



BROWN MEDICINE

Insider

Summer 2022

Hydrate for Health



Did you know that nearly 75 percent of Americans are in a state of chronic dehydration?

Dehydration can happen at any age, but conditions can be particularly dangerous for infants, young children and older adults. People who lose a large amount of body fluid through sweat when exercising, and those with long-term health conditions like diabetes or alcoholism are particularly at risk. It's best to avoid drinking large amounts of caffeinated beverages and alcohol, and eating salty foods.

"For those with diabetes, hydrating with liquids such as milk and fruit juice will increase blood sugar significantly," said Dr. Stephen M. Scott with Brown Medicine's Division of Primary Care, Warwick. To avoid any complications, consider alternatives such as water, seltzers or sugar-free beverages.

The general rule of thumb is, if you are thirsty that means you are already dehydrated! Even mild dehydration can put stress on cognitive functioning causing foggy memory, irritability, lack of concentration, and anxiety.

The number one cause of mid-day fatigue is dehydration.

Although mild to moderate dehydration can be reversed by staying properly hydrated by drinking enough water and fluids to replace your electrolytes, more severe conditions need immediate medical treatment.

Why water?

Water is your body's principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive. Every day you lose water through your breath, perspiration, urine and bowel movements.

Every cell, tissue and organ in your body needs water to work properly. For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements

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HERE ARE SIGNS THAT YOU MAY BE DEHYDRATED:

- Thirst
- Less frequent urination
- Fatigue
- Dizziness
- Confusion
- Headache
- Dry skin
- Muscle cramps
- Low blood pressure
- Nausea

MONKEY POX

Brown Medicine infectious disease physicians remind the public to be aware of Monkey Pox symptoms, particularly the development of a rash with blisters filled with pus. The majority of cases are from skin-to-skin contact within the context of sexual relations so the general public should not be alarmed. If you have concerns, contact your Brown Medicine primary care provider.

COVID UPDATE

COVID is now treatable and preventable, and cases don't have the same degree of severe disease and illness as they once had. Public health officials are watching for emerging variants and working with the clinical sector for adequate testing and vaccine resources. In addition to vaccines, treatments like paxlovid are 90% effective in preventing severe disease, and the public is experiencing a degree of immunity from prior infection. Combined with case rates on the decline, Rhode Island is in a relatively good place as the world moves toward getting back to 'normal.'

Brown Medicine Awarded RI Free Clinic Founders' Award

Brown Medicine is the 2022 recipient of the Rhode Island Free Clinic's Founders' Award. The event will be held on October 12, 2022 to recognize Brown Medicine's commitment to healthcare access and ensuring vital care for vulnerable individuals throughout the state. Founded in 1999, the Rhode Island Free Clinic provides free, comprehensive medical care for uninsured, low-income adults. It serves as an educational training site for aspiring health care professionals who receive mentorship from the clinic's many board-certified volunteer medical practitioners.

Boots on the Ground for Heroes

This past Memorial Day weekend, Brown Medicine was once again a sponsor of Operation Stand Down RI's "Boots on the Ground for Heroes" display at Fort Adams in Newport. At this annual event, the ground is covered in combat boots adorned with flags and placards each with the name and photo of a fallen U.S. service member killed in action post 9-11 in the global war on terror.



Brown Medicine's Top Doctors

Each year, Rhode Island Monthly magazine asks licensed medical doctors and doctors of osteopathic medicine throughout the state to vote for physicians they would trust to care for their own family and friends. A third-party research firm then conducts an online ballot survey for collecting, vetting and tallying the votes. Rhode Island Monthly narrowed the list to doctors in the top 16% of vote getters who received at least nine votes in each category. The result is a list of the 244 best physicians in Rhode Island as voted by their peers, and 16 of them were from Brown Medicine.

Congratulations to the following Top Doctors:

James Butera – Hematology
Gerardo Carino – Critical Care
Kwame Dapaah-Afriyie – Hospitalist
Andrew T. Levinson – Critical Care
Warren E. Licht – Internal Medicine
John R. Lonks – Infectious Disease
Lynn McNicoll – Geriatric Medicine
Leonard A. Mermel – Infectious Disease

Richard Millman – Sleep Medicine
Nadia Mujahid – Geriatric Medicine
John L. Reagan – Hematology
Howard Safran – Oncology
Stuart T. Schwartz – Rheumatology
Katherine M. Sharkey – Sleep Medicine
Douglas Shemin – Nephrology
Tao Zheng – Allergy & Immunology

Employee of the Quarter



Sandra Bettencourt
Lead Medical Secretary
Endoscopy Center

Employee Appreciation Day

Brown Medicine celebrated Employee Appreciation Day on May 20, 2022 as a thank you for our employees' hard work and dedication throughout the year.



(L to R): Mayra Rivera – NP (Endocrinology), Maria Calzado – Social Worker (Geriatric & Palliative Care), Jaqueline Rowland – LPN (Endocrinology)



IT Department



Food trucks at the Brown Physicians Patient Center in East Providence



(L to R): Dr. Ronan Farrell – Gastroenterology
Dr. Edward Stulik – Primary Care
Dr. Louis Rice – President, Physician-in-Chief of Brown Medicine



Dr. Peter Hollman, Chief Medical Officer of Brown Medicine

Dr. Philip Chan's work on STI and HIV health



Dr. Philip Chan

Dr. Philip Chan has been working for many years studying HIV prevention and research to improve access to healthcare for patients throughout Rhode Island. In 2011, he started what is now the Sexually Transmitted Infections (STI) Clinic at The Miriam Hospital, offering sexual health education and counseling, HIV/STI testing and treatment, viral hepatitis screening, and pre-exposure prophylaxis (PrEP) which is a single pill taken once daily that prevents HIV infection.

In 2020, he and fellow Brown University Professor of Medicine Dr. Amy Nunn established Open Door Health, the first dedicated primary care and walk-in clinic in the state to provide sexual health care to members of the LGBTQ+ community. Dr. Chan serves as chief medical officer, in addition to his work as a medical director at the R.I. Department of Health and as associate professor in the Department of Medicine in Brown Medicine's Division of Infectious Diseases.

Dr. Chan was inspired to create Open Door Health based on his interactions with patients receiving HIV preventive care. "Many people feel more comfortable visiting clinics where their sexual orientation or gender identity wouldn't be questioned or judged," he states. "They would either travel to Boston or avoid the doctor altogether."

Open Door Health is located in an underserved neighborhood near the edge of upper South Providence and the West End which has below-average income levels and higher average rates of addiction, HIV, and sexually transmitted infections - a "hot spot" of the same public health issues that the clinic is trying to address.

During the COVID pandemic when many clinics were closed, Chan worked to develop an online testing website to provide even more access to STI testing (a collaboration between the Department of Health and Lifespan). "Patients still use the site to fill out a form that generates a lab slip to get blood work and specimens tested, bypassing clinics altogether to go directly to screening," he notes.

The Increase of STIs

Gonorrhea, chlamydia, and syphilis disease rates have gone up exponentially in the last 10 years. "Providers need to be aware that STIs are increasing and to routinely test patients when indicated," states Chan who notes that in 2006, the U.S. was on the verge of eliminating syphilis but it came 'roaring back' in the last 15 years especially among younger men and people with multiple sex partners. "Less condom use, changes in behaviors, and an intersecting syndemic of substance use which is really high in Rhode Island drives the uptick in STIs. Opioids and drugs like methamphetamine and alcohol can disinhibit a person more likely to have risky sex."

HIV Prevention

"We've done a remarkably good job since the peak of the HIV epidemic as cases have come down over time," states Chan. "To get to zero, which is our statewide goal, we need to remind people that the CDC, U.S. Preventive Task Force and clinical recommendations are for everyone to be tested for HIV at least once in a lifetime. Once people know their infection status, they can get on medications and become undetectable so they don't transmit to others. If we can get infected folks on meds, we can test and treat our way out of the epidemic."

Dr. Chan points out one of the successes in the state was led by former R.I. Department of Health Director Nicole Alexander-Scott. "The recommendation was for all pregnant women to be screened for HIV. Anyone who tested positive was put on medication. Once on medication, the infection cannot be transmitted to anyone else, including babies," Chan explains. "We can't remember when the last baby was born with HIV! This underscores the importance of screening everyone."

HIV medications are antiretrovirals which have come a long way. "It used to be a handful of pills multiple times a day, but now is just one pill once per day. Magic Johnson is an example of how well people with HIV under treatment can live a normal and healthy life. HIV is a chronic disease but it's also preventable and can be serious without medication," Chan concludes.



Pictured here is Brown University medical student Fernando Ibanhes, patient J.D. Crooks, and Brown Medicine's Dr. Philip Chan. Chan is mentoring Ibanhes in researching infectious diseases and providing care to the LGBTQ+ community.

For more information visit <https://odhpvd.org/> or call 401.648.4700 during clinic hours.

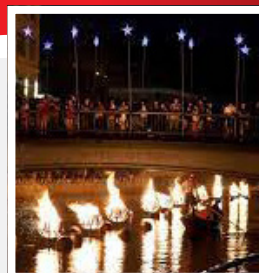
Photo Credits: Nick Dentamaro/Brown University

INSIDER CALENDAR

C is for Cure: RI Defeats Hep C

WaterFire
Waterplace Park,
Providence

July 30 at sunset (8:06 pm)



A special WaterFire lighting will be held to raise awareness and encourage people to get tested and cured of Hepatitis C, a viral infection that causes liver inflammation and damage.

Most people do not experience any symptoms, or only flu-like milder symptoms 6-12 weeks after infection. Left untreated, Hep C can lead to liver cancer, cirrhosis and even death. It's most often transmitted by sharing needles or other equipment to inject drugs and can also be transmitted during sex. People living with HIV are at higher risk.

RI Defeats Hep C is working to tackle the Hep C epidemic in the state and, hopefully, will be the first in the U.S. to eliminate this blood-borne virus. Testing is via blood sample. WaterFire helps to create exposure and awareness to start a conversation.

For more information visit:
<https://www.ridefeatshepc.com>.

- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Adults should be drinking plenty of fluids and eating foods high in water, like fruits and vegetables, throughout the day. Natural fruit juice is helpful as are drinks that replace electrolytes. Infants and small children should not be given large amounts of water because it can dilute the already low level of minerals in their body and lead to other problems. Instead, a rehydration solution available at pharmacies is best.

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is about 15.5 cups (124 oz) of fluids a day for men and about 11.5 cups (92 oz) of fluids a day for women.

These recommendations cover fluids from water, other beverages and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

Complications

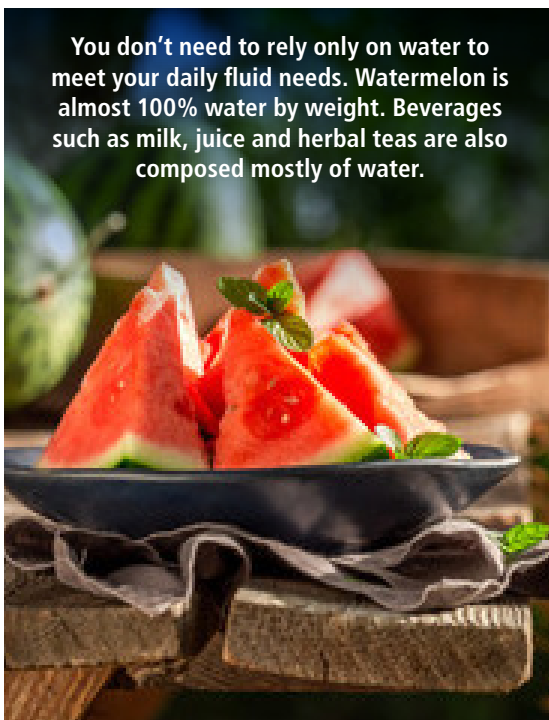
If left untreated, dehydration can result in complications like:

- Heat cramps, heat exhaustion, and heat stroke
- Urinary tract infections, kidney stones, and kidney failure
- Seizures from an imbalance of electrolytes
- Hypovolemic shock, which results from a drop in low blood pressure and a decline of the amount of oxygen in the body

Although dehydration is treatable, it can become severe. Seek medical treatment from your Brown Medicine provider if you:

- Have had diarrhea for 24 hours or more
- Are irritable or disoriented
- Can't keep down fluids
- Have a bloody or black stool
- Have not passed urine for eight hours
- Experience rapid heartbeat
- Have dizziness that doesn't go away after a few seconds after you stand up

Sources: Mayo Clinic, Medical Daily, dripdrops.com



RECIPES

Nothing feels better than having a cold and fruity drink in hand on a hot summer day. These mocktails are sure to keep you refreshed and hydrated all summer long.

BASIL, STRAWBERRY, AND WATERMELON COOLER

INGREDIENTS

- 2 cups finely chopped watermelon
- 250g strawberries, thinly sliced
- 1 cup coconut water, chilled
- 1 tbsp fresh basil, roughly chopped
- 3 cups sparkling mineral water, chilled
- Ice cubes, to serve
- Basil leaves, for garnish

INSTRUCTIONS

Using a food processor, mix watermelon and strawberries until smooth. Add the coconut water and chopped basil until well combined. Place mixture in a serving jug and top with sparkling water and ice. Serve topped with additional basil leaves.



BLACKBERRY AND GUAVA FIZZ

INGREDIENTS

- ½ cup fresh or frozen blackberries
- ½ cup guava juice, chilled
- 2 cups ginger beer, chilled
- 3 cups lemonade, chilled
- Crushed ice, to serve
- Thyme, for garnish

INSTRUCTIONS

Place the blackberries in a small bowl and use the back of a fork to crush. Strain through a fine strainer into a serving jug. Top with guava juice and stir to combine. Divide ice among serving glasses. Divide the blackberry/guava mixture evenly among the glasses then pour ginger beer and lemonade. Serve immediately garnished with fresh blackberries, raspberries, and thyme sprigs.



Source: www.taste.com

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