

2020 HEALTH FAIR BOOTHS

Alcohol Awareness *presented by Gaby Alejo and Brittany Turner*

“The purpose of this booth is to educate the community on responsible drinking and the dangers of excessive drinking.”

Bike Safety

“The purpose of this booth is to educate the public about the importance of bicycle safety. We will encourage people to inspect their bikes before use, wear helmets and reflective clothing, attach lights to their bikes, follow traffic rules, and use hand signals on the road. We will also have an interactive activity where we will be providing people with helmets — children and adults will be taught how to wear a properly-fitted helmet, and children will get stickers to decorate their helmets.”

Blood Pressure Screening Booth *presented by Rohan Kanade and Anishka Kappalayil*

“High blood pressure is one of the most important causes of cardiovascular disease and is often not detected until it is too late. This booth will help you develop your skills in checking blood pressure while educating an underserved population about the importance of monitoring and maintaining a healthy blood pressure. We are looking for Spanish speakers to help us run this booth as a large portion of our visitors will be Spanish speaking. We will be working closely with the Cholesterol and Diabetes groups in order to streamline the screening process. After the screening, visitors will enter a separate education room where our volunteers will also be assisting in education and answering any questions.”

BMI *presented by Ahana Yogesh and Ajay Narayanan*

“At the BMI booth, we will be measuring your Body Mass Index, or BMI. BMI is an important measure of body fat. People with higher BMIs are at an increased risk for diseases like diabetes and heart disease.”

Breast Cancer Awareness and Mammograms *presented by Caroline Murchison*

“This booth will provide women education on breast cancer and screening methods. Women will learn how to perform a self-exam, identify signs of breast cancer, and learn about suggested timing of mammograms.”

Breathing Through a Straw *presented by Akinjide Onifade and Brandon Everett*

“Our objective is to provide information on how asthma develops and lead to symptoms with a simple explanation and interactive demonstration. In addition, we will give information on triggers, symptoms and management of asthma.”

Car Safety *presented by Trey Cinclair, Ali Khurram, and Ravi Singh*

“Come compete against your friends in Mario Kart while learning about the importance of safe driving! We aim to educate parents and children on the benefits of proper seat belt and car seat usage through this fun and interactive experience.”

Cervical Cancer *presented by Courtney Newman and Madeline Sparks*

“This booth will provide education on the causes, screening measures, and prevention of cervical cancer. We will have interactive objects to help explain the pap smear process.”

Cholesterol Education *presented by Teddy Hauptmann and Paul Gudmundsson*

“Our booth will educate on what can cause high cholesterol, the negative effects of high cholesterol, and how to prevent high cholesterol levels.”

Cholesterol Screenings *presented by Laila Abbas and Ahneesh Mohanty*

“Elevated blood cholesterol is a risk factor for heart disease, heart attack, and stroke and can often be managed by diet and exercise. Come and get screened to know your risk!”

Colon Cancer Awareness and Information *presented by Hank and Malvika*

“Our booth will use a poster, flyers, and interactive demonstrations to provide information about what colon cancer is, its prevalence and risks, and how to screen for it.”

Concussions *presented by Won Jae Jeong and Tri Pham*

“The purpose of our booth is to provide interactive and educational experiences about concussions that people of all ages can engage in and enjoy. Through simulative activities, we aim to teach the pathophysiology, various signs and symptoms, and acute management of concussions.”

CPR *presented by Lauren Day and Seth Bohman*

“This booth will teach 2-step CPR that any person will be able to administer. The steps are simple! Step 1 is to call 911, and step 2 is to give compressions to a depth of at least 2 inches for an adult. Make sure compressions aren’t stopped until help arrives!”

Development of Your Child *presented by Devin Shah and Priya Chelliah*

“Your child’s development is really important for their future growth and health. Come visit our booth to learn about key milestones, positive parenting tips, and some wonderful resources!”

Diabetes *presented by Angela Zhang and Jackson Agraz*

“This screening booth will be checking fasting blood glucose levels of the adult participants of the fair. For a lot of attendees, this might be their only annual check of their blood glucose levels. We will educate participants on what their blood sugar levels mean while we are screening them. Then, we will direct them to the education area where they can learn more about diabetes and how best to control their blood sugar levels to stay healthy.”

Eating Plant-Based *presented by Céline Karam and Daileen Rodriguez*

“This does not mean vegan! Learn how to eat more plants to better your health!”

ENT Safari *presented by Swathi Rayasam, Lindsey Nguyen, and Stephany Kim*

“In this booth, we will be using a trifold poster and various models/activities (using painting, an otoscope, etc) to present some main diseases associated with the ear, nose, throat. Our booth will also be jungle themed with a rabbit, elephant, and giraffe to represent ENT.”

Fad Diets or Bad Diets? *presented by Ana Vielledent and Dee Anna Guillon*

“This booth will contrast one fad diet with one good diet. The booth will show the short term and long term benefits of both, as well as the health impacts of each.”

First Aid *presented by Claire Anne Abijay, Lin Guo, and Brenda Zhou*

“Our booth aims to teach families the basics of first aid by demonstrating how to respond to severe allergic reactions, choking, and common musculoskeletal injuries. We will also show how to create a first aid kit.”

Flaming Hot Fun *presented by Alfarooq El-Eishy and Shreya Kondle*

“Our goal is to make an exciting and interactive station for families to learn proper safety habits and techniques. We will have fun activities like the tunnel crawl for children to learn the skills necessary to stay safe in case of an unexpected fire. Additionally, we will have worksheets for interested families to take home.”

Fragile Bones *presented by Roberto Gonzalez and Ishwar Chuckaree*

“We will provide an overview of what osteoporosis is, things that can contribute to the development of osteoporosis, and ways to combat osteoporosis onset.”

Habits for a Healthy Heart *presented by Amani Ramiz, Charles Liu, and Virginia Wang*

“The booth will state how habits can promote a healthier heart for all ages – and how even small changes can make a big impact. There will also be a game with prizes to test your knowledge on heart health.”

Handwashing *presented by Alice Gao and Aparna Panatpur*

“Did you know that 97% of the time people do not wash their hands correctly? Washing your hands helps to prevent the spread of germs and protect you from countless infections. Come and see if you are using proper hand washing techniques and learn more about its benefits. Answer trivia questions and get free candy! We will be giving out travel-sized hand sanitizer to those who visit this booth!”

Health Literacy *presented by Kesley Craker and Megin Parayil*

“The Health Literacy booth will help empower you to take control of your health by giving you information on what you should bring to a doctor’s office, how to fill out forms for the doctor’s office, when to go to the emergency room versus a primary care office, and where to find more quality information about diagnoses.”

Healthy Body and Healthy Minds *presented by Ellen Andrews and Ben Mokthari*

“Learn more about the impact of stress on our lives and affordable mental health services in your community. Families are also invited to come make their own stress balls!”

Healthy Livers *presented by Paul Parisot and Tanya Pothini*

“Our booth provides education regarding the risk factors and consequences of viral hepatitis infections. Our hope is to educate visitors about who is at risk and should consider testing, Hepatitis B Vaccinations, and symptoms of liver disease to look out for.”

Healthy Mouths *presented by Brianna, Fatou, and Josh*

“This booth aims to educate the public about oral hygiene including how to brush your teeth, floss, the consequences of poor oral health.”

Healthy Skin *presented by Madeleine O’Brian and Melissa Singsing*

“Our booth aims to increase awareness about skin care, sun protection, and melanoma. We will have samples of sunscreen and other skin products to distribute.”

Hearing: Let’s Check For It! *presented by Yarlini Vipulanandan and Nishith Sripathi*

“Hearing enhances our everyday lives; sometimes we take it for granted. Hearing impairment interferes with development, communication, health, and education. This booth will provide a quick, cost effective and efficient screening system for school age children who, if any problems are identified, can be followed up by an audiologist/other medical professional. We will use conventional audiometry – here, students are instructed to raise their hand or point to appropriate ear when they hear the tone. The goal is to detect unilateral or bilateral sensorineural or conductive hearing loss.”

Junior Doctors *presented by Cameron Ward*

“Although the demographics of the US are changing, the proportion of physicians from certain ethnic groups has lagged behind this trend. In order to address this disparity, our booth gives young people the opportunity to speak with medical students and perform portions of the physical exam, perhaps inspiring the next generation of doctors!”

Men’s Health Booth *presented by Carson Barnard and Ethan Raber*

“The goal of the Men’s Health Booth is to provide information about male specific issues such as prostate cancer and erectile dysfunction, as well as teaching skills such as the testicular self-exam.”

Mindfulness *presented by Kylie Sligar and Marielle Collins*

“The mindfulness booth will provide education on the benefits and practice of mindfulness, as well as provide hands-on activities to engage in mindfulness.”

MyPlate and Heart Health *presented by Rucha Deshpande and Sarah Bartels*

“The goal of our booth is to explain what MyPlate is and how you can change your diet to help your heart!”

Personal Safety *presented by William Wood*

“This booth will provide pamphlets and instructions to children on staying safe around strangers and new environments. Safety whistles will be handed out!”

Physical Fitness and Fun *presented by Shyon Parsa, Graham Andre, and Vineeth Kommid*

“Our physical fitness booth will allow you to not only get in shape, but have fun doing it. From push-ups to sit-ups to jumping jacks, stop by to learn about the exciting world of fitness.”

Physical Therapy *presented by Genevieve Peña*

“The purpose of this booth is to educate the public on what physical therapy is, and how physical therapists can have an impact on the community. Physical therapists are trained in many areas including orthopedic management, pediatrics, returning to work, pain management and more! We hope to engage the public in the exciting profession of physical therapy, and to educate the community on why physical therapists are important for their overall health.”

Poison Control and Prevention *presented by Brendan Swain*

“Our booth will aim to educate health fair attendees about common culprits in cases of toxic ingestion and exposure in the home. Not only will we teach about how these substances can be recognized as toxins so that harm can be prevented but also how one should proceed after exposure.”

Postpartum Health *presented by Arti Machchhar, Revathi Ravella, and Margaret Newton*

“This booth covers a variety of topics related to postpartum healthcare including: what to expect following a C-section vs a vaginal delivery, instructions for recovery, breastfeeding, constipation/hemorrhoids, and postpartum depression.”

Pre-Diabetes Education *presented by Amy Luu, Oliver Taylor, Emily Gao, and Anita Vasudevan*

“This booth will teach visitors what diabetes is, what their blood sugar level might mean for their health, and what steps they can take to help maintain a normal blood sugar level and improve their health.”

Pregnancy *presented by Ruby Pandey and Madhuri Gottam*

“This booth discusses the different stages of pregnancy and some warning signs associated with each stage. In addition, this booth explains some healthy habits and things to avoid to keep mom and baby healthy.”

Prenatal Care *presented by Priyanka Mehta and Haley Moore*

“This booth will discuss standard prenatal care in the US, including checkups, screenings, and additional resources. We will help parents know what to expect over the course of their pregnancy.”

Prevent the Stroke *presented by Priya Garigipati, Aidan Strother, and Kaitlin Jones*

“Stroke prevention can start today. Come learn about brain basics and essential lifestyle tips on how to protect yourself from a stroke.”

Prosthetics & Orthotics is Kickin’! *presented by Morgan Gizzi and Jan Karel Petric*

“This booth is here to tell people about Prosthetics and Orthotics! You can see what we do in this job, what a prosthetic leg looks like, and what an amputation may mean for you or a someone you know.”

Self-Care and Wellness *presented by Hai-Uyen Nguyen, Kristie Pham Tu, and Samya Isa*

“Participants will answer trivia questions about psychological, physical, and social well-being and win prizes related to a self-care package. Participants will also get information to complete a family-centered self-care challenge at home.”

Skin of Color *presented by Lucio Zapata, Anya Kalsbeek, and Maya Adams*

“People with skin of color are of diverse racial and ethnic backgrounds with cutaneous diseases that present differently or are unique to this population. The purpose of this booth will be to promote awareness of diseases, such as melasma, vitiligo, keloids, traction alopecia, and post-inflammatory hyperpigmentation.”

Sleep Hygiene *presented by Alexandra Bridges and Amy Li*

“This booth will teach you about the importance of sleep and how to improve your sleep hygiene.”

Smoking Cessation *presented by Tiffany Son and Jim Liu*

“Our booth aims to spread awareness of the harmful effects of smoking on the human body and to provide information about resources to help quit.”

STIs: Facts and Impacts *presented by Ev Kakadiaris and Lauren Ford*

“Stop by to learn about some common sexually-transmitted infections and what you can do to prevent transmission. There will be games and prizes!”

The Aging Brain *presented by Sandra Burmaster*

“As we get older, it’s normal to experience some amount of cognitive decline, including poor memory. Stop by The Aging Brain to learn what is considered normal vs. abnormal decline, lifestyle factors that impact memory and cognition, and how to keep your brain healthy as you age.”

Vaccinations *presented by Hayley Baker and Haley Holderness*

“This booth serves to educate patrons on the importance of vaccines and the proper vaccination schedule to follow for both children and adults.”

Vision Screening and Eye Health *presented by Jeffrey Wooliscroft and Roma Pradhan*

“Our booth focuses on providing vision screenings for all ages. Come by to get your vision checked and to learn more about keeping your eyes healthy!”

Visual Impairment and Guide Dogs *presented by Mackenzie Parker, Clare Keum, and Dat Truong*

“The Guide Dog booth will educate its patrons on the most common causes of blindness in the United States. Patrons will also learn about the fuzzy companions of persons with visual impairments—the Guide Dog!”

Walk with a Future Doc *presented by Jeremy Aymard, Julia Zaytsev, and Jenny Bachand*

“This booth represents one of UTSW’s newest student organizations, Walk with a Future Doc. Come learn about some of the benefits that walking can add to your life (some may surprise you!), and find out about our monthly walks, where patients of all ages are welcome to join us medical students and physicians for leisurely walks around UTSW and the Dallas area.”

Well Women’s Exams *presented by Monica Saripella and Holt Garner*

“This booth will explain the importance and various components of a yearly gynecological exam.”

Women, Infants, and Child Nutrition *presented by Samantha Brocklehurst and Sarah Abraham*

“Growing families need good fuel! Come get nutrition tips on how to keep mothers, babies, and children healthy and happy, as well as information about accessing the WIC Special Supplemental Nutrition Program.”

Your PA Can! *presented by Jeanette Acker and Victoria Gonzalez*

“This booth will educate the public on the role of a Physician Assistant in health care. Will showcase how Physician Assistants diagnose and treat patients, order/interpret labs, prescribe medications, and even perform medical procedures such as sutures!”