

Caring CONNECTIONS

May 2007

NEWSLETTER OF LAGUNA BEACH COMMUNITY CLINIC

Dr. Bent Goes to Washington

When Jimmy Stewart, as Mr. Smith, went to Washington in the famed movie, he went to right a wrong. When Dr. Bent went to Washington, it was to spread the word on the great work at the Clinic.

Recently, Laguna Beach Community Clinic's Medical Director, Dr. Tom Bent, was invited to speak at the American Academy of Family Physicians Annual Scientific Assembly in Washington, DC. He spoke about the glowing patient care results achieved by Laguna Beach Community Clinic with their Diabetic, HIV and hypertension (high blood pressure) patients. The results of these three patient populations far exceed the national averages.

Diabetes—Diabetes care at LBCC utilizes the national standards for care and then adds many additional criteria. National care standards include: Glucose and cholesterol testing, yearly eye and

After one year in LBCC's Diabetic Program, 80% of our patients' blood glucose & blood pressure readings meet or exceed national standards

nerve damage screening, and blood pressure testing. To that, the Clinic adds ongoing medication review, tobacco use review at each visit, pneumonia and yearly flu vaccines and dental and podiatry (foot health) referrals. Each patient receives diabetic education classes, diet and exercise education, nutritional counseling and self blood glucose monitoring training.

These additional services to our Diabetic patients produce impressive results.

After one year in LBCC's diabetic program, 80% - 85% of our patients' blood pressure & blood glucose readings meet national standards, whereas the national average is only 38%.

HIV Patients—Thanks to the HIV Early Intervention Program at LBCC, 63% of patients enrolled in the program now have undetectable levels of the virus. This astonishing result is directly attributable to the high quality care they receive. The Clinic offers consultations with HIV specialists, Dr. Chau Ngo and Dr. Corey Jorgensen, eye exams and dental evaluations, and transmission prevention education.

63% of patients enrolled in our HIV program now have undetectable levels of HIV virus

Because the Clinic offers anonymous HIV testing, anyone testing positive is immediately offered help in managing their disease through our HIV

counseling and health care programs. Whether the patient is young or old, gay or straight, male or female, if they have HIV, the Clinic's Early Intervention Program saves lives.

High Blood Pressure (Hypertension)—Laguna Beach Community Clinic also produces impressive results in blood pressure control. A full 75% of our patients have their blood pressure under control

A full 75% of our patients have their blood pressure under control in six months

(below 130/80) within six months of entry into care. This is accomplished through extensive diagnostic workups, nutritional counseling, and prescriptions for both exercise and medicine. Patients are encouraged to take their medicine regularly. Because of this care, almost 90% of our Blood Pressure patients adhere to their medication regimen, producing these impressive results.

After Dr. Bent's speech in Washington, many of the Family Physicians he addressed congratulated him on the health care results that Laguna Beach Community Clinic achieved, expressing surprise that a small non-profit clinic produces such impressive results. Dr. Bent summed it up by saying, "Our great staff can achieve terrific results despite having limited resources. Our dedicated team really takes the extra steps necessary for our patients' health."

LBCC Achieves Great Healthcare

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Diabetic Treatment at Laguna Beach Community Clinic is Superlative!

Pam T. can afford to go anywhere for the treatment of her Diabetes but she chooses LBCC for the high quality care she receives. "The Clinic is wonderful. They take such good care of me!"

It is a known fact that Diabetes is becoming increasingly prevalent in the United States due to many factors, including the incidence of unhealthy diets among Americans. Enter Laguna Beach Community Clinic where diabetic patients seeking care are enthusiastic about the treatment received from specialist, Dr. Chau Ngo.

Dedicated and caring, Dr. Ngo credits his professional training to studies and practice at UCI Medical Center. Coming to LBCC five years ago, he met Dr. Paul Rosenblit, the Clinic's famed volunteer endocrinologist, who was overwhelmed with patients. Dr. Rosenblit's expert knowledge of diabetes motivated Dr. Ngo to focus his practice on diabetes

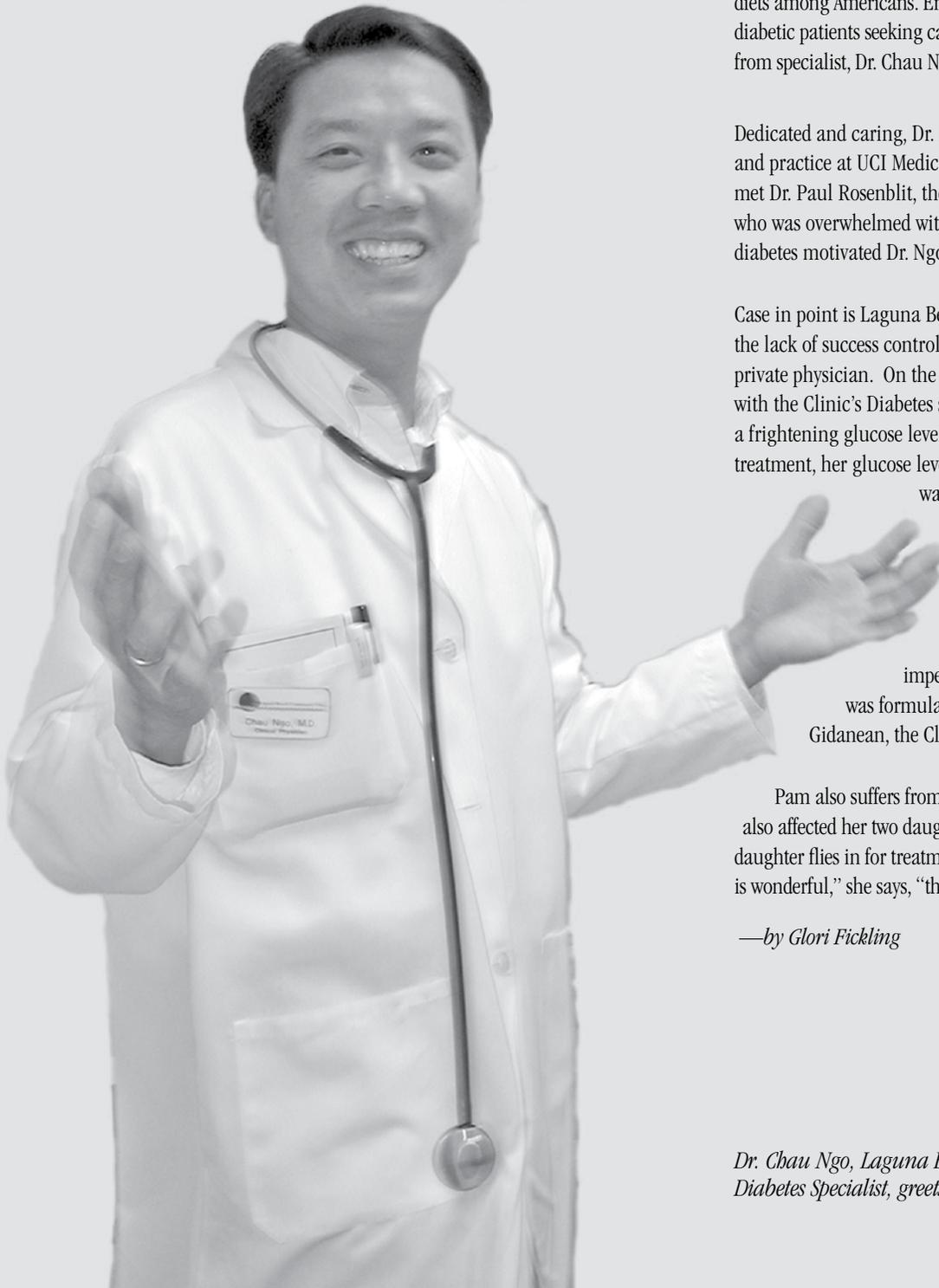
Case in point is Laguna Beach resident Pam T. She was frustrated by the lack of success controlling her diabetes despite the best efforts of her private physician. On the advice of a neighbor, she made an appointment with the Clinic's Diabetes specialist, Dr. Ngo. The initial visit revealed a frightening glucose level of 600. Astonishingly, after a mere week of treatment, her glucose level dropped an impressive 50%, and 3 weeks later was reduced an additional 50%. "LBCC and Dr. Ngo are worth everything to me and my family," Pam says.

Pam T. was prescribed oral medications along with an equally necessary diet regimen. As the imperative complement to the treatment, her diet was formulated via the considerable expertise of Farnoush Gidanean, the Clinic's highly competent nutritionist.

Pam also suffers from a hereditary cholesterol problem which has also affected her two daughters. She enthusiastically states that her older daughter flies in for treatment at the Clinic from Vail, Colorado. "The Clinic is wonderful," she says, "they take such good care of us."

—by *Glori Fickling*

*Dr. Chau Ngo, Laguna Beach Community Clinic
Diabetes Specialist, greets patients with a friendly smile*



Results with a Limited Budget

Is it time for your 50,000 mile checkup?

In Southern California, it seems many people spend more time and money on car maintenance than on health maintenance

We are encouraging every adult to take out an extended health warranty. Many of us take our health for granted until there is a “breakdown.” As we mature, there are several things we can do to perform preventive maintenance.

One important part of our “tune-up” is to keep our immunizations current. Adults need a tetanus/diphtheria booster every 10 years. If you are over 50 and have diabetes or chronic respiratory problems, a flu shot is a must, otherwise those aged 65 or older need a pneumonia vaccine and a yearly flu shot. If you travel or eat raw seafood, Hepatitis A vaccine is recommended. Those who are dating should consider the Hepatitis B vaccine as a precautionary measure.

A yearly health screening is part of extending your warranty. This includes blood pressure, cholesterol, blood sugar and weight check as well as a colon cancer screening and, for females, a mammogram and pap smear. There are also gradual and sometimes subtle changes in vision and hearing, that should be checked. A health maintenance plan focuses on a well-balanced diet, regular exercise, smoking cessation, with weight bearing exercises to prevent osteoporosis.

This year a patient named “Sam” visited LBCC. He was in his 50’s, and hadn’t seen a doctor in 25 years because he always felt well. During his check-up it was discovered that he had advanced kidney failure due to severe hypertension. Through immediate medical intervention and a referral to our nephrologist, Sam was able to forestall deadly consequences.

TEN STEPS FOR A “HIGH PERFORMANCE” SECOND HALF:

10. AVOID OR REDUCE ALCOHOL AND TOBACCO USE
9. GET REGULAR MODERATE EXERCISE
8. FOLLOW A LOW CHOLESTEROL/LOW FAT DIET
7. MAINTAIN SAFETY—BALANCE AND GAIT
6. GET QUALITY SLEEP—OVER SIX HOURS NIGHTLY
5. SEE YOUR PRIMARY PHYSICIAN YEARLY FOR HEALTH SCREENING
4. MAKE YOURSELF NEEDED AND BE PART OF THE ACTION
3. STAY INTELLECTUALLY ALIVE
2. TALK TO YOUR DOCTOR ABOUT DAILY ASPIRIN AND VITAMINS
1. CONNECT WITH OTHERS

—by *Mary Anderson, RN*

“Your Name Here”

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GLORI FICKLING

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Put a lid on high blood pressure!

“Lenny” is an oldtimer. He and his buddy walk the bluffs daily, and until recently, Lenny swam in the ocean every day. When he discovered he had high blood pressure, he told his wife, “I’m going back to the Clinic.”

Whether it’s high blood pressure (doctors call it hypertension), heart disease, or other chronic conditions, the staff of Laguna Beach Community Clinic treats many people with issues such as Lenny’s.

Lenny lost weight, avoided salt, exercised regularly, and he’d never smoked, but as we age, the risk of having high blood pressure and/or heart disease rises. Lenny discovered that sometimes even lifestyle changes are not enough, and medicine is needed. We prescribed medicine to lower his pressure to 130 over 80 or lower, and monitored for side effects.

If you have hypertension, do what Lenny did. Get it treated so that it is at or below 130/80; then you won’t have to worry.

—by *Korey Jorgensen MD*

Help keep the Clinic running smoothly

This has been an especially difficult year for many in our community, but sick patients still need our help, and we are committed to giving our clients the best health care possible.

This year’s numbers are record-breaking. We expect to provide more than 17,000 patient visits, many of them children.

How to Help:

- ☛ Return the enclosed envelope with a donation to the Clinic
- ☛ Donate online at www.LBclinic.org
- ☛ Call 949.494.0761 x 131 for more information on how to help

The need is critical. The time is now. Your gift will ensure essential services and quality programs that make a difference for those who have few medical service options.

Cash/Check/Credit Card: All donations are always appreciated!

Tax Savvy Giving: Stocks/securities make an excellent gift, often at a lower effective cost than a cash gift. Call us to find out how. You’ll be glad you did! Please see your tax advisor for advice.

Estate Planning: Please consider the advantages of estate giving to benefit the needy. Whether personal or real property, cash, securities, or life insurance proceeds, a gift to LBCC made through your estate may be a useful tool in managing your estate assets.

Honors and Memorials: Contributions to the Clinic in honor of, or in memory of, a loved one are very special ways to commemorate an occasion while providing hope and healing for others.

Events: From company golf tournaments to birthday parties, many businesses and individuals have raised funds for Laguna Beach Community Clinic by holding a special event on behalf of the Clinic.

The Clinic's services include:

- ☎ Primary medical care
- ☎ Prenatal care
- ☎ Well-child care, including immunizations
- ☎ Family planning
- ☎ Diabetes diagnosis and management
- ☎ 20 minute anonymous HIV test (\$40)
- ☎ HIV/AIDS case management
- ☎ Teen Clinic
- ☎ Nutritional counseling
- ☎ Health education and disease prevention programs

Appointments are preferred, but walk-ins can usually be accommodated. Call 949.494.0761 to schedule or for more information. Appointments with specialty doctors are also available. Call for their schedule. Visit www.LBClinic.org for more information on services offered.

We are not a "free clinic," and payment is requested on a sliding fee scale based on income.

Join Us At Main Beach On May 19

From 9am to 1pm Laguna Beach Community Clinic will be celebrating their 6th Annual Women's Health Day—and Men can come, too!

The Health Fair will offer free health screenings for hypertension, anemia, diabetes, cholesterol, obesity and bone density. In addition, the new twenty-minute anonymous HIV test will be available. A physician will be present at the Health Fair to interpret the health screening results and give advice and referrals as needed. Information will also be available about the Clinic's Prenatal services, Teen Clinic and Dental Clinic.

Several of the Clinic's community partners will also be on hand with educational materials and information

LBC is concerned about the health of everyone in our community and looks forward to offering health screenings for both women and men on the cobblestone area at Main Beach on Saturday May 19.

Plan now to treat yourself to a free health checkup!

Laguna Beach Community Clinic

362 Third Street Laguna Beach California 92651

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