

June 5, 2015
Member Advisory Committee
Meeting Minutes

Members Present: Ed Evans, Raquel Cárdenas, Irene Conway, Charles Conway, Elia Fernandez, Starr Gul, June Lynn Kealoha-Hall, Diana Jerome, Vivian Lee, Ching Suk Lam, Chin Hong Lou, Un Un Che, Liu Zhong Chen, Anh Le, Diane Maluia, A. Jon Martinelli, Gene Porfido, Lee Rogers, Linda Ross, Libah Sheppard, Maria Luz Torre, Kwai Fong Tsui, James Walker, and Idell Wilson

Members Absent: Lourdes Alarcon, Willow Lancaster, Merlin Nw, Nancy Rodríguez, and Stacey Robledo

Excused: Shaowei Luo

Guests: Elena Cardenas and Vanessa Hardin

Staff: Valerie Huggins, Fiona Donald, and John F. Grgurina, Jr. CEO

1. Welcome, Introductions and Roll Call:

The meeting was called to order at 1:00pm.

2. Approval of Agenda & Minutes:

The agenda was approved and the minutes from May 8, 2015 were approved as written.

3. Committee Reports:

Chair & Governing Board Report-Maria Luz Torre

Irene Conway reviewed and discussed the status of the goals for the remainder of the year.

Maria Luz Torre announced a City Budget Hearing on June 19th and the State Budget will be considered approved by June 30th.

Quality Improvement Committee Report-Ed Evans and Irene Conway

There was no Quality Improvement Committee (QIC). Ed Evans and Irene Conway continue to remind the Committee to let them know of any issues they want discuss at the QIC meeting.

Staff Report-John F. Grgurina, Jr., CEO

John F. Grgurina, Jr., CEO announced the completion of three major moves; the opening of the Service Center, Data Center to Santa Clara, and San Francisco Health Plan main office.

Mr. Grgurina also mentioned that the State budget is in less than two-weeks. Mr. Grgurina answered most of the Committees questions.

Anna LeMon, Project Manager, HECLS

Ms. LeMon was not present as she is currently on maternity leave.

**4. Discussion: Fiona Donald, MD, SFHP's Associate Medical Director:
Discussion on Gout**

Fiona Donald, MD, attended the meeting to present on Gout, what causes it and treatment.

Gout is an extremely painful form of inflammatory arthritis caused by an accumulation of uric acid crystals in the joints. These crystals can also deposit in other tissues throughout the body, such as the kidney, which can lead to kidney stones. Gout is more common in men over the age of 45, but it can occur in anyone at any age. Factors ranging from a family history of gout, to having other health issues such as high blood pressure, diabetes or kidney disease, can increase risk for developing gout.

During a gout attack, a person experiences sudden and severe episodes of pain, warmth and swelling in one or more joints. While gout often begins in the big toe, attacks can spread to the feet, ankle, wrists, hands and elbows and cause permanent joint damage.

The pain during a gout attack is often so excruciating that many go to an emergency room for relief. On a pain scale of one to 10, most gout patients rank their pain as a nine or a 10. Many report that during an attack, the affected joint feels as if it is caught in a mechanical device. Even the thought of a bed sheet touching the joint is enough to make them cringe.

Gout attacks come on quickly and can last for several days. After a first attack, most people will experience another painful flare within a year. More than three in four gout sufferers will have another attack within two years. Subsequent attacks often are more severe and last longer.

Despite the severity of gout, just 10 percent of sufferers are getting needed, ongoing treatment. Left untreated, gout can lead to permanent joint damage and other health issues such as kidney stones. Extensive destruction of the joints and large tophi (crystals which form under the skin) can lead to deformities – particularly of the hands and feet – and result in loss of normal use.

Dr. Fiona answered most of the Committees questions. The Committee thanked her for taking the time to come talk to them.

5. Public Comment

There were no public comments.

6. Calendar Items for Next Meeting

The Committee plans to have a scheduled guest to cover one of their goals.

7. Prospective Members

There were two prospective members in the audience; Elena Cardenas and Vanessa Hardin. Both members nomination will be voted on at the next Committee meeting in August.

8. Announcements

June Kealoha-Hall made several announcements and left handouts for those who are interested.

9. Adjournment

The meeting adjourned at 3pm.

Date Approved _____

Maria Luz Torre and Irene Conway, Co-Chairs