

July 2018

July is Cord Blood Awareness Month

What is cord blood banking?

Cord blood banking is the preservation of newborn stem cells found in the blood of the umbilical cord and placenta. Cord blood banking includes the whole process from collection through storage of newborn stem cells for future medical purposes. Cord blood can be used to treat conditions such as leukemia, sickle cell anemia and other disorders that harm the immune system.

Cord Blood Collection Sites in Miami:

- [Jackson Memorial Hospital](#)
- [South Miami Hospital](#)

To learn more about cord blood banking [click here](#), and [here](#).

Sources: <https://parentsguidecordblood.org/en> and <https://www.omicsonline.org/umbilical-cord-blood-medical-waste-or-important-source-of-stem-cells-2161-0436.S2-005.php?aid=5630>

How do I bank newborn stem cells?

Parents who wish to donate cord blood are limited by whether there is a public bank that collects donations from the hospital or clinic where their baby will be born. Parents who wish to store cord blood and/or cord tissue for their family can find and compare private banks in their state. Family banks usually offer payment plans or insurance policies to lower the cost of cord blood banking. There is a cost associated with most private cord blood banking.



Summer's here...and so are the Mosquitos

Mosquitos cause more human suffering than any other organism on our planet. In fact, over one million people worldwide die from mosquito-borne diseases every year. Not only can mosquitoes carry diseases that affect humans, they also transmit several diseases and parasites that dogs and horses are very susceptible to. These include dog heartworm, West Nile virus (WNV) and Eastern equine encephalitis (EEE). Mosquito bites can cause severe skin irritation through an allergic reaction to the mosquito's saliva - this is what causes the red bump and itching. Mosquito vectored diseases include Zika, Dengue, Encephalitis and Yellow Fever.

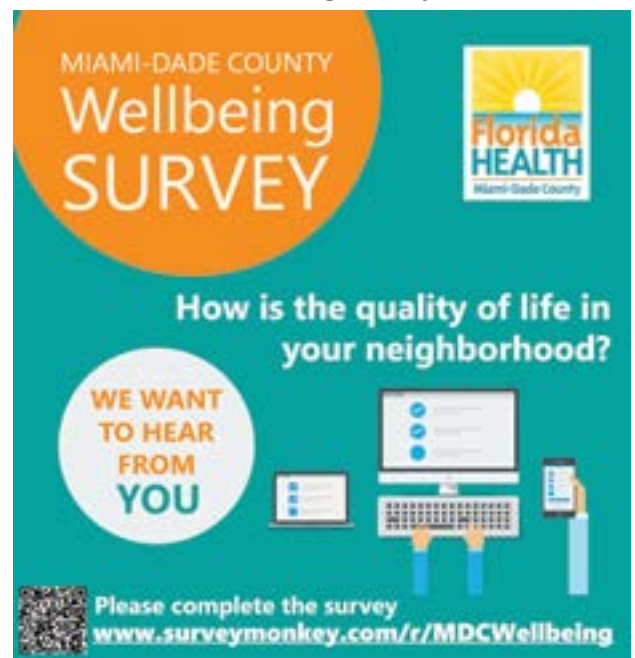
Check out the [FL-DOH Youtube Page](#) for useful videos on mosquito-borne diseases



Source: <https://www.mosquito.org/general/custom.asp?page=diseases>

We Want to Hear From YOU

[Click here](#) to take the Miami-Dade County Wellbeing Survey.



MIAMI-DADE COUNTY
Wellbeing
SURVEY

Florida
HEALTH
Florida's State of Health

How is the quality of life in
your neighborhood?

WE WANT
TO HEAR
FROM
YOU

Please complete the survey
www.surveymonkey.com/r/MDCWellbeing



Liberty City Health Center Testimony

"I first visited the [Liberty City clinic](#) over a year ago and my cholesterol, blood pressure, BMI, and blood sugar were all at elevated levels, marking me as "at-risk" for diabetes at only 27 years old. After taking to heart you and your staff's recommendations, I am happy to report that all my levels have been reduced and I have even lost 10lbs! I have eliminated sugary drinks, started exercising at least 30 minutes each weekday, and have totally transformed my diet. While it was difficult to adapt initially, the changes have become routine now and I am able to maintain a much healthier lifestyle due to the efforts and guidance of the Office of Community Health and Planning. Thank you!" – Zach O. (Client)



The Health and Wellness Center in Liberty City is located at:
2520 NW 75th St. Miami, FL 33147
Mondays 9:00 am-3:00 pm Select Saturdays 8:30 am-2:00 pm
305-278-0442

Happy 4th of July!

[Click here](#) to learn more about Firework Safety

Most Injured Body Parts



Source: <https://www.cpsc.gov/>

Join the Consortium For A Healthier Miami-Dade!

The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member and learn more visit our website www.healthymiamidade.org

Check out these useful ["Produce Storage Tips and Ideas for a Zero Waste Kitchen"](#) from our friends at [Hungry Harvest](#).



Events Calendar

July 2018

- 07/04 America's Birthday Bash at Bayfront Park | 10:00am-9:30pm | 301 N. Biscayne Blvd., Miami, FL 33132
<https://www.miamiscapes.com/miami-4th-of-july.html>
- 07/07 Studio E: The Epilepsy Art Program @ Found Art Academy | 10:00am-1:00pm | 10200 NW 25th St. suite 204 Doral, FL 33172 (In Spanish)
- 07/10 Health and the Built Environment Committee Meeting | 9:30am-11:00am | Don Soffer Clinical Research building, 1120 NW 14th St, Miami, FL 33136 (CRB1080)
- 07/29 Processional Arts Workshops at Vizcaya | 12:00pm-8:00pm | Vizcaya Museum and Gardens 3251 South Miami Avenue, Miami, FL 33129 | Contact: Rebecca Peterson: 305-860-8423 (July 28-July 31:Times Vary)
<http://vizcaya.org/paw-vizcaya.asp>

For a complete list of events Consortium Events [click here!](#)

Healthy Environment, Healthy Lifestyles, Healthy Community

