

3 Heart Disease:
Would You
Recognize the
Symptoms?

4 Genetic Testing for
Breast and Ovarian
Cancer

7 Resources for the
Complex World of
Healthcare

8 Smart Foods
for Your Heart

Quarterly Newsletter | Spring 2018

HealthMatters



Community Care Health
for the Central Valley

A Special Women's Health Issue



In this issue...



- 3** Heart Disease: Would You Recognize the Symptoms?
- 4** Genetic Testing for Breast and Ovarian Cancer
- 6** Marjorie E. Radin Breast Care Center
- 7** Resources to Help Navigate the Complex World of Healthcare
- 8** Smart Foods for Your Heart
- 9** CMC Expands Outpatient Services
- 10** Physician Profile: Meet Dr. Deborah Gumina
- 11** Health and Community Events Around Town



COMMUNITY CARE
HEALTH

HealthMatters is a quarterly newsletter brought you from Community Care Health. Designed to keep members abreast of the latest information impacting their health, we hope you find this a valuable resource.

This spring we are pleased to bring you a special edition of *Health Matters* -- our quarterly Community Care Health newsletter -- focused on Women's Health. Designed to keep members abreast of some of the latest information impacting their health, we wanted to highlight particular conditions affecting women, and more importantly, preventative measures and services we provide, to help lower these risks.



This issue of *Health Matters* shares ways to recognize the symptoms of heart disease -- a leading cause of death among women, insights from our Chief Medical Officer on genetic testing for breast and ovarian cancer and the holistic and unique approach to breast care from the Marjorie E. Radin Breast Care Center on the campus of Clovis Community Medical Center.

Our physician profile segment highlights Dr. Deborah Gumina, MD who is dedicated to improving women's health. Working in collaboration with Clovis Community Medical Center, Dr. Gumina is a founding physician member of the multidisciplinary Radin Breast Center.

We continually strive to meet your needs and listen to your feedback. Feel free to send any comments or suggestions about *HealthMatters* to info@communitycarehealth.org.

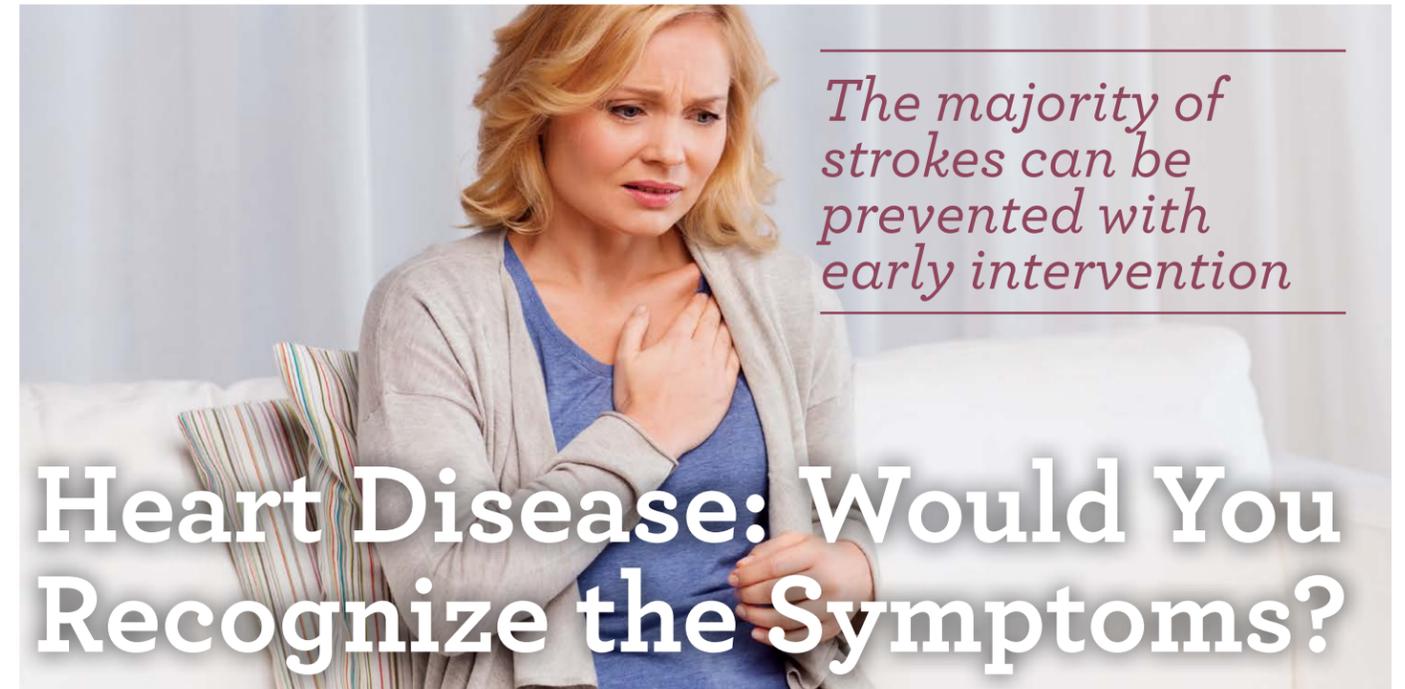
For specific questions about your health plan, Member Services can be reached at (855) 343-2247.

We hope you find this a valuable resource. Enjoy.

Aldo De La Torre

President, CEO and Chairman of the Board
Community Care Health

HEALTH AWARENESS



Insights from
Teresa Daniele, M.D., Director
*Center for Women's Cardiovascular Health
Community Regional Medical Center
Assistant Professor of Medicine, UCSF-Fresno*

Approximately every 80 seconds, a woman will die from heart disease. And while significant advances in decreasing mortality among men have been made, we have not realized similar decreases in women, mainly attributable to the fact that our symptoms are not common and standard testing may not pick up the disease.

The good news: heart disease **IS** preventable and treatable if identified in a timely manner.

Know the Symptoms

Identifying heart disease in women is completely different than in men. While a heart attack presents as chest or arm pain for men, the symptoms experienced by women are subtler, including right-side chest pain or heartburn. And in many cases, there is

unexplained shortness of breath or lethargy. While women tend to attribute being tired to all the responsibilities we carry day in and day out, it is not okay to feel this way every day without any good ones in between.

Remember when you are feeling fatigued and short of breath, don't brush it aside as normal; please see a doctor and report your symptoms.

The ABCs of Heart Health

The most common risk factors associated with heart disease are high blood pressure, diabetes, smoking, and genetics. Although one's genetics cannot be altered, it's important to see a doctor and monitor your health if heart disease runs in your family.

Beyond that, remember these "ABCs":

Activity – Do it. Daily. About 30 minutes of walking can make a big difference.

Blood Pressure – Monitor and keep it in healthy levels with exercise and diet or medication.

Cholesterol – Keep your bad cholesterol numbers at healthy levels with exercise and diet or medication.

Diet – Be sure to eat lots of whole fruits and vegetables, fish and whole grains; minimize processed foods, sugar and red meat. Visit the American Heart Association's web site, www.heart.org for recommendations and more information.

Exercise – Again get moving! This one bears repeating.

All these tips work together to keep your heart healthy and strong, which will decrease the chance of having heart disease. When we know the signs, we can take the necessary steps to ensure heart health.





Insights from
Dr. Daniel Bluestone,
Community Care Health Chief Medical Officer

Genetic Testing for Breast and Ovarian Cancer

Commonly described as your body’s recipe book, genes are basically responsible for making you, you. As such, by better understanding our genes as well as possible mutations that may have developed, we can identify potential risk factors for any number of diseases, including cancer.

In this article, we examine genetic testing as it relates to breast and ovarian cancers and provide answers to commonly asked questions to help you make informed and timely decisions.

What Is Genetic Testing?

Quite simply, genetic testing helps determine gene mutations in an effort to better understand one’s chance of developing or passing on a genetic disorder, which could lead to increased risk of disease.

Which Genes Are Associated with Breast and Ovarian Cancers?

The two genes most often associated with both breast and ovarian cancer risk are called BRCA1 and BRCA2. Importantly, however, experts continue to identify other genes that increase the risk of breast cancer (with or without an increase in ovarian cancer risk).

Should I Have a Genetic Test for Breast and Ovarian Cancers?

Because genes are passed down in families, doctors recommend genetic testing for women who have a strong family history of breast or ovarian cancer. Testing might make sense for you if you fit any of these descriptions:

- You have two or more close relatives (parent, sibling or child) with breast or ovarian cancer, especially if one or more of the relatives was diagnosed with cancer before she or he turned 50. (Close family members include your mother, sister, or daughter, and can include men with breast cancer, such as your father, brother, or son.)
- You have a close family member with more than one cancer, such as cancer in both breasts, or cancer in the breast and the ovary.
- You have family members from different generations with breast or ovarian cancer. (For example, your grandmother, mother, and sister, all with cancer.) Family history on your father’s side is as important as your mother’s side.

Keep in mind, though, that having a strong family history of a disease does not always mean you have abnormal genes. In fact, most women with a family history of breast or ovarian cancer do not. If you are considering genetic testing because a family member has cancer, ask if she or he has been tested or is willing to be tested first. If the person with cancer does not have the mutation, it is less likely that you do.

What Should I Do Before I Get Tested? – Before you get tested, talk with a Genetics Specialist, who can help you choose the most appropriate genetic test and help you understand what the results could mean for you and your family. Because of the results of genetics testing are not always clear cut, it is important to have a specialist interpret the results for you. Community Care Health has several Genetics Specialists within our network of doctors.

What if I Test Positive for a Genetic Mutation?

A positive test result does not mean that you will develop either breast or ovarian cancer. That being said, it is important to speak with your geneticist to understand your results as well as the steps you can take to reduce the likelihood that you will develop cancer. Importantly, if you test positive for any genetic mutation that might increase your cancer risk, discuss your results with your family as it affects their health as well as yours. Some family members might also want to get tested.

Lifetime Risk of Breast and Ovarian Cancers for Women with BRCA Mutation		
Gene Mutation	Lifetime Risk of Breast Cancer	Lifetime Risk of Ovarian Cancer
BRCA1 mutation	55 to 85 percent	35 to 46 percent
BRCA2 mutation	50 to 85 percent	13 to 23 percent

How Can I Reduce the Chances that I Will Develop Cancer if I Test Positive?

By studying people with a BRCA mutation, doctors suggest taking the following steps to reduce your chances of developing cancer or helping to detect it as soon as possible:

- Getting screened for breast and ovarian cancer will increase the odds for early detection, when it is easier to treat.
- Having your breasts and ovaries removed. To lower your ovarian cancer risk as much as possible, experts suggest that the ovaries be removed as soon as you are done having children, and by age 40 if you have a BRCA1 mutation.
- Taking medicines that help prevent cancer.
- Combining some or all of these options.

Does My Insurance Cover Genetic Testing?

Community Care Health covers genetic testing for breast and ovarian cancers for those members who meet the criteria for testing. The testing is available through our contracted laboratory and requires a doctor’s order. Your doctor must obtain authorization from the health plan. Community Care Health prefers that all of our members who require genetic testing consult with a Genetics Specialist.



Can the Results of My Test Keep Me from Getting Health Insurance?

No. United States law precludes companies from using a person’s genetic tests to make decisions about insurance coverage or employment. The law means that:

- Employers can’t deny you a job or fire you because of the results of genetic tests
- Health insurers can’t use genetic test results to deny you coverage or set your insurance rates.
- Employers and insurers can’t force you to have genetic tests.

However, it is important to know that the law does not protect someone with a genetic mutation from getting long-term disability or life insurance.

If you have additional questions about genetic testing for breast or ovarian cancer, speak to your doctor. He or she can help you decide if genetic testing is right for you.

Keep in mind, having a strong family history of a disease does not always mean you have abnormal genes



Marjorie E. Radin Breast Care Center

Offering a holistic and unique approach to breast care, the Marjorie E. Radin Breast Care Center on the campus of Clovis Community Medical Center brings together in one place a team of specialists in radiology, pathology, surgery, medical and radiation oncology along with highly specialized support staff on behalf of each patient diagnosed with a breast condition. The result is a dedicated group focused on providing the highest quality care available.

While nearly 80 percent of lumps turn out to be harmless, learning you have one can be alarming and quickly following-up with a physician is important. Additional tests and procedures – sometimes requiring a series of specialists – are often the next steps. At the Radin Breast Care Center, our specialists coordinate a custom treatment plan for each patient. And our nurse coordinators assist in scheduling and managing appointments while providing care and educating patients so they can focus on getting better.

A Center of Excellence

Designated a Center of Excellence by both the National Quality Measures for Breast Centers™ (NQMBC) and the American College of Radiology (ACR), our comprehensive treatment and expertise in diagnosing breast cancer meet – and exceed – strict national standards. When you see the ACR gold seal, you can rest assured that your imaging test is being performed at a facility that meets the highest level of imaging quality and radiation safety.

To achieve the ACR Gold Standard of Accreditation, our facility's personnel qualifications, equipment requirements, quality assurance, and quality control procedures have gone through a rigorous review process. Every aspect of the ACR accreditation process, which is the largest and oldest imaging accrediting body in the United States, is overseen by board-certified, expert radiologists and medical physicists in advanced diagnostic imaging.



Our multidisciplinary approach brings essential specialists together under one roof.



Resources to Help Navigate the Complex World of Healthcare

When you have questions or concerns, we offer the following:

- Toll Free Number to reach our Member Services Center
- Website with links to tools and resources
- Click on "For Members" for information on a wide array of topics and useful tools (i.e., find a provider or urgent care centers near you)

Whenever you have a question or concern, please call our toll-free Member Services department at 1-855-343-2247. We are available Monday through Friday, from 8 a.m. to 5 p.m. We are here to help you manage your health care needs to maximize the benefits provided to you by being a CCH Member.

Visit our website at www.communitycarehealth.org >>

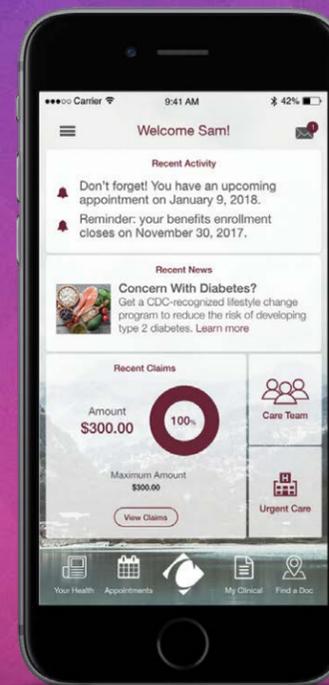


Click on "Contact Us" where you can submit your questions and you will receive a response within two (2) business days.

At CCH, our goal is to provide the ultimate Member experience!



Stay Connected to Your Health: CCH Mobile App Is Coming Soon



Designed to put you in complete control of your health, the all-new Community Care Health app provides access to content, functionality and resources that will help you do just that.

With it, you'll be able to:

- Find a Doctor
- Request an Appointment
- Access Lab Results & More...

This is yet another example of how CCH is committed to the health of our members.

Apple-fennel Salad with Prosciutto and Walnuts

A little something healthy to keep us in balance for spring.

Instructions

1. Slice apples and cucumber crosswise into 1/8-in. round slices. Slice fennel bulb lengthwise into 1/8-in. slices. Divide lettuce among 4 plates. Stack a tower on each bed of lettuce, alternating slices of apple, cucumber, prosciutto and fennel. Sprinkle walnuts around plate.
2. Whisk buttermilk with vinegar and mayonnaise in a small bowl until combined. Season with fresh pepper. Drizzle over salads just before serving.

Toast 1/2 cup chopped walnuts in a non-stick pan over medium for 2 min. Sprinkle with 1 tbsp granulated sugar. Stir constantly until melted, about 3 more min. Transfer to a parchment-lined baking sheet to cool.



Ingredients

- 2 Granny Smith apples
- 2 Jan English cucumber
- 1 small fennel bulb
- 8 leaves green leaf lettuce, washed and dried
- 8 slices prosciutto, halved
- 1/2 cup candied walnuts, see below

For creamy buttermilk dressing:

- 1/2 cup buttermilk
- 2 tbsp cider vinegar
- 2 tbsp light mayonnaise

Apple-fennel salad with prosciutto and walnuts / Digital image / Chatelaine, n.d. Web / 01 Apr 2018 <http://www.chatelaine.com/recipe/vegetables/apple-fennel-salad-with-prosciutto-and-walnuts/>

Food for Your Heart



One of the best foods women should be eating is one you probably already are: the apple. Metabolic syndrome—a syndrome that refers to a cluster of conditions like insulin resistance, high blood pressure, and high

cholesterol—is the main contributor to heart disease, the leading killer of American women. While women who eat a diet rich in blood-sugar-spiking refined carbs or those who are overweight are most susceptible to metabolic syndrome, even healthy postmenopausal women are also at risk. The Iowa Women's Health Study, which has been tracking 34,000 women for nearly 20 years, found that apples are one of three foods most effective at reducing the risk of death from coronary heart disease and cardiovascular disease among women, as these women had less abdominal fat and lower blood pressure than their peers who didn't consume apples.



One in four American women die of heart disease every year and 90 percent of women have one or more risk factors for developing cardiovascular disease. Protecting your most vital organ is as simple as

adding some walnuts to your diet. This heart-shaped nut is teeming with antioxidants and omega-3 fatty acids that can help keep you safe. One recent study found that munching on two ounces a day could significantly improve blood flow to and from the heart in just 8 weeks. Another study found that the same amount can help delay development of breast cancer and slow tumor growth in mice. Speculation is that antioxidants called phytosterols, already known cancer fighters, could be the culprit.

CMC Expands Outpatient Services

From the office of
Craig Wagoner, CEO
CRMC and CCMC

I'm delighted to announce a new and important partnership for Community Medical Centers that will expand outpatient services on our downtown Community Regional Medical Center campus. We're partnering with Family HealthCare Network – the nation's 7th largest Federally Qualified Health Center (FQHC) – to increase primary and specialty care services in Fresno.

The partnership will allow Family HealthCare Network to operate existing clinics at the Deran Koligian Ambulatory Care Center including Children's (general pediatrics), Special Services (HIV/AIDS), Surgical Services, Dental, Eye, Women's, Family and Adult Practice, Internal Medicine, Disease Management and Prompt Care clinics. Community will continue to operate the Ambulatory Care Center's Lab, Radiology, Pharmacy, Diabetes Center, Pediatric Specialty Department and the Oral and Maxillofacial Clinic (OMFS).

A primary goal of the partnership is to improve timeliness of care and reduce the number of patients who receive outpatient-level care in our emergency departments. Family HealthCare Network could begin operating the clinics as soon as this summer and plans to increase both services and staff in the clinics.

The Ambulatory Care Center has top-notch staff who provide excellent care to patients, and a key factor to the successful transition of operations is for Family HealthCare Network to retain as many current employees as possible, and even add jobs in the clinic. Current employees may transition to Family HealthCare Network positions or fill other comparable jobs within CMC's network.

This partnership is great for our region because our missions are similar – we're committed to the Central Valley's underserved communities. And, to better meet the growing demand for healthcare services in Fresno County, we're building on both organizations' strengths – Community's expertise in high-level specialty services and Family HealthCare Network's vast experience in primary and preventative care.

FQHCs provide primary and preventative care and generally serve those who have limited access to healthcare – although all patients are welcome. Family HealthCare Network operates 23 locations in Tulare and Kings County with 700,000 annual patient visits.

Family HealthCare Network will contract with the same group of physicians Community contracts with to provide care to patients seen in the Ambulatory Care Center, and work with UCSF Fresno Medical Education Program to continue training residents and fellows in the clinics.

Thank you for your continued support of our mission and dedication to our patients. This partnership is another necessary step in meeting the growing healthcare needs of the people we serve. Providing the right care, at the right time, and in the right place is the right thing to do for our patients.





Dr. Deborah Gumina, MD

Board certified and a fellow of the American College of Surgeons, Dr. Deborah Gumina is both a practicing surgeon with Valley Surgical Specialists as well as an Assistant Clinical Professor at UCSF Fresno.

Working in collaboration with Clovis Community Medical Center, Dr. Gumina is a founding physician member of the multidisciplinary Radin Breast Center. There, she provides surgical care for patients from throughout the greater San Joaquin Valley.

Dedicated to improving women's health, Dr. Gumina organizes and moderates annual symposia for primary care providers. She also participates in several professional societies including the American Society of Breast Surgeons, The Association of Women Surgeons, The American College of Phlebology, and The Fresno

Board Certified:
American Board of Surgery

Medical School:
Loyola Stritch School of Medicine

Residency:
General Surgery, UCSF Fresno

Community Cancer Institute

Opening August 2018



The Central Valley's Most Advanced Cancer Care Under One Roof



What's Happening

...around town and at Community Medical Centers

APR 26-28

104th Annual Clovis Rodeo
Professional rodeo, special events, great food and more!
All Day, Clovis Fair Grounds



MAY 5

Old Town Clovis Wine Walk
Stroll the streets of Old Town Clovis and enjoy wine tastings from over 20 wineries as well as food tastings and entertainment.

Time: 5:00 pm to 8:30 pm
Place: Old Town Clovis
Tickets available \$35 each
For additional info contact
BOOT (559) 298-5774



Community Cancer Support Groups

Brain Tumor Support Group
California Cancer Center
First Thursday of Every Month
6:00pm - 7:30pm

Head & Neck Cancer Support Group
California Cancer Center
Fourth Thursday of Every Month
4:00pm - 5:30pm

Look Good, Feel Better

A support group that helps cancer patients' beauty shine through. Wig and make-up kits provided free of charge.

California Cancer Center
First Monday of Every Month
10:00am - 12:00pm
Pre-register at
lookgoodfeelbetter.org



Parent Education at Clovis Community & CRMC

Community Medical Centers is proud to offer a variety of new parent classes at both our Clovis and Downtown campuses to help expecting parents be well prepared and have that added peace of mind. For a complete list of classes, visit communitymedical.org and search: "Parent Education" for classes at Clovis Community and "Mother's Resource Center" for classes Downtown.



Free to the General Public
6:00pm at the H. Marcus Radin Conference Center on the campus of Clovis Community Medical Center

Thursday, May 3
Dr. Gregory Simpson
Lecture on Skin Cancer and Post-Event Screenings

Thursday, June 7
Dr. Dominic Dizon
Lecture on Diabetes

RSVP online at <https://www.communitymedical.org/about-us/HealthQuest> or call (559) 324-4787



Farmers Market Around Town

Eat Healthy. Stay Healthy. Support Your Community.

Fresno VA Farmers Market
Tuesdays, 8am - 1pm
Front Entrance of the Fresno VA

Old Town Clovis Saturdays Farmers Market
Saturdays, 8am - 11:30am
Pollasky & Fifth

River Park Farmers Market
Tuesdays, 5pm - 9pm
(May-September)



COMMUNITY CARE
HEALTH

Community Care Health
P.O. Box 45020
Fresno, CA 93718
1-855-343-2247
communitycarehealth.org

PRSRT STD
U.S. POSTAGE
PAID
FRESNO, CA
PERMIT NO. 49

Committed to Providing Quality Healthcare Services for the Central Valley



**Your Voice
Matters**

Have a story to share, questions or
comments? Please contact our staff at
staff@communityhealth.org

Would you like to get HealthMatters by
email? Please send your email address to
editor@communityhealth.org