



**Medi-Helpz, LLC**

**June 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 June newsletter! This month, we will explore proposed health legislation that is written into what is referred to as the "One Big Beautiful Bill, that at the time of this writing has passed the House of Representatives and is now awaiting Senate approval. Additionally, we'll 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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**First, this poem in honor of father's  
In Every Heartbeat  
Some fathers walk beside us, their love ever near,**



## **Lipofuscinosis (Batten Disease)**

### **Health Literacy**

**Prefix= Neuro=Nerve or Nervous System**

**Root word =Neuron**

**Suffix=al =Pertaining to**

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**There is no prefix for Ceroid**

**Root word = Ceroid=Wax**

**Suffix =oid=like**

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**Prefix-Lipo=Fat**

**Root word=Fuscin=dark colored**

**Suffix=Osis=condition of**

According to the National Institute of Neurological Disorders and Stroke Neuronal ceroid lipofuscinoses (NCLs), also known as Batten disease, is the name for a group of rare inherited neurodegenerative disorders that most often begin in childhood. Batten disease affects people of all ages and ethnicities.

In these disorders, a cells' ability to remove a waste product called ceroid lipofuscin is affected. When ceroid lipofuscin builds up in a brain cell, this is an indication that the cell's lysosomes (which process waste) are not working properly. NCLs are part of a larger family or disorders called lysosomal diseases. Problems with the lysosomes lead to the death of neurons (brain cells) over time. Batten disease is the term only used to describe the 13 known forms of NCLs. Each form is identified as "ceroid lipofuscinosis, neuronal" (CLN) and given a different number based on the subtype (for example, CLN1, CLN2, etc.). The forms of Batten disease (NCL), along with the gene variant associated with them, have different levels of severity and average ages of onset and progress at different rates.

### **Symptoms**

- **Progressive vision loss leading to blindness**
- **Seizures**
- **Cognitive decline and**

nonalcoholic steatohepatitis (NASH) are types of NAFLD. If you have NASH, you have inflammation and liver damage, along with fat in your liver.

Usually, nonalcoholic fatty liver disease (NAFLD) is a silent disease with few or no symptoms. Certain health conditions and diseases—including obesity, metabolic syndrome, and type 2 diabetes—make you more likely to develop NAFLD. Doctors recommend weight loss to treat nonalcoholic fatty liver disease (NAFLD), which is either nonalcoholic fatty liver (NAFL) or nonalcoholic steatohepatitis (NASH). Weight loss can reduce fat, inflammation, and fibrosis in the liver. No medicines have been approved to treat NAFLD or NASH.

dementia

- Problems with movement
- Personality and behavior changes
- Shortened lifespan



## Antiphospholipid syndrome

### Health Literacy

Prefix=Anti=against

Root Words

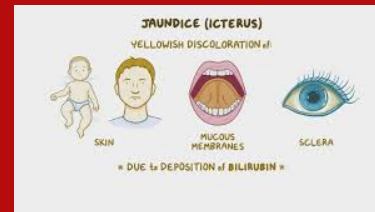
=Phospho- meaning

"phosphate" or "phosphorus".

Lipid meaning "fat"

Suffix=id=indicates a chemical

According to the Mayo Clinic Antiphospholipid (AN-te-fos-fo-LIP-id) syndrome is a condition in which the immune system mistakenly creates antibodies that attack tissues in the body. These antibodies can cause blood clots to form in arteries and veins. Blood clots can form in the legs, lungs and other organs, such as the kidneys and spleen. The clots can lead to a heart attack, strokes and other conditions. During pregnancy, antiphospholipid syndrome also can result in miscarriage and stillbirth. Some people who have the syndrome have no signs or symptoms. There's no cure for this uncommon condition, but medications can reduce the risk of blood clots and miscarriage.



## Bilirubin

### Health Literacy

Prefix = Bile

Root Word = Rub = Red

Suffix= In- no specific meaning

According to the Cleveland Clinic Bilirubin is a byproduct of broken-down old red blood cells. When red blood cells finish their life cycles in your body, they break down and pass through your bloodstream to your liver for processing. Your liver sorts bilirubin with other waste products into a fluid called bile. Bile exits your body through your intestines. Bilirubin is the pigment that gives bile its distinctive yellow color. It also colors your poop. Jaundice in newborns is often due to the immature liver not being able to process bilirubin effectively, while jaundice in adults can be caused by various factors, including gastrointestinal conditions and liver disease.

Bilirubin might build up in your blood if:

- Your body breaks down too many red blood cells too fast. You might be overproducing bilirubin if you have a blood disorder, such as hemolytic anemia, that destroys red blood cells.
- Your liver is struggling to process its normal load of bilirubin. Your liver might struggle with occasional toxic overload, or it might have a chronic liver disease that affects its

- functioning.
- Your biliary system isn't clearing bile efficiently. There might be a blockage in your bile ducts or your gallbladder that's causing bile to back up and leak into your bloodstream.

**Did you know: The U.S. Department of Health and Human Services (HHS) Office for Civil Rights (OCR), enforces federal civil rights laws, conscience and religious freedom laws, the Health Insurance Portability and Accountability Act (HIPAA) Privacy, Security, and Breach Notification Rules, and the Patient Safety Act and Rule, which together protect your fundamental rights of nondiscrimination, conscience, religious freedom, and health information privacy at covered entities. The following link should be used when there is a complaint regarding any of the referenced policies'/procedures.**

**<https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>**

## **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 gamified 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)

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