



La ClínicaSM

Update:

SUMMER 2008

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Message from the Chief Executive Officer

At a time when the number of uninsured continues to increase, La Clínica remains committed to providing affordable health care to those who need it the most. La Clínica is expanding health services in Solano and Contra Costa Counties by opening additional sites and expanding existing ones to address the needs of the residents in these counties.

In making the decision to expand services, we have worked in partnership with local hospitals and the county government. After conducting our due diligence, communicating with local health care providers and assessing the needs of the community, we have come to the conclusion that the expansion projects are critical and sustainable.

In Solano County, for example, 10-12% of the population has no health insurance. An alarming number of these uninsured do not have established medical homes and continue to receive their primary care through the emergency rooms. La Clínica North Vallejo is expected to open its doors by September 2008. Thanks to Sutter Solano Medical Center, Kaiser Permanente and Solano County, this project is now possible. Their generous financial support will go towards providing an estimated 31,000 patient visits to the North Vallejo community



Jane García, CEO

in the first three years. We are hopeful this new access point will alleviate the burden faced by local hospitals.

Contra Costa County is experiencing challenges similar to Solano County. La Clínica Pittsburg and Monument are operating at capacity and the demand for their services only continues to increase. We plan to expand in Monument to address the needs in that area. The expansion will also benefit the local economy as we train and hire residents of the community. La Clínica's vision is to continue to serve the growing number of uninsured and underserved by providing accessible health care.

La Clínica Pittsburg 4th Annual Health Fair

Saturday, October 25, 2008

11 am – 4 pm

East County Boys and Girls Club

1001 Stoneman Avenue

Pittsburg, CA 94565

La Clínica Pittsburg Medical and other organizations are joining to provide health screenings, education and referral services to over 1,500 community members who might not otherwise have access to medical attention.



This year we will provide screenings for cholesterol, glucose, blood pressure, HIV, dental screenings and immunizations, as well as workshops on cancer, citizenship/voter's application assistance and other services. Also, the fair will introduce many residents to the wide array of services available year-round at La Clínica and other agencies in the area. Last year, the Health Fair served over 1,000 children and adults. With increased outreach efforts and staffing, we expect to accommodate over 1,500 individuals at this year's fair. La Clínica's Health Fair provides greatly needed preventive care in an accessible and fun environment. This year's health fair will offer entertaining activities for children and raffle prizes. For many people who cannot afford health care, the fair is the only time their families get the needed medical attention.

LA CLINICA IN THE NEWS!

This year, the *East Bay Business Times* ranked La Clínica #1 as the **TOP EAST BAY NONPROFIT ORGANIZATION!**



La Clínica Expands Health Services to NORTH VALLEJO

La Clínica de La Raza is happy to announce the newest addition to our service sites, La Clínica North Vallejo. The primary care clinic will be located adjacent to our prenatal clinic, La Clínica Great Beginnings in Vallejo. The clinic will offer primary care services, urgent after hour care, health education, and behavioral health services. We anticipate that during the first full year of operations, the clinic will serve approximately 2,000 patients who will generate about 5,400 visits.

This project stems from multiple conversations with Solano County stakeholders. Our partners identified the lack of accessible primary care service as a huge concern. Medically underserved patients in the area have limited options for primary care because the existing clinics are already at capacity. In addition, Solano County does not have a county hospital, making private hospitals their only option. Consequently, a significant number of patients receive their primary care through the hospital emergency rooms for non-serious, episodic illnesses.

Over the last seven years, Sutter Solano Medical Center has witnessed an increase of 13.1 percent in emergency room visits—twice the statewide average. Of those visits, nearly 80 percent are classified as non-urgent. Many patients accessing the ER are not coming in for high level medical care, but for conditions such as fevers,

the flu, minor cuts—visits which could be more appropriately treated in a primary care setting. With this issue at hand, Sutter Solano Medical Center and La Clínica have collaborated to open a new primary care health center in North Vallejo.

La Clínica recognizes that there continues to be an unmet need for accessible primary care services in Solano County. With the help of the County, who has made a commitment of \$250,000 to cover start-up cost in the first year and \$100,000 for three years to cover operational costs, La Clínica will be able to deliver high quality and accessible health care for the uninsured in North Vallejo. Kaiser Permanente and Sutter Solano Medical Center have also pledged to donate \$100,000 each for three years to help with operational costs.

La Clínica's primary target will be patients who are currently receiving primary care through Sutter Solano Medical Center and Kaiser Permanente's emergency rooms as well as other Vallejo residents without primary care. We hope to alleviate some of the financial burden incurred by the use of the ER while providing accessible health care to the uninsured. We will also make a concerted effort to be inclusive of the diversity that makes up those communities. This includes our commitment to bridge some of the linguistic and cultural gaps for patients without primary care.



La Clínica looks forward to serving the North Vallejo area.

La Clínica
Pediatrics
Department
does it again!
99% of
La Clínica's
children
3 years and
under are
immunized!!



ASTHMA

What is asthma?

Asthma is a chronic lung disease characterized by recurrent breathing problems and symptoms such as breathlessness, wheezing, chest tightness, and coughing. During normal breathing, air flows freely into and out of the lungs. But when asthma is not under control, the airways of the lungs are thick, swollen, and inflamed. The airways become overly sensitive to environmental changes, and an asthma attack can happen easily. During an asthma attack, the lining of the airways swells, muscles around the airways tighten, and mucus clogs the tiny airways in the lungs, making breathing difficult.

Although asthma cannot be cured, it can be effectively treated. Research shows that with proper treatment, nearly all asthma patients can achieve and maintain good asthma control, enabling them to participate in school, and other normal activities.

What is asthma control and how is it achieved?

The goal of asthma treatment is to achieve and maintain control of the disease. In order to achieve control, people need access to effective asthma medications and education to understand how to take their medicines, how to avoid risk factors or “triggers” that make their asthma worse, and what to do if their symptoms do worsen.

Most people with asthma need two types of medications: controller medications (anti-inflammatory agents such as inhaled glucocorticosteroids) that are taken every day over the long term to keep symptoms and attacks from starting, and reliever medications (rapid-acting bronchodilators) to treat attacks or provide quick relief of symptoms.

What causes asthma?

The causes of asthma are not well understood, and the rapid increase in asthma prevalence around the world is one of the biggest mysteries in modern medicine. Many scientists are

examining the role of genetic factors in causing asthma, and researchers are also looking at how the immune system develops in early life.

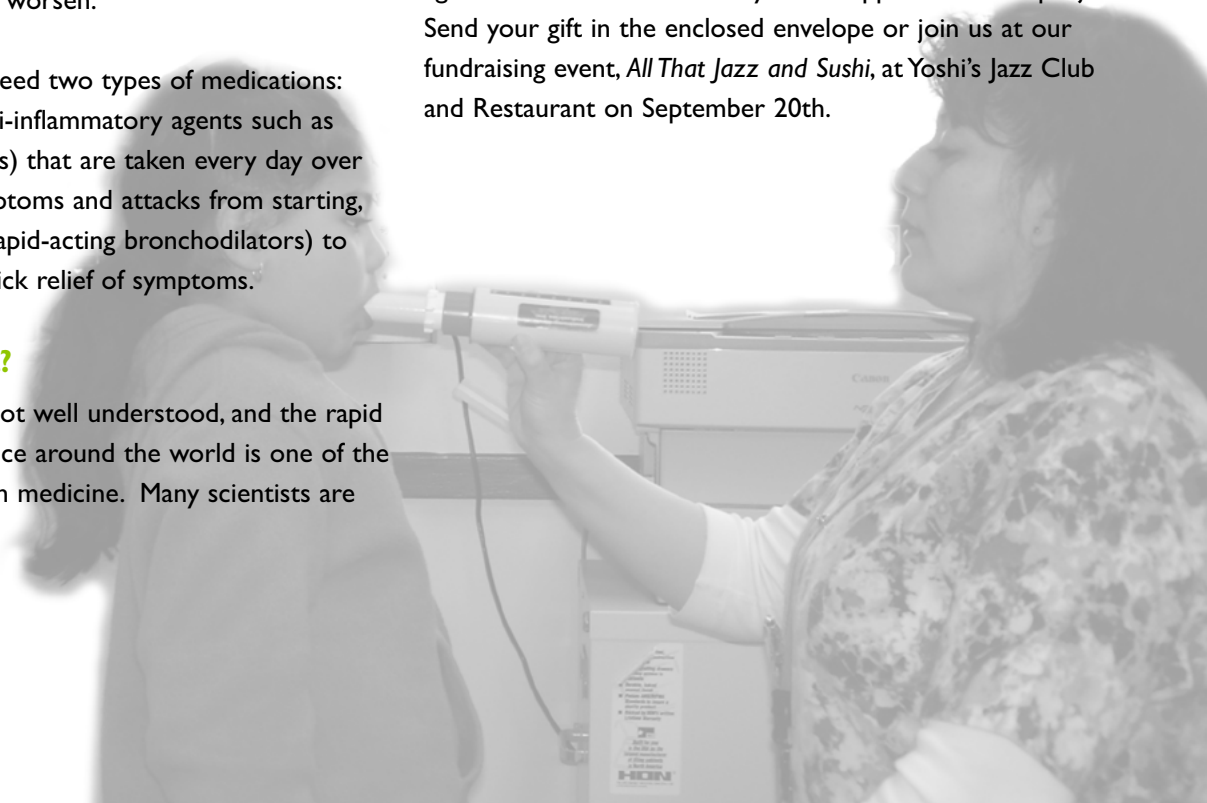
The causes of asthma attacks, however, are better understood. The factors that can set off an asthma attack (sometimes called “triggers”) include inhaled allergens, tobacco smoke, air pollution, exercise, strong emotional expressions (such as crying or laughing hard), and certain drugs (aspirin and beta-blockers). Each person with asthma reacts to their own set of factors, and identification of these factors and how to avoid them is a major step for each individual in learning how to control their disease.

How is asthma diagnosed?

A careful medical history, physical examination, and tests of lung function provide the information needed to diagnose asthma. Measurement of lung function is both useful for diagnosis of asthma and to monitor the course of the disease and the level of control.

Our intention is to raise \$100,000 to provide comprehensive asthma care to 1,000 children. Our goal is to provide all of these children with medical, health education and case management services. We invite you to support this vital project. Send your gift in the enclosed envelope or join us at our fundraising event, *All That Jazz and Sushi*, at Yoshi’s Jazz Club and Restaurant on September 20th.

At La Clínica, we are committed to providing care to patients who suffer from chronic illnesses, such as asthma.





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ALL THAT JAZZ: A Night with La Clínica and Yoshi's!!

For the second year, Yoshi's premier Jazz Club and Restaurant in Oakland will close its doors to the public for one night and open them exclusively for La Clínica de La Raza's 2008 Annual Benefit, *All That Jazz (and Sushi!)*. Building on last year's extraordinary successful event at Yoshi's, La Clínica invites you to join friends and supporters for this high-profile private party, complete with great food and great music, featuring a silent and live auction to benefit a great cause.



La Clínica, the largest Community Health Center in the Bay Area, is thrilled to partner with Yoshi's of Jack London Square, the East Bay's social and cultural nexus. Renowned Chef Shotaro "Sho" Kamio will dazzle guests with his famous Japanese-cuisine creations, guaranteeing that September 20th will truly be a night to remember. This year's jazz artist will be Amel Larrieux — singer-songwriter, keyboardist, with a Top Jazz Album in 2007. The proceeds of *All That Jazz* will go toward our Children with Asthma Program.

For more information regarding *All That Jazz*, visit the "Events" section of our website or contact **Andrew Bowles** at abowles@laclinica.org or by phone at (510) 535-2912. Tickets are also available for purchase online at <http://www.laclinica.org/yoshis.shtml>. Please note that tickets are limited. Advanced registration is strongly recommended.

LA CLINICA DE LA RAZA MISSION STATEMENT

To improve the quality of life of the diverse communities we serve by providing culturally appropriate, high quality, and accessible health care for all.

LA CLINICA UPDATE
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