



UPCOMING EVENTS

1. Top Golf April 13, 2025, 5:30 PM to 8:30 PM, 1013 US Route 1 Edison NJ 08817
2. CMM Mission Trip Jamaica June 7th to 14th, 2025
3. Benefit Cruise – July 12th – flyers
4. Newark Health Fair (Date to be announced)
5. Mentorship program to mentor an undergraduate ODASIS student

Check the link is on CMM website, complete and submit the form. Dr. Natasha Telesford will contact you. [Mentorship Program - Caribbean Medical Mission](#)



ANNUAL GOLF FOR A CAUSE

A Spring Fundraising Event

EVENT DETAILS

CMM is renowned for its commitment to health and education providing resources and expertise in various medical fields. Embracing the motto "Our Endeavor is to serve those in need," CMM seeks collaboration opportunities with undergraduate students, focusing on increasing the success of underrepresented and/or economically disadvantaged students in STEM disciplines.

Donations \$75

No supercharge fees,

Non-refundable

All Inclusive

Buffet style with non-alcoholic beverages and cash bar

April 13th

5:30 PM to 8:30 PM

For ODASIS

- Networking
- Skill Development
- Guidance
- Mentorship

Visit us for details:

<https://cmmonj.org/>

Facebook: <https://www.facebook.com/Caribbeanmedicalmission>

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Top Golf

1013 US Route 1 Edison NJ 08817

501(c)(3)

March is dedicated to Nutrition, colorectal cancer, and HIV/AIDS.

March Health Insights.

Your Guide to Nutrition, Colorectal Cancer, and HIV/AIDS

Nutrition: Building Blocks of a Healthy Life

Nutrition plays a pivotal role in maintaining overall health and well-being. A balanced diet provides essential nutrients that help the body function properly and prevent various diseases. Key components of a nutritious diet include Proteins: Essential for growth, repair, and maintenance of body tissues.

1. Include lean meats, fish, eggs, beans, and nuts.
2. Carbohydrates: The body's main source of energy. opt for whole grains, fruits, and vegetables.

3. **Fats:** Necessary for absorbing vitamins and supporting cell function. Choose healthy fats like avocados, olive oil, and nuts.
4. **Vitamins and Minerals:** Support various bodily functions. Include a variety of fruits, vegetables, and fortified foods.
5. **Water:** Vital for hydration, digestion, and overall health. Aim for 8 glasses a day.

Eating a balanced diet rich in these nutrients can improve your energy levels, enhance mood, and boost immune function. Additionally, it can reduce the risk of chronic diseases such as diabetes, heart disease, and certain cancers.

Colorectal Cancer: Early Detection and Prevention

Colorectal cancer is a type of cancer that begins in the colon or rectum. It is one of the most common cancers worldwide but is highly preventable and treatable if detected early. Key information includes:

Risk Factors

Several factors can increase the risk of colorectal cancer:

1. **Age:** Most cases occur in people over 50.
2. **Family History:** A history of colorectal cancer or polyps increases risk.
3. **Diet:** High intake of red and processed meats can elevate risk.
4. **Lifestyle:** Lack of physical activity, smoking, and heavy alcohol consumption.
5. **Medical Conditions:** Inflammatory bowel disease, type 2 diabetes.

Symptoms

Early stages of colorectal cancer may not exhibit symptoms, making regular screenings vital. Symptoms can include:

1. Changes in bowel habits (diarrhea or constipation)
2. Blood in stool
3. Persistent abdominal discomfort
4. Unexplained weight loss
5. Fatigue and weakness

Prevention and Screening

Preventive measures and screenings are crucial in reducing colorectal cancer risk:

1. **Regular Screenings:** Colonoscopy every 10 years starting at age 50 (or earlier for high-risk individuals).
2. **Healthy Diet:** High in fruits, vegetables, and whole grains; low in red and processed meats.
3. **Physical Activity:** Regular exercise to maintain a healthy weight.
4. **Avoid Smoking and Limit Alcohol:** Both increase colorectal cancer risk.

HIV/AIDS: Understanding and Management

Human Immunodeficiency Virus (HIV) attacks the body's immune system, leading to Acquired Immunodeficiency Syndrome (AIDS) if untreated. With proper medical care, HIV can be controlled, and individuals can live long, healthy lives.

Transmission

1. HIV is transmitted through:
2. Unprotected sexual contact
3. Sharing needles or syringes

4. Blood transfusions (rare in countries with rigorous screening)
5. From mother to child during childbirth or breastfeeding

Symptoms

Early HIV symptoms resemble flu-like conditions, such as fever, sore throat, and fatigue. As the virus progresses, symptoms can include:

1. Swollen lymph nodes
2. Weight loss
3. Fever
4. Diarrhea
5. Cough

Without treatment, HIV can advance to AIDS, characterized by severe immune system damage leading to opportunistic infections and cancers.

Prevention

Preventive measures can significantly reduce the risk of HIV infection:

1. **Safe Sex Practices:** Use condoms and limit the number of sexual partners.
2. **Regular Testing:** Know your HIV status and that of your partner.
3. **Pre-exposure Prophylaxis (PrEP):** Medication for individuals at high risk of HIV.
4. **Post-exposure Prophylaxis (PEP):** Medication taken within 72 hours of potential exposure.
5. **Avoid Sharing Needles:** Use clean needles for injections.

Treatment

There is no cure for HIV, but it can be managed with antiretroviral therapy (ART)

1. **ART:** A combination of HIV medicines taken daily to control the virus and prevent transmission.
2. **Routine Medical Care:** Regular check-ups to monitor health and manage any complications.
3. **By staying informed and taking proactive steps,** individuals can protect themselves and others from HIV/AIDS, maintain their health, and lead fulfilling lives.

Stay healthy and informed!



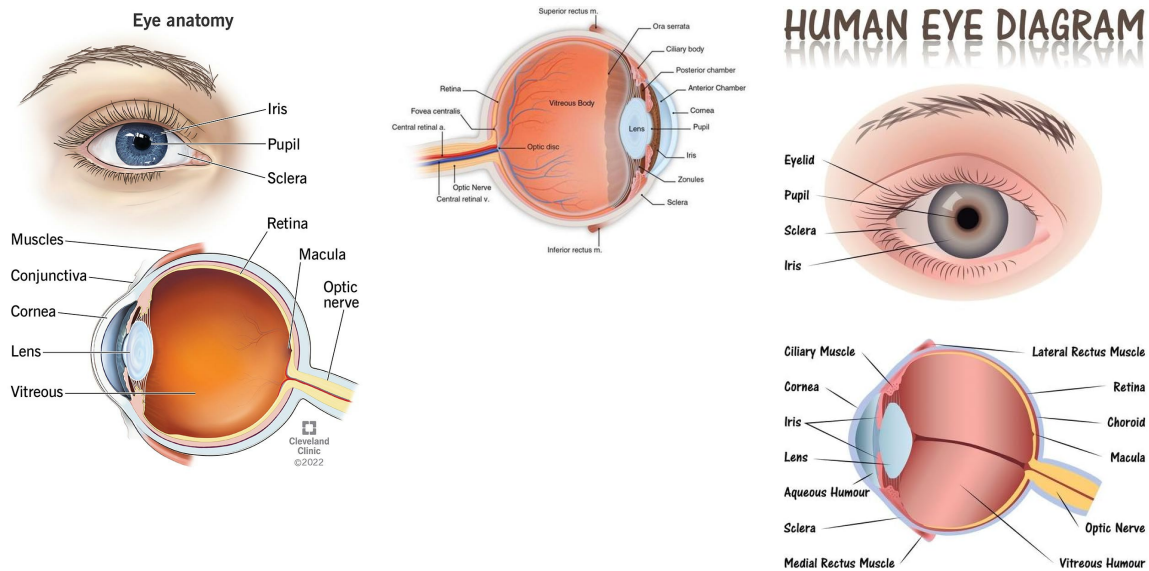
March is Save Your Sight Month Preserve Your Vision for a Lifetime

Joyce Lynch RN, CCHP.

Joyce is a long-standing member of the team. Her years of experience in the medical profession includes working at Northfield Manor and Parkway Manor Nursing Homes, Beth Israel and Chilton Hospital, and Director of Nursing Whitehouse Nursing Home. She entered correctional health in 2000 Prison Health Services starting as RN Staff Nurse to Health Services Administrator, then Regional Health Services Administrator at Community Educational Services, New Jersey. Moved to Florida where she worked as Regional Infection Control Coordinator for Corizon in Central Florida.

She is also an active member of the Guyana Medical Mission, Clermont Caribbean American Association of Lake County Florida, also volunteers with Ghana Aid for Medical Mission. Past member of Universal Medical Mission, and IHope Medical Mission, Areas served are Jamaica, Guyana, Dominican Republic, Haiti, Ghana, Belize, Kenya, St Vincent & the Grenadines.

Joyce is now retired and resides in Florida. She enjoys traveling, playing computer card games focuses on FreeCell, and spending time with family. Do not call her on Sundays if it is not urgent, this day is dedicated to family and her "ME" time.



Every year a month is dedicated to reminding and encourage us to pay close attention to our sight. We are reminded of the importance of eye health and the steps we can take to preserve our vision, a time dedicated to raising awareness about the critical role our eyes play in our daily lives and the measures we can implement to protect them. Vision is a precious gift, and taking proactive steps to safeguard it is essential.

The Importance of Eye Health.

Our eyes are our windows to the world, allowing us to experience the beauty of our surroundings and navigate through life with ease. Unfortunately, many people take their vision for granted until problems arise. Regular eye check-ups and adopting healthy habits can make a significant difference in maintaining good vision throughout our lives.

Common Eye Conditions.

There are several common eye conditions that can affect individuals of all ages:

1. Myopia (Nearsightedness): A condition where distant objects appear blurry while close objects are seen clearly.
2. Hyperopia (Farsightedness): A condition where close objects appear blurry while distant objects are seen clearly.

3. Astigmatism: A condition where the eye's curvature is irregular, causing blurred vision at all distances.
4. Presbyopia: An age-related condition where the eye's lens loses flexibility, making it difficult to focus on close objects.
5. Cataracts: A condition where the eye's lens becomes cloudy, leading to vision impairment and, if untreated, blindness.
6. Glaucoma: A group of eye conditions that damage the optic nerve, often due to high eye pressure, and can lead to vision loss.

Preventive Measures.

Adopting preventive measures can help safeguard your vision and reduce the risk of developing eye conditions. Here are some practical tips:

1. Regular Eye Exams: Schedule comprehensive eye exams at least once every two years, or more frequently if recommended by your eye care professional. Early detection of eye conditions can prevent further complications.
2. Healthy Diet: Eat a balanced diet rich in fruits, vegetables, and omega-3 fatty acids. Foods like carrots, spinach, kale, and fish are beneficial for eye health.
3. Protective Eyewear: Wear sunglasses that block 100% of UVA and UVB rays to protect your eyes from harmful ultraviolet radiation. Also, use safety goggles when engaging in activities that pose a risk of eye injury.
4. Limit Screen Time: Reduce eye strain by following the 20-20-20 rule: every 20 minutes, take a 20-second break and look at something twenty feet away. Adjust screen settings to reduce glare and use artificial tears if needed.
5. Quit Smoking: Smoking increases the risk of developing cataracts, macular degeneration, and other eye conditions. Quitting smoking can have a positive impact on your overall eye health.
6. Manage Chronic Conditions: Conditions such as diabetes and hypertension can adversely affect eye health. Proper management of these conditions can help prevent complications like diabetic retinopathy and hypertensive retinopathy.

When to Seek Professional Help.

It is essential to recognize the signs that indicate you should seek professional eye care. If you experience any of the following symptoms, schedule an appointment with your eye care provider:

1. Sudden vision changes or loss
2. Persistent eye pain or discomfort
3. Redness, swelling, or discharge from the eyes.
4. Floaters or flashes of light in your vision
5. Difficulty adjusting to light or dark environments.

Conclusion.

Save Your Sight Month serves as an important reminder of the value of our vision and the steps we can take to protect it. By staying informed, adopting healthy habits, and seeking regular eye care, we can ensure that our eyes remain healthy, and our vision stays clear for years to come. Take this opportunity to prioritize your eye health and encourage those around you to do the same. Your eyes will thank you for it.

BE AWARE OF: Swindles, scams and phishing.

There has been a significant rise in social media scams, we must be aware of deceptive ads, shady listings and fake profiles in groups.

Avoid sellers who require certain forms of payment, these payment types do not have purchase protection. Paying scammers means losing your money

for good. Frequently used to scam are: Cash, Checks, Crypto, Gift Cards, Wire Transfers, Zelle

TIPS: to stay safe from Swindles scams and phishing:

Be cautious if the email:

1. Doesn't use your full name and has a generic greeting.
2. Has incorrect logos, design or looks strange.
3. Contains suspicious website links.
4. Includes attachments and software.
5. Be wary of false urgency.

Scams often create a false sense of urgency. If in doubt

1. Log in to your bank or PayPal account to check for urgent messages or notifications.
2. Look out for offers that seem too good to be true.
3. Scammers may use false promises like money in exchange for a favor, lottery wins, or unsolicited job offers.
4. Never provide personal, credit card or account information via email, text or phone.

Always log in at bank or [PayPal.com](https://www.paypal.com) to update your personal information, including your full name, credit and debit card numbers, bank account numbers, your driver's license number, email, and password.

**CMM 2024 AD JOURNAL.
PLEASE REVIEW AND SUPPORT OUR SPONSORS.**

<https://cmmonj.org/events/ad-journals>

**THINKING ABOUT CHANGING EMAIL ADDRESSES AND/OR PHONE NUMBER?
PLEASE BE SURE TO GIVE US YOUR NEW ONE, SO WE CAN CONTINUE TO
UPDATE YOU!**



**YOUR DONATION IS
TAX DEDUCTION.**

**WHAT IMPACT WILL YOUR DONATION
HAVE.**

- Send health and hope to families around the world.
- Your gift can make a lifesaving impact!
- Help deliver training, medicines, and supplies where they're needed most, from the Caribbean to Africa and beyond.

[Donate to make a difference](#)

CMM General Meetings are held.
Monthly on the 4th Wednesday at 8:00 PM.

Monthly on Wednesdays

March 26, 2025
April 23, 2025
May 28, 2025
June 25, 2025
July 23, 2025, Vacation.
August 27, 2025, Vacation.
September 24, 2025
October 22, 2025
November 26, 2025, Holiday.
December 24, 2025, Holiday

MEMBERSHIP UPDATE. EFFECTIVELY 2025

Membership dues will run on the calendar year

January 01 to December 31, 2025

Please plan to pay your membership dues by March 31, 2025

Caribbean Medical Mission Membership (zeffy.com)

Physician = \$100.00. Non-Physician = \$50.00

Happy Birthday to everyone celebrating Birthdays, Weddings or work Anniversaries, and Special Life Events.

Reach out to Members, Family, and Friends you do not hear from, make that phone just to say hello, it will a long way, we never know what someone is going through, a simple call can lift someone out of depression. Words from someone who experienced it.

DO YOU HAVE SOMEONE YOU WANT TO RECOGNIZE?

Let us know each month.

Make a difference.

VISIT OUR BLOGS.

Our members and volunteers submit articles which are posted on the website. Please support their work [Blog - Caribbean Medical Mission \(\[cmmonj.org\]\(http://cmmonj.org\)\)](#)

Our Mission

We provide accessible health care to communities in need in the United States, the Caribbean, as well as other parts of the world. Founded in 1996, CMM is a state registered non-profit organization that provides health care and medical resources to communities in need. Our team of physicians, nurses, and business people work to address public health challenges through various initiatives.

BIRTHDAYS.

March.

3/3 Nadine Mackay
3/4 Carl Scott
3/7 Natasha Telesford
3/7 Linda Nworie

APRIL.

4/6 Gregory Glover
4/19 Kermith Lawrence

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