

WIN PRIZES

Celebrate Summer

In celebration of Greater Newport Physicians' 30th Anniversary we're giving away three fabulous prizes to brighten your summer.

- **Family 4-Pack of Tickets to the Aquarium of the Pacific**
- **\$100 Gift Card to Duke's Restaurant**
- **GoPro HERO® to capture the best of summer**

Enter to win at GNPweb.com/30years



Greater Newport Physicians
P.O. Box 6270
Newport Beach, CA 92658
gnpweb.com

SUMMER 2015



health | styles



Celebrating *30 Years* of Caring for Our Community

GET SOCIAL

Connect with us and Stay Informed

Learn more about local health events, information about our doctors, exciting contests and giveaways, and tips on how to lead a healthier life.



Download the GNP iPhone® App.

The GNP App provides access to locations, hours of operation, services provided, GPS navigation and direct dialing contact to the nearest urgent care center, physician office, or lab.



Like us on Facebook
facebook.com/greaternewportphysicians

Watch us on YouTube
youtube.com/GreaterNewportPh



Diane Laird
Chief Executive Officer
Greater Newport Physicians



During the last 30 years, Greater Newport Physicians (GNP) has grown from a small physician group to a prominent network of primary care and specialty physicians – offering exceptional care, convenience, and personalized service.

Today, more than 200 highly skilled primary care physicians and 900 contracted specialists in offices stretching from Long Beach to San Clemente provide care for nearly 100,000 community members. And our network continues to grow, with new physicians joining GNP every month.

Over the past three decades, GNP has become one of the most experienced and respected medical groups in the Orange County and Greater Long Beach areas earning the California Association of Physician Groups' 4-Star Elite Status. We have also been recognized by Integrated Healthcare Association as one of the top groups in California and received the Department of Managed Health Care's Right Care Initiative Award. But the difference we make in our patients' lives is our true reward.

Thank you for entrusting us with your care. We look forward to the next 30 years of growth as we continue to deliver high quality, patient-centered care.

To join our anniversary celebration, visit GNPWeb.com/30years

RECOGNIZING EXCELLENCE

Irvine Family Care was recently named Greater Newport Physicians' Top Performing Medical Group of the Year for their commitment to quality care that extends to all of their patients. Join us in congratulating this group of physicians and their staff for their commitment to providing the very best medical care to patients in our community.

CONGRATULATIONS TO ALL OF THIS YEAR'S AWARD RECIPIENTS:

Family Practitioner of the Year
Andrew Mleynek, DO

Internist of the Year
Linda Doan, MD

Pediatrician of the Year
Jennifer Rodriguez, MD

Hospitalist of the Year
Grace Lozinski, MD

Specialist of the Year
David Kaufman, DO



Medical Group of the Year: Irvine Family Care | Janet Goodfellow, MD, Ron Young, MD, Sheryl Miller Long, MD



Get Connected and SIGN UP TODAY FOR OUR E-NEWSLETTER

Interested in receiving news from GNP directly to your email? Sign up today for GNP's newly designed e-newsletter.



Arriving in your inbox six times a year, the e-newsletter offers timely health related articles, announcements, and information on upcoming events and meetings. With quick links back to the GNP website, you will have easy access to the information and resources you need.

Sign up at www.gnpweb.com, click on the subscribe link and fill out the required information. Watch for our next issue to come to your inbox this Fall!

MIKE'S JOURNEY WITH DIABETES

Mike Fujimori casts his fishing line from a small boat on Lake Irvine while he reflects on his success living with type 2 diabetes. He is a family man with a wife, who has multiple sclerosis, and two teenage sons.

Mike works full-time and uses his Wednesday's off to maintain his home and make sure his wife makes it to her doctor appointments. With a busy schedule, Mike would soon learn that his own medical needs would require attention as well.

PERFECT TIMING

Mike inadvertently discovered he was living with diabetes while helping a coworker with a delivery. He casually mentioned he was thirsty all the time and taking frequent restroom breaks. His coworker, who was diabetic, recognized these symptoms and suggested that Mike might be diabetic too. Later that evening at home, Mike spoke with his wife and she insisted he visit his doctor.

When Mike's primary care physician tested him, one of the tests came back positive for type 2 diabetes. He was referred to Greater Newport Physicians' ACTIVE Diabetes Management Program.

A PLAN JUST FOR MIKE

Kristi March, PharmD, BCPS, CDE, manager, ACTIVE Diabetes Management Program, was one of the first people Mike met in the program. She explained the support, guidance and motivation he would need to improve his sugar control and lower his risks of long-term complications.

Mike continued to meet with Dr. March and his multidisciplinary team, which included a physician, nurse practitioner, clinical pharmacist, dietitian, and social worker. With his team by his side, Mike was confident and on a clear path to controlling his diabetes.

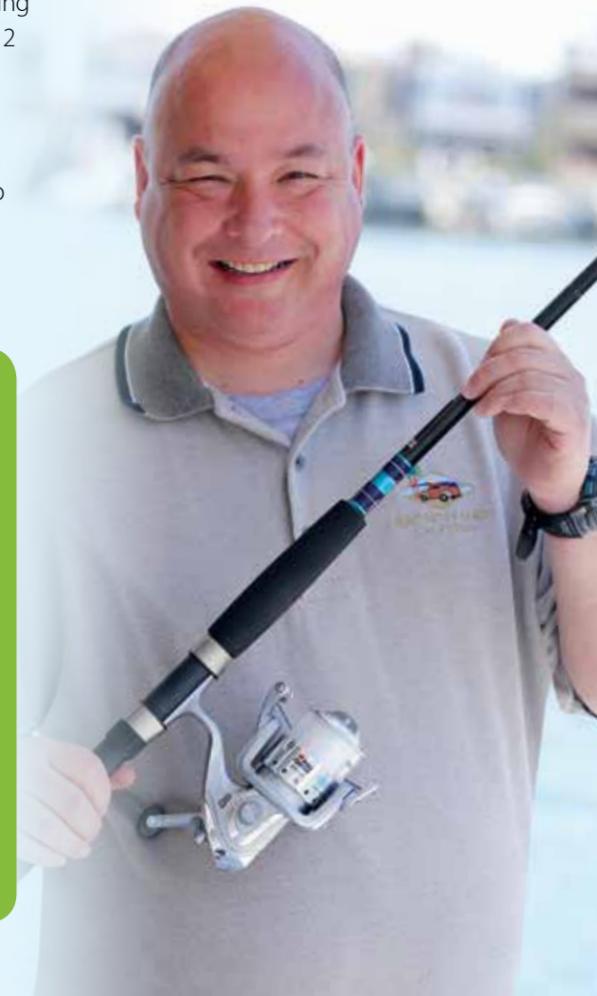
"Together, we came up with a plan that would help him manage diabetes in a way that is adjustable to his lifestyle," says Dr. March.

Mike is among the 29 million people living with diabetes in the United States. Type 2 diabetes accounts for 90-95 percent of all cases.

Mike was uniquely motivated to remain committed to managing his diabetes so that he could continue to be there for his wife and sons. With the help of the

ACTIVE Diabetes Management Program, Mike again enjoys fishing and plans to take his family to June Lake in the Sierras this Summer.

Watch Mike's Story
youtube.com/GreaterNewportPh



PARTNERING WITH SOUTHERN CALIFORNIA'S FINEST HOSPITALS

Ensuring our patients have access to the best possible care is important to us. In addition to GNP's 30-year partnership with Hoag Hospital, we have expanded our hospital affiliations to include Long Beach Memorial, Miller Children's & Women's Hospital Long Beach, Orange Coast Memorial, and Saddleback Memorial.



Hoag Hospital



Long Beach Memorial



Orange Coast Memorial



Saddleback Memorial

INTRODUCING NIAGARA HEALTH CENTER

GNP is pleased to announce the opening of Niagara Health Center located in Fountain Valley. The new building is now home to Family Care Centers- Urgent Care & Primary Care, MemorialCare Imaging Center, Laboratory Services, GNP's award winning ACTIVE Diabetes Management Program and Anti-Coagulation Clinic, and much more.

You're Invited to join us for a Community Open House to celebrate the opening of Niagara Health Center.

August 29 | 9 a.m. – noon

18785 Brookhurst St., Fountain Valley (at Niagara River Ave)

Door Prizes • FREE Health Screenings • Meet the Physicians
Tour the new offices • Refreshments • Children's Activities