

HEALTH & WELLNESS

Community Health Clinics Continue to Serve Back Country

SUBMITTED BY CAROL LEWIS, OUTREACH MHCS

Americans keep hearing about the need for change in our health care system. President Obama is trying to get legislation passed that will expand health care insurance, and meanwhile medical costs are increasing every day. It's all very confusing and many of us aren't sure what we need anymore to take care of our families. But, amid all of this confusion, community health clinics continue to serve as vital health care safety nets in their communities. Mountain Health & Community Services (MHCS) consists of a group of five federally qualified health care centers providing medical care in our own communities.

Federally qualified health

care centers continue to grow and the number of patients that they see is increasing each year. Health centers have proven their ability to provide excellent care at a relatively low cost, and both President's Bush and Obama have championed their expansion across the United States. MHCS has seen an increase of 78% in uninsured patients served this past year alone. Many of these patients would be forced to seek care in emergency rooms if there were no community clinics.

Mountain Health and Community Services is committed to bringing more services to the back country over the next few years with the development of a new health clinic. We're intending to expand to include x-ray services and a pharmacy in Campo at

the new Mountain Empire Family Medicine clinic. In addition, we know that there is a need for dental service and are hoping to include a dental clinic within the new center also.

"Mountain Health has been an integral part of providing health services to Mountain Empire for many years and we are pleased that the known gaps in services will finally be filled by adding local access to dental and pharmacy," said Judith Shaplin, CEO of MHCS.

At Alpine Family Medicine, it is our goal to bring in additional providers that will allow us to extend hours for primary and urgent care services. Not only are community health centers more cost-effective, but they also work together to help provide patient's access to specialists, which

also helps reduce the cost to the patient. A 2001 study of 50,000 Medicaid patients concluded that patients who got most of their care at a community health center were significantly less likely than other patients to be hospitalized or seek emergency room care. Community health centers deliver better continuity of care than private doctors or hospital outpatient clinics, according to a 2000 study in the Journal of American Medical Association. People who use MHCS may not have access to transportation to get to a hospital and their needs are better served by having a primary-care clinic, or a "medical home," in their own neighborhood.

Mountain Health & Community Services is committed to realizing the complete physical, mental

and social well-being of each of its patients. To achieve good health within our communities, MHCS offers prevention, early intervention, treatment and education services. MHCS seeks to provide greater ease of access to its services by offering them on a sliding fee scale basis, so those without health insurance, and those with low incomes, can afford care whose cost is based on their ability to pay. MHCS also accepts most insurance plans including Healthy Families and Medi-Cal. Our goal is that our most underserved communities have local access to the health and social services that they need.

For more information or to schedule an appointment you can call Mtn. Empire Family Medicine in Campo at (619) 478-5611, Alpine

Family Medicine at (619) 445-6200, or High Desert Family Medicine in Jacumba at (619) 766-4071. H1N1 and Seasonal flu shots are available for everyone at this time. Donations for our uninsured children's fund are gratefully accepted by sending it to: MHCS, 31115 Highway 94, Campo, CA 91906, or you can visit our website at www.mtnhealth.org for upcoming events and to make a donation. MHCS is a 501(c)(3) not-for-profit charitable organization.

Watch for more fun things coming up this New Year. 2010 promises to bring some new services and fun events to the Mountain Empire communities. It is our pleasure to serve you and your family this coming year.

MHCS Welcomes New Medical Director



Rafael Rosado-Cosme, MD MHA FAAFP

SUBMITTED BY CAROL LEWIS, OUTREACH MHCS

With the growing need for health care in our communities, Mountain Health & Community Services is excited about their new Chief of Medicine, Rafael Rosado-Cosme, MD MHA FAAFP. Dr. Rosado will be overseeing all five of our community health clinics and working towards bringing the most comprehensive medical

care that we can provide to our families.

Having a practice in a small town isn't anything new to Dr. Rosado. He began his Family Practice in the small town of Needles. His practice grew rapidly until he decided to move to Bullhead City where he remained for 6 years. After missing his family and wanting to set down roots, he moved to Fallbrook where he could be close to family and friends and serve the community there.

Dr. Rosado served active duty in the Army, where he was first stationed at the National Training Center at Ft. Irwin near Barstow. He met his wife, Adela and they have been inseparable ever since. The Army then moved him to Ft. Hood, Texas where he spent 4 years. He also had the opportunity to serve on a peacekeeping mission with the First Cavalry Division's Iron Horse Brigade in Bosnia-Herzegovina.

There he served 8 months.

San Juan, Puerto Rico is Dr. Rosado's birthplace. He loves his home, now with wife Adela, that sits on a hill overlooking a valley about 12 miles from the ocean. After receiving his postgraduate medical training in Puerto Rico in the Family Residency Program he decided to practice in California and has loved it ever since. He is currently a Board Certified Family Practitioner and sees patients at Alpine Family Medicine. He does home visits with the elderly as well as performing medical director tasks. Along with his medical degree, he holds a master's degree in Health Administration.

Mountain Health & Community Services is committed to meeting the health needs of our community and know that Dr. Rosado will help us serve our most underserved populations. His goals are

to get involved in health care administration and to help provide care to our growing number of elderly patients in the San Diego County area.

Alpine Family Medicine is open Monday-Saturday from 8:30 to 5:00 and can provide routine health screenings, well child exams, immunization updates as well as address most acute illnesses and injuries. We can also perform basic x-ray examinations. MHCS offers counseling, behavioral health and psychiatry with support groups forming for life skills and parenting education.

Appointments can be made by calling Alpine Family Medicine at (619) 445-6200. We look forward to taking care of your family this year. Visit at our website: www.mtnhealth.org.

Start 2010 With a Natural Habit

BY KYM, YOUR NATURAL HABIT ADVISOR

At the beginning of every year, we always hear about dieting resolutions and new exercise regimens. Everyone is talking about losing weight, only to drop the idea a few months into the year. My suggestion for you is that this year, instead of the latest diet trend, start natural habits.

What are natural habits? It's a way of life. My goal is to show you how to make small changes one step at a time, to live a totally healthy lifestyle.

I have been researching for approximately 10 years, and have studied under a well known nutritionist. When I began to study the ingredients in our food I was surprised by what I found. Even everyday products in your

grocery store can contain ingredients that could be potentially harmful to your overall health. For example, Red dye 40 has been shown to cause cancer, which are in many fruit snacks and juices that are marketed for our children.

My quest for better health began when I was told my son had asthma. He also, had dark circles under his eyes. His doctor said it was hereditary, that he was fine. This was a new symptom so I didn't accept that. I started doing research and found the dark circles could be a sign of poor liver function. I started a treatment of herbs, vitamins and an all natural diet, instead of the conventional treatments. It wasn't long before his normal coloring returned and he no longer has asthma.

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Mountain Empire Family Medicine
Alpine Family Medicine • High Desert Family Medicine
 Community Health Clinics of
Mountain Health & Community Services

H1N1 & Seasonal Flu Shots now available for everyone.

Mountain Empire Family Medicine
 31115 Highway 94 Campo
 (619) 478-5311

High Desert Family Medicine
 44480 Old Highway 80 Jacumba
 (619) 766-4071

Alpine Family Medicine
 1620 Alpine Blvd. First Floor Alpine
 (619) 445-6200

Mountain Empire Community Center
 976 Sheridan Rd. Campo
 (619) 478-2384
 Computer Use, Rental, Meeting Space, and Memberships

Federally Qualified Clinics
Se Habla Espanol

Visit us on the web - www.mtnhealth.org



5 Locations in San Diego County