
VHS CELEBRATES FAMILY HEALTH HISTORY MONTH NOVEMBER 2006

Family Health History is Important for Your Health

Did you know that your family history might be one of the strongest influences on your risk of developing heart disease, stroke, diabetes, or cancer?

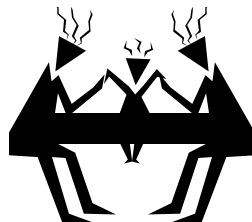
Even though you cannot change your genetic makeup, knowing your family history can help you reduce your risk of developing health problems.

To learn about your family history you should:

- ✓ Ask questions
- ✓ Talk with your relatives at family gatherings
- ✓ Look at death certificates and family medical records if possible

Collect information about your grandparents, parents, aunts, uncles, nieces, nephews, siblings and children.

- ✓ Major medical conditions and causes of death
- ✓ Age of disease onset and age of death
- ✓ Ethnic background

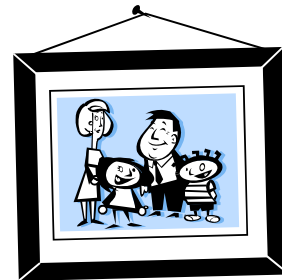


*Adapted from the Centers for Disease Control and Prevention, Office of Genomics

<http://www.cdc.gov/genomics/public/famhistMain.htm>

How can I share our family history with my child's medical provider?

- ♥ Write down the information you have gathered and bring it to your child's next medical visit.
- ♥ Go to the U.S. Surgeon General's Family History Initiative website and create your own pedigree!



<http://www.hhs.gov/familyhistory>

- ◇ Print it out and bring it to your child's next visit
- ◇ Keep a copy at home for your family
- ◇ Remember to pass on a copy to your children so they will have a family history record.*





Welcome to Our Clinic!

UCSF Valencia Health Services provides comprehensive care for infants, children, and teenagers.

- Well-Baby and Well-Child Exams
- Bilingual Staff (English/Spanish)
- Check-Ups and Sports Physicals
- Confidential Services for Teens
- Immunizations
- Family Planning
- Tuberculosis and Anemia Screening
- Health Education
- Sick Visits
- Nutrition Counseling
- Mental Health Counseling
- Referrals to Specialists
- Case Management for Clients with Chronic Conditions

MEET OUR NEW EMPLOYEES!

Joanna Ruthenberg, MD
Started September 2006
Thursday and Friday



Angel Chen, PNP,
Started August 2006
Thursdays



Clinical Director: Helen Martin, FNP
 Business Manager: Sandra Aguilar, BS
 Administration/Front Desk
 Administrative Biller: Teri Leary
 Programmer/Analyst: Jim Rutherford
 Project Assistant: Stacey Kramer

PROVIDERS:

Justine Barnard, PNP
 Angel Chen, PNP
 Larry Granader, MD
 Barbara Hollinger, FNP
 Rita Perez, LCSW
 Joanna Ruthenberg, MD
 Naomi Schapiro, PNP
 Kristen Sligar, FNP
 Linda Torres, RN

MEDICAL ASSISTANTS:

Supervisor: Silvia Gutierrez
 Coranizeva Robles

Rita Perez, LCSW
Started August 2005
Tuesday through Friday



If you want more information about our clinic, go to our website at: www.valenciahealth.com

Reminders

- ◆ **PARKING:** If you park in the parking lot, you must park only in a VHS Parking Spot. Once in the clinic, please write the make, model, and color of your car next to your child's name when you sign in so that your car will not be towed.
- ◆ **PARENTS:** If you cannot accompany your child to an appointment, you must send (with a responsible adult) written permission for us to see and treat your child—and include a contact number.
- ◆ **URGENT CARE:** If your child is sick and it is not an emergency, please call us for advice or an appointment during business hours. We can often fit your child in with a clinician the same day.

