



Medi-Helpz, LLC

July 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 July newsletter! This month, we will explore proposed health legislation that is written into what is referred to as the "One Big Beautiful Bill". We will also highlight some important health observances that often go unnoticed but significantly affect marginalized communities. Thank you for staying informed with us!

First, an apology

My slippery fingers last month resulted in a number of snafus. (1) 4 newsletters being sent out. (2) My mention of including information

regarding "The Big Beautiful Bill" and then forgetting to include the information, the newsletter title reading that it was the May issue when it actually was the June issue. My sincere apologies for that snafu. I promise to try harder to not have that occur again.

One Beautiful Bill!

According to an article published by KFF News (Kaiser Family Foundation) those patients living in rural communities will not find any comforts in this bill. As a matter of fact, these patients and their support network are facing further negative impacts than what they currently face. A brief snippet of this article reads: The proposed cuts to Medicaid raise the stakes for rural hospitals nationwide, many of which already operate on razor-thin, if not negative, margins. Diminished reimbursements from the state-federal health insurance program for those with low incomes or disabilities would further erode hospitals' ability to stay open and maintain services for their communities — populations with more severe health needs than their urban counterparts.

“It’s very clear that Medicaid cuts will result in rural hospital closures,” said Alan Morgan, CEO of the National Rural Health Association, a nonprofit advocacy and research organization. To read the full article follow this link: <http://bit.ly/4layZXI>

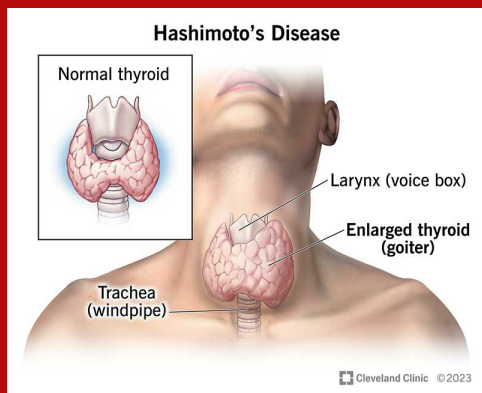
US Health Secretary Robert F. Kennedy Jr. wants Americans to start adopting health-tracking devices. Kennedy told the House of Representatives this week that the health agency is planning "one of the biggest advertising campaigns" in its history to encourage Americans to use the wearables. To read the full article follow this link: 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

Lymphocytic

Prefix = Lympho= lymph or lymphatic system
 Suffix = there are two (1) cyte= cell & ic = pertaining to
 There is no root word

Hypothyroidism

Prefix-Hypo = below normal
 Root word=thyroid =thyroid gland
 Suffix=ism = condition or state of

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



Bigorexia

Health Literacy

Prefix =Big= increasing muscle mass
 Root + Suffix = distorted view related to body size and appetite

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 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:

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 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>

<https://www.healthline.com/health/bigorexia#symptoms>



Methemoglobinemia

Health Literacy

Prefix=Met= subsequent of later

Root Words = Hemoglobin=

Heme = iron + globin = subunit of hemoglobin

Suffix = emia = blood

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:

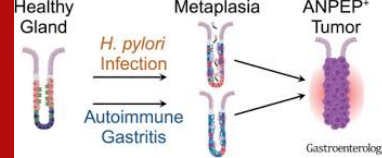
- Passed down through families (inherited or congenital)
- Caused by exposure to certain medicines, chemicals, or foods (acquired)

There are two forms of inherited MetHb. The first form 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)



Metaplastic atrophic gastritis

Health Literacy

Prefix = meta = change or transformation

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

Suffix = itis = inflammation

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>

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: That in March 2025 the Department of Health and Human Services made the decision to move the Agency for Toxic Substances and Disease Registry from an organization under the CDC (Centers for Disease Control) to the newly created "Administration for a Healthy America". Prior to this move the role of the Agency for Toxic Substance and Disease Registry was responsible for focusing s on preventing exposure to toxic substances and the adverse health effects associated with them, stemming from sources like waste sites, unplanned releases, and other forms of environmental pollution. It worked to protect individuals from harmful chemical exposures. (hhs.gov)

According to an article published by Politico: The move was intended to "streamline" the department's functions and help implement Secretary Robert F. Kennedy Jr.'s priority of targeting chronic illnesses "by focusing on safe, wholesome food, clean water and elimination of environmental toxins.

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 & our YouTube channel at Medi-Helpz

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