment opportunities, income levels, and social mobility, thereby impacting health outcomes across generations.

Health Care Access and Quality: Accessible and high-quality healthcare services are fundamental for maintaining good health. Barriers such as lack of insurance, geographic distance, and cultural differences can hinder individuals from receiving timely care, leading to disparities in health outcomes.

Neighborhood and Built Environment: The physical environment in which people live, work, and play significantly influences health. Factors like housing conditions, air quality, access to green spaces, and community safety impact individuals' ability to engage in healthy behaviors and access resources for well-being.

Social and Community Context: Social relationships, support networks, and community resources play a vital role in shaping health. Strong social connections foster resilience, reduce stress, and provide avenues for social participation and support. Social isolation, discrimination, and lack of community cohesion can also heavily contribute to adverse health outcomes due to a lack of support and resources from others.

We will also highlight some important health diseases that often go unnoticed but significantly affect marginalized communities.

One Beautiful Bill! -Healthcare Access and Quality

- Beginning December 31, 2025, Section 71401 of the Big Beautiful Bill Act authorizes \$10 billion annually for four years to fund a program aimed at improving access to and quality of healthcare services in rural communities.
- Section 71113 of the Big Beautiful Bill Act took effect on July 4, 2025, but its enforcement depends on a provider's status as of October 1, 2025, and their Medicaid payment history from fiscal year 2023. This

provision blocks federal Medicaid funding for one year to certain “Prohibited Entities,” specifically 501(c)(3) nonprofit organizations that serve as essential community providers focused on reproductive health and family planning, offer abortion services (except in cases of rape, incest, or life endangerment), and received more than \$800,000 in Medicaid reimbursements during FY 2023.

- Beginning July 1, 2028, Section 71121 of the Big Beautiful Bill Act allows states to apply for additional waivers to expand home and community-based services under Medicaid.

For more information visit: <https://www.congress.gov/bill/119th-congress/house-bill/1>

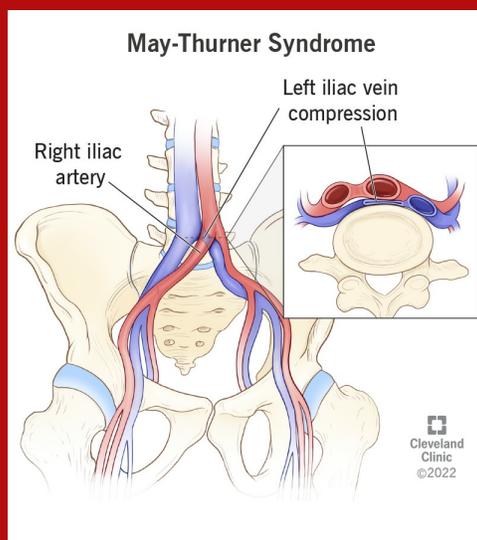
Hidden Health Conditions

May-Thurner syndrome

Frontotemporal dementia

Nocturnal Polyp

Sjögren's disease



May-Thurner Syndrome (MTS) is a vascular condition where the left iliac vein is compressed by the right iliac artery, reducing blood flow from the left leg and increasing the risk of deep vein thrombosis (DVT).

□ **Who's Affected?**
According to a peer-reviewed study published by



Health Literacy

Prefix: "Fronto-"

- Refers to the frontal lobe of the brain
- Indicates location or anatomical reference

Root: "temporal"

Refers to the temporal lobe of the brain together with "fronto-", it identifies the brain regions affected

Suffix: "dementia"

A medical term meaning loss of cognitive function, including memory, language, and reasoning

Not a typical suffix like "-itis"

the *American Society of Hematology*, MTS is most commonly diagnosed in middle-aged women, with a median age of 48 years and an average BMI of 28.84 kg/m². While often linked to recurrent left-leg DVT, it can also appear in younger individuals without traditional risk factors.

□ Diagnosis & Treatment

- Imaging tools like CT venography and intravascular ultrasound (IVUS) confirm vein compression.
- Treatment may include anticoagulation, thrombolysis, or stent placement to restore proper blood flow.

□ Why It Matters

MTS is frequently overlooked. Early recognition—especially in patients with unexplained left-leg swelling or DVT—can prevent complications and improve outcomes.

[American Society of Hematology – Institutional Review of MTS Cases](#)

or "-ology", but in this case, it functions as the diagnostic condition

Frontotemporal Dementia (FTD) refers to a group of brain disorders that primarily affect the frontal and temporal lobes, which control personality, behavior, and language. Unlike Alzheimer's disease, FTD often presents earlier in life and can be misdiagnosed as a psychiatric condition due to its behavioral symptoms.

There are two main subtypes:

- Behavioral variant FTD (bvFTD): marked by changes in personality, social behavior, and judgment.
- Primary Progressive Aphasia (PPA): affects speech, language comprehension, and communication.

□ Symptoms & Diagnosis

Symptoms vary depending on which brain region is affected, but may include:

- Sudden personality changes or loss of empathy
- Difficulty with speech or word-finding
- Impulsive or socially inappropriate behavior
- Challenges with planning and decision-making

Diagnosis typically involves neurological exams, MRI or PET scans, and genetic testing in some cases. Because symptoms mimic other conditions, early and accurate diagnosis is critical.

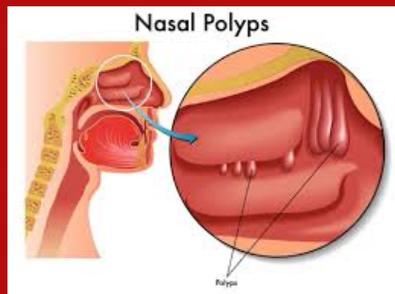
□ Bruce Willis & Public Awareness

In 2023, Bruce Willis's family publicly shared his diagnosis of Frontotemporal Dementia, following an earlier diagnosis of aphasia. His wife, Emma Heming Willis, has since become an advocate for caregiver support and early education. She described the initial experience as overwhelming, noting that they left the doctor's office "with no hope, no direction, no support".

Willis's case highlights the emotional toll of FTD and the urgent need for better resources and awareness—especially for families navigating early-onset dementia.

□ Why It Matters

FTD accounts for 10–20% of all dementia cases, yet remains underdiagnosed. Increased public awareness—through cases like Bruce Willis's—can help reduce stigma, improve early detection, and support families facing this life-altering condition. For more information on Frontotemporal dementia visit: [msn.com](https://www.msn.com)



Nocturnal Polyps/aka Nasal Polyps

Health Literacy



Sjogren's syndrome

Is a chronic, slowly progressive, autoimmune disorder that

Prefix: Noct- (night)
Root: Polyp (growth)
Suffix: None—"polyp" is a complete noun

Nasal polyps are soft, noncancerous growths in the nasal passages or sinuses, often caused by chronic inflammation. While the term **nocturnal polyp** isn't standard, many people with nasal polyps experience nighttime symptoms—like snoring, postnasal drip, or disrupted sleep—due to blocked airflow. Polyps are diagnosed through nasal endoscopy or CT scans, and treated with:

- Steroid sprays or pills
- Surgical removal
- Biologics for severe cases

If you or a loved one experiences nighttime breathing issues or chronic nasal congestion, talk to a provider. Early care can lead to better sleep and better health.

For more information
Nocturnal/Nasal Polyps visit:
[Merck.com](https://www.merck.com)

attacks and eventually destroys the cells of the salivary glands that produce saliva and the cells of the lacrimal glands that produce tear. The major clinical features of Sjogren's syndrome are the well-recognized "sicca" (dry) symptoms" that are clinically evident by dry eyes and dry mouth. As the disease progresses over time, however, it can also produce so-called "extraglandular manifestations" that reflect damage to other vital body organs such as the kidneys, lungs, joints, and peripheral nerves. The condition is named after Henry Sjogren, a Swedish eye doctor, who first described the syndrome in 1933. One of the interesting features of Sjogren's syndrome is that, for reasons that are unknown, it affects women disproportionately as compared to men. In fact, about 90% of people who are diagnosed with Sjogren's syndrome are women. The condition is considered rare and has been estimated to affect less than 1% of the general adult population. The mean age of diagnosis is around 50 years. A significant number of women who suffer with Sjogren's syndrome also develop a triad of symptoms consisting of dryness, pain, and fatigue that can contribute to a reduced quality of life.

Did you know

A new bipartisan bill—the Access to Breast Cancer Diagnosis (ABCD) Act of 2025 was recently introduced in Washington. If passed, it would eliminate out-of-pocket costs for diagnostic breast imaging, including follow-up mammograms, MRIs, and ultrasounds.

Why it matters: While screening mammograms are covered at no cost, many women face steep bills for follow-up tests—ranging from \$234 to over \$1,000. These costs often lead to delayed diagnoses, especially in underserved communities.

The ABCD Act, introduced by Senators Jeanne Shaheen and Katie Britt, ensures that insurers cover all necessary breast imaging without copays or deductibles. This is a game-changer for early detection and equitable care.

At Medi-Helpz and C.H.L.M.S, we believe no woman should have to choose between her health and her wallet. This bill aligns with our mission to empower families with access, education, and advocacy.

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

Empowering Health Literacy in Marginalized Communities**

What to Expect

Thanks to the incredible contributions of Africa Okoro, Carolyn Coleman, Lisa Coleman, Nneka J. Hall, Symone Armstead, and Sabah Farhat, our platform has successfully completed beta testing. We're excited to announce that the official launch to the public will be February 2026, in honor of Black History Month.

Once our legal documentation is finalized, we will begin sharing a preview of the fourteen transformative courses that will be available. Each course and lesson is designed to educate, engage, and empower families and communities.

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

Don't forget to visit our website at www.medihelpz.com & our YouTube channel at Medi-Helpz

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