

HealthFirst Medical Gives Back to the Community

HealthFirst Medical Group has been providing top quality Occupational Medicine to Santa Fe Springs and the surrounding cities for the past 24 years. When Dr. and Susan Crowell started HealthFirst they made a commitment to get involved in the communities their business serviced. Not only are the Crowell's involved in giving back to the community, they encourage their marketing staff to volunteer in Chamber activities and youth programs.

While working in the business Susan Crowell became active in the Santa Fe Springs Chamber and is currently serving her sixth 3 year term on the Board of Directors. She served as Chamber President in 2000-2001. Susan's real passion is education for our youth. She has mentored many high school youths over the years. Several of her mentees have gone on to work at HealthFirst. Susan was part of a group of chamber board member that established the Destiny Fund Scholarship fourteen years ago. Each year the Destiny Fund committee raises \$20,000 to fund a \$5,000 a year scholarship for 4 years, given to a deserving senior at one of the Santa Fe Springs High Schools. This scholarship has given the recipients a wonderful opportunity to achieve their educational goals.

Linda Smith has worked for HealthFirst Medical since March 2000 and enjoys being involved with the community as part of her job. In the last 10 years Linda has worked with the chambers for La Mirada, Buena Park, Whittier, Santa Fe Springs, and Cerritos. Linda served as an ambassador and was on the board of the La Mirada Chamber. Her primary chamber at this time is the Cerritos Chamber, where she currently serves on the board of director. Linda received the Cerritos Chamber Volunteer of the Year Award in 2008. Linda is currently

involved in the Rise Read Program sponsored by ABC School District which matches interested members of local businesses and the community with students needing remedial reading help. Linda also participates in the Senior Project Program which puts local business professionals in front of high school seniors as judges when they present their year long work-study senior projects. Linda feels it is a wonderful experience to engage, evaluate and encourage these students at this critical time in their lives.

Alex Saulus, Marketing Director for HealthFirst Medical, began working at HealthFirst in April 2002. He was asked to participate in the Pico Rivera Chamber. This was the first medical clinic he worked for that encouraged involvement with the community. Alex has been active in the Pico Rivera for 8 years. He has served as Chair of several committees including the Ambassadors, the Casino Night and the Business Expo. Alex was appointed to the Board of Directors of the Chamber six years ago and has also served as a member of the Executive Committee. In 2005 he was given the Business Man of the Year award. In June 2009 Alex was elected as the President of the Pico Rivera Chamber. Alex's theme for 2009-2010 is "A New Beginning." Under Alex's leadership the chamber launched a new website and received a favorable contract with the City of Pico Rivera.

Karina De La Cruz the marketing assistant at HealthFirst Medical also attends chamber trade shows and business card exchanges. This year Karina became a presenter for SFS Chamber Choices Program. This program for SFS High School freshman, outlines the importance making good choice, staying in school and graduating.

Type 2 Diabetes And Obesity

The Center for Disease Control released a report suggesting Americans are eating their way into a diabetes epidemic. Diabetes affected 11 million Americans in 1990. At the close of 1999 the number was 16 million, fully 6% of all Americans. This represents an increase of 40% in ten years. Over that same period, the obesity rate increased from 12% to nearly 20%. Over 90% of all diabetes cases are what we call type 2 diabetes. Type 2 diabetes is usually diagnosed after age forty; however it is now being found in all ages including children and adolescents. Type 2 diabetes is linked to obesity and physical inactivity. In this form of diabetes your body makes insulin but can't use its insulin properly. The result is sugar rises in your blood to high levels. Over a long period of time, high blood sugar levels and diabetes can cause heart disease, stroke, blindness, kidney failure, leg and foot amputations, and pregnancy complications. Diabetes can be a deadly disease: over 200,000 people die each year of diabetes related complications.

Carrying extra body weight and body fat go hand and hand with the development of type 2 diabetes. People who are overweight are at much greater risk of developing type 2 diabetes than normal weight individuals. Being overweight puts added pressure on the body's ability to properly control blood sugar using insulin and therefore makes it much more likely for you to develop diabetes. Almost 90% of people with type 2 diabetes are overweight.

The good news is type 2 diabetes is largely preventable. Research studies have found that lifestyle changes and small amounts of weight loss in the range of 5-10% can prevent or delay the development of type 2 diabetes among high-risk adults. Lifestyle interventions including diet and moderate-intensity physical activity (such as walking for 150 minutes per week) were used in these research studies to produce small amount of weight loss. The development of diabetes was reduced 40% to 60% during studies that lasted 3 to 6 years. Bottom line is managing your weight is the best thing you can do to prevent the type 2 diabetes. Source: (www.obesity.org)

Safety Tips for Truck and Bus Drivers

TAKE CARE OF YOURSELF! Get plenty of rest before getting behind the wheel. Eat well and stay fit. **ALWAYS MAINTAIN YOUR VEHICLE.** Inspect your vehicle before each trip and check your brakes regularly.

BE AWARE OF YOUR "NO-ZONE" Other driver may not be aware of the size of your truck's blind spots. Be vigilant in watching out for vehicles in the No-Zone. One-third of all crashes between large trucks and cars take place in the No-Zone.

SLOW DOWN IN WORK ZONES. Watch out for highway construction. Stay alert. Work zone crashes are more likely to happen during the day. Almost one-third of fatal crashes in work zones involved large trucks.

ALWAYS KEEP YOUR DISTANCE. Always leave enough space between you and the vehicle in front of you. If you hit someone from behind, you are typically considered "at fault," regardless of the situation. Large trucks require more stopping distance.

ALWAYS DRIVE DEFENSIVELY. Avoid aggressive drivers! It's estimated that each year two-thirds of all traffic fatalities are caused by aggressive driving behaviors. Keep your distance and maintain a safe speed. (Source: www.sharetheroadsafetly.org)

HealthFirst Medical Urgent Care

HealthFirst Medical started seeing Urgent Care patient in February 2009. We are now contracted with Anthem Blue Cross/Blue Shield, United Healthcare, Pacificare and Cigna under PPO plans. We are in the process of contracting with Aetna as well. Beside insurance patients, we also see cash patients. Many people do not have health insurance and need to see a doctor. We offer office visits starting at \$40. Our Urgent Care hours are 7 am—7 pm Monday through Friday at 11817 E. Telegraph Rd, Santa Fe Springs, and 7 am—10 pm Monday through Friday and 9 am—10 pm on weekends at 13440 E. Imperial Hwy., Santa Fe Springs. Service is limited to adults and children ages 12-17 with parental consent.