



STATE OF MARYLAND

DHMH PRESS RELEASE

Maryland Department of Health and Mental Hygiene

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FOR IMMEDIATE RELEASE

Make Sure Your Loved Ones Get A Checkup

DHMH reminds Marylanders to help those who can't help themselves

BALTIMORE, MD (September 28, 2005) -- Now that summer has turned into fall, many people begin to prepare for cooler weather and the coughs and sniffles that sometimes go with it. But not everyone can do that by themselves.

“There are many people who live alone or are elderly who cannot get to a doctor, said S. Anthony McCann, Secretary of the Department of Health and Mental Hygiene (DHMH). “Now is the time to reach out to those people and make sure they are getting the medical care that they need.”

During a recent ceremony to recognize ‘Take a Loved One for a Checkup Day,’ Secretary McCann noted that sometimes this help may be as simple as making an appointment for them. It may involve transportation. It may mean sitting with them when they get their flu vaccination. Or you may have to convince them to get that annual exam that isn’t really as bad as they think.

The event was spear headed by the department’s Office of Minority Health and Health Disparities and was designed to focus on a number of health issues that affect minority populations more than others.

Topics ranged from chronic conditions such as diabetes to the types of cancer that can be prevented by avoiding use of tobacco products. The importance of prenatal care to help curb infant mortality was highlighted. Exhibitors distributed materials on HIV, asthma, diabetes, hypertension and other diseases.

The Department also partnered with a number of organizations to promote the event. These include Maryland General Hospital and Associated Black Charities in Baltimore City, Bethel AME Church in Kent County, Holy Cross Hospital in Montgomery County, Brothers United Who Dare to Care in Washington County, and local health departments in Baltimore City and Frederick and Kent Counties.

“Take a Loved One For a Checkup Day” is a national campaign initiated by the U.S. Department of Health and Human Services that focuses on health gaps between racial and ethnic minorities. It was first launched in November 2001 as “Take a Loved One to the Doctor Day.” The campaign is held annually on the third Tuesday in the month of September.

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