

# HEALTHmatters

ASTHMA — WINTER  
TIPS, TRIGGERS, AND  
MEDICATIONS

5

OUR EXPANDING  
NETWORK  
OF PROVIDERS

6

NAVIGATING A BREAST  
CANCER DIAGNOSIS  
UNDER 40

8



FEATURED ARTICLE

## Taking Charge of Your Health

Awareness, Prevention, and Support at Every Stage



COMMUNITY  
CARE HEALTH

Fall 2025

A Healthy Journey for Every Season

As the seasons change, it's a good reminder that our health journeys are always evolving. Some steps are simple, like scheduling your annual check-up. Others require daily commitment, such as managing asthma or diabetes. And sometimes, we are faced with unexpected challenges — like a diagnosis that changes everything.



In this issue of *HealthMatters* we've focused on a single message: **taking charge of your health through awareness, prevention, and support**. You'll find reminders about annual wellness visits for your whole family, practical tips for managing asthma during colder months, and strategies for staying on track with diabetes care.

You'll also read an inspiring story of strength from a young woman diagnosed with breast cancer, whose journey reminds us of the importance of vigilance and the power of a care team.

At Community Care Health, we believe health isn't just about treating illness — it's about building habits, staying proactive, and leaning on trusted providers and resources when needed. We're honored to walk alongside you in that journey.

Stay well this season, and thank you for allowing us to be part of your care.

*Aldo De La Torre*

Aldo De La Torre  
President and CEO  
Community Care Health



- 3 LETTER FROM THE CMO, DR. UTECHT
- 4 YOUR HEALTH MATTERS — MANAGING TYPE 2 DIABETES
- 5 ASTHMA — WINTER TIPS, TRIGGERS, AND MEDICATIONS
- 6 OUR EXPANDING NETWORK OF PROVIDERS
- 7 ANNUAL WELLNESS VISITS FOR THE FAMILY: A VITAL REMINDER
- 8 NAVIGATING A BREAST CANCER DIAGNOSIS UNDER 40
- 10 NO-COST INTERPRETER SERVICES AVAILABLE
- 11 ACCESS PERKS: YEAR-ROUND MEMBER SAVINGS

HealthMatters is a quarterly newsletter brought to you by Community Care Health. Designed to deliver the latest information impacting your health, we hope you find this resource valuable.



HOW WE'RE BUILDING HEALTHIER COMMUNITIES

Thomas Utecht, M.D., Chief Medical Officer, Community Care Health

At Community Care Health, our mission goes beyond caring for individuals when they're sick — it's about building healthier communities. That's why we focus on **population health management**: an approach that looks at the health needs of our entire member community and works to prevent illness, manage chronic conditions, and promote well-being across every age and stage of life.

This has never been more important as the biggest improvements in health don't come only from advanced treatments in the hospital — they come from consistent prevention and proactive management. When families stay up to date with annual check-ups, when individuals with asthma or diabetes manage their conditions daily, and when someone recognizes early warning signs like a breast lump, our network of skilled providers can intervene sooner. And the sooner care is received, the better the outcomes, the less disruption to daily life, and the more years we have to enjoy with friends and family.

Population health management also helps us spot patterns. For example, if data shows rising rates of diabetes or asthma complications in a community, we can invest in education, resources, and programs to address those risks before they lead to serious illness.

This is why prevention and awareness are at the heart of the articles in this newsletter — from wellness visits to chronic disease management to a powerful story of resilience in the face of breast cancer.



Our goal is simple: to support you in staying healthy, active, and engaged.

By taking small, proactive steps — scheduling preventive visits, paying attention to symptoms, following treatment plans — you are not only protecting your own health but also contributing to the health of our community.



## YOUR HEALTH MATTERS – MANAGING TYPE 2 DIABETES

Living with type 2 diabetes can be challenging, especially when managing your A1C levels. Knowing the symptoms of both high and low blood glucose — and staying consistent with treatment — are key to maintaining health. Your provider will guide you on the levels best for you.

### Tips to consider:



Check blood sugar as recommended by your provider.



Take medication regularly, as prescribed.



Make lifestyle changes: monitor diet, exercise, and consider tobacco cessation.



Be aware of high and low blood sugar symptoms.

### High blood glucose symptoms:

Increased thirst, hunger, exhaustion, blurry vision, frequent urination.

### Low blood glucose symptoms:

Increased hunger, nervousness or anxiety, clammy skin (sweating, chills), dizziness, blurred vision, weakness.

Learn more at [www.communitycarehealth.org/wellness](http://www.communitycarehealth.org/wellness)

And be sure to visit Community Health Systems' Community Diabetes Education Program at [www.communitymedical.org/diabetes](http://www.communitymedical.org/diabetes) and [www.diabetes.org/living-with-diabetes/type-2](http://www.diabetes.org/living-with-diabetes/type-2) to learn more.

### Wellness Resources:

Explore Community Care Health's Wellness Resources to support your journey:

- Blue Moon Yoga and Wellness
- WeightWatchers & WeightWatchers for Diabetes
- Valley Fitness



## ASTHMA – WINTER TIPS, TRIGGERS AND MEDICATIONS

As colder months approach, it's important to stay ahead of asthma triggers. Cold, dry air, indoor allergens and increased risk of respiratory illnesses can make managing asthma more challenging.

With the right steps, you can stay healthy, active and in control.

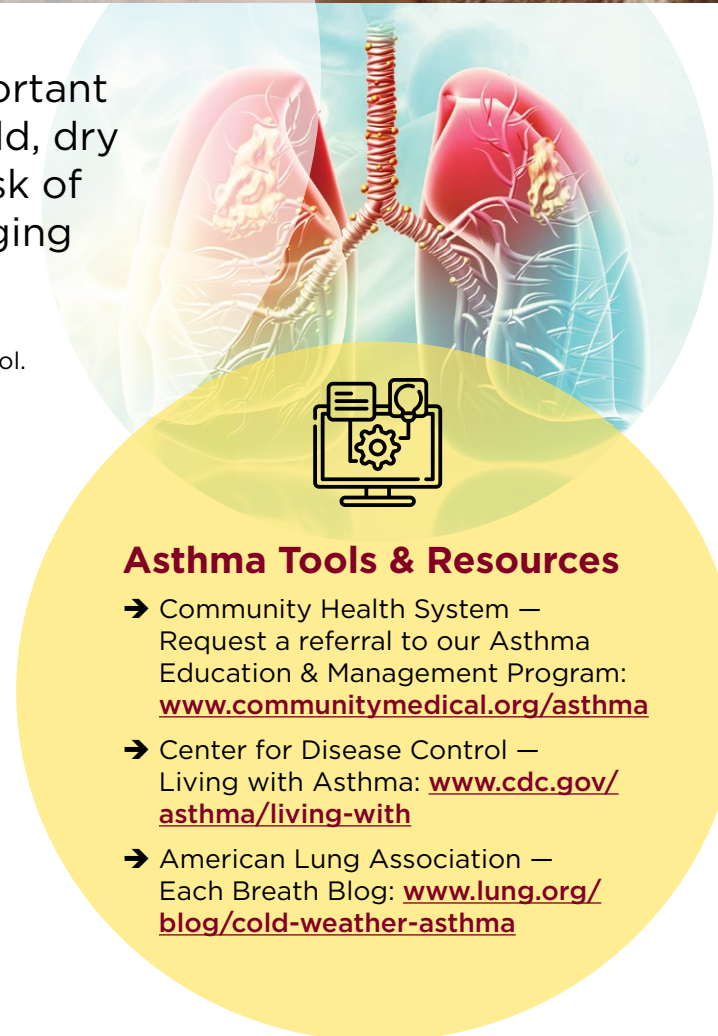
### Asthma Triggers

Cold weather is a common trigger — dry air can irritate airways and make breathing harder. On colder days, stay indoors when possible. Closed doors and windows in winter can also increase exposure to indoor allergens. Frequent vacuuming, dusting and using an air purifier can help reduce triggers such as dust mites, pet dander, and mold. Be mindful of strong odors and chemicals. Winter colds can also aggravate asthma — staying current on vaccinations, drinking plenty of fluids, and practicing hand hygiene helps reduce infections.

### Medications

Asthma does not have to limit you. Taking your medications consistently — even when you feel well — helps prevent inflammation and reduces the risk of emergency visits or hospitalizations. Follow your asthma action plan and carry your rescue inhaler with you.

If you have questions about treatment or want help managing symptoms, schedule a visit with your primary care provider.



### Asthma Tools & Resources

- Community Health System — Request a referral to our Asthma Education & Management Program: [www.communitymedical.org/asthma](http://www.communitymedical.org/asthma)
- Center for Disease Control — Living with Asthma: [www.cdc.gov/asthma/living-with](http://www.cdc.gov/asthma/living-with)
- American Lung Association — Each Breath Blog: [www.lung.org/blog/cold-weather-asthma](http://www.lung.org/blog/cold-weather-asthma)

# OUR EXPANDING NETWORK OF PROVIDERS



**Allen Evans, M.D., FACS**  
Otorhinolaryngology

**Community Ear, Nose & Throat Specialists**  
2479 East Fir Avenue, Suite 101  
Fresno, CA 93720  
Office: (559) 701-2590



**Brian D. Hopkins, M.D.**  
Urologist

**Community Urology Specialists**  
2335 East Kashian Lane,  
Suite 301  
Fresno, CA 93701  
Phone: (559) 459-5660



**Airi Katoh, M.D.**  
Breast Surgery

**Valley Surgical Specialists,**  
*A member of Community Health Partners*  
782 Medical Center Drive East,  
Suite 101  
Clovis, CA 93611  
Phone: (559) 256-4111



**Jaspreet Kaur M.D.**  
Oncology

**Community Medical Oncology Specialists**  
785 Medical Center Drive West,  
Suite 203  
Clovis, CA 93611  
Office: (559) 387-1900



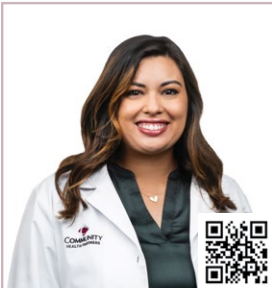
**Sean Kim, D.O.**  
Family Medicine

**Community Primary Care – Herndon**  
1570 East Herndon Avenue,  
Pod C  
Fresno, CA 93720  
Office: (559) 603-7400



**Puneet Nijjar, FNP-C**  
Primary Care

**Community Primary Care – Milburn**  
7005 North Milburn Avenue,  
Suite 101  
Fresno, CA 93722  
Office: (559) 603-7400



**Wendy Price, NP-C**  
Breast Oncology

**Community Breast Specialists**  
782 Medical Center Drive East,  
Suite 212  
Clovis, CA 93611  
Office: (559) 387-2180



**Michelle Rubio, APRN, MSN, FNP-C**  
Urgent Care

**Community Urgent Care**  
1570 East Herndon Avenue,  
Pod D  
Fresno, CA 93720  
Office: (559) 603-7240



**Satwant K. Sekhon, DNP, MSN, FNP-C**  
Urology

**Community Urology Specialists**  
2335 East Kashian Lane,  
Suite 301  
Fresno, CA 93701  
Phone: (559) 459-5660



**Ernest Yamamoto, M.D.**  
Family Medicine

**Community Primary Care – Herndon**  
1570 East Herndon Avenue,  
Pod C  
Fresno, CA 93720  
Office: (559) 603-7400



## ANNUAL WELLNESS VISITS FOR THE FAMILY: A VITAL REMINDER

**Still need to schedule wellness visits for you and your family? You can do it today.**

Annual checkups are an important way to ensure everyone is your home is thriving and cared for — from monitoring growth & developmental milestones in kids to supporting seniors with medication reviews, mobility assessments and cognitive health screenings.

**Benefits of annual check-ups:**

- **Early Detection:** Regular screenings can help detect health issues in their earliest and most treatable stages — often before symptoms appear.
- **Customized Preventive Care:** Based on age, family history, lifestyle, and environment, your provider can create a tailored plan to reduce risks.
- **Managing Chronic Conditions:** Regular visits help monitor and manage issues such as asthma, high blood pressure, arthritis, and heart disease.
- **Mental and Emotional Well-Being:** Annual visits also address mental wellness — supporting you and your family with resources for stress, anxiety, depression or behavioral issues in children.
- **Healthier Lifestyle:** A wellness visit is an opportunity to reevaluate diet, exercise, sleep and other habits. Small changes can lead to big improvements over time.
- **Specialty Referrals:** If specialized care is needed, your provider can make referrals.

Your health matters — schedule your family’s annual check-ups today.

Find a provider near you: Visit [communitycarehealth.org](https://communitycarehealth.org).



Regular visits help monitor and manage issues such as asthma, high blood pressure, arthritis, and heart disease.



## NAVIGATING A BREAST CANCER DIAGNOSIS UNDER 40

Cancer diagnoses for people under the age of 50 have been increasing. Community Cancer Institute's multidisciplinary team works together to deliver personalized support and a tailored treatment plan for each and every patient.

The morning started like any other for 37-year-old Arax Martirosian as she jumped in the shower before work. Then she noticed something wasn't right — a lump on her breast she'd never felt before.

A bit scared, she told her husband, then called her doctor.

"My doctor wasn't able to determine what it was, so she said, 'Let's get an ultrasound, and I'll include a mammogram, even though you're too young,'" said Martirosian.

But thinking she was "too young" for breast cancer proved wrong at her following diagnostic appointments at the Marjorie E. Radin Breast Care Center at Clovis Community Medical Center.

"After some diagnostic testing appointments, the doctor just looked at me and said those words, 'You have cancer.' And it was so surreal. I mean, that's not possible, right?" Martirosian said. "I'm 37 years old. And I just sat with it for a few minutes, looked over to my husband and said, 'I have cancer.'"

### YOUNGER WOMEN WITH BREAST CANCER

The American Cancer Society says for many cancers, diagnosis rates have been increasing among people younger than 50. Over the last nine years, the incidence rate of breast cancer among younger women rose 1.4%.

Martirosian was stunned at her diagnosis as her physician and nurse, Wendy, went over the results of her biopsy — lobular, invasive breast cancer, estrogen and progesterone positive, HER2-negative. Martirosian learned her nurse navigator would help her every step of the way on her journey.

"They had already scheduled me for an appointment for Community Cancer Institute's multidisciplinary clinic that next Monday. So it was very quick," she said.

### MULTIDISCIPLINARY CANCER CARE OFFERED UNDER ONE ROOF

The clinic consists of specialists in imaging, diagnostics, surgery, pathology, cancer care and emotional support — all under one roof — where they meet to coordinate a custom treatment plan for each patient. Nurse

Over the last nine years, the incidence rate of breast cancer among younger women rose

**1.4%**

navigators like Wendy assist in scheduling and managing appointments while providing care and educating patients so they can focus on getting better.

Medical oncologist Li Ge was one of the specialists on Martirosian's care team who helped her through her treatment.



"So breast cancer diagnoses these days are not managed by one single doctor and, not only that, it's not managed by a single specialty," said Dr. Ge. "When people come in, they're overwhelmed. Where do I go next? What's going to happen to me? What does this mean? They have a ton of questions and somebody needs to help them understand."

And that's how Dr. Ge approached Martirosian's case.

"Her diagnosis was quite complex," Dr. Ge said. "And I think the good approach is to simplify things."

Dr. Ge tells her patients, "One thing at a time, one step at a time," so they don't get overwhelmed.

"Dr. Ge has been great. She's caring. She's compassionate. She's there whenever I need to ask her questions, and she takes the time to explain things," Martirosian said. "I think explaining the diagnosis and the different treatment options that I had was important for me, and I really appreciated that."

"My oncologist, my radiologist, my general surgeons — they all were familiar with my case. And when I saw one or the other, I really felt like I had a team behind

me," Martirosian said. "They were all in conversations about my care and my plan, and they were all on one page and they were there to support me. And I really felt empowered knowing that I could come to this one location."

### THE IMPORTANCE OF SELF-EXAMINATION

"Every breast cancer is different. The type of breast cancer Arax had is very unique, it's very insidious, and oftentimes can be missed by a mammogram," Dr. Ge said. "We start mammogram screenings in the early 40s, but that's not enough."

Dr. Ge said Martirosian did a great job of paying attention to her body when she felt something was off.

"So many people come into me not because of their mammogram, but because they felt something, and that leads to the workup," Dr. Ge said. "That's a very important piece — knowing your body."

It's been three years since Martirosian started her journey in May 2021, and she's so thankful for everyone who helped.

"Having a support team that was there to help me, to encourage me to get through this part of my life, this part of my journey, meant a lot to me," she said.



"They were taking care of me, which allowed me to take care of my family, my daughter, my husband, and it allowed me to be there for them, just like my medical team was there for me."

# NO-COST INTERPRETER SERVICES AVAILABLE

At Community Care Health, we're committed to ensuring you can communicate comfortably and understand the care you receive. If you need assistance talking with your doctor, understanding medical information, or coordinating care, our customer service department is here to help. Call us at (559) 724-4995 or toll free at (844) 516-0181 to access no-cost telephonic interpreter services in over 100 languages. Additionally, you may request written materials in your preferred language to ensure clear understanding.

For members who are speech or hearing impaired, the California Relay Service provides toll-free assistance. You can reach them at 1 (800) 735-2929 or 1 (888) 877-5378 (TTY) for support.

Community Care Health members are entitled to full and equal access to all covered services, including those with disabilities, as required by the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973.

Call us at (559) 724-4995 or toll free at (844) 516-0181 to access no-cost telephone interpreter services in over 100 languages.



# ACCESS PERKS: YOUR TICKET TO YEAR-ROUND SAVINGS

As a Community Care Health member, you have access to thousands of exclusive discounts through Access Perks, a member-only savings program designed to make everyday life more affordable.

Best of all, each month, Access Perks rolls out new deals, seasonal promotions, and helpful toolkits to make saving even easier. Here are some of the latest highlights to explore when you log in to your discount portal:

**New! Buy Now, Pay Later**  
Planning a family trip or weekend getaway just got easier. You can now use PayPal's Buy Now, Pay Later feature on select hotel and theme park bookings, giving you the flexibility to pay over time.

**Holiday Travel & Shopping Toolkit**  
From Oct. 27 to Dec. 28, save up to 50% on holiday travel and explore the all-new Holiday Shopping Toolkit, filled with offers on gifts, décor, and more — just in time for the season of giving.

**Walt Disney World® Holiday Toolkit**  
Beginning Nov. 14, discover magical holiday moments at The Most Merriest Place on Earth! Log in for details on exclusive savings and travel packages.

Learn more and login today at [www.communitycarehealth.org/accessperks](http://www.communitycarehealth.org/accessperks).

# WIN a \$500 Samsung Gift Card!

## Special Member Giveaway — November 4-16



From November 4-16, you'll have the chance to win a \$500 Samsung Gift Card — simply by logging in to your discount program website.

- STEP 1:** Log in to your Access Perks portal anytime between Nov. 4-16.
- STEP 2:** Each day you log in earns another entry — the more days you visit, the more chances you have to win!
- STEP 3:** Winners will be selected by employer — making this an exclusive opportunity just for Community Care Health members.

So don't wait! Log in at [communitycarehealth.accessperks.com](http://communitycarehealth.accessperks.com), check out the latest discounts, and you could win a **\$500 Samsung Gift Card** — just for exploring your perks.



Community Care Health  
P.O. Box 45016  
Fresno, CA 93718

PRSR STD  
U.S. POSTAGE  
**PAID**  
FRESNO, CA  
PERMIT NO. 49

# Available When You Need Us

## Customer Service:

Monday – Friday, 8 a.m. – 5 p.m.

(559) 724-4995; Toll free: 1 (844) 516-0181

For more information, visit [www.communitycarehealth.org](http://www.communitycarehealth.org)



**MedImpact**

## Pharmacy Questions:

Call MedImpact: 1 (844) 348-8510  
or visit [www.medimpactdirect.com](http://www.medimpactdirect.com)

 **SimpleMSK**

SimpleMSK: 1 (877) 519-8839

 **SimpleBehavioral**

SimpleBehavioral: 1 (855) 424-4457