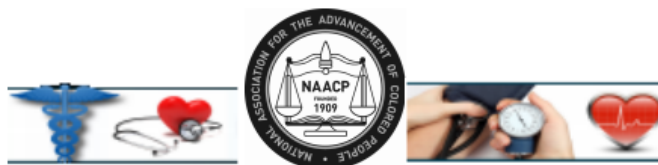


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NAACP – SILENT KILLER DISEASE PROJECT

Sponsored by Dignity Health & St. Mary Medical Center



"LONG BEACH, Calif, January 15, 2015 – More than five years ago, The Long Beach Branch NAACP began hosting the Silent Killer Disease Project workshops. The workshops were milestone events sponsored by St. Mary Medical Center and Dignity Health. These open community health programs included free health screenings, such as blood glucose and blood pressure tests, performed by healthcare providers. Over 100 people attended the event aimed to increase their awareness and knowledge about silent killer diseases such as diabetes, heart disease, and high blood pressure. The purpose was to provide awareness for program participants of the dangers of silent killer diseases by participating in health screenings, information from health care professionals, and the success stories of silent killer disease survivors.

The programs were opened with an overview given by the branch President, Naomi Rainey.

The dialogue sessions included survivors such as Alvin Hayes - musician and educator, Yulandria Pearson - Former Corporate Executive, Cecile Harris Walters – Civil Servant,. Many health care professionals including K. Marie Anthony – Nurse Practitioner, Raefieal Thompkins - Registered Nurse, Rachel Plotkins Olumese, RN, DrHSc, MSN/MSHCA, PHN Community Outreach, Community Benefits, and Advocacy.

Testimonies from survivors highlighted the importance of regular medical checkups, healthy eating habits, regular physical activities and early diagnosis. Silent killer disease literature and one on one discussion with medical professionals were made available during the workshop event. Health professional speakers shared information about how high and low blood pressure, obesity, high blood cholesterol and heart diseases impact our lives. The speakers emphasize that the information regarding silent killer diseases was important because of the severity of silent killer diseases. They also stressed the importance of participants seeing a medical physician."