

Welcome to *The Pulse*, from Greater Tri Cities IPA Medical Group. This is your quarterly check up for health tips, facts, and all you need to know from your local North County Medical Group.

5 Tips to Combat Malnutrition

Aging increases the risk for problems with adequate nutrition and can result in health problems. Dietary problems include difficulty with chewing or swallowing, digesting the food, shopping, cooking, and decreased appetite. Here are 5 tips to combat malnutrition:

- Chop, stew, steam or grate hard foods to allow for easier chewing or swallowing.
- Choose fruits and vegetables that are non-gas forming.
- Shop by phone to find grocery stores that deliver in your area.
- Consider having someone cook for your or using such programs as Meals-on-Wheels.
- Increase the flavor of food by adding spices, lemon juice or sauces.

If you are having nutritional problems, please talk to your doctor. Problems with nutrition can arise from medical problems, eating poorly, mouth pain or tooth loss, financial hardship, multiple medications and problems with self-care. By consulting your primary provider, he or she can assess your nutritional problem and develop a plan for you.

From the desk of Iselda Gentry, BSN, RN, PHN

We Care About Your Health!

Your health and wellness are of the utmost importance to Greater Tri Cities IPA! We want to remind you to talk to your Primary Care Physician (PCP) at your next visit about the following screenings:

- Breast Cancer Screening (Mammogram)
- Colorectal Cancer Screening
- Glaucoma Screening
- LDL-C Screening (Evaluates Cholesterol Level)
- HbA1c Screening (Evaluates Blood Sugar Levels)
- Nephropathy Screening (Evaluates Kidney Functions)
- Diabetic Eye Exam

Make your appointment for these very important services today.

*-Heather Rotan,
Clinical Initiatives Manager*

Working Beyond 65

Are you like many people, uncertain about Medicare and its qualifications? A medical insurance program, Medicare is available to most people at age 65 and provides tremendous medical benefits. When Medicare first started in 1965, 65 was chosen as the starting age because that was slightly below the average life expectancy. Now, years later with medical innovations, 65 is barely past “middle-age”. Many of us are working beyond 65, but you do not have to be retired to be eligible for Medicare. Learn how Medicare can improve your benefits and save you money. Attend one of the Medicare Made Clear events in the Upcoming Events section.

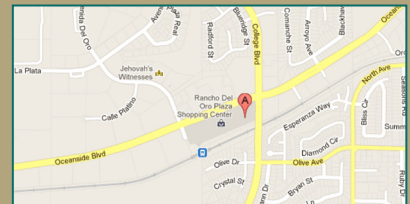
*-Dave Lindsey & Pete Taylor,
Insurance Specialists*



Quick Fix

**Greater Tri Cities IPA
Customer Service
available 9 AM to 5 PM
Monday thru Friday:
(760) 732-0272**

Urgent Care is available 8 AM - 8 PM Monday thru Sunday at Doctor's Express Urgent Care:

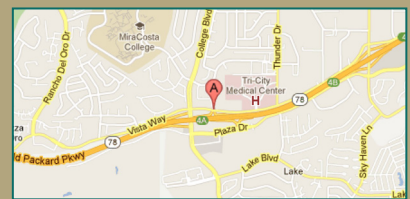


4171 Oceanside Blvd.
Oceanside, CA 92056
(760) 216-6253

Call your Primary Care Physician whenever possible before seeking Urgent Care.

Lab Work can be handled at any LabCorp location.
www.labcorp.com

Tri-City Medical Center is our primary hospital serving the community since 1961:



4002 Vista Way
Oceanside, CA 92056
(760) 724-8411

Maintain Access to your Primary Care Physician. Select any of the following health plans:

Aetna.....	(800) 872-3862	www.aetna.com
Blue Shield.....	(800) 393-6130	www.blueshieldca.com
Care1st Health Plan.....	(800) 544-0088	www.care1st.com
Easy Choice Health Plan	(866) 999-3945	www.easychoicehealthplan.com
Humana	(800) 992-2551	www.humana-medicare.com
United Healthcare	(800) 577-5623	www.uhcwest.com

GREATER TRI CITIES

IPA

Independent Physicians – Providing Personal Care

P.O. Box 5059
Oceanside, CA 92052

Stay Connected: Subscribe at www.gtcipa.com to receive this newsletter by e-mail.

Important Plan Information

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Independent Physicians. Providing Personal Care.

Your Primary Care Doctor is an Independent Physician with Greater Tri Cities IPA Medical Group, an Independent Physicians Association that has been serving the North County neighborhood since 1994!

The physician-patient relationship is one of the most important. We are here to support that relationship. For questions or event information, call Monday through Friday from 9 AM to 5 PM or visit us on the web.

GREATER TRI CITIES

IPA

Independent Physicians – Providing Personal Care

(760) 732-0272

www.gtcipa.com

Upcoming Events

For more specific information about events, dates, and times, call **760-732-0272**.

Spring Is Here

Get out your hat and gloves, and join a community garden club.

Diabetes Education

Pre-Diabetes Education
Diabetes Support Group
Diabetes Class Series

Advanced Diabetes Supply Warehouse
2544 Campbell Place, Ste 155, Carlsbad 92009

Senior Movie Day

Last Friday of Every Month at 1 P.M.
Vista Senior Center
1400 Vale Terrace Dr, Vista 92084

Medicare Made Clear

Tri-City Medical Center
4002 Vista Way, Oceanside 92056

Carlsbad Garden Club

Carlsbad Library
1750 Dove Lane, Carlsbad
www.carlsbadgardenclub.com

Fallbrook Garden Club

Fallbrook Community Center
341 Heald Lane, Fallbrook
www.fallbrookgardenclub.org

Vista Garden Club

Gloria McClellan Sr. Center
1400 Vale Terrace Drive, Vista
www.vistagardenclub.org