Medical Resident Spotlight:

Jie Liu, M.D.
UCSD School of Medicine

“I had no idea that I would become a doctor when I was in college, or even in grad school,” Dr. Liu said. “I worked in global public health for 2.5 years prior to applying to medical school. While I loved working on improving the health of a population, I wanted to be more connected to the individuals whose health I was working to improve.”

A native of Ann Arbor, Michigan, Dr. Liu earned dual bachelor’s degrees in economics and organizational studies from the University of Michigan. She later earned a master’s degree in public health from the Rollins School of Public Health at Emory University before earning her medical degree from the University of California, San Diego.

We need the generous support of donors to continue funding our medical residency program. Contact Chris Larlin, Director of Development, at christopherh@fhcsd.org or (619) 515-2315 to make a tax-deductible donation or visit https://donation.fhcsd.org.

Return Service Requested
PINK ... the color or the cause?

Pink, long associated with all things soft and girly, has become a man’s color each October: it is the color of the gridiron. A color to remind us that beyond Sunday and Monday night football clashes, a very real battle is waged each day across our nation, by women who have breast cancer. Why one woman gets breast cancer and another does not is still elusive, but it is certain that over 230,000 new cases of invasive breast cancer will be diagnosed in 2015. It is a shocking reality that in 8 U.S. women (about 12%) will develop breast cancer over the course of her lifetime.

And there are no time-outs for the men. Over 2,300 new cases of invasive breast cancer will be diagnosed in men in 2015. While there is uncertainty around who gets breast cancer, it is not a random event. Some avoidable risk factors include, lack of physical exercise, lack of fresh food or too much processed food, being overweight, alcohol consumption and hormonal replacement therapy, to name a few. Even though two-thirds of those diagnosed are over age 55, more than 76,000 women under the age of 55 will receive a breast cancer diagnosis this year.

At Family Health Centers of San Diego (FHCSD), we are committed to the cause of fighting breast cancer with all the tools at our disposal to provide optimal breast cancer case management and tracking. To date in 2015, FHCSD patients have received almost 15,000 separate breast cancer screening services. I love it when the tough guys of the NFL don their pink. Their commitment brings attention and donations to the fight against breast cancer. But the real commitment to the breast cancer battle is the one we make to ourselves, to our friends and to our family. That commitment is a promise to receive regular screenings, to ask loved ones if they have had their screening, to place it on the annual kitchen calendar and to model good preventive care for our children. Breast cancer “has an excellent survival rate if caught early.”

So when your favorite 350-pound offensive lineman puts on those pink wristbands and pink shoes, remember he is reminding you it’s time to make that call. It is no longer just the color, it is the cause.

Caring for the Community

From free mammograms to dental screenings and health education events, Family Health Centers of San Diego (FHCSD) staff has been busy this fall attending and hosting community events. See below for a recap of a few recent events and keep checking the Events Calendar on our website (www.fhcsd.org) to find our where we will be next!

¡Vive Tu Vida! FHCS presented the annual ¡Vive Tu Vida! Get Up! Get Moving! health expo in partnership with the National Alliance for Hispanic Health. In addition to Zumba, tennis and other fun physical activities, attendees received free health services, including dental, cholesterol and glucose screenings.

Free Mammograms

As part of Breast Cancer Awareness Month, FHCSD partnered with WeSupportU to offer free mammograms and breast exams to qualified women at Chase Avenue Family Health Center.

Lemon Grove 2nd Annual Kids’ Autism Health Fair

Staff at Lemon Grove Family Health Center painted children’s faces and provided flu shots, immunizations and dental exams.

Check Out #FHCSDNewLook!

Following months of planning and collaboration, Family Health Centers of San Diego is excited to announce our new, revamped website. Created with our patients and community members in mind, the user-friendly, mobile-responsive website provides information and education in an easy-to-navigate, dynamic and modern format.

We invite you to explore the new website, which can still be found at www.fhcsd.org. New features, design elements and content include:

- Rotating homepage banner that highlights organizational initiatives, clinics and services
- Mobile-friendly design with improved navigation and functionality
- Integrated Events Calendar
- Photos and videos embedded throughout the site
- Ability to translate content into over 30 languages
- Richer online content that adds depth and information to visits
- Individual clinic pages with specific information about services, locations and hours as well as a Google Maps feature
- Updated donation site that allows visitors to submit secure online donations easily
- List of current FHCSD materials for easy downloading and printing
- E-mail and newsletter sign-up forms

We are also excited to announce our first-ever organizational blog, FamilyHealth Online, which will spotlight organizational news, wellness and nutrition information. Subscribe now by visiting www.fhcsd.org/category/family-health-online.

The website is part of a larger “new look” rollout for the organization, which includes updated marketing collateral and clinic expansions. Stay up-to-date on the latest news by following #FHCSDNewLook on our Facebook and Twitter accounts.

On Your Mark! Get Set! ENROLL!

During the last two years, Family Health Centers of San Diego (FHCSD) has excelled at every open enrollment expectations for Covered CA and Medi-Cal health insurance enrollments. During the inaugural year of Covered CA open enrollment (2013-14), FHCSD enrolled more individuals in Covered CA than any other organization in Southern California.

FHCSD continued this successful trend last year, becoming the first organization in Southern California to meet, and exceed, grant goals. This included answering over 9,000 phone calls and enrolling more than 1,500 new applicants in Covered CA. FHCSD was also one of the top organizations in the state for Covered CA and Medi-Cal applicants.

With open enrollment for Covered CA health insurance beginning on November 1, FHCSD is once again ramping up efforts to match previous records and ensure thousands of San Diegans receive necessary health insurance coverage. This year, FHCSD is reviewing strategies in order to meet new guidelines that allow organizations to re-enroll existing Covered CA patients, in addition to registering uninsured families and individuals.

For more information about Covered CA open enrollment, please contact the enrollment hotline at (619) 515-2363.