

## Free Health Services

Every 2<sup>nd</sup> 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

(415) 633-6421

[info@mabuhayhealthcenter.org](mailto:info@mabuhayhealthcenter.org)

[www.mabuhayhealthcenter.org](http://www.mabuhayhealthcenter.org)

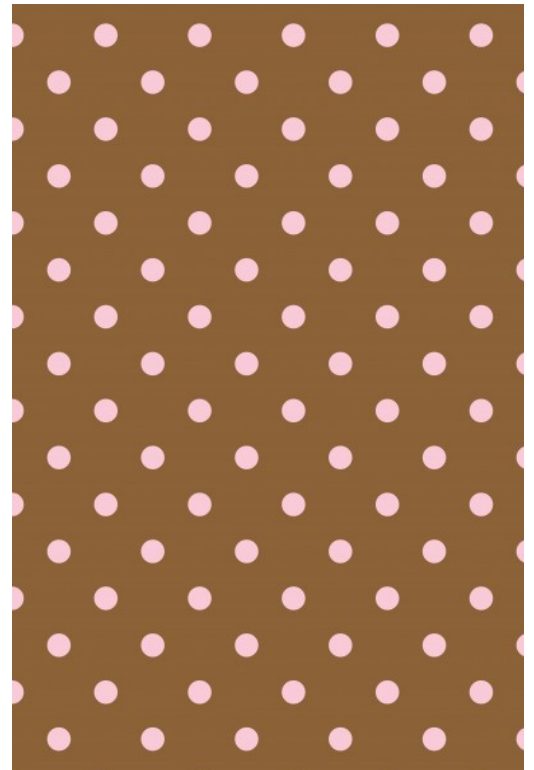


Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103

Last Revised: 10/07/2019



Body  
Perception  
and  
Acceptance

*MHC Behavioral Health*



## 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

