



National Hispanic Medical Association

**NHMA 2019 Annual Conference to be co-hosted with the Hispanic Dental Association**





**SAVE THE DATE**

**National Hispanic  
Health Conference**

Hyatt Regency Crystal City  
Arlington, VA  
April 11-14, 2019

Register Today: <http://bit.ly/NHMA2019>

[Speaker and Poster Presenter Information Here](#)

[Sponsors, Exhibitors, and Ads Information Here](#)

[Register Here](#)

[Visit Our Website for More Information Here](#)

## NHMA College Health Scholars Program

NHMA launched a mentorship program for 50 pre-health college students across California, Texas and the Mid-Atlantic with MentorNet with the help of our Advisory Committee and our partners – University of the Incarnate Word, Charles R. Drew University of Medicine and Science, AAMC and New York Academy of Medicine. The College Health Scholars Program is supported by U.S. Department of Health and Human Services Office of Minority Health.

### Call for Mentors

We are seeking current medical, dental, nursing, public health and graduate science students to serve as mentors to pre-health/science students starting on April 2019. For more information and to sign up, visit <http://bit.ly/CallforMentors>. If you can any questions please contact Ben Melano at [bmelano@nhmamd.org](mailto:bmelano@nhmamd.org).

For more information on NHMA College Health Scholars Program please visit: <http://bit.ly/NHMACHSP>.

The poster features the NHMA logo at the top, which consists of the letters 'NHMA' in blue with a green caduceus symbol integrated into the 'H'. Below the logo, the text reads 'National Hispanic Medical Association' and 'College Health Scholars Program'. The main body of the poster contains the text: 'NHMA is looking to increase the diversity of the health workforce with Hispanic physicians, health professionals, and scientist/researchers.' followed by 'CALL FOR MENTORS' in bold. Below this, it states: 'We are seeking current medical, dental, nursing, public health and graduate science students to serve as mentors to pre-health/science students starting on April 2019.' At the bottom, it provides contact information: 'For more information and to sign up: http://bit.ly/CallforMentors or contact Ben Melano at bmelano@nhmamd.org or 202-628-5895'. The footer includes three social media links: a globe icon for 'http://bit.ly/NHMACHSP', an Instagram icon for '@NHMA\_CHSP', and a Twitter icon for '@NHMA\_CHSP'. The background of the poster shows silhouettes of diverse medical professionals in white coats.

**NHMA**  
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<http://bit.ly/NHMACHSP> [@NHMA\\_CHSP](https://www.instagram.com/NHMA_CHSP) [@NHMA\\_CHSP](https://twitter.com/NHMA_CHSP)

### Regional Conference Speaker Nominations

We are looking for Hispanic health professionals and graduate students in one of the following fields: medical, dental, nursing, public health, and graduate science, who are interested in serving as a panel speaker at one of our NHMA College Health Scholars Program Regional Conferences below:

- Greater San Antonio Conference on April 6, 2019 at the University of the Incarnate Word
- Washington, DC Metro Area Conference on the April 13, 2019 at the Hyatt Regency Hotel, Crystal City, VA

If you are interested in being a speaker or have any questions, contact Ben Melano at [bmelano@nhmamd.org](mailto:bmelano@nhmamd.org).

## NHMA Medical School Liaison Program

NHMA has established the NHMA Medical School Liaison Program to appoint physicians or residents to be Liaisons to Latino Medical Student Association (LMSA) student clubs at medical schools across the nation. Liaisons will sign-up for a 3-year term to meet with LMSA Chapters quarterly to increase awareness of physician careers in our communities.

We are currently looking for **doctors** to serve as NHMA Liaisons and be paired with the following LMSA Chapter locations:

1. Hanover, NH
2. Washington, DC
3. Baltimore, MD
4. Wauwatosa, WI
5. Stratford, NJ
6. St. Louis, MO
7. Springfield, IL
8. Syracuse, NY
9. Rochester, NY

If you are interested, [complete this form](#) to join and send your CV to Ben Melano ([bmelano@nhmamd.org](mailto:bmelano@nhmamd.org)) by January 31, 2019. For more information, [visit our website](#).

## NIH All of Us Research Program

The National Institutes of Health opened national enrollment for the All of Us Research Program—a momentous effort to advance individualized prevention, treatment and care for people of all backgrounds—in collaboration with National Hispanic Medical Association (NHMA) and other partners. People ages 18 and older, regardless of health status, will be eligible to enroll. The official launch date was marked by community events in cities across the country as well as an online event. The overall aim is to enroll 1 million or more volunteers and oversample communities that have been underrepresented in research to make the program the largest, most diverse resource of its kind.

“Given that by 2042, one out of four people living in our nation will be Latino, NHMA has joined as a partner to encourage the Latino community to join the All of Us Research Program,” said NHMA president and CEO Elena Rios, MD, MSPH, FACP. “Their participation will provide information on how to better develop healthcare prevention and treatment programs for generations to come.”




Follow us on Twitter and Facebook to keep up with our partnership with the All of Us Research Program. To join, visit [JoinAllofUs.org](http://JoinAllofUs.org) y en Español, on [JoinAllofUs.org/es](http://JoinAllofUs.org/es).

**Partnering And Communicating Together (PACT) to Act Against Aids** is a funded partnership between the Centers for Disease Control and Prevention (CDC), NHMA and some of the nation’s leading organizations representing the populations hardest hit by HIV and AIDS. Through a collaborative approach,

PACT Members assist in achieving the goals of the National HIV/AIDS Strategy for the United States (NHAS) by reducing new HIV infections, improving health outcomes for individuals living with HIV, and reducing HIV related disparities. PACT Members utilize their distinct viewpoints in creating a wide range of communication, mobilization and outreach. See <http://bit.ly/NHMA-AAA> and tap the CDC AAA Banner to join the campaign and be informed on basic information for your patients and community to talk about HIV prevention and treatment needs.

**Act against Aids Fact of the Month** – The CDC has great resources for health care providers to share with their patients. This handout provides pregnant women with a list and description of recommended tests all pregnant women should have, including the HIV test. Share this handout with your patients: <http://bit.ly/1test2lives-HIV>.

## Helpful Tests for You and Your Baby

**What do these tests involve?**  
A blood sample is taken from your arm.

**Will these tests harm me or my baby?**  
There are no risks associated with the test.


**Why do I need to have these tests?**  
Although you may not feel ill, if left undetected these infections can cause serious damage to you and your baby.

These tests are recommended to protect your health through early treatment and care and to greatly reduce any risk of passing on an infection to your baby, partner, or other family members.


**When will I get my results?**  
Results will usually be available and discussed with you at your next prenatal visit and recorded in your notes.

A health professional will contact you if you have a positive screening test result for HIV, syphilis, or hepatitis B to arrange appointments to discuss your results and refer you to specialist services.

When you're pregnant, it is important to take good care of yourself and protect the new life growing inside you. From following a healthy diet to getting prenatal care, you want to make sure you and your baby are as healthy as possible. As part of good prenatal care, health care professionals routinely recommend certain blood tests to pregnant women to detect infections and other diseases. The tests can help you to make choices about care or treatment during your pregnancy or after your baby is born.



TEST	What is it? Why is it important?
Blood Type and RH Factor	A person's blood type is either A, B, AB, or O. Every pregnant woman should know her blood type in case she needs blood when she is having her baby. Rh factor is either "negative" or "positive." If a mother is Rh negative and her baby is Rh positive, the mother's body can make proteins that may harm the baby's red blood cells. A woman who is Rh negative may need a special treatment to protect her baby.
CBC	CBC is a complete blood count. This test shows the kinds and numbers of cells in the blood. It gives general health information.
Hepatitis B	Hepatitis B is a virus that infects the liver. If a pregnant woman has hepatitis B, in most cases, her baby can get treatment at birth to prevent infection. There are also other forms of hepatitis. A pregnant woman may get tested for them, too.
HIV	HEV is a virus that weakens the body's defense against disease and can lead to AIDS. If a woman has HIV, she can pass it to her baby during pregnancy, during labor, or through breastfeeding. If an HIV infection is found before a woman gives birth, doctors can treat her with drugs that fight HEV. These drugs greatly reduce the risk of the baby being infected. The earlier in pregnancy that treatment begins, the smaller the chance that the baby will be infected with HIV.
Rubella (German Measles) Immunity	Rubella is a viral disease that causes a fever and rash. Rubella is usually mild in children and adults, but it is very contagious. If a pregnant woman gets rubella, it can cause severe problems for her baby. Many women have had a vaccine and are immune to (cannot get) rubella. Pregnant women who are not immune can get the vaccine after their baby is born to keep them from getting rubella in the future.
Syphilis	Syphilis is a bacterial disease. It may not cause symptoms at first, but can progress and harm many parts of the body. A pregnant woman who has syphilis can pass it to her baby. Treating syphilis early in the pregnancy is the best way to keep the baby from getting it. If left untreated, syphilis can cause serious health problems for the baby and the mother.



Get tested for HIV. For you and baby.

**TO LEARN MORE**  
If you would like to learn more about HIV screening, visit CDC's Get Tested Website at <http://gettested.cdc.gov/>.

You also can contact CDC-INFO.  
Online: <http://www.cdc.gov/dco/contactUs/Form>

Phone: 1-800-CDC-INFO (232-4636)  
1-888-232-6348 (TTY)  
English or Spanish  
Monday-Friday  
8:00 AM to 8:00 PM EST  
Your call is free and private.

Printed in the USA, September 2016.

## NHMA Non-Opioid Pain Therapies Project

NHMA has started a Non-Opioids Pain Therapies project because we believe that our communities should have the choice of a non-opioid option that are safe and clinically appropriate. Non-opioid therapies are particularly important for the treatment of postsurgical pain, as they can dramatically reduce or eliminate opioid consumption following surgery. It is estimated that nearly 3 million patients transition to persistent opioid use after surgery, contributing to the staggering loss of 115 Americans to this crisis every day (many who are minorities). We have signed on to letters of support, advocated to Members of Congress and provided comments on this issue to the Centers for Medicare and Medicaid Services.

If you are an NHMA Premier Member and would be interested in participating in advocating on this issue to Members of Congress or would like to be considered to speak on this issue at a public event, please contact Pedro Montenegro at [pmontenegro@nhmamd.org](mailto:pmontenegro@nhmamd.org).

## NHMA 2018/2019 Influenza Campaign

NHMA has kicked off the New Year with the start of our campaign to *Decrease the Impact of Seasonal Influenza on Hispanics!* The purpose of this campaign is to increase influenza vaccination rates among Hispanic adult patients. Our plan is to educate physicians with reminders and targeted information to include the influenza vaccinations to patients with diabetes and cardiovascular disease, who trust the physician and are regular patients. We have a toolkit made by our National Advisory Committee for healthcare providers to use. The toolkit will be available soon on our website: <https://www.nhmamd.org/nhma-influenza-campaign/>. We will also be showcasing our toolkit at the 2019 Hispanic Health Conference on April 12-14, 2019, [register here](#). Stay tuned for updates on our campaign on [Twitter](#) and [Facebook](#).

Below are the NHMA members that will serve on our National Advisory Committee for our campaign.

Diana Torres Burgos, MD, MPH – New York, NY

Katherine Flores, MD – Fresno, CA

Pilar Guerrero, MD – Chicago, IL

Pilar Ortega, MD – Chicago, IL

Diana Peña Gonzales, MPH, CHES – La Habra, CA

If you are interested in joining the National Advisory Committee or getting involved, please contact Pedro Montenegro, [pmontenegro@nhmamd.org](mailto:pmontenegro@nhmamd.org).

## Amgen Cardiovascular Campaign

NHMA is continuing our Cardiovascular Disease education campaign and focusing on increasing awareness among key policymakers, patient advocates and healthcare providers on the prevalence of high cholesterol in our communities and how, as the top risk factor of Cardiovascular Disease, should be looked at to lower the disease in the Hispanic community. We will be using our summit series recommendations to further expand on the need for increasing access to innovative therapies that could address this issue. Visit our [website](#) for our Summit Recommendations and for more resources!



National Hispanic Medical Association

SAVE THE DATE:

# High Cholesterol in Our Communities: Strategies For a Healthier Future

United States House of Representatives Rayburn House Office Building 2045  
February 28, 2019 12:00pm-1:00pm

RSVP by February 25, 2019  
[bit.ly/nhmaheart2019](http://bit.ly/nhmaheart2019)

powered by





## **The National Hispanic Pharmacists Association (NHPA)**

The NHHF has established the NHPA, a 501c3 nonprofit association, which will advocate for Hispanic health and increased Hispanics in pharmacy. NHHF will remain its fiscal agent and build the support for the new Board of Directors who will be meeting for its first meeting this fall. Thanks to the funders: CVS Health, Walmart, and PhRMA.

NHPA held its launch webinar on Wednesday, November 14, 2018! To watch the webinar, [click here](#). Please visit NHPA's website (<https://nhmafoundation.org/nhpa/>) for more information.

We are excited to announce the new National Hispanic Pharmacists Association Board of Directors:

### **María M. Hearns-Rivas, PharmD, APh, BCGP, CDE**

*President*

Ambulatory Care Clinical Pharmacist  
Kaiser Permanente Napa-Solano  
Vallejo, CA

### **Mark Diaz, MD**

*Secretary/Treasurer*

Chairman  
National Hispanic Health Foundation  
New York, NY

### **Christopher Alvarado, PharmD, RPh**

*Pharmacist*

HEB  
San Antonio, TX

### **Mayra Boitel, RPh**

*Vice President,*

Chief Merchant – Alternative Formats  
CVS Health  
Miami, FL

### **Carolyn Ha, PharmD**

Director, Policy and Research  
Pharmaceutical Research and  
Manufacturers of America (PhRMA)  
Washington, DC

### **Debbie Pereles, RPh**

Market Health & Wellness Director  
Small Formats – South Florida  
Walmart Stores, Inc.  
Coral Springs, FL

### **Elena Rios, MD, MSPH, FACP**

*President*

National Hispanic Health Foundation  
New York, NY

### **Lisa Marie A. Serrano-Eftychiou, PharmD**

Emergency Department Clinical Pharmacist  
Huntington Hospital  
Pasadena, CA



If you have any questions, contact Ben Melano ([bmelano@nhmamd.org](mailto:bmelano@nhmamd.org)).