

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.

Sun Exposure and Vitamin D

Summer means increased sun exposure. Excessive unprotected sun exposure could be harmful to the skin, but the keywords are “excessive” and “unprotected.” The fundamentals to proper sun exposure are moderation, sunburn prevention, and knowing the limits for your skin type. Though too much exposure can be dangerous, sunlight is an important source for vitamin D.

Vitamin D’s main job is to control the absorption of calcium and phosphorus in the bones, but it offers many additional benefits: immune system support, inflammation/pain reduction, and muscle strength. Vitamin D differs from other vitamins because our bodies can make it with sunlight. The Office of Dietary Supplements at the National Institutes of Health recommends the following daily vitamin D dosages: 600 IU for adults 19-70 years old and 800 IU for adults 71+ years old.

When you are enjoying the outdoors this summer, remember that those sun rays are helping your body produce vitamin D. When exposure lasts more than a few minutes, though, remember to wear protective clothing and apply sunscreen with SPF (sun protection factor).

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



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 Next Step Medical 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

Type II Diabetes Care & Treatment

If you are living with type 2 diabetes, it is very important to know how to care for your unique health needs and keep your diabetes under control. Talk to your primary care doctor about the following tests at your next visit:

- LDL-C Screening - to evaluate cholesterol levels
Results should be <100
- HbA1c Screening - to evaluate blood sugar levels
Results should be <7%
- Nephropathy Screening - to evaluate kidney functions
- Diabetic Eye Exam

Greater Tri Cities IPA offers free diabetic classes! If you are interested in receiving additional information on these classes please contact Renee at 760-941-7309 ext. 134.

*-Heather Rotan,
Clinical Initiatives Manager*

Extra Help

Many Medicare recipients are on a fixed income. What are some ways to stretch your dollar? A program called Extra Help; a low-income subsidy (LIS) geared to help those who have high prescription drug costs on their Medicare plans. Depending on your level of income you may pay low to no premiums, as well as, no deductible or low to no prescription drug co-payments. To see if you qualify for Extra Help, call the Social Security Administration at 1-800-772-1213. Below are the qualifications for LIS:

- Income per year must be less than \$17,235 for an individual or \$23,265 for a married couple
- Resources must be less than \$13,300 for an individual or \$26,580 for a married couple.

*-David Ethington,
Insurance Specialists*

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

P.O. Box 5059
Oceanside, CA 92052

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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.

Upcoming Events

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

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
Every month. Call 760-732-0272 to RSVP

Summer Salad Recipe

Stay cool and eat right this summer with salad recipes from www.closetcooking.com.

Quinoa Tabbouleh Salad



2 c water
1 c quinoa, rinsed
1 c tomato, diced
1 c cucumber, diced
1/2 c parsley, chopped
1/4 c mint, chopped
1/4 c green onions chopped
1/4 c lemon juice
2 tbsp extra-virgin olive oil
1/2 tsp cumin (optional)

Directions: Boil water and quinoa, reduce heat, simmer until liquid has absorbed, and let cool. Mix quinoa, tomato, cucumber, parsley, mint and onion. Mix the lemon juice, olive oil, cumin, salt and pepper and toss with salad. Salt and pepper to taste.