



Rooted in Community: Family Medicine

Rolando Gonzalez, MD, Director Family
Medicine

About La Red Health Center

- La Red Health Center is a Federally Qualified Health Care Center, which means we are a safety net provider.
- La Red Health Center cares for all Sussex County residents, regardless of whether they are insured or under insured.
- Several of our providers are bilingual, which means they can offer culturally competent care to our patients who speak Spanish. We also use interpreters who can assist, particularly with our growing number of Haitian Creole-speaking patients.
- La Red offers primary care, prenatal, dental, behavioral health care, and pediatrics. We care for the whole family.

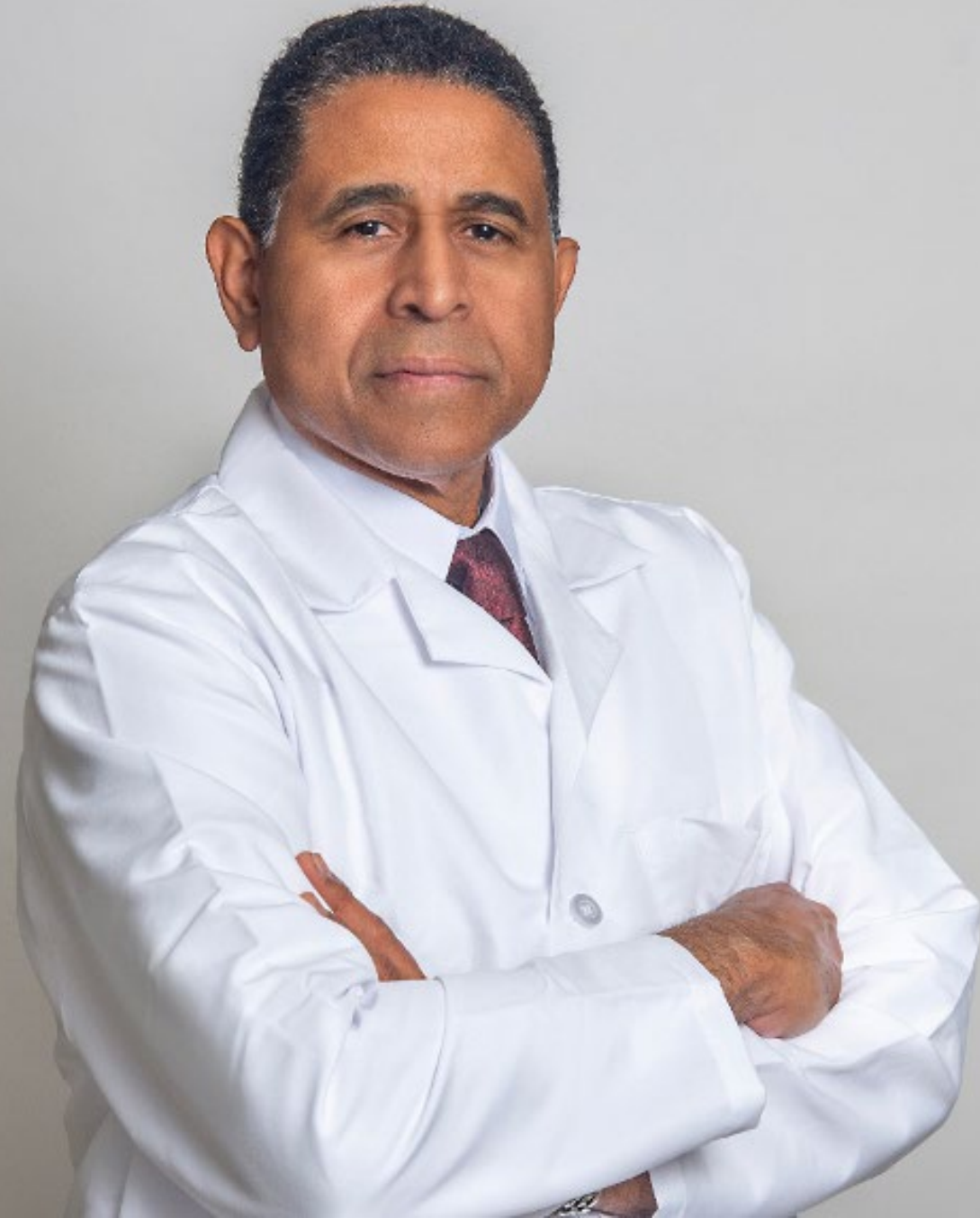


Rolando Gonzalez, La Red Health Center Director of Family Medicine

- Joined La Red Health Center in 2017 as a family physician.
- Directs the day-to-day operations of La Red's family practice and ensures the staff receive proper training.
- Offers primary care to patients
- Fluent in both Spanish and English
- Completed medical school at the Universidad Autonoma de Santo Domingo
- Continued training at the Graduate Hospital Philadelphia
- Completed Family Medicine Residency program from Icahn Mount Sinai Medical School/Bronx Lebanon Hospital in New York.
- Precepted, trained, resident and medical students in in-patient and out-patient settings at Mount Sinai Medical School/Bronx Lebanon Hospital.

WHAT WE DO

- Listen, listen, listen
- Meet patients where they are at.
- Educate patients on how they can improve their health
- Give patients the tools to treat and manage chronic diseases, such as diabetes and heart disease.
- Promote prevention and lifestyle changes.
- Connect to resources such as our 340B Pharmacy program, which offers discounts to medications used to treat illnesses.
- Make referrals to specialists and other care providers
- Act as a trusted source of health care information
- Help. That's what we are here to do.
- Train other providers to offer the best care possible to our patients.





We Help Families Stay Healthy



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Why become a Family Medical Doctor?

- You change people's lives. Most chronic illnesses can be prevented just by making lifestyle changes. A family doctor can guide you on how to make changes and improve your health and quality of life.
- Family Medical Doctors are trusted partners of information, confidants who can help patients achieve good health by making referrals to other providers such as dental care, behavioral health, prenatal. That is what we do at La Red. We are able to provide holistic care to our patients under one roof. The family medical doctor is the conductor of that care.
- It is never dull. People appreciate the help. Family Medical Doctors are very-much needed.



About Our Patients



Medical Conditions We See at Our Practice

- La Red cares for just under 14,000 patients
- The bulk of those patients, 11,276, are seen in our primary practice.
- 34% of our patients are under the age of 18
- 55% of our patients are between 18 to 64
- 21% of our patients have hypertension
- 14% of our patients have diabetes



What Does it Take to Become a Doctor?

- Work hard in high school. Take science and math courses in college.
- Take the MCAT and do well.
- Medical School is typically four years.
- Medical Students then do three to seven years of residency.
- Average annual salaries: \$255,550



MD and DO programs are similar in some ways and different in others. Speak to your prehealth advisor to decide which programs might be right for you.

Similarities



The Medical College Admission Test® (MCAT®) is used in the admission process.



Students matriculate after completing an undergraduate degree.



Programs typically are four years.



MD and DO degrees are followed by three to seven years of residency.



Graduates can practice any specialty.



Physicians are fully certified after passing board exams.

Just MD

- Most applicants apply through the American Medical College Application Service® (AMCAS®).
- 152 MD-granting schools in the United States and 17 in Canada.
- Students take the USMLE licensing exams.

Just DO

- Applicants apply through the American Association of Colleges of Osteopathic Medicine Application Service (AACOMAS).
- 34 DO-granting schools in the United States.
- Students take the COMLEX licensing exams.
- Additional training in the musculoskeletal system and Osteopathic Manipulative Treatment (OMT).

How can I pay for School?

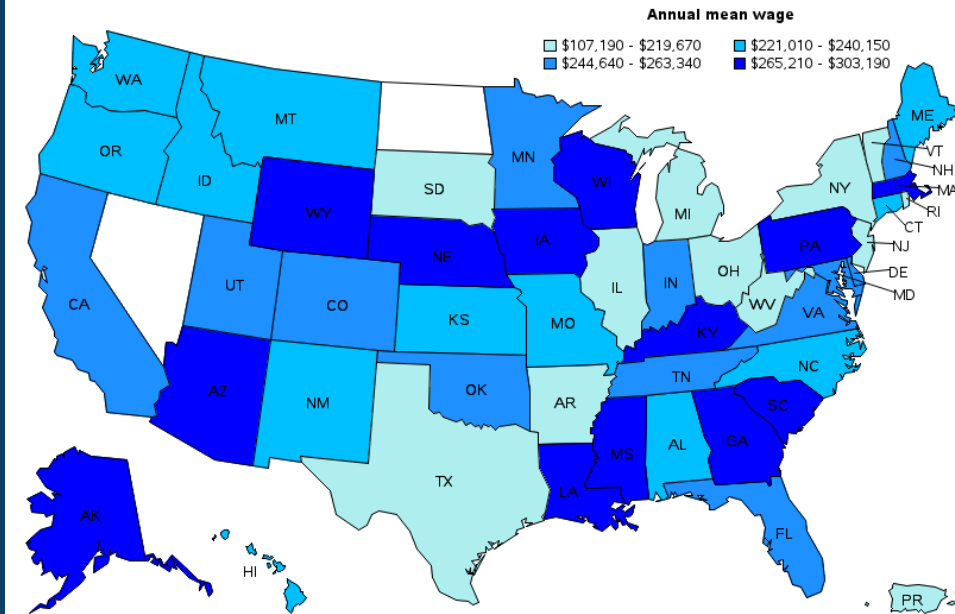
- Delaware is a medically underserved community that means that there are programs available to help defray the cost of medical school.
- Delaware and HRSA offer student loan repayment programs that can offset the cost of medical school anywhere from \$30,000 to \$100,000.



What Are My Job Prospects?

- The annual mean salary for a family practice physician is \$255,550 nationally.
- Delaware, particularly Sussex County, has a great need for family doctors to care for a growing population.

Annual mean wage of family medicine physicians, by state, May 2023



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What would you like to know?



A stylized illustration of a tree where the trunk is a hand with fingers spread, holding a small pink heart. The foliage consists of many light green leaves. The text "Thank you!" is centered over the heart and the upper part of the hand.

Thank you!