

Free Health Services

Every 2nd Saturday of the Month

Time: 10:00 AM – 1:30 PM

***Last patient accepted at 12:30 PM**

Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

Next Clinic Date:

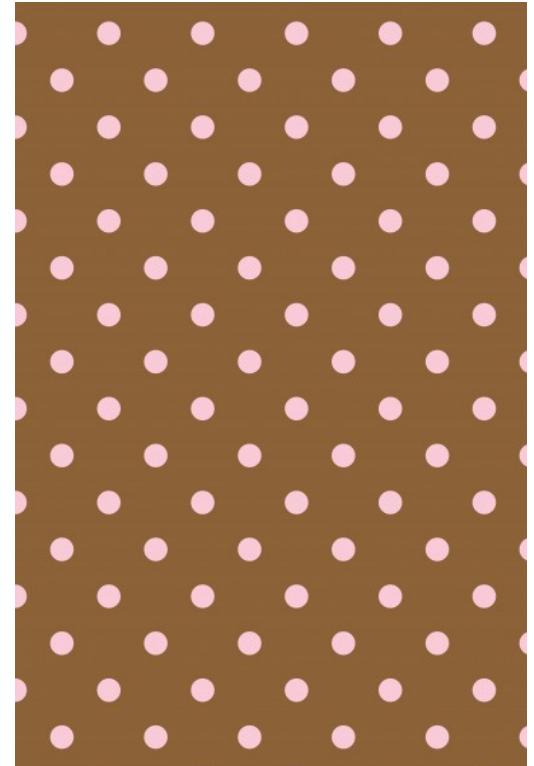
Who We Are

About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

Contact Us

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**Body
Perception
and
Acceptance**



Mabuhay Health Center
1010 Mission Street
San Francisco, CA 94103



All bodies are
good bodies.

Overview of Body Perception and Acceptance

Often times, being unhappy with our physical appearance can impact our wellbeing. Body dysmorphic disorder (BDD) is a condition where you are fixated on perceived flaws. This dissatisfaction in appearance stems from external factors that influence standards of beauty, self-worth, and self-value. In order to become more comfortable with your body, it is important to be aware of where these insecurities stem from and create a personalized treatment as early as possible.

Signs & Symptoms

- Fixated on a perceived flaw in appearance that others cannot see
- Constantly trying to hide or fix perceived flaw
- Regularly comparing appearance to others
- Avoiding social situations
- Being so preoccupied with appearance and experiencing distress in life

Causes

There is no known causes for BDD but it may result from a combination of the following:

- Differences in brain structure or neurochemistry
- Having relatives with this or obsessive-compulsive disorder (OCD)
- Environment, life experiences, and culture

Prevention

- No known way to prevent BDD
- Condition often starts in early teenage years. Identify and treat BDD early
- Long-term maintenance treatment

Treatment

Cognitive Behavioral Therapy (CBT)

- Create a personalized treatment plan to learn and strengthen coping skills.

Medication

- Medications used to treat other mental disorders, such as depression, can be effective.

Hospitalization

- Recommended only when you aren't able to keep up with day-to-day responsibilities or when you're in immediate danger of harming yourself.

Lifestyle and Home Remedies

- Stick to treatment plans, practice learned strategies, get active.

Coping and Support

- Journal, take care of yourself, learn to relax and manage stress

