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**Contact: Dr. Tom Bent
Medical Director and COO
949.494.0761 Ext. 131**

Community Clinic Sees Steady Rise in Diabetic Cases

Tuesday, October 26, 2010--The Laguna Beach Community Clinic's Diabetic Program presently cares for over 400 diabetic patients a month and that number is growing steadily, according to Dr. Chau Ngo, Program Director for the past 10 years.

"We had always served diabetics as part of our patients regular health care needs, but as the number of cases of diabetes steadily increased, we established a special program to serve them ten years ago," said Dr. Ngo.

"Many patient come to us for other illnesses and are subsequently diagnosed as diabetic,"

Ngo continued. "They range from 18 years old to patients in their 80's."

Patients are seen quarterly if their diabetes is stable, but if they are still learning to manage their illness, they are seen more frequently. Pediatric patients and patients with other complications are also followed by other specialists in the Clinic.

" In spite of our patient load, we have twice the success of the national average. Twice the results for half the dollars!" he added proudly.

Asked how he achieves these results, Ngo replied that the physician must take a personal interest in each patient. He views diabetes as a challenging illness which requires patient education and empowerment for successful management.

"We must appreciate a patient's lifestyle and cultural background while helping the patient to make the life changes necessary to manage this illness. Each patient needs to learn how to manage his or her own treatment plan; doing so requires discipline and daily monitoring."

He practices one-on-one counseling with each client, and he believes this approach is responsible for his program's success.

"We tried group counseling, but it didn't work so well. Individual meetings and an active personal interest in each patient has proven to be most successful in the long run. When this illness is managed successfully, fewer complications and fewer emergency room visits result. These are both expensive and life threatening."

The Laguna Beach Community Clinic is located at 362 Third Street in Laguna Beach. Its mission is to provide the highest level of medical care to clients regardless of their ability to pay. Donations to the Diabetic Program are welcomed and necessary, especially during these difficult financial times.

For more information, please phone 949-494-0761, Ext. 100.

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