



Humana®

# Don't Quarantine Your Health!

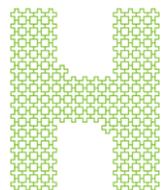
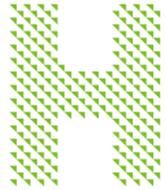
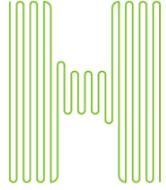


WOMEN INFLUENCING  
LOUISVILLE

2020 Fall Conference

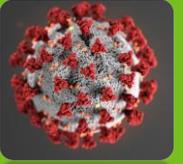


Z. Colette Edwards, MD MBA  
October 21, 2020



# Agenda

- 01 | Statistics
- 02 | Preventive Care During COVID-19
- 03 | Health Equity
- 04 | Health Disparities in Women
- 05 | Resources

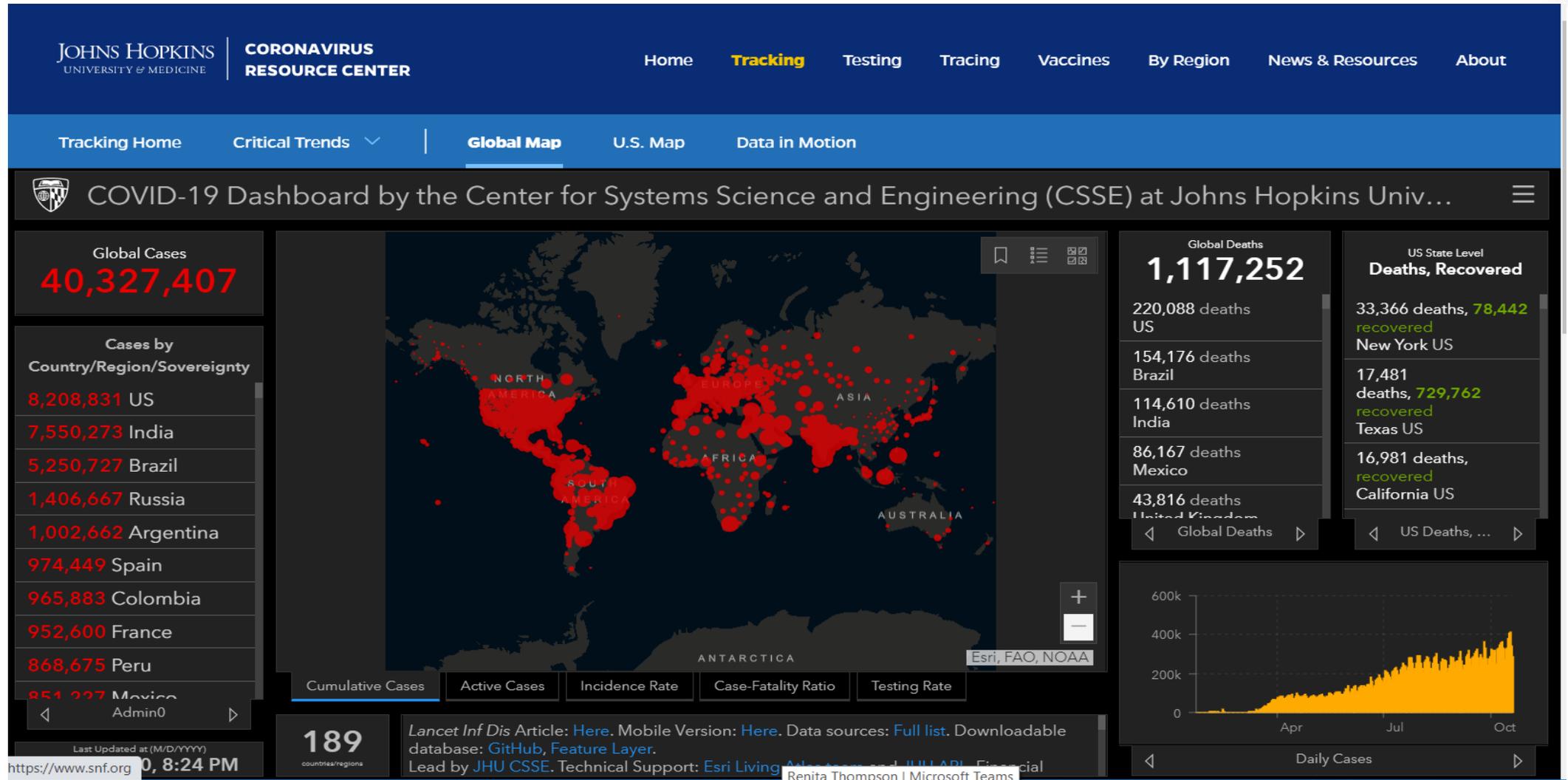
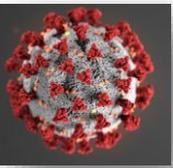


**Things are changing quickly.  
We learn something new every day.  
What we believe to be true today  
will not necessarily be what we  
believe to be true tomorrow.**

**You should take all precautions  
possible to avoid becoming infected  
with the novel coronavirus.**

# COVID-19 Statistics

**NOTE!** emerging G4 flu found in pigs in China with pandemic potential similar to H1N1 and current seasonal flu vaccines not effective



<https://coronavirus.jhu.edu/map.html>

Data has indicated the actual number of COVID infections in the U.S. is up to 10X higher than reported.

Preventive Care

Holistic and  
Person-Focused



Emotional and  
Mental Health



Physical Health



Self-Care



Preventive Care+  
Healthy Aging

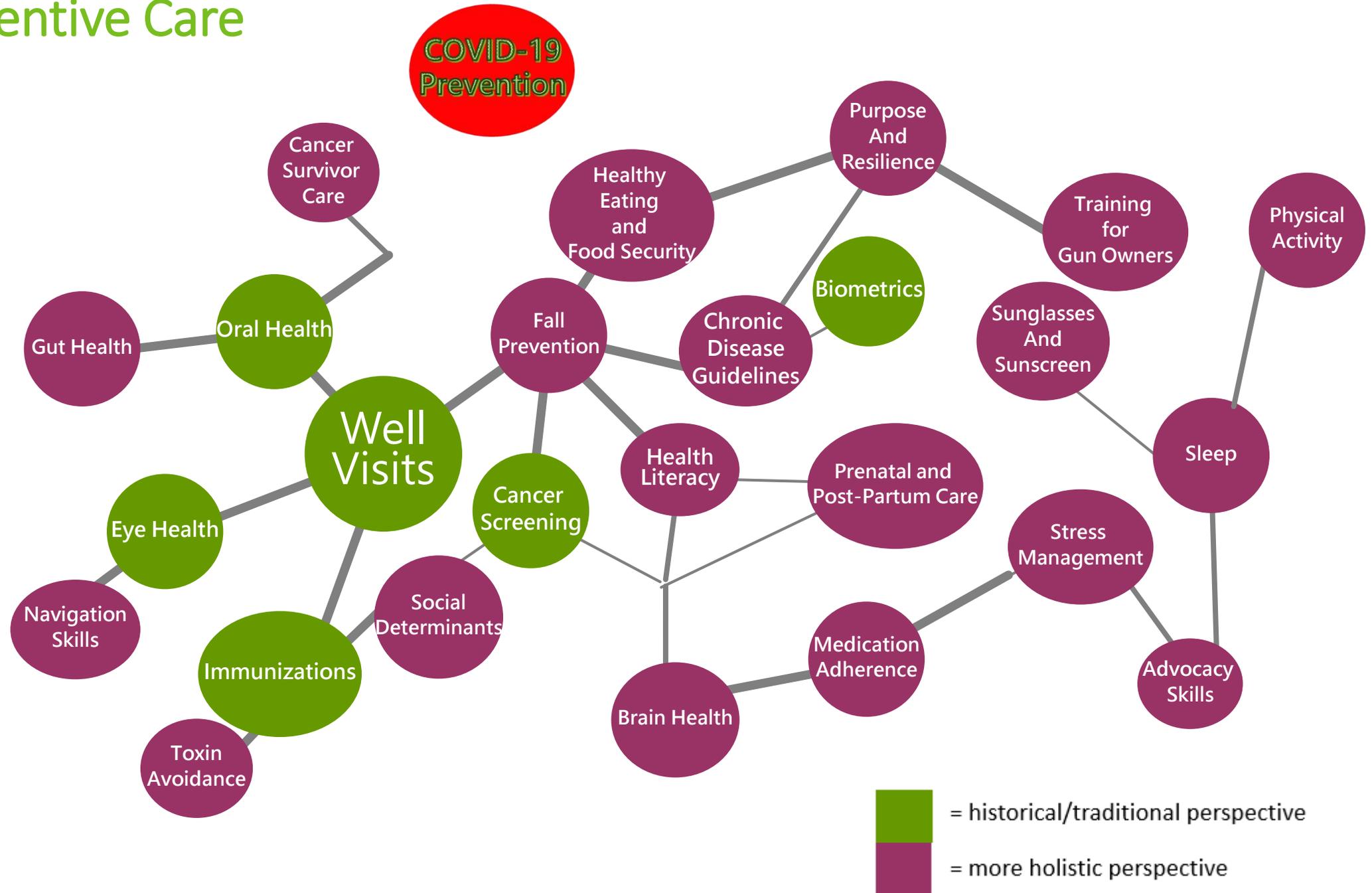


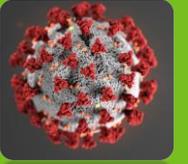
Health Equity



Preventive  
Care

# Preventive Care

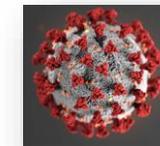




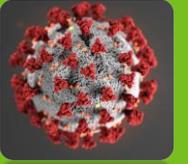
The Gates Foundation Goalkeepers Report (an annual report that tracks how the world is advancing on the United Nations' Sustainable Development Goals) states indicates:

COVID-19 has pushed 37 million people into extreme poverty (< \$1.90 per day) and set vaccinations back 25 years (globally).

# The Impact of COVID-19 in the U.S.



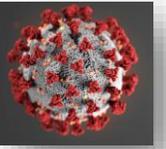
- Nationally in 2020 there has been a 40% drop in overall visits for preventive care services, including mammograms, PAP smears/HPV, colonoscopies, and immunizations. There has been a 46% drop in new cancer diagnoses, including a 52% decrease in breast cancer diagnoses and 49% drop in colon cancer diagnoses.
- There have also been situations where patients with symptoms consistent with a heart attack or stroke have waited to go to the ER for fear of contracting COVID-19.
- Depression is 3-fold higher during the COVID-19 pandemic than before; those at greater risk have lower income, less than \$5000 in savings, and exposure to more stressors. Anxiety is also greater as are alcohol abuse and other substance use disorders.
- Domestic violence has risen during the pandemic.
- Loneliness has also increased and been exacerbated during the pandemic.
- The novel coronavirus epidemic has dramatically exacerbated preexisting health disparities.



# Make Sure You Have a PCP!!

[Is Your OB-GYN the Only Doctor You See? Here's Why That's a Problem](#)

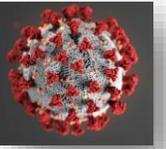
# Preventive Care in the Time of COVID-19



## Preventive Care During COVID-19:

- The “3 Ws”
  - Wear a mask.
  - Watch your distance.
  - Wash your hands (and masks and “outdoor” clothes).
- Make sure you have a PCP.
- Check with your PCP and other providers (e.g., OB-GYN, specialists) to determine the care you need and which can be delivered via telehealth vs. in-person.
- Use telehealth whenever possible.
- Call in advance to any healthcare setting to find out (1) the precautions they are taking to keep you safe from COVID-19 and (2) the steps required for you to utilize that setting, as preventive measures may vary, e.g., COVID-19 testing. At a minimum, expect to wear a mask, to social distance, to wash your hands, and to use sanitizer at a minimum.
- Know and be alert to health inequities which may be present.

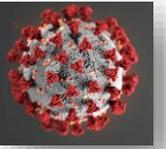
# Preventive Care in the Time of COVID-19



## General Preventive Care During COVID-19:

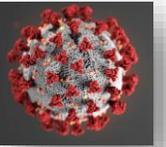
- Because of COVID-19, the following have never been more important:
  - immunizations; current COVID-19 surge overlaps with flu season
  - management of chronic conditions (e.g., obesity is one of the major risk factors for severe complications and death from COVID, those with hypertension and diabetes whose blood pressure and glucose levels are not under good control)
  - a healthy lifestyle to help support your immune system (healthy eating, physical activity, sleep, and stress management)
  - taking time for self-care and doing things you enjoy
  - taking time to connect with others
- Make sure to nurture your emotional/mental health. Do not hesitate to seek help! If your blood sugar were 500, you would feel the need to get help. Your emotional health is no different. And because emotional and physical health are intertwined, emotional distress may negatively impact your physical health.

# Preventive Care in the Time of COVID-19



- **Women's Reproductive Health | Pregnancy:**
  - Pregnant women are at greater risk of hospitalization, ICU admission, and the need to be on a ventilator than those who are not pregnant. Their mortality rate has **not** been found to be greater thus far.
  - Breast milk is thought to be an unlikely way to transmit COVID-19 in studies thus far. Masks should be worn during breastfeeding if the mother is suspected or confirmed to have COVID-19.
  - PCR testing is recommended for all neonates born to mothers with suspected or confirmed COVID-19, regardless of whether there are signs of infection in the neonate.
  - Patient Resources from ACOG
  - Prenatal Resources (not all may be available due to the nature of the resource)
  - OB-GYN FAQs – OB and OB-GYN FAQs – GYN
  - CDC: Pregnancy, Breastfeeding, and Caring for Newborns
  - CDC: Care for Breastfeeding Women
  - CDC: Evaluation and Management Considerations for Neonates At Risk for COVID-19

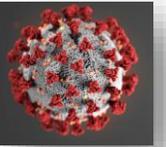
# Preventive Care in the Time of COVID-19



## ■ Eye Health:

- Consider wearing glasses if you normally wear contacts.
- Avoid rubbing your eyes.
- Consider wearing goggles or other eye protection if caring for a person who has been exposed or is infected.
- The CDC recommends wearing goggles when administering vaccines.
- Keep medication you take for your eyes, including drops, when you are making plans to ensure you have sufficient prescription RX on hand.
- Avoid rubbing your eyes.
- Remember conjunctivitis, excessive tearing, or eye secretions can be a symptom of COVID-19.
- Asymptomatic Patients May Leave COVID-19 Viral Material on Surfaces Following Eye Exams

# Preventive Care in the Time of COVID-19



## ■ Oral Health:

- Risk of aerosolization is high during dental procedures.
- Periodontal disease increases the risk of developing cardiovascular disease and premature delivery, and makes management of diabetes glucose levels more difficult.
- Wear goggles or other eye protection if a dental procedure must be performed.
- Maintain optimal oral health to help avoid problems:
  - brush teeth daily
  - use floss daily
  - avoid sugary drinks and foods
  - avoid use of tobacco products
  - add xylitol to your dental hygiene regimen (inhibits growth of bacteria that cause cavities)

# Health Equity



## What is health equity?

According to the CDC, [health equity](#) is achieved when every person has the opportunity to “attain his or her full health potential” and no one is “disadvantaged from achieving this potential because of social position or other socially determined circumstances.” Health inequities are reflected in differences in length of life; quality of life; rates of disease, disability, and death; severity of disease; and access to treatment.

The Robert Wood Johnson Foundation tells us equity is not the same as equality. To equalize opportunities, those with worse health and fewer resources need more efforts expended to improve their health.

Achieving health equity requires addressing issues related (1) health (il)literacy, (2) health disparities, (3) social determinants, and (4) cultural sensitivity/competency and matters around unconscious and implicit bias.

# Health Equity



- **HEALTH LITERACY** is the degree to which individuals can obtain, process, and understand basic health information and services to make appropriate health decisions. According to the American Medical Association, **poor health literacy is a stronger predictor of health than age, income, employment status, education or race.** Health literacy is also vitally important because of the role it plays in navigating the healthcare system and advocating for a loved one. **Health literacy is not the same as general literacy and reading skills.**
- **HEALTH DISPARITIES** are **a particular type of health difference closely linked with social, economic, and/or environmental disadvantages.** Health disparities adversely affect groups of people who have **systematically** experienced **greater obstacles** to health based on **racial/ethnic group, religion, socioeconomic status, gender or age, mental health, cognitive, sensory, or physical disability, sexual orientation and gender identity, and geographic location** or other characteristics historically linked to discrimination or exclusion.

# Health Equity



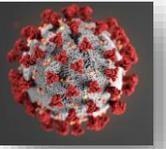
- **SOCIAL DETERMINANTS OF HEALTH (SDOH)** are the **conditions in which people are born, grow, live, play, work, and age**. The circumstances affect a wide range of health risks and outcomes. They are **shaped by the distribution of money, power, and resources at the global, national, and local levels**. Examples of SDOH include food insecurity and food deserts, socioeconomic status, the built environment, and access to clean water and safe housing.
- **CULTURAL SENSITIVITY** reflects “the **ability to be appropriately responsive to the attitudes, feelings, or circumstances of groups of people that share a common and distinctive racial, national, religious, linguistic, or cultural heritage**.” Being culturally sensitive **requires seeing each person as a unique individual**. Being culturally sensitive and attuned to and collaborative regarding a patient’s health beliefs and traditions

# Health Disparities in Women – A Few Examples



- **African American women** have a **pregnancy-related mortality** that is **3 – 4X greater** than non-Hispanic whites, *even when adjusted for education and socioeconomic status*.
- **Latinx and Native Americans/Alaska Native women** have **higher rates of cervical cancer** than women of other racial/ethnic groups.
- **Asian and Hispanic women** are more likely to be affected by **lupus** compared with white women.
- **Women of Asian descent** often develop **diabetes** at a **younger age** and **lower weight**.
- **Women in rural locations** experience **poorer health outcomes** and have **less access** to healthcare than urban women. They also experience more unintentional injury and motor vehicle-related deaths, cerebrovascular disease deaths, suicide, cigarette smoking, obesity, difficulty with basic actions or limitation of complex activities at higher rates than their urban counterparts.
- **Women** are also sometimes subjected to **negative outcomes related to incomplete or delayed evaluations** due to symptoms and complaints being attributed to stress, “**hormones,**” and **emotions** (much as seniors may experience with attribution to age).
- **Women** may be at **greater risk of SDOH** and **health disparities**, given a generally **lower socioeconomic status** and **pay inequity** in comparison to their male counterparts.

# Preventive Care in the Time of COVID-19



- [Clinical Preventive Services](#) | Healthy People 2020
- [Preventive Health](#) | PublicHealth
- [Women's Preventive Services Guidelines](#) | HRSA
- [Women's Health Initiative – 2020 Well Woman Chart](#) | ACP
- [Women's Health Resources](#) | ACOG
- [Women's Guide to Preventive Care](#) | AAFP
- [Coronavirus Checklist: How to Prepare for the Possibility You Could Get Very Sick](#) | Everyday Health
- [Advance Care Planning](#) | National Institute on Aging
- [Continuing Preventive Care During the COVID-19 Pandemic: Discussion of Recent ASPC Recommendations](#) | ACC
- [COVID-19 Interim Guidance: Return to Sports](#) | CDC
- [Vaccination Guidance During a Pandemic](#) | CDC
- [The 12 Best COVID-19 Prevention Strategies](#) | Yale Medicine