

LA CLINICA

AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL



Centering Pregnancy, a care model for healthier, happier moms and babies

Expectant moms share similar joys, questions, and concerns. Gather a group of them together, and the conversation rolls, friendships develop, and learning occurs. A new model of prenatal care called Centering Pregnancy takes advantage of this natural inclination to share.

La Clinica will introduce Centering Pregnancy at the Women's Health Center this fall, and along with their private prenatal visits, moms-to-be and their partners will have the option to receive care and education in a group setting.

"Research shows that 96 percent to 98 percent of participants prefer Centering over the traditional model for OB care after trying it," says certified nurse midwife Hillary Handelsman. "I have participated in Centering groups and am very excited to be part of the team that is bringing this fulfilling model of prenatal care to southern Oregon!"

While pregnancy can be isolating and fearful for expectant moms, especially young first-timers, Centering allows them to develop a community of friends who share similar experiences and engage in creative problem solving as they go through pregnancy together.

Studies demonstrate that Centering provides peer support that delivers more health education and self-management training, and has a greater positive influence on the health of women and their babies than traditional OB care. The Women's Health Center looks forward to providing this OB-care option for moms.

Thank you to our donors, our supporters, and our community partners. Together we are extending affordable and excellent health care to the most underserved members of our community. With your generosity, counsel, and collaboration, you help us to help them.



Dental fund to help most vulnerable patients

... Tommy, a first-grader, is one of six children in a homeless family. When possible they rent a motel room, otherwise they sleep in their car. Tommy's teacher discovered him sobbing in a corner. His mouth hurt. Our outreach team found he had five badly decayed teeth.

... During dental screening, our outreach staff found five cavities in Samantha's mouth. The fifth-grader said that her teeth hurt constantly, and she was using teething gel to numb the pain. The family was ineligible for free children's dental care because of income \$100 over the maximum limit.

... The economy has been brutal on Betty, 75, and her husband. Their savings are drained, and she worries that her husband's dental health is worsening his chronic illnesses. They're on La Clinica's dental-care wait list, but Betty worries they'll be unable to pay their portion.

These are but a few of the more than 40,000 Jackson County residents suffering from dental pain and discomfort because they can't afford care. A long-term solution—expanding dental care at La Clinica—is in the planning stages. In the meantime, we are creating a \$150,000 Emergency Dental Fund, including \$75,000 to be generated at the September 12th Raise Your Heart for Health event.

The fund will provide emergency care for uninsured and very low-income people who can't afford dental care even at our discounted rates. They include:

1. Children with no other source of care
2. Homeless adults with pain, swelling, and infection
3. Elderly with fixed incomes who have pain, swelling, and infection, or whose poor dental health is compromising their overall health

The time to address the unmet and critical need for emergency dental care is now.

Save the date!

Please join us for La Clinica's 2010 Raise Your Heart for Health event.

Sunday, September 12
3:30 p.m. to 8:00 p.m.

Voorhies Mansion

\$75 per person. Order tickets by calling Yolanda Gil, 541-512-3114. Proceeds will support an emergency dental fund for our most needy patients.



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La Clinica Health Centers:

- Central Point Health Center
- Phoenix Health Center
- West Medford Health Center
- Women's Health Center

School-Based Health Centers

- Jackson Elementary School
- Jewett Elementary School
- Oak Grove Elementary School
- Phoenix Elementary School
- Washington Elementary School

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New dental clinic to meet urgent need for affordable dental care

People who can't afford dental care often end up in hospital emergency departments, and in 2008 local hospitals provided 2,765 emergency department visits for dental complaints at a cost of \$1,412,915. Most of this expense is uncollectible and a misuse of precious emergency staff resources. With prevention measures and timely treatment, dental infections are rarely true emergencies.

La Clinica offers dental care on a sliding scale, but we can serve only a fraction of those needing services.

To address this need, La Clinica plans to open a new dental clinic, which will enable us to increase our capacity by nearly 100 percent. The expansion will be a triple win:

- Disadvantaged people will be able to get dental care.
- The facility will be a training site for Oregon Health Sciences University and Rogue Community College, increasing our ability to recruit dental professionals.
- The clinic will benefit our region by \$31.9 million over 20 years in jobs, avoided emergency department costs, and prevented lost productivity associated with dental pain.



In 2008 local hospitals provided 2,765 emergency visits for dental complaints at a cost of \$1,412,915. Most of this expense is uncollectible and a misuse of resources because our hospitals are not equipped to address the source of dental infections.



Behavioral health added to La Clinica's scope of care

A massive public disinvestment in mental health and addiction services over the past three decades has had profound effects on patients and on primary care providers, who now deliver more than half of behavioral health services and manage up to 80 percent of psychotropic medications. The situation needs to be addressed, and La Clinica has embarked on a well-researched plan.

La Clinica, in partnership with the Addictions Recovery Center, is adding behavioral health services at all our health centers to improve care for our mental health and addiction patients. This service links a qualified mental health provider to each medical team to provide care in conjunction with the medical visit.

Behavioral health services will support our primary care providers, improve the overall health outcomes of our patients, and lower health-care costs. This service will support over 3,000 patients who need behavioral health services.



New procedures offered at Women's Health Center

Thanks to federal funding, the Women's Health Center now offers in-office hysteroscopy, a minimally invasive procedure that allows visualization of the inside of the uterus. It enables doctors to look for polyps, fibroid tumors, and other abnormalities, and is also used to perform minor in-office surgery. Hysteroscopy usually requires only a local anesthetic.

"This equipment is a benefit to our patients and the health-care community," says Linda Harris, MD, the center's OB/GYN medical director. "In-office hysteroscopies can be done at a fraction of the cost. Until now, we've taken patients to the hospital for the procedure at a cost of \$5,000. This is a significant cost savings to the hospitals and low-income patients."

In addition, the equipment enables Women's Health Center to offer women an alternative to tubal ligation, which requires general anesthesia. The procedure, called Essure, can be performed in-office with sedation and local anesthesia and without an abdominal incision.

Medical Eye Center joins forces with La Clinica to provide affordable eye care

Medford ophthalmologist Paul Imperia M.D. and a team from the Medical Eye Center are providing eye exams and optical services for uninsured patients at our Central Point Health Center.

The eye care services are for La Clinica patients who do not have vision insurance and are low income. Eye care clinics are being offered once monthly. The first clinic was held May 14.

"We are so grateful to Dr. Imperia and his staff for their generous support," says Medical Director Ken Rhee, M.D. "They are filling a great need in our community for low-cost eye exams and glasses. Patients and staff are extremely grateful."



Behavioral Health Service Goals:

- Older adults with diabetes and depression will report more depression-free days.
- Depression patients who are designated "high utilizers" will be more likely to have their anti-depression medications refilled.
- Patients who receive depression treatment for one year experience reduced suicidal thoughts.
- Patients with panic disorder will be more likely to receive adequate medication and adhere to medication plans.
- Patients' chemical dependencies will be more likely to be in remission after five years if their PCP was involved in their substance-abuse treatments.
- People on short-term mental-health-disability leave will return to work at higher rates than those treated by physicians alone with significant cost savings to employers.



We need your support now more than ever. Please consider a gift to La Clinica— use the enclosed envelope and give today.