

Chicago, IL – March 29, 2012. On Sunday, March 4, 2012, the Illinois Chapter of the National Federation of Filipino American Associations held a luncheon forum in Skokie, Illinois in celebration of International Women's History Month. The theme of the forum was "Preparing to Face Economic Uncertainties" with a focus on health and social issues. Two members of the Filipino American Community Health Initiative of Chicago (FACHIC) served as forum panelists.

Dr. Yasmin Sacro, FACHIC Medical Director and Assistant Professor of Medicine from the University of Chicago Primary Care Group, spoke to the group about identifying signs and symptoms of heart attack in men and women. The presentation included a group discussion on the common and uncommon presenting symptoms of myocardial infarction (heart attack), which can range from chest pain and shortness of breath to nausea and jaw or neck pain. Discussion also included tips on how to manage modifiable risk factors (weight, smoking, blood pressure and blood sugar control) in the setting of non-modifiable risk factors (age, sex, family history). Particularly emphasized was the importance of visiting and discussing personal risk factors and symptoms with one's own primary care health provider.

John Paul (JP) Jael, FACHIC Collaborations volunteer and Program Coordinator at Asian Human Services, presented on different public programs and benefits available to the community. JP discussed the different challenges that may prevent Filipino Americans from asking for assistance, including cultural and language barriers and limited knowledge of social service programs presently available to them. JP also shared practical strategies on how to obtain more information regarding public programs, including looking in Filipino newspapers, networking with church contacts, using the internet, checking with a public library and calling 311. Community members may also contact the FACHIC volunteer licensed social worker, Sam del Rosario, for social work and case management services that are free by phone (312) 962-7748 or email swreferral@fachic.org. Here is a sampling of programs that are available for individuals and families that are free or have income eligibility.

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