

## Happenings at Shingletown Medical Center...



Carolyn Hopkins  
CEO

Over the year or so since we last published a newsletter, a lot has happened in our environment – mostly in the financial arena. Shingletown Medical Center (SMC) has, of course, been impacted by State Budget cuts. In response, the Board of Directors and Administrative Staff found it necessary to make some significant adjustments in the clinic budget to continue providing the community with medical and behavioral health services at the current level.

It is also true that SMC has received funds from the American Recovery and Reinvestment Act (ARRA), and I've heard a few rumors while out and about. I'd like to explain. SMC was eligible for two of the three pools of ARRA funds: "Increased Demand for Services" (IDS) and also "Capital Investment Program" (CIP). While the State was trying to deal with its huge deficits, they justified cutbacks to Federally Qualified Health Centers (FQHC's) such as SMC because the ARRA funds would supposedly offset the withdrawal of state assistance. What was not widely disclosed is that the federal ARRA funds are earmarked for specific areas of need. The IDS funds were designed to help with the expense related to the increase in newly uninsured patients who were made so by the downturn in the economy. The CIP funds were intended to assist clinics renovate facilities and purchase equipment including electronic health records to better serve those patients and to help stimulate the local economy.

So, while SMC originally intended to hire another part-time family physician with IDS funds, the state approved a budget that eliminated the Rural Health Services Development (RHSD) and Expanded Access to Primary

Care (EAPC) – as well as the optional benefits for MediCal. That produced about a 10% deficit for the clinic, and threatened to eliminate 2 existing positions. Thankfully, job retention was an allowable expense for IDS funding, so it was decided to forego hiring to keep the current staff. IDS funding amounted to about half the combined RHSD and EAPC funds. Meanwhile, EAPC funds were replenished with Proposition 99 money, so, in the end, SMC only lost about 3% of its annual budget... however, I do believe that staff aged about fifty years in the process!

Over the next two years, you will see some changes out here in the meadow. The ARRA CIP funds were awarded to specifically help FQHC's to renovate or expand their facilities, purchase equipment and/or develop information technology. SMC will be using its funds to engineer and repave the parking lot, repair the roof, paint the exterior and interior of the building, fix the floors, install an up-to-date phone system, replace exam room tables, purchase more electronic vitals monitors and install electronic ADA compliant doorways in the front and back of the building. The SMC Board and Staff have been struggling with these items for several years, and feel very fortunate to be in a position to make the repairs, and to replace worn out equipment!

One more thing...I would like to acknowledge the community for its ongoing and increasing support! This year's Annual Fund is off to a fantastic start, the number of SMC volunteers keeps growing, and more and more people are participating in our events, and/or coming to SMC for their health care! All of that helps. SMC is here to serve the community, and there are not enough words to adequately express our appreciation to all of you who have loyally stood by us through all that we've endured.

Thank you one and all!



## Reversing Heart Disease... by Cathy Ochs, PA-C

We are pleased to announce a leading edge program to our patients. Participants of the program will find out if they are at risk for a heart attack or stroke and take a new food supplement to actually REVERSE their risk. If you know you already have a heart or stroke problem, you will find out how well your current medical treatments are doing, and start the reversal protocol as well.

One of our providers, Cathy Ochs PA-C has been working with Dr. Joseph Prendergast in Palo Alto for the past few months. She met him after learning that he had reversed heart disease in himself and has been using the same protocols with his 6,000 patients. He is an endocrinologist and internist who was awarded "Father of the Year for 2008" by the American Diabetes Association for not having one patient with a heart attack or stroke in 16 years! Our goal is to model his methods and get the same results with our patients.

There are two parts to the program. The **first** is **TEST AND DETECT** to determine your cardiovascular health risk. The Healthy Heart Program utilizes a non-invasive recently FDA approved medical device called the BPro, to measure the stiffness of your vessels

("hardening of the arteries") and the pressure of the heart (or CASP). This is the same type of testing Dr. Prendergast has been using with his patients. The CASP has been the gold standard in accessing cardiovascular health, but until now has only been able to be measured from an invasive test done in the hospital.

The **second** part to the program is **SUPPLEMENT AND REVERSE**. We will be utilizing ProArgi9—the same supplement and protocol Dr. Prendergast has been using and getting his phenomenal results. After 90 days, participants will retest to see how their numbers improve. Once the numbers are in the healthy range where the cardiovascular risk is reduced, the supplement is continued at a lower maintenance dose and retesting is every six months to a year.

The main ingredient in ProArgi9 is l-arginine. In 1998, three American scientists received the Nobel Prize in Medicine for their research on l-arginine and its role in maintaining cardiovascular health. L-arginine was found to be used by the body to produce a molecule called nitric oxide. This "Arginine Derived Nitric Oxide" or ADNO keeps blood vessels open, elastic and functioning properly. ADNO has been cited in re-

search to have the following benefits: controlling and reducing high blood pressure, improving heart function, reducing serum cholesterol and plaque formation, improving memory, promoting the release of human growth hormone, improving erectile dysfunction, and helping the immune system cells kill infections and stop some cancer cells from dividing.

All people can benefit from the program. Many of our staff have already tested and are taking the ProArgi9 with great results. Patients that have high blood pressure, diabetes, peripheral arterial disease, heart disease, history of stroke, and kidney disease can greatly benefit. We are only taking 150 patients initially. You may make an appointment to get started, or further discuss the program with your provider.

As far as we are aware, we are the only Community Clinic in the nation to offer this leading edge program to our patients. Our **goal** is to **stop** and **reverse** heart disease here at SMC. Together, we can rid the number one killer in our community and put Shingletown on the map in a positive way!

**We look forward to helping you test, detect, supplement and reverse.**

## H1N1...Preventive Action

Every year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. The new H1N1 flu pandemic is upon us and we urge you to take preventive actions:

- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash your hands often with soap and water, especially after you cough or sneeze.  
Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Keep surfaces touched by many hands clean, such as keyboards, appliances, remote controls and doorknobs.
- Try to avoid close contact with sick people.
- If you have a fever of 100°F or more and are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone. Your fever should be gone without the use of a fever-reducing Medicine

Flu-like symptoms include:

Fever (over 100°F)	Dry cough	Headache
Extreme tiredness	Runny or stuffy nose	Vomiting
Muscle aches	Sore throat	Sometimes diarrhea

We'll be receiving the first H1N1 vaccine around the middle of October and the initial target groups are:

- Pregnant women
- People who live with or provide care for infants younger than 6 months
- Health care and emergency medical services personnel
- People 6 months through 24 years of age
- People 25 years through 64 years of age who have certain medical conditions that put them at higher risk for influenza related complications

No shortages of H1N1 vaccine are expected, but initially the vaccine will be available in limited quantities. Please call the clinic or see your health care provider if you have any questions or concerns.

Additional sources of information are:

[www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu)

## Breast Cancer Awareness

Community Health Centers fill a unique role in health care. We don't just wait for people to come to us when they are sick. Our mission is to ensure the health of the community as well as the individual patient. We want to make sure that our community receives the preventative care they need to stay healthy. It is our goal to make sure that everyone in our community has access to this care, regardless of their financial situation or insurance status.

Next month, October, is "Breast Cancer Awareness" month. Every year in California, over 22,000 women are diagnosed with breast cancer, and more than four thousand will die from breast cancer. Regular mammograms are the best way to diagnose breast cancer early. Early diagnosis is so important because the 5-year survival rate for breast cancer is about 97% with early detection. In practical terms, that means we could save about 3,300 lives per year in California if all women were getting their mammograms as recommended by the American Cancer Society.

To help make this possible, Shingletown Medical Center is offering low cost breast cancer screening throughout the month of October. Most women who do not have insurance coverage will qualify for a program called BCEDP (the Breast Cancer Early Detection Program), a government funded program which pays for breast cancer screening (including mammograms) as well as treatment if you are diagnosed with breast cancer as a result of your screening. We have staff on site who can enroll patients in this program. For the few patients who do not have insurance AND are not covered by BCEDP, MD Imaging has generously agreed to donate several mammograms at very discounted rates.

Please help us spread the word, so that—together—we can keep our community healthy



**SHINGLETOWN  
MEDICAL CENTER, Inc.**

*"a not-for-profit organization"*

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**To: Mountain Area Residents**

## Our Medical Team

### Family Practice

Candy Stockton, MD, Med. Dir.  
Mon. & Tue. 8:30—7:30pm

Gordon Lui, MD  
Mon. thru Thurs.  
7:30am - 5:00pm

Michael Simpson, FNP-C  
Tue./Wed./Thu. 8:30-5:00pm  
Fri.—7:30—4:00pm

Cathy Ochs, PA-C  
Mon.-Tue. & Thu.  
8:30am - 4:00pm

Dolly Brooks, FNP  
Wed.—Fri. 8:30—6:30pm

### Gynecology

Tom Perry, MD  
3rd Fri. every month  
1:30pm - 4:00pm

### Behavioral Health

Bonnie Hill, LCSW  
Mon./Tue./Wed.  
1:00—4:00pm  
Thu. 2:00 - 5:00pm  
Fri. 9:00—12:00pm

### Chiropractic

Bob Smith, DC  
Tues. 5:00—6:30pm  
Fri. 1:00pm—3:30pm

**Office Hours are by Appointment  
Urgent Care Walk-Ins Welcome**

## Our Services Include:

Primary & Preventative Care  
Acute Care  
Immunizations  
Women's Health Care Obstetrics  
Chiropractic Services  
Primary Care Behavioral Counseling  
ADD/ADHD Diagnosis & Treatment  
Dementia Screening  
Individual/Family/Group Therapy  
Child & Adolescent Therapy  
Diabetes Education  
Nutrition & Weight Management  
Substance Abuse Treatment  
Smoking Cessation  
Pain Management

**We accept most all insurances  
and offer a Sliding Fee Discount.**

*Your Family's Health...  
Our First Priority!*