

NEWS RELEASE

November 17, 2014

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FOR IMMEDIATE RELEASE

North County Health Services to Host Community Open House

Newly-expanded & remodeled Women's Health & Family Practice at Encinitas clinic

Encinitas, Ca. November 17, 2014 -- North County Health Services (NCHS), will celebrate the newly-expanded and remodeled Women's Health and Family Practice areas of the Encinitas Health Center with a Community Open House, inviting Encinitas neighbors, fellow businesses and community to tour the health center.

Event: NCHS Encinitas Health Center, Community Open House

When: Wednesday, Dec 3rd, 2014 – 8:30am-10am

Where: NCHS Encinitas Health Center: 1130 Second Street, Encinitas, 92024

-Media tours, refreshments, photo & interview opportunities-

The remodeled and expanded Women's Health area offers patients a new waiting room complete with a Children's nook and features 3 new exam rooms - doubling the amount of women the center can now serve. "What really excites us is when we can offer a beautiful facility to welcome a soon-to-be mother seeking quality care" says Christina Schmidt, NCHS Director of Women's Health Services. "Our Women's Health program is unique from any other community clinic, because we not only provide care for women of all ages, but during that special time of pregnancy we have a team of people including a midwife, OBGYN, perinatal coordinator, nutritionist and Psychologist, ready to support her throughout the entire pregnancy", explains Schmidt.

The NCHS midwife-OBGYN collaboration model helps promote 24-hour support during a woman's pregnancy, labor and delivery process. The NCHS midwife stays with the woman from the moment she is admitted to the hospital throughout the birth as well as the "golden hour", the first hour of the baby's life, to help coach and begin the mother on the journey to breastfeeding should she choose to do so. "Now we are well-positioned to welcome more women into our care, and as true to our mission, will never turn anyone away for their ability to pay", adds Schmidt.

The Family Practice wing of the health center has also been improved and now offers Adults faster access to appointments with the addition of a new full-time provider, Dr. Lydia D'Souza, as well as 3 new exam rooms. "In my position, I get to see people of all ages as well as families, which allows me to be able to understand the whole family dynamic" remarks Dr. D'Souza, "at NCHS, our clinics are organized to provide excellent quality of care."

The health center is optimally suited to care for not only Pediatrics, but Adults needing both acute and preventive health services. "The entire staff team is thrilled we can offer patients faster appointments with brand new exam rooms," remarks Cindy Ladrangan, NCHS Encinitas Health Center manager. "Now Adults have improved health care access and can visit the same facility they bring their children."

For more information about the NCHS Encinitas Health Center, please visit www.nchs-health.org; for more information or to RSVP for the Community Open House, please call 760-736-8687 or development@nchs-health.org.

About North County Health Services

North County Health Services is a private not-for-profit organization that serves over 55,000 patients annually at 10 community health centers in Carlsbad, Encinitas, Oceanside, San Marcos and Ramona, and through two mobile clinics. NCHS has been providing affordable, quality & comprehensive care to members of our north San Diego County communities who are uninsured or underinsured for over 40 years. Services at NCHS include pediatrics, obstetrics, gynecology, dental care, radiology, pharmacy and transportation services as well as community health outreach, prevention and disease management programs. We accept private insurances, Medi-Cal and Medicare. If you are uninsured, you may be eligible for low or no-cost programs based on your income, qualify for a discount or use our monthly payment plan. For more information, visit www.nchs-health.org or call 760-736-6767.