



EHR

Electronic Health Records Bulletin

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REMINDERS & UPDATES

- ❖ The EHR Bulletin can be accessed at any time on the EHR website at: (<http://www.alabamapublichealth.gov/ehr>) by clicking on "Bulletin".
- ❖ ADPH is scheduled for a March 2023 CureMD Application Upgrade on the following dates:
 - **ADPH Staging: 05/18/2023**
 - **ADPH Live: 05/25/2023**
- ❖ Helpful ADPH Publications and CDC links below that may be useful.

ADPH

[Address and Telephone Roster of Public Health Districts and County Health Departments](#)

[Guide to Services](#)

[Map \(Public Health Districts\)](#)

CDC

[CDC Vaccines](#)

[VAERS](#)

[CDC Pink Book](#)

Your major line of communication with EHR and CureMD

MAY HOLIDAYS & HEALTH OBSERVANCES

- ❖ May Day, May 1
- ❖ Star Wars Day, May 4
- ❖ Cinco de Mayo, May 5
- ❖ Kentucky Derby, May 6
- ❖ Mother's Day, May 14
- ❖ Armed Forces Day, May 20
- ❖ Pentecost, May 28
- ❖ Memorial Day, May 29
- ❖ Drinking Water Week, May 1-7
- ❖ Air Quality Awareness Week, May 1-7
- ❖ National Nurses Week, May 6-12
- ❖ Better Hearing and Speech Month
- ❖ Hepatitis Awareness Month
- ❖ National Blood Pressure Awareness Month
- ❖ National Stroke Awareness Month
- ❖ National Teen Pregnancy Prevention Month



ADPH NEWS...SPOTLIGHT

KEEP YOUR BLOOD PRESSURE IN A HEALTHY RANGE, LIFESTYLE PLAYS AN IMPORTANT ROLE

High blood pressure, or hypertension, is a major risk factor for cardiovascular disease, and heart disease is the leading cause of death in Alabama and the United States. More than 15,000 Alabama residents died of heart disease in 2021, the most recent year data are available. According to the Behavioral Risk Factor Surveillance System's 2021 Data Report, 42.7 percent of Alabama adults surveyed said they had been told by their doctors they have high blood pressure compared to the 32.4 percent U.S. average. Unfortunately, too many Alabamians do not realize they have hypertension because there is usually no warning, and over time damage can be done to organs and other systems throughout the body.

By living a healthy lifestyle, you can help keep your blood pressure in a healthy range. The Centers for Disease Control and Prevention (CDC) recommend the following healthy living habits to prevent and control hypertension

- Eat a Healthy Diet
- Keep Yourself at a Healthy Weight
- Be Physically Active
- Do Not Smoke
- Limit How Much Alcohol You Drink
- Get Enough Sleep

To read the complete State Health Officer Message, Click here: [Keep Your Blood Pressure in a Healthy Range, Lifestyle Plays an Important Role](#)

"Spread Love Everywhere You Go"

EHR Training Dates

- ❖ May 19th ❖ September 15th
- ❖ June 16th ❖ October 20th
- ❖ July 14th ❖ November 17th

EHR Trainings are held in person at the ADPH Training Center (RM 132) in Prattville, AL.

To schedule EHR training, contact: Christine Long at Christine.Long@adph.state.al.us

May Fun Facts

- ✚ May gets its name from the Latin word "maius"
- ✚ The emerald is the birthstone for May
- ✚ Taurus and Gemini are the May zodiac signs
- ✚ May's birth flower is the Lily of the Valley

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