



Rose's Corner: Better Health Tips



An Ounce of Prevention

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Greetings!

Although we've reached Halloween already, I'd like to share my take on October as Preventive Care Month by starting with a reminder that the flu vaccine is now available.



Did you know that every year about 35,000 people die from complications of the flu and over 100,000 are hospitalized? And the elderly and the very young are most at risk.

Please call the NOMC (504-412-1366) M-F, 9a - 5p, to set up your flu shot at our new location 3700 St. Charles Avenue. **You don't need an appointment, but it will ensure you don't have to wait when you arrive.**

Yes, I hear your moans and groans and all those saying, "I got the shot and still got the flu". The vaccine is made up of sections of DEAD viruses and it cannot give you the flu. **If you get the flu can you afford to miss one or 2 weeks of work? How many gigs is that?** A good case of the flu can lay you that low. Can your children afford to miss that much of school? And what about elderly parents or grandparents? They could get the flu from you and you do not want to happen.

Also, if you are over 65 years of age or have a chronic illness such as heart disease, diabetes, asthma, sickle cell disease or immunity problems from cancer treatment or HIV, *you should consider the pneumonia vaccine.* Healthy adults only need one injection at or after age 65. Individuals with chronic illnesses need one dose before age 65, then a second dose after age 65 and again 5 years after the first. For example, if you get your first pneumonia vaccine at age 25, you would not get another until age 65. These are important things to consider in keeping healthy during the holiday and winter season ahead.

Breast Cancer Awareness Month

For the ladies out there, don't think we forgot that October is Breast Cancer Awareness Month. So ladies, when was the last time you had a mammogram? This is part of a healthy lifestyle and something you do for yourself. The good news is mammogram technology has become much more comfortable for women recently. I noticed that again when I had mine done last month. I still cannot say that it is my favorite thing to do but it doesn't cause me to go up on my tip toes and hold my breath because I was afraid to breathe like previous screenings.



To get your screening, NOMC can offer a referral to several places. St. Thomas Community Center has several days when you walk-in and can be seen very quickly. Contact Louise or Catherine for more details and set up your screening.

Prostate Cancer Screenings

Although this month is for the ladies to take care of themselves, guys need to think in preventative measures as well. We don't want to forget that September was Prostate Awareness Month as well. **Prostate cancer is the second leading cause of cancer-related deaths among men in the United States.** And it's much easier than mammography for men's screening for prostate cancer.



Men can take a simple blood test to determine if they are at risk for prostate cancer. Remember, to ask for your prostate screening once a year while you have your regular lab studies done. I know that there is a controversy about this test, but it has saved lives and treatments can be discussed and options given. Some prostate cancers are slow growers while others are very aggressive and need treatment. Ask about your prostate cancer antigen (PSA) number when you have your next appointment. It should be under 4.

Know that the Great Pumpkin is watching and wants you to take care of yourself. So follow these preventive steps today!

Visit [the NOMC website here](#) for more health articles and tips!

Sincerely,

Rose Mancini, RN
New Orleans Musicians' Clinic (NOMC)
and Assistance Foundation (NOMAF)

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Rose Mancini, R.N., M.N.



NOMC Medical Outreach & Quality Improvement

I first became aware of the NOMC 9 years ago when my husband and I lost Frannie (Francis Harding), our dear British friend and co-owner of Fritzel's European Jazz Club on Bourbon Street. After his passing, we set up an NOMC memorial fund for Frannie.

As a nurse working at the VA for more than thirty years, I had been involved with infection control and improving the outcomes of patients. Finally stabilizing my life after the death of my husband and Katrina, I wanted to become actively involved in improving the health of New Orleans' musicians, who are truly the leaders in cultural recovery of the city.