

FOR IMMEDIATE RELEASE

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Laguna Beach Community Clinic Supports Healthy Hearts

February 8, 2020 — Laguna Beach — Clinic cardiologist Dr. Orson Dee wishes the Laguna Beach community a Happy Valentine's Day and wants to remind everyone to care for his or her heart.

"Healthy hearts are happy hearts," Dee said with smile, "but we need to care for them, and Valentine's Day is a good time to remind us to do so."

Dee's heart care recommendations are to control blood pressure and cholesterol, exercise regularly, follow a healthy diet, and take prescribed medicines faithfully. Following this regime will prevent many serious heart illnesses.

Dee has been associated with the Clinic for 12 years as a part-time volunteer. A licensed cardiologist, Dee graduated from Yale College and Yale Medical School. He practiced in Santa Monica until retiring to South County.

Through a social event, he was introduced to Dr. Jorgensen, who enlisted Dee's services at the Clinic.

"This Clinic encourages and supports preventive cardiology," he said.

"While we don't have the resources to do complex procedures, we manage illnesses such as atrial fibrillation, high blood pressure, coumadin monitoring, and cholesterol problems.

"We also encourage patients to maintain healthy heart habits and explain why these are important, and we see patients regularly to support their heart programs. These preventive programs have done more to prolong life and maintain good health than all the medical breakthroughs put together."

A number of patients are on medication, and with the new pharmacy programs for generics, most can now afford their prescriptions. That was not always the case, according to Dee, and the Clinic had to help them out just to keep them healthy. In many cases drugs donated by local physicians from office samples were used.

"Unfortunately, many of the newer drugs are prohibitively expensive, but today, most patients can get the drugs they need to stay healthy," Dee added.

When asked why he entered cardiac care as a specialty, Dee said that it has been a marvelous and exciting field over the years.

"Every year during my career there has been a new, exciting breakthrough. Valve replacement, pace makers, defibrillators, and stents are common place now, but once they were not even thought of. Also, more people are aware of the need to care for their heart."

Before coming to Laguna Beach, Dr. Dee had volunteered at several other clinics, but he believes that none of them came close to providing the care of the Laguna Beach Community Clinic.

"This Clinic practices consistently good medicine. It is well managed financially and well run medically, and it is a pleasure to work there," he concluded.

The mission of the Community Clinic is to provide quality health care to all regardless of their ability to pay. For more information about Clinic services, please call 494-0761.

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Photo: Dr. Orson Dee