

## 2023 HEALTH FAIR BOOTHS

**Accessibility in Today's World: Disability Working Group** *presented by Keerthana Chakka, Laura Wilson, and Whitney Stuard*

"For many people with disabilities, it can be difficult to know where to turn for information regarding legal rights, educational support, mental health care, or just social support. This booth provides information about local and state resources that support children and adults with disabilities."

**Aging** *presented by Maria Rodriguez and Shivani Kottur*

"Describing and bringing awareness to how growing older brings about changes in the body and mind, with a focus on pathological presentations."

**Alcohol Awareness** *presented by Judy Xue and Jorena Lim*

"At our booth, you'll learn about what is considered a standard drink and how much is considered too much. We'll also talk about safe drinking, the impacts of alcohol on a person's health, and have an activity where you can show what you learned with a chance to win some cool prizes!"

**Asthma** *presented by Zoha Momin, Niyenth Iyengar, and Chi Dang*

"Our objective is to provide information on how Asthma develops and its common symptoms through a simple explanation and interactive demonstration. In addition, we will give information on triggers and asthma management, including medication."

**Autism** *presented by Mark Arnold and Lilly Carter*

"Come learn about autism at this interactive booth. We will explore signs of autism and resources available for children, adults, and their loved ones. You can even make a sensory toy to bring home with you."

**Bike Safety: Texas Medical Association** *presented by Jinghan Zhang and Parker Davis*

"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 Education** *presented by Manal Ahmed and Riya Albert*

“Almost half of all adults in the United States (45%) have experienced hypertension. And about 1 in 3 adults with hypertension don’t even know they have it! Stop by the Hypertension Education booth to learn how to monitor your blood pressure and what lifestyle factors you can follow to help you lower it!”

**Blood Pressure Screening** *presented by Mohammad Khan, Daniel Tai, and Shoaib Syed*

“Controlling our blood pressure is crucial for our health. Come get a free blood pressure check and learn what steps you can take to maintain a healthy blood pressure!”

**BMI Screening** *presented by Ayomide Osunjimi and Lynn Yoon*

“The purpose of our booth is to educate attendees on what a BMI is, how it’s calculated and importantly, how it affects their health.”

**Breast Cancer/Mammograms** *presented by Danielle Spanbauer and Surabhi Madadi*

“This booth will provide education on breast cancer and screenings. We will have interactive models to demonstrate how to perform a self-exam and identify signs of breast cancer.”

**Car Safety** *presented by Bretton Laboret, Munevver Duran, and Courtney Roberts*

“Our booth is focused on educating both families and children on safe driving practices with a focus on avoiding distractions, using safety devices, and the repercussions of intoxicated driving. We want to ensure that everyone has a good understanding of how to be safe while traveling and not be a victim to one of the top causes of preventable death in the U.S.”

**Cervical Cancer** *presented by Elizabeth DeAtkine and Kathy Tran*

“The purpose of this booth is to provide education about the risk factors for cervical cancer and how you can protect yourself from cervical cancer. We will explain screening measures and have an interactive session to describe the pap smear process.”

**Child Development** *presented by Ryan Anaya and Helen Stephens*

“We will speak about key milestones in child development, positive parenting tips, and provide interactive resources. We will ensure to emphasize that each parent’s child and their development is significant for their health and growth.”

**Child Protection: DCAC** *presented by Ashley Smith and Emily Hoffer*

“This booth will provide education to children on staying safe around strangers and new environments, as well as emphasize healthy boundaries with adults they know. It will also introduce parents and educators to the Dallas Children’s Advocacy Center – a resource for families and children who have experienced abuse. Safety whistles will be handed out!”

**Cholesterol Education** *presented by Zoe Bass and Billal Rehman*

“The cholesterol education booth aims to give children and adults an accessible introduction to the meaning, causes, and effects of high cholesterol. We will provide practical advice on how to maintain a healthy cholesterol level.”

**Cholesterol Screening** *presented by Josh Peekikayil, Megan McArthur, and Brooke Benjamin*

“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** *presented by Flavia Fernandes, Meena Tadros, and Miranda Flores*

“Destigmatize colon cancer screening and raise awareness about the disease and prevention. We will explain how screening is essential to prevent future disease and the recommendations by age group, symptoms, and bowel movement self-examination—explanation both in English and Spanish.”

**Communicable Diseases** *presented by Sanjana Kalvakuntla and Afeefah Khazi-Syed*

“We share our surroundings with millions of little creatures: microbes and viruses! Stop by our booth to learn about the pesky ones that can give you chicken pox, the flu, and measles. We’ll make sure you are well equipped with strategies and tools to protect yourselves from them!”

**Concussions** *presented by Marium Khan and Haania Kakwan*

“Our booth will describe general aspects of concussions such as signs, symptoms and why they happen. We will aim to educate on prevention and recovery and highlight who is more likely to get concussions (e.g. certain sports). Educate on safe return to play.”

**CPR** *presented by Billal Homayoun, Harin Lee, and Ishav Shukla*

“The CPR booth will increase your confidence in performing quality CPR. We will teach you how to do CPR in a few simple steps, the science behind CPR, and why CPR is so

important. We also have interactive dummies to practice your CPR skills. Come to the CPR booth to learn how to save a life!”

**Dermatology in Skin of Color** *presented by Nivi Sriram, Zachary Thomas, and Jesus Valencia*

“Showcasing and increasing awareness of dermatological conditions on skin of color. Images will be included, and descriptions will be in Spanish and English. Stop by to see Hidradentis Suppurativa , Vitiligo and Psoriasis, Acanthosis Nigricans and Skin Cancer, Atopic Dermatitis, Contact Dermatitis and Drug reactions, Alopecia, Acne, and Skin infections!”

**Dermatology: Sun Protection Education (SKIN): AGAPE DERM** *presented by Shannon Teaw, Hannah Chang, Madeline Ngo, and Gabrielle Gard*

“The purpose of our booth is to educate attendees about sun protection, skin care, and melanoma. We will have sunscreen samples and other skin products to distribute.”

**Diabetes Education** *presented by Abby Clark and Benji Popokh*

“Visit this booth to learn the basics of diabetes, what your blood sugar means for you, and how to use that info to live your healthiest life! We will be going over how diabetes affects your health and what you can do to best control your blood sugar.”

**Diabetes Screening** *presented by Dileep Karri, Ashleigh Chuah, and Asad Khawaja*

“Diabetes is when sugars in the blood are very high, causing lots of problems in the body. So, it is very important to monitor these sugar levels. We can do this by taking a drop of blood and running it through a machine called a glucometer. If the sugars are high, make sure to exercise and contact a doctor for further help. Come by our booth to get screened for diabetes!”

**Fire Safety** *presented by Alfarooq El-Eishy and Brandon Everett*

“Fire, fire! It’s important to know how to keep you and your loved ones safe in the unexpected event of a fire. Join us to learn how to minimize your risks at home, make a plan in case a fire breaks out, and to practice the STOP, DROP, and ROLL.”

**Foot Wounds** *presented by and Riddhi Patel and Jennie Hocking*

“Your feet matter. Foot wounds are very common among people with diabetes. Fortunately, there are ways to prevent them. This booth discusses the risk factors for developing foot ulcers and how to manage them once they arise. We will teach you the ten steps to healthier feet.”

**First Aid** *presented by Karim Salhadar, Alexa Wilden, and Abigail Jenkins*

“Join us for hands-on practice to help a friend or stranger in need through first aid and come build your own kit for anytime YOU need it.”

**Free Clinics & Parkland Financial Aid** *presented by Victor Daescu and Jae Choi*

“The Parkland Financial Assistance (PFA) and Free Clinics booth provides information and resources about affordable healthcare in Dallas County. Please stop by to learn about the eligibility requirements and coverage provided by PFA and the types of care you can receive from the UT Southwestern free clinics. Additionally, visitors to the booth will be entered into a raffle to win a \$15 gift card!”

**Gastrointestinal Education** *presented by Muhammad Akram and Matthew Cali*

“Our booth will provide visitors with information regarding good and bad bowel habits, along with information on nutrition, fiber, how to consume a balanced diet, and also what are some things that can go wrong regarding stomach health (food poisoning, cramps, diarrhea, blood, vomiting). There will also be an interactive component where people can visually see and feel what different consistencies of stool are like (normal, lumpy, liquidy).”

**General Cancer Screening: OHMS** *presented by Lily Xu, Abi Sivatharman, and Richard “Tanner” Hardy*

“Please stop by our booth to learn about cancer screening and early detection. We’ll talk about different types of cancers as well as screening and support resources in the DFW area. Come play Cancer Awareness Jeopardy for a chance to show what you have learned and win some prizes!”

**Hand Washing** *presented by Victoria Garfinkel and Christine Johansen*

“Did you know that according to the CDC, if everyone routinely washed their hands, 1 million deaths a year could be prevented? Come to the hand washing booth to learn proper hand washing techniques and how to make your own hand sanitizer for hand washing on the go! We have prizes and trivia!”

**Healthy Mouths** *presented by Luke Coffman, Ali Abbas and Margaret Vo*

“We should all be brushing our teeth twice a day, but how many of us are doing it correctly? Come learn about proper brushing, flossing, and mouth washing techniques and ward off bad oral hygiene in the process!”

**Hearing** *presented by David Cao and Alyssa Low*

“Do you know how good your hearing is? Do you want to know how to avoid hearing loss? Come visit the hearing booth to find out and learn more about hearing and hearing loss!”

**Heart Disease** *presented by Michael Pitonak and Yukta Sunkara*

“Join Ms. Frizzle and her class on a journey through the heart! Learn about what your heart does in your body and what a heart attack is. Take a look at a model of the heart and explore with a PVC-simulated “heart attack.” Your heart is important for taking your blood and Ms. Frizzle around the body, so come hear about how to keep it healthy!”

**Hepatitis: DFW Hep B** *presented by Ashleigh Chuah*

“Are you at risk for hepatitis? Learn more about hepatitis and find out if you are at risk today! Free screening and results are provided.”

**Future Doctors: HPREP** *presented by Christine Zhang and Sarah Attia*

“Know a high schooler interested in a career in medicine and science? Learn more about this enrichment program that exposes high school students to workshops and hand-on activities such as CPR training, cow eye dissections, and more!”

**Immunization Education** *presented by Harini Balakrishnan and Kanav Chhabra*

“Immunization misinformation is rampant across the US, influencing millions of Americans’ decisions on whether to get vaccinated or not. We aim to simplify, explain, and demonstrate (via interactive materials) the exact science behind how immunizations work to improve the strength of our immune system and overall health. In doing so, we hope to mitigate conspiracy theories and unfounded fears many have about vaccines. We will cover common myths and truths to help viewers make an informed decision that is best for their health at the clinic.”

**LGBTQ+** *presented by Megan Ungerman, Rohini Kallianpur, and Koshma Eswaramoorthy*

“Learn about LGBTQIA+ identities at this colorful, interactive booth. Explore resources for the LGBTQIA+ community, discover how to be a better ally, and win fun prizes. All are welcome.”

**Men’s Health** *presented by Rohit Kamath, Akshay Prabhakar, Neloy Shome*

“The main health issues affecting men include but are not limited to heart disease, cancer, and unintentional injuries. Because many of these cases can be prevented, our

booth will focus on making healthy lifestyle decisions, such as eating a healthy diet, managing stress, and getting regular exercise.”

**Mental Wellness: Clinical Psychology** *presented by Afsoon Gazor, Briana Horrocks, Emma Turner, and Gabrielle Agnew*

“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 glitter jars!”

**Mindfulness: Mindfulness Student Association** *presented by Monica Garza Saenz, Karen Meltzer, Natalie Noebel, Ekene Nwosisi, and Sarah Taghavi*

“Join us to learn and practice mindfulness through fun and engaging activities. Mindfulness is about paying attention to what is happening in the here and now, the present moment. Practicing mindfulness helps to build confidence, to focus and remember information, and manage stress.”

**Nutrition at Home** *presented by Samantha Cheng and Jake Munch*

“This booth will provide recipes for healthy, affordable, and easy meals that families can cook at home on busy weeknights. Attendees can stop by and grab one or several recipe cards containing ingredients and cooking directions. Our goal is to make it easy to cook healthy meals and prevent/manage chronic diseases.”

**Nutrition Drive-Thru** *presented by Karen Shore and Narda Salinas*

“This booth will go over nutrition labels and how to make nutritious choices when eating outside the home.”

**Osteoporosis (Healthy Bones)** *presented by Priyanka Mehta and Vikram Aggarwal*

“Come learn what osteoporosis is and how we can build strong bones as kids and keep them strong as we get older. We will also talk about about what problems osteoporosis can cause and what we can do to fix those problems. We will have interactive models and games to show the importance of keeping your bones strong!”

**Personal Safety (Domestic Violence)** *presented by Ally Sun and Anney Tuo*

“Our booth will focus on educating both children and parents on the types of violence that can be experienced in the home. We will outline the different types of intimate partner violence, how to create a safety plan, and different resources available. Safety plan/resource handouts will be provided, and prizes will be handed out!”

**Physical Fitness** *presented by Morgan Gizzi and Sanjna Bhatia*

“Join us as we discuss the benefits of incorporating physical fitness into our daily lives and engage in some simple, fun exercises as a group!”

**Physical Therapy** *presented by Jenna Vain and John Kerr*

**Poison Control and Prevention** *presented by Krishna Kapoor and Naveed Khimani*

“Our goal is to educate the public about the various plants and animals that do and do not pose a health risk. We will talk about the proper use of common household supplies and medications that could potentially be harmful and provide recommendations from reputable National Poison Control agencies.”

**Pregnancy** *presented Sarah Dolphin and Shelby Fraser*

“In just a short 9 months, two cells grow into a full baby! The pregnancy booth is going to explore that amazing growth by having an interactive game where participants try to guess what size fruits correspond to important points in pregnancy. For those wanting information on pregnancy assistance, we will also have resources that provide places and programs in the DFW community that are tailored to supporting pregnant individuals.”

**Prostate Cancer** *presented by Tiffany Son and Zuhair Zaidi*

“Prostate cancer is the most common cancer in men, except for skin cancers. Visit the prostate cancer booth to learn about the cause of prostate cancer, signs and symptoms of the disease, and what options are available to screen for prostate cancer.”

**Prosthetics and Orthotics: P&O** *presented by Sophia Valls, Sal Gonzalez, Tyler Cagle, and Jonathan Hearn*

“Ever wonder where amputees go to get their prosthetic care? Or, ever seen people with knee braces or cranial helmets? In prosthetics/orthotics, we see a variety of patients get back to walking and moving! Come over and see common devices we give to patients!”

**Reproductive Health** *presented by Tenzin Palkyi and Marga del Mundo*

“The purpose of our booth is to provide education on the menstrual cycle, menstrual hygiene, and birth control. Stop by to learn more and win fun prizes!”

**Smoking Cessation: UGM Smoking Cessation** *presented by Megan Bareis and Rohan Shankar*

“Our booth’s purpose is to increase awareness of how smoking impacts the human body and disseminate resources regarding smoking cessation.”

**Sports Physicals** *presented by Kanoa Kelly, Veena Peraka, and Marshal Ali*

“A Sports physical is a physical medical exam that makes sure it’s safe for someone to participate in sports. At this booth, we will take a medical history and a physical exam, doing things like taking height and weight. You will get a copy of the physical, which is usually needed for students to participate in school sports. We will also educate kids about the importance and reasoning behind the sports physical”

**STIs** *presented by Meera Sooda and Caitlin O’Connor*

“Stop by the STI Booth to discuss the most common sexually transmitted infections, how to prevent them, and where to get tested in the Dallas area. Stop by for important information and fun prizes!”

**Stitches & Suture Clinic: PA**

**Stroke Prevention** *presented by Ruta Uttarkar and Priya Sarlashkar*

“Did you know every 40 seconds someone in the United States has a stroke BUT 80% of strokes are preventable? Stop by the Stroke Prevention booth to learn more about what a stroke is, easy prevention strategies, and “FAST” ways to catch stroke signs. Have fun competing in some interesting challenges that boost your brain health!”

**Thyroid Health** *presented by George Elmquist and Kendra Stephen*

“The purpose of this booth is to educate the public about the importance of a healthy thyroid. To many the thyroid may not seem as important, but this small gland plays a vital role in many common diseases. We also aim to demonstrate a simple way to feel for and look for possible signs of a diseased thyroid.”

**Vision** *presented by Priya Mekala, Daniel Gifford, Vladyslav Bondar, and Elizabeth McDonald*

“Our booth focuses on providing vision screenings for all ages and education about retinoblastoma, the most common eye cancer in children. Come by to get your vision checked and to learn more about keeping your eyes healthy!”

**Well Woman Exam: FROGS** *presented by Amy Mu, Davyani Srivastava, and Jessica Lee*

“This booth focuses on the ins and outs of the Well Woman’s Exam. Here, we’ll be talking through the exam, how to prepare for it and breaking misconceptions about the experience. We will supplement the information through an interactive

TRUE/FALSE game about the facts and falsehoods of this very important preventative care method.”

**Women, Infants, and Children Nutrition** *presented by Yasmeen Alayli and Medha Somisetty*

“Growing families need good fuel but groceries can be expensive! Come get nutrition tips on healthy foods for mothers, babies, and children, as well as information about accessing financial support for grocery expenses through the WIC Special Supplemental Nutrition Program.”