Medi-Helpz, LLC

May 2025

"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 May newsletter! This month, we will explore proposed legislation by United States Secretary of State RFK Jr. Additionally, we'll highlight some important health observances that often go unnoticed but significantly affect marginalized communities. Thank you for staying informed with us!

First, this poem in honor of mother's

Seasons of Love

With flowers blooming in vibrant hues,

Mothers living inspire our views.

In sunshine's glow, they light the day,

In rain's soft touch, they show the way.

For those we've lost, we pause to reflect,

Deceased, yet their love we still respect.

In every petal, their essence stays,

Guiding us through life's winding ways.

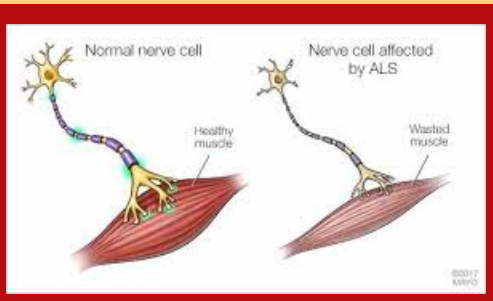
Hidden Health Conditions

Amyotrophic lateral sclerosis (ALS)

Ehlers-Danlos Syndromes Awareness Month

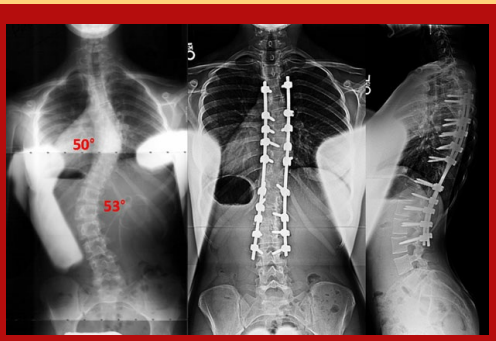
Huntington's Disease Awareness Month

National Celiac Disease Awareness Month



Amyotrophic lateral sclerosis (ALS)
Health Literacy
A= no
my=muscle
trophic= nourishment

According to the Mayo Clinic Amyotrophic lateral sclerosis (a-my-o-TROE-fik LAT-ur-ul skluh-ROE-sis), known as ALS, is a nervous system disease that affects nerve cells in the brain and spinal cord. ALS causes loss of muscle control. The disease gets worse over time.
ALS is often called Lou



Ehlers-Danlos Syndromes Awareness Month

"The Ehlers-Danlos syndromes (EDS) are a group of 13 heritable connective tissue disorders. The conditions are caused by genetic changes that affect connective tissue. Each type of EDS has its own set of features with distinct diagnostic criteria. Some features are seen across all types of EDS, including joint hypermobility, skin hyperextensibility, and tissue

Gehrig's disease after the baseball player who was diagnosed with it. The exact cause of the disease is still not known. A small number of cases are inherited.

ALS often begins with muscle twitching and weakness in an arm or leg, trouble swallowing or slurred speech.

Eventually ALS affects control of the muscles needed to move, speak, eat and breathe. There is no cure for this fatal disease.

Symptoms of ALS vary from person to person. Symptoms depend on which nerve cells are affected. ALS generally begins with muscle weakness that spreads and gets worse over time. Symptoms might include:

- Trouble walking or doing usual daily activities.
- Tripping and falling.
- Weakness in the legs, feet or ankles.
- Hand weakness or clumsiness.
- Slurred speech or trouble swallowing.
- Weakness associated with muscle cramps and twitching in the arms, shoulders and tongue.
- Untimely crying, laughing or yawning.
- Thinking or behavioral changes.

ALS often starts in the hands, feet, arms or legs. Then it spreads to other parts of the body. Muscles get weaker as more nerve cells die. This eventually affects chewing, swallowing, speaking and breathing.

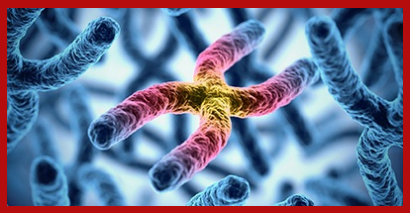
There's generally no pain in the early stages of ALS. Pain also is not common in the later stages.

Amyotrophic lateral sclerosis (ALS) can affect individuals of

fragility"(https://www.ehlers-danlos.com/what-is-eds/).

- Research suggests that EDS may be underdiagnosed in marginalized communities due to a lack of awareness among healthcare providers and patients. Factors such as socioeconomic status, language barriers, and limited access to specialized care contribute to this issue. Studies indicate that individuals from these communities may present with atypical symptoms or may not seek medical attention due to previous negative healthcare experiences. Raghunath, M., et al. (2018). "Ehlers-Danlos Syndrome in a Diverse Population: A Call for Awareness." Journal of Genetic Disorders.

any race or ethnicity, but in the United States, it is more common in white non-Hispanics than in African Americans and other races/ethnicities.



Huntington’s Disease Awareness Month

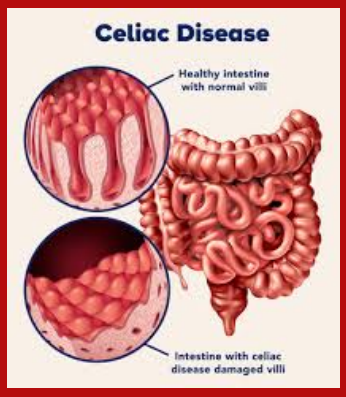
According to the Mayo Clinic Huntington's disease causes nerve cells in the brain to decay over time. The disease affects a person's movements, thinking ability and mental health.

Huntington's disease is rare. It's often passed down through a changed gene from a parent.

Huntington's disease symptoms can develop at any time, but they often begin when people are in their 30s or 40s. If the disease develops before age 20, it's called juvenile Huntington's disease. When Huntington's develops early, symptoms can be different and the disease may have a faster progression.

Medicines are available to help manage the symptoms of Huntington's disease. However, treatments can't prevent the physical, mental and behavioral decline caused by the disease.

Huntington's disease is caused by a difference in a single gene that's passed down from a parent. Huntington's disease follows an autosomal dominant inheritance pattern. This means that a person needs



According to the Cleveland Clinic Celiac disease is an inherited autoimmune disorder that causes a reaction in your body to the protein, gluten. Gluten in your digestive system triggers your immune system to produce antibodies against it. These antibodies damage the lining of your small intestine (the mucosa). Damage to the mucosa in your small intestine impairs its ability to absorb nutrients from your food, causing nutritional deficiencies.

Damage to your small intestine can have serious consequences. Your small intestine absorbs nutrients from your food through the mucosa. If the mucosa is damaged, it won’t be able to absorb nutrients as it should. This is called malabsorption. It can lead to malnutrition and to many other conditions that follow from the lack of different nutrients. In children, it can cause stunted growth and development.

Celiac disease is most commonly found in people of

only one copy of the nontypical gene to develop the disorder.

Huntington's disease usually causes movement disorders. It also causes mental health conditions and trouble with thinking and planning. These conditions can cause a wide spectrum of symptoms.

People who have a parent with Huntington's disease are at risk of having the disease themselves. Children of a parent with Huntington's have a 50 percent chance of having the gene change that causes Huntington's.

After Huntington's disease starts, a person's ability to function gradually gets worse over time. How quickly the disease gets worse and how long it takes varies. The time from the first symptoms to death is often about 10 to 30 years. Juvenile Huntington's disease usually results in death within 10 to 15 years after symptoms develop.

Research indicates that Black patients with Huntington's disease in the U.S. and Canada received their diagnoses, on average, one year later compared to White patients after symptoms first appear (https://www.uclahealth.org/news/release/study-reveals-racial-disparities-huntingtons-disease).

Northern European descent. It's estimated to affect 1% of the populations of Europe and North America. You have a 10% chance of developing the disease if you have a first-degree relative, such as a parent or child, who has it.

Black people in the United States who have celiac disease are at particular risk of being undiagnosed, research from the University of Alabama Birmingham suggests.

"Data have shown that celiac disease is not exclusive to a particular ancestral group," the study concludes. "People with African ancestry can have celiac disease."

But physicians' common view that celiac disease is rare in Black Americans can lead to disparity in testing for the condition, according to the study, published recently as a research letter in the journal, Gastro Hep Advances.

IN THE NEWS: Get ready for the unveiling of RFK Jr.s Get Healthy campaign which has both similarities and differences from Michelle Obama's "Let's Move" campaign.

The similarities are inclusive of: (1) Focus on Health and Wellness, (2) Community Engagement, (3)
Educational Component, (4) Addressing Health Disparities
Differences
The differences are inclusive of (1) Specific Focus Areas, (2) Target Audience, : (3) Underlying Philosophy,

(4) Implementation Strategies

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

Click here to Donate

C.H.L.M.S. MEDI-HELPZ |www.medihelpz.com | contactus@medihelpz.com

C.H.L.M.S. Medi-Helpz Foundation | 159 N. Sangamon St, #200 | Chicago, IL 60607 US