



*Keeping Broward County's Uninsured Healthy since 1989!*

## **Community Impact - Patient Success Stories**

**A thirty-nine-old female** has been a patient at the Light of the World Clinic. The patient arrived at the Clinic for routine care. In the review of her medical history, there was no significant medical history reported besides morbid obesity. Her last routine check had been years prior. Upon completing lab work and urine analysis, the medical team determined that the patient had a moderate amount of blood and crystals in urine. Based on these findings, the Clinic conducted additional labs and urine analysis a few weeks later, and the results were the same. The medical team then conducted diagnostic imaging of the kidneys and referred patient to our in-Clinic nephrologist. With lab work and diagnostic interpretation, the patient was diagnosed with nephrocalcinosis. The disease, if left untreated, can lead to renal tubular acidosis or end-stage kidney disease due to disruption of the kidney tissue by deposited calcium. The Clinic's nephrologist placed the patient on sodium bicarb to counteract the crystals and calcium deposits. In addition, the Clinic referred the patient to the Holy Cross Hospital charitable program for urology consult and treatment. In the meantime, our medical team will continue to monitor the patient's kidney function and provide medical treatment. Thanks to the Clinic's doctors diagnosed the patient's condition early and implemented medical treatment. As a result, the patient is asymptomatic. Fortunately, this kidney complication was discovered and prevented her from developing severe renal issues.

**A 44-year-old female patient and her 14-year-old daughter.** The female patient has been a patient at the Light of the World Clinic for nearly two years. The Patient has a history of anxiety and depression. Before entering the Clinic, she was taking alprazolam 1-2 mg, daily. This medication causes high dependence, and the dose is very high. The Clinic physicians worked closely with the patients to adjust her meds over time, provide educational counseling with interactive discussions about importance of mental and emotional health. They taught the patient deep breathing techniques, the benefits of routine exercise, and provided recommendations for the treatment and assistance for her daughter. Thanks to the Clinic's dedicated volunteer medical professionals, the patient's emotional and mental wellbeing, have improved greatly. She is off dependent medications and confronts her day-to-day struggles with strength. The patient has a **14-year-old daughter with Type-1 Diabetes**. Limited access to health insurance has deteriorated her health. The Diabetes has complicated her health, causing the patient to develop liver disease. The young patient still experiencing health struggles but is following the Clinic's medical treatment plan. The liver disease diagnosis for her daughter has increased the patient's anxiety and stress. The Clinic's medical professionals provide on-going medical support, counseling, and assistance to help both the mother and the daughter.

**A 57-year-old female patient** with a history of Diabetes and other issues entered the Clinic three years ago. She was diagnosed with Diabetes Type II, Hyperlipidemia, and Obesity. Currently, the patient receives diabetic insulin, including insulin statins, to decrease her LDL and triglycerides. Last week, the patient came to the Clinic for a follow-up to a hospital visit. Unfortunately, the patient had a myocardial infarct on Tuesday, and the hospital installed a stent that day. Upon discussion with the patient, she reported she went on vacation to visit family for one month and forgot her cholesterol meds. As a result, she returned home and had loud arguments with her son, which resulted in a stressful situation, amplifying her risks ended up with her in the hospital. The Clinic's medical team met with the patient, conducted diagnostic testing, reviewed her hospital records and medications, and added additional meds. After a lengthy counseling session with the patient, she understands the importance of adhering to her medical treatment plan and following her medication regimen. As a result, she agreed to follow with more priority. Through this unfortunate experience, the patient learned the value the Light of the World Clinic provides and understands the importance of managing and treating her chronic conditions with her routine follow-ups and medication recommendations.

**A 65-year-old female** has been a patient in the Clinic since 2004. Today, she proudly announced she was approved for Medicare and will be leaving our Clinic as a patient. During the past 18 years, the Clinic's medical team provided her with treatment for anxiety, hyperlipidemia, osteoarthritis, osteopenia, fibromyalgia, and reflux. She was appropriately screened and received medical recommendations based on her history of breast cancer and familial diabetes. She told us that she was sad to leave the Clinic and grateful for all that we had done for her. Our best reward is knowing that our patients feel well cared for and appreciate what we do. She said she would make sure to leave great reviews and hopes to come back to volunteer soon.

Information presented by:

- M. Martin, Nurse Practitioner
- S. Perez Martinez, M.D., Chief Medical Resident  
Internal Medical Residency Program  
University of Miami at Holy Cross  
Medical Residency Program