



Castle Newsletter



3605 Hospital Road, Atwater (209) 381-2000

www.castlefamilyhealth.org

VOL. 7, ISSUE 3 3RD QUARTER 2016



CASTLE WELCOMES DR. JOSÉ BUENROSTRO



At Castle Family Health Centers, we realize how important it is for your family to receive the utmost care when it comes to their unique medical needs. Doctor Buenrostro and his friendly staff will make sure your family receives the quality attention they deserve just as we would for our own families. Call us today for an appointment.

(209) 726-1235

A Few Things To Consider During This hot Summer

Ocular Allergies

Ocular allergies are an extremely common reason for people to see their eye care professional. The symptoms are most often seasonal but the presentation can vary from between people. While most of the time these symptoms are mild there are severe forms of ocular allergies that require aggressive treatment to avoid injury to your vision. It is estimated that one-third of the earth's population suffer from some form of allergy, with 40 to 80% of the people demonstrating problems with their eyes. Ocular allergies are known to affect all portions of the front of the eyes and face

Dry Eye Syndrome

Dry Eye Syndrome (DES) is one of the most common reasons for patients to see their eye care professional. DES can have varying presenting symptom and severity and is more common in women in their middle years and beyond. The exact number of patients is not fully known but it is estimated that up to 20 million persons in the United States could be affected. New treatments are available that allow patients to have more comfortable and healthier vision.

See our Castle Eye Center for these and other eye conditions. They offer comprehensive eye care, including glaucoma and cataract checks. There is a wide variety of fashionable eyewear to choose from at reasonable prices.

For an appointment call (209) 381-2020

FREE HEALTHIER LIVING WORKSHOPS

WHO SHOULD ATTEND?

1. Adults with chronic stress, depression, anxiety, diabetes, arthritis, high blood pressure, high cholesterol, lung disease, who smoke or who are overweight.

2. Caregivers, family members, or friends of someone with one of the above health conditions



Healthy Living Workshops are 2 ½ hrs. each week for six weeks

WORKSHOP OVERVIEW:

- Healthy eating and physical activity
- Working with your Doctor
- Managing symptoms, and much more..

BENEFITS OF HEALTHIER LIVING:

- Improved physical activity
- Enhanced well-being and confidence to manage a chronic health condition
- Less pain and fatigue

UPCOMING CLASS:

Chronic Disease Self-Management Program

Dates: August, 9th 2016

Location: Castle Family Health Centers

Address: 3605 Hospital Rd. Atwater, CA 95301

Receive incentive bag*

*Must complete the six class series to receive the incentive

For more information, or to enroll in the next workshop, call

(209) 381-1223



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A Word From The CEO

With an additional 10,000 new children just enrolled in Merced County alone under the affordable healthcare act (ACA), we are all faced with meeting the needs of our community. But the good news is that just this month we have added to our staff, Dr. Buenrostro (family practice). Doctor Buenrostro just completed his residency program from CSUF. We know that he will be a great addition

JOIN US ON AUGUST 6, 2016 EVENT OF THE YEAR AT CASTLE!



9th Annual SUMMER FAMILY HEALTH FESTIVAL

FREE SCREENINGS! FOOD & REFRESHMENTS! FUN ACTIVITIES!
ENTERTAINMENT! RAFFLES & PRIZES! FACE PAINTING!

**FREE
GRATIS**



Castle Family Health Centers continues to give back to the community by holding its 9th annual community-wide health fair on Saturday, August 6th, 2016 from 9:00 A.M. to 3:00 P.M. at 3605 Hospital Rd. in Atwater . We will be offering free screenings, including: vision, hearing, diabetes, blood pressure, glaucoma checks and breast exams. In addition, sports physicals will be offered for a small fee of \$25 with \$10 going back to the participating schools. This event will have all the makings of a summer festival including raffles, prizes, entertainment, face painting, and a free lunch. For more information call (209) 381-2000 Ext. 7213

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to our provider panel. We continue to look for quality providers that will be here for you and your family. Please know that we are doing everything possible to meet your healthcare needs on a timely basis, but we also do not want to compromise the quality of care that we provide in that process.

Edward L. Lujano