



ASIAN PACIFIC HEALTH CARE VENTURE, INC.  
"working together for community health"

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Donors:

Health Resources and  
Services Administration  
(HRSA) - Affordable Care  
Act, Capital Development  
Program  
\$2,900,000

California Family Health  
Council - Title X  
\$ 133,461

California Community  
Foundation  
\$35,000

# The Bonsai News -November 2010-

Asian Pacific Health Care Venture, Inc. (APHCV) welcomes you back to the "Bonsai News", our quarterly newsletter where you can learn the latest news about APHCV. Please read on to learn more about our upcoming event a free community health fair, health topic, diabetes, the Movember campaign, and more.

## Upcoming Event: Belmont Health Services

### Free Community Health Fair

Saturday November 13 from  
10am–3pm, Asian Pacific Health  
Care Venture, Inc. and St.  
Vincent Medical Center will be  
having a health fair to reach out  
to the communities of Westlake,  
Pico/Union and downtown Los  
Angeles.

Free Services include:

- Flu Shots
- Mammograms (by appointment)
- Clinical Breast Examination
- Body Fat Analysis
- Glucose Examination
- Blood Pressure Screening
- Cholesterol Screening
- Lung Capacity Screening
- Information on how to apply for low cost health insurance and food stamps
- Information on various chronic diseases



Location: Belmont Health Services is located at 180 Union Place, Los Angeles, CA 90026 (behind Belmont High School campus)

For information please call Belmont Health Services at 323.644.3885 or St. Vincent Multicultural Health Awareness and Prevention Center at 213.484.7765

## This month's health topic: Let's Take Control of Diabetes. Now. World Diabetes Day is November 14

The World Diabetes Day campaign is led by the International Diabetes Federation (IDF) and its member associations. It engages millions of people worldwide in diabetes advocacy and awareness. The theme of the campaign this year is Diabetes Education and Prevention and the campaign slogan for 2010 is 'Let's take control of diabetes. Now.' [1]

At Asian Pacific Health Care Venture we offer health education classes for those at-risk for diabetes or those already living with diabetes. Our providers and health educators use preventive measures and self-management strategies to increase the quality of life for our patients and the community.

APHCV uses the U.S. Diabetes Conversational Maps, an innovative and interactive tool in educating our patients with diabetes. The Conversational Map encourages patients to become active learners and to be engaged in the pursuit of self-management. This unique approach supports our diabetes educator in helping our patients understand many of the basic facts associated with diabetes, the relationship of healthy eating and diabetes, the value of monitoring blood glucose levels and using the results, the natural course of diabetes and preventing the short and long term effects of diabetes. The Diabetes Conversational Maps Interactive tool is being offered to all English speaking patients with diabetes the last Wednesday of every month.

[1] <http://www.worlddiabetesday.org/>



## APHCV Supports Breast Cancer Awareness Month



In support of Breast Cancer Awareness Month, a breast health workshop was held at Asian Pacific Health Care Venture, Inc. on October 21, 2010. Latina women were invited to our facility to enjoy refreshments and goodie bags filled with giveaways and educational information. APHCV Provider, Dr. Diana Lee, addressed the risk factors for breast cancer and how Latina women share a disproportionate amount of the burden in Los Angeles County. In 2009, the age adjusted invasive breast cancer incidence rate for Latina women living in Los Angeles County was 80.0 per 100,000 and for API women was 93.7 per 100,000. [1]

Dr. Lee also encouraged the women to spread the word to friends and family members to get a mammogram. Limited health care access is associated with lower breast cancer screening rates. Los Angeles County Service Planning Area (SPA) 4 has the highest percentage of women with no regular

source of care with 22%. 34% have difficulty accessing health care, the second highest in Los Angeles County. Women over 40 years old in SPA 4, where APHCV provides most of its services, have the lowest mammogram rates (68.5%) when compared to women in other SPAs in Los Angeles County.

APHCV and our providers recognize that it is the best time of the year to educate and empower ALL women on the importance of breast health.

[1] Los Angeles County Department of Public Health: Key Indicators of Health by Service Planning Area. June 2009. pp. 20

## November is Movember



Asian Pacific Health Care Venture, Inc. is participating in Movember! Movember is a month-long campaign that proposes that men change their appearance and the face of men's health by growing out their moustache.

It's easy, on Movember 1<sup>st</sup> start out with a clean-shaven face and then grow a moustache for the entire month. The moustache becomes the ribbon for men's health, raising awareness and funding for cancers that affect men. [1]

Our staff are getting in the spirit of Movember and raising awareness by growing their facial hair. We are also raising awareness on topics such as sexual health, testicular cancer and prostate cancer. Because some men may be reluctant to openly discuss the subject due to longstanding traditions, health care providers should discuss the potential benefits and limitations of early prostate cancer detection testing with men.

To join the APHCV Men's Clinic Roosters Movember team go to <http://us.movember.com/register/88804> and follow the steps. Once registered you'll be sent all the information you need to raise funds and start growing as part of our Movember team.

If you're interested in learning more about the work that is being carried out as a result of Movember funds, feel free to read the details at <http://us.movemberfoundation.com/research-and-programs>.

[1] <http://us.movember.com/about/>

**APHCV is participating in the 33rd Annual Los Angeles Chinatown Firecracker Run! Join our team and help raise funds for APHCV!**

If you are not much of a runner don't worry! In addition to the 5K and 10K runs, there will be a Fun Walk and bike ride...something for everyone! The event will take place February 12-13, 2011.

This year the Firecracker Board has invited APHCV to participate in the run by entering a team. For every person that joins the APHCV team, the Firecracker Run will make a donation to APHCV!



Joining is easy! Contact Carolyn Barragan for a registration form and return it to Carolyn with a check made payable to LACFRC, Inc. (no cash). All forms must be submitted by January 21st.

Check out the [Firecracker Run website](#) for more details. If you have any questions, contact Carolyn at x276 or [cbarragan@aphcv.org](mailto:cbarragan@aphcv.org)

Asian Pacific Health Care Venture, Inc. ([www.aphcv.org](http://www.aphcv.org)) located in Hollywood and serving the greater Los Angeles area, is a Federally Qualified Health Center that provides culturally competent health education and primary care services to 12,000 patients annually, more than 75% of whom are uninsured. APHCV provides its health education and health care services in ten Asian languages (Thai, Vietnamese, Tagalog, Khmer, Japanese, Bengali, Mandarin, Cantonese, Indonesian, and Korean), English and Spanish. APHCV administration can be reached at (323) 644-3880. Medical appointments can be made by calling (323) 644-3888.