



National Domestic Violence Awareness Month

Domestic Violence affects millions of people in the United States. Read more to learn how this issue affects your community.



There are many different types of **Domestic Violence**. Abuse takes place not only in romantic relationships, but also includes the abuse of children, elders, and even friends. On average, **1 in 4 women** and **1 in 33 men** in the U.S will be victims of domestic violence. Victims of domestic violence are men, women, and children of all races, ethnicities, ages, sexual orientations, and backgrounds. Domestic Violence is a serious crime that is largely under-reported to the police. Often, an abuser makes the victim believe that if they leave or go to the police the abuser will harm them, their family, or themselves. At least **30%** of people who physically abuse their partners also physically abuse their children. Victims of domestic violence are often manipulated, or made to think, that they deserve to be abused. Domestic violence is a serious issue that affects the health of our community.

Source: www.ncadv.org

Battering is the “act” involved in Domestic Violence. According to the NCADV, **battering** is “a pattern of behavior used to establish control over another person... often including the threat or use of violence”. Examples of abusive behaviors are:

- Verbal harassment (name-calling, intimidating, threatening)
- Forced sexual contact
- Isolation from family or friends
- Taking away children or threatening to take away children to manipulate a parent’s emotions
- Limiting a partner’s access to a phone, money, or car
- Physical harm (punching, kicking, pinching, restraining)
- Stalking/following

If you think your partner or someone close to you might be treating you abusively, know that **there is help**. Your GBUAHN Health Navigator, doctor, or counselor can refer you to the support that you need. There are many organizations that have years of experience helping victims. You can also call the national hotline listed on the bottom of this page.



DID YOU KNOW?

- In 2012, there were over 6,000 domestic violence incidents in Erie County known to the police.
- Only **1 in 4** physical assaults and **1 in 5** rapes are reported to the police.
- Children who witness domestic violence at home are at risk for drug & alcohol use, running away, and criminal behavior.

Are you or someone you know a victim of Domestic Violence? Call the **National Domestic Violence Hotline** : 1-800-799-7233

National Lupus Awareness Month

Lupus is a chronic (long-lasting) autoimmune disease that affects at least **1.5 million** Americans. Normally, our bodies protect themselves from germs and bacteria with a healthy immune system. Lupus is an **autoimmune disease**, which means that the body cannot tell the difference between healthy cells (such as our skin and organs) and bad cells (germs). Because of this, the body starts to attack itself & destroy healthy parts of the body, too. Lupus most often affects the **skin, joints, blood, and kidneys**. Lupus symptoms are often mistaken for other health conditions such as arthritis or thyroid problems. **90%** of people who have lupus are **women**.

Source: www.lupus.org/AboutLupus

1 in 185 people have lupus.



2/3 of people diagnosed with lupus are people of color.

Lupus is **not** contagious, you cannot “catch” lupus from another person. Lupus is **not** associated with AIDS/HIV or any type of sexually transmitted disease (STD). Lupus is **not** a type of cancer. If you have symptoms such as severe headaches, swollen hands, legs, or feet, rashes on your face, fatigue, hair loss, and/or ulcers in your mouth or nose, talk to your primary care doctor about being screened for lupus.



COMMON VACCINATIONS & AGE RECOMMENDATIONS

AGE	VACCINE	19 –49 YEARS OLD	50-64 YEARS OLD	65 YEARS & OLDER
↓	→	People of all ages should have a flu shot once per year.		
	Influenza	You will need 1-2 doses if you smoke cigarettes or if you have certain chronic health conditions.		You need 1 dose if you have never been vaccinated.
	Pneumococcal polysaccharide (PPSV)	This vaccine is for women 26 or men age 26 or under. It requires 3 doses over 6 months.		
	Human Papillomavirus (HPV)			
	Shingles		If you are age 60 or older, you should schedule this vaccination now.	



Confused about vaccinations? Wondering if you're missing something you should have gotten? Talk to your Primary Care Doctor (PCP) about any vaccinations you might be due for and schedule ones you might need.

Savory Brown Rice

This delicious, heart-healthy recipe pairs perfectly with beef, chicken, and pork.



- 1tbsp olive oil
- 1 cup chopped onion
- 1 cup drained sliced mushrooms (canned)
- 1/2 cup finely chopped celery
- 1 cups of low-sodium chicken broth
- 1 cup instant uncooked brown rice
- Salt & pepper (to taste)

calories	246
Total fat	5 g
Saturated fat	1 g
Cholesterol	2 mg
Sodium	221 mg
Total fiber	4 g
Protein	7 g
Carbohydrates	43 g
Potassium	314 mg

1. Warm olive oil in a medium saucepan over medium heat. Add mushrooms, onions, and celery and cook until tender (about 5-7 minutes).
2. Stir in broth, brown rice, salt, and pepper. Cover and bring to a boil over high heat.
3. Reduce heat to medium. Cook according to brown rice directions for 5-10 minutes.
4. Drain excess liquid, fluff with a fork, and serve immediately.



The oil from whole-grain brown rice can help you lower your cholesterol!

Halloween Candy Guide

What would Halloween season be without indulging in the candy displays at the grocery store or dipping into your children's trick-or-treat bag? Not all of us can eat the candies we want to, especially when they are loaded with sugar and fat. If you can't resist your cravings this season, use this guide to choose some lower-calorie or lower-sugar options.



If you like.... Try this instead!

	Take 5 fun size: 105 calories, 9g sugar		Granola bar, fun size: 60 calories, 4 grams
	Reese cups, fun size: 170 calories, 16g sugar		Peanut M&M's, fun size: 90 calories, 9g sugar
	Cheetos fun size: 160 calories, 10 g fat		Snyder's pretzels, fun-size: 100 calories .5g fat

Did You Know?



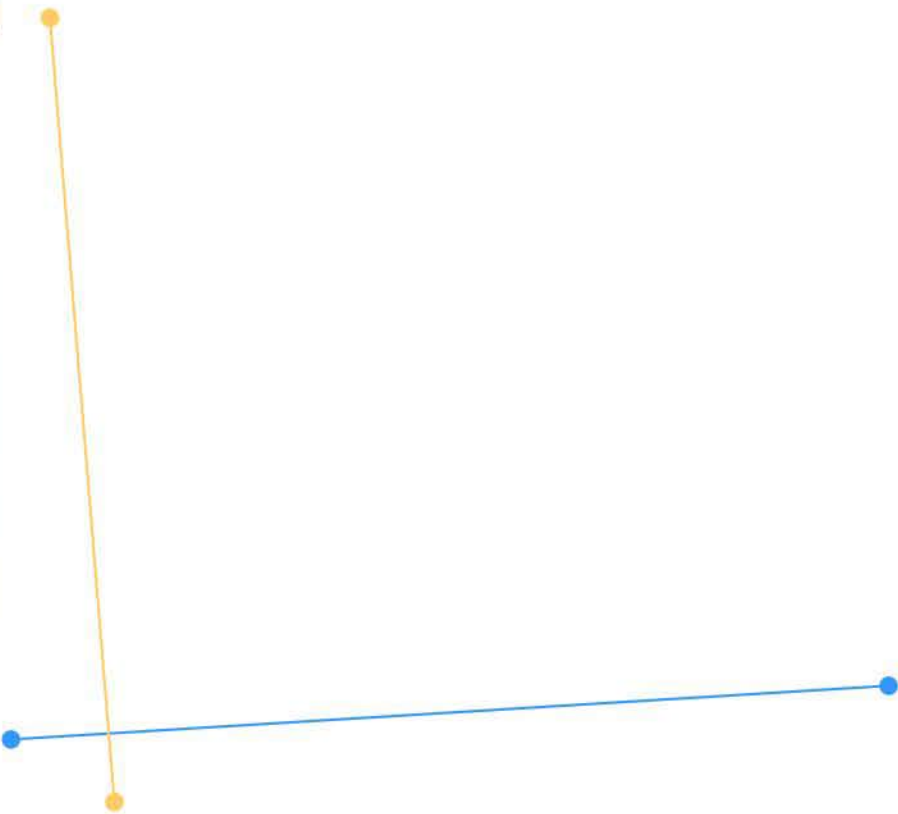
Contact lenses with special effects are an increasingly popular way to add flair to your Halloween costume. However, these contacts should only be purchased from an eye doctor or with a prescription. "Special effects" contact lenses purchased from drug stores, Halloween-themed stores, or other boutiques are not safe for your eyes. Anything that goes inside of your eyes should be approved by your eye doctor before use. Contact lenses that are not approved by your eye doctor can cause severe scratches, infections, or even blindness. Before adding special-effect contact lenses to your Halloween look, consult your eye doctor to make sure they are safe for your eyes.



393 Delaware Avenue
 Buffalo, NY 14202
 (716) 247-5282

“As GBUAHN continues to grow, we are exceeding our expectations of community support which assures us that the need for our program is abundant. We look forward to serving Buffalo and the WNY area for many years to come!”

- Dr. Raul Vazquez, President & CEO



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GBUAHN News & Updates



The Greater Buffalo United Accountable Healthcare Network (*GBUAHN*) is a collective group of physicians in the Buffalo area. Together, they plan to provide thousands of Medicaid recipients with improved health care coordination and resources. GBUAHN Health Home is presently serving many Medicaid patients. Within a year, GBUAHN Health Home members may have a centralized health care services location to go to for medical, dental, and mental health services. GBUAHN has proposed the building of a new health center, located at 501 7th Street, between Jersey and Pennsylvania St. facing Niagara St. The plan must be approved by the city's zoning and planning boards. If approved, construction could start by late fall 2013 and completed in about a year. For continued updates, news, and videos, visit our website at www.gbuahn.org.

