

**FREE CLINIC  
OF THE NRV**

**SPECIAL  
POINTS OF  
INTEREST:**

- Health Care Reform
- Alcoholism
- World Health Day
- Blacksburg Highlights
- Relay For Life
- Health Department Services— STD clinic

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# Free Clinic of the New River Valley

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## How Will Health Care Reform Affect You?

Many people have been talking about the recent health care bill ready to be signed by President Obama, but few know how it is actually going to affect them. The President praises the benefits of the bill.

According to the government's official health care reform website, health reform will help control rising costs of health care, guarantee you your choice of doctor and provide high-quality, affordable health care to all Americans. The government believes that reform will protect families from bankruptcy or debt because of health care costs, aid in prevention of diseases and overall wellness, improve patient safety and quality of care, maintain

coverage when you change or lose your job, and provide coverage to people with pre-existing medical conditions.

Under the new re-

form, people who currently do not have health insurance will have access to new insurance choices, receive tax credits to help afford cover-

age if needed and get protection from insurance company abuses such as denying health care to those with pre-existing conditions. There will be limits on how much you will have to pay to receive health insurance coverage. Those with lower income levels will receive tax credits, or deductions that you can subtract from your income taxes which will help pay for coverage. Additionally, insurance companies will not be allowed to raise insurance rates or drop someone from coverage if they get sick.



**Many are hopeful about the new reform**

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## Relay For Life 2010

On April 9, Virginia Tech will hold its ninth annual Relay For Life. Relay For Life is an event sponsored by the American Cancer Society each year. It gives people the ability across the world to celebrate the lives of those

who have battled cancer, remember loved ones that have been lost to cancer and a chance to fight against the disease. Although some events can last up to 24 hours, Virginia Tech's Relay For Life is a 12-hour walk to

join the fight against cancer.

The Virginia Tech Relay is one of over 500 Collegiate Relays held in the nation. Teams camp out on the Drillfield and take turns walking the track during the 12-hour event.

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World Health Organization

## World Health Day 2010

World Health Day, put on by the World Health Organization (WHO), will be celebrated this year on April 7 and will focus on a global movement to make cities healthier. The campaign slogan "1000 cities, 1000 lives" highlights the goal of the project to focus on urbanization and health. Events will be held worldwide calling upon cities to open up their streets for health activities.

The slogan was designed to encourage many cities to participate, and to collect 1000 stories from people who have championed urban health by taking action and having a significant impact in their cities. The WHO encourages all cities to participate in the event to host fun health-oriented activities and to promote awareness. Cities can participate by sponsoring a run or a walk, setting up exercise classes

in the park, supporting local businesses, create cycling paths, and holding music festivals.

The first World Health Day occurred in 1950 to celebrate the founding of the WHO. Since then, World Health Day has been celebrated every year on April 7. A different theme is selected each year that highlights an area of concern for the WHO.

### Major Dates for the reform after bill goes into effect:

- **90 days:** those with pre-existing conditions will be covered
- **6 months:** Insurers cannot drop people for being sick; children are allowed to stay on parents coverage until 26
- **By 2019:** Insurance expanded to 32 million people

## Health Care, continued

Another major change in reform allows children to stay on their parents' health care plans until they are 26 years old.

Until this new reform kicks-in, there are many resources available to those who are uninsured in the New River Valley. For example, the Free Clinic sees anyone without insur-

ance who is under the poverty guideline level. Other resources include Mental Health America of the New River Valley Inc., located on at 303 Church St in Blacksburg (540.951.4990), Planned Parenthood located at 700-J on North Main Street in Blacksburg (540.951.5184) and the Montgomery County Health Department located

behind the Free Clinic at 210 Pepper Street in Christiansburg (540.381.7100).

For more information regarding health care reform, visit [www.healthreform.gov](http://www.healthreform.gov) or [www.whitehouse.gov/Issues/health-care](http://www.whitehouse.gov/Issues/health-care).

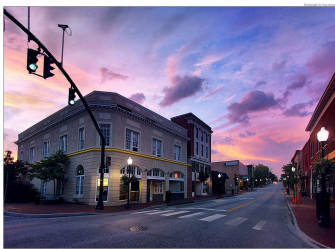
## Spotlight on Blacksburg

Blacksburg is a bustling town consisting of about 90,000 people. Home to Virginia Tech, Blacksburg consists mainly of college students and young adults. With over 27,000 students, Virginia Tech brings students from all over the

United States, and even from over 75 different countries. Ideally located between the Blue Ridge and Allegheny mountains, Blacksburg is in the heart of the New River Valley. It is no doubt that Blacksburg is a diverse town. The town

itself presents award-winning services, a reasonable cost of living, safety, a moderate climate, and abundant leisure activities.

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SUNDAY MORNING IN BLACKSBURG

**Early Sunday morning in downtown Blacksburg**

# Relay, continued



**Virginia Tech's Drillfield lit up during Relay for Life**

Some of the traditions followed at Relay are the Survivors Lap where survivors are invited to circle the track together to celebrate their victories over

cancer; the Luminaria Ceremony where those who have been lost or affected by cancer are honored by lighting candles inside bags filled with sand; and the Fight Back Ceremony where the Relay participants make a personal commitment to fight against cancer such as quitting smoking, getting tested

or talking to elected officials about fighting cancer.

The event starts at 6 p.m. on Friday April 9<sup>th</sup>, rain or shine, with the Survivors Lap and ends at 6 a.m. on Saturday April 10<sup>th</sup> with closing ceremonies. Participants will be entertained with performances from live bands, talent competitions, group exercise classes, wing-eating contest and line dancing.

### The fight against breast cancer:

- In 2006, 191,140 women were diagnosed with breast cancer
- Despite what the government said last November, women in their 40s should still get mammograms
- It is recommended to get a mammogram every two years starting at 40

# Blacksburg, continued

Blacksburg offers unique culture through weekly and sometimes biweekly farmer's markets, the Lyric Theater, the Armory Arts Gallery, Historic Smithfield Plantation, the Huckleberry Trail and the Hahn Horticulture Garden at Virginia Tech.

Upcoming events include the Market Square Park Grand Opening on April 10<sup>th</sup>, the International Street Fair also on April 10<sup>th</sup>, Starbucks Walk to Read Literacy Event on April 11<sup>th</sup> and Blacksburg Fork and Cork Food, Wine and Art Festival on May 1<sup>st</sup>.

For more information on upcoming events, visit [www.blacksburg.va.us](http://www.blacksburg.va.us) and click on the Calendar tab under 'Living.'

# Alcohol Awareness

Alcohol abuse is a problem that is increasingly affecting more Americans every year. From our youth bingeing, or drinking more than 5 alcoholic drinks in one night, at parties to senior citizens drinking due to loneliness, alcohol abuse increases every year and the consequences are becoming worse.

Alcoholism is the act of consuming alcoholic beverages at a rate that interferes with physical and mental health, and social, family or job responsibilities. It is a type of drug addiction

that can affect people at almost any age. Research shows that there are certain genes that can be passed down from the parents that put the child at risk for pre-alcoholism.

Many people are unaware of the negative side effects that affect alcoholics. These side effects include conflict in relationships, depression, low self-esteem, and constant need for alcohol as anxiety relief. Bingeing often can also lead to memory loss, or blackouts, car crashes, and overdosing. Excessive drinking over a long period

of time can lead to cancer, liver damage, brain damage, high blood pressure, and ulcers.

Another big issue is drinking while pregnant, which puts the growing baby at a huge risk for developing fetal alcohol syndrome. This condition develops due to the alcohol easily passing to the baby, potentially harming the baby's development. Symptoms include poor growth while

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### **Over the Limit: How Many Drinks Put You Over the Legal Driving Law (.08 BAC)**

- 3 drinks per hour for a female weighing under 140 lbs
- 4 drinks per hour for a female weighing 145-190 lbs
- 5 drinks per hour for a male weighing 155-195 lbs
- 6 drinks per hour for a male weighing 200-230 lbs
- 7 drinks per hour for a male weighing 230-275 lbs
- 8 drinks per hour for a male weighing 275-310 lbs



### Free Clinic of the NRV

NRV Free Clinic  
215 Roanoke St.  
Christiansburg, VA 24073

Phone: 540-381-0820  
Fax: 540-382-3391

**Working to build a healthier community**

It's hard to find a job that offers insurance these days. And insurance is expensive if you have to pay for it yourself - too expensive for a lot of families in our area. Still, no one can afford to be without health care, and that's why we're here.

The Free Clinic is a medical facility for adult residents of the New River Valley who are uninsured and are low-income. Our program provides medical and dental care as well as pharmacy services to eligible patients living in Montgomery, Floyd, Pulaski, and Giles counties and the City of Radford.

Our health care services are provided by more than 450 physicians, nurse practitioners, nurses, specialists, dentists and local citizens who volunteer their time at the Free Clinic. We coordinate our services through relationships with the area hospitals, pharmacies, physician specialty offices and outpatient facilities.

**Visit us online! [nrvfreeclinic.org](http://nrvfreeclinic.org)**

twitter



We have a Twitter! Follow us at <http://twitter.com/nrvfreeclinic>

## Think You Have an STD?

### Get tested!

Montgomery County Health Department holds an STD testing clinic on Wednesdays from 1-3 pm by appointment.

To make an appointment call 540.381.7100

Montgomery County Health Department is located at 210 Pepper Street in Christiansburg.

## Alcohol, continued

baby is in the womb and after birth, decreased muscle tone and poor coordination, delayed development and functional problems involving thinking, speech, movement or social skills, heart defects or structural problems.

Alcoholism can be tough to identify. If you think you may be affected by it, ask yourself the following questions: have you ever felt you drink too much? Have people been annoyed by your drinking? Have you ever felt guilty about your drinking habits? Is having a drink the last thing you do before you go to bed or the first thing you do in the morning? Answering "yes" might

mean that you have an alcohol abuse problem.

Breaking the addiction is probably the hardest part. However, getting help is the first step in treating your alcohol problem. Many programs have proven effective for treatment through their use of counseling and treatment. Alcoholics Anonymous is a group of people who share their experiences in hopes of solving the common problem of recovering from alcoholism. The group is free to join; the only requirement is a desire to stop drinking. The closest group that meets is at 300 Roanoke St in Christiansburg. They can be contacted via telephone at



(540) 381-8100.

Another resource to use would be the Substance Abuse Services of NRV, provided by New River Valley Community Services. They have an office in Floyd and can be contacted via telephone at (540) 745-2047. If you think you or someone you know has a problem with alcohol abuse, do not hesitate to contact the above resources.