

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.

Maintain Healthy Cholesterol Levels

Cholesterol is a fat-like substance that the body needs. Yet, if the body has too much in the blood, it can cause build-up in the walls of the arteries. This can lead to heart problems and strokes. Many people do not know their cholesterol level is high. So, it is important to have your blood checked as recommended by your doctor.

Healthy cholesterol levels are as follows:

Total Cholesterol	Less than 200 mg/dL
LDL (“bad” cholesterol)	Less than 100 mg/dL
HDL (“good” cholesterol)	40mg/dL or Higher
Triglycerides	Less than 150 mg/dL

It is important to have cholesterol levels at a healthy level at any age. For those with high cholesterol, eating a healthy diet, exercising regularly, maintaining a healthy weight, not engaging in smoking and taking anti-cholesterol drugs will help decrease cholesterol levels and in turn, decrease your chance of getting a stroke or heart problem.

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

A Health Resolution That Will Stick

The two easiest ways to keep to a new, healthy resolution is to start small and to find one that you actually enjoy! If exercise makes you happy, you might start with short walks or taking the stairs when you can. If it is to keep a sharp mind, perhaps sudoku puzzles or reading are for you. You might even find a friend to join you and help keep you on track. The key is choosing something that fits with your personality, setting aside time, and creating small attainable goals that will help you stick to your resolution.

Suggested Winter Reading List

- A Christmas Carol by Charles Dickens
- The Hobbit by J.R.R. Tolkien
- The Book Thief by Markus Zusak
- Into Thin Air by Jon Krakauer
- The Time Machine by H.G. Wells
- Mansfield Park by Jane Austen
- Snow Flower and the Secret Fan by Lisa See

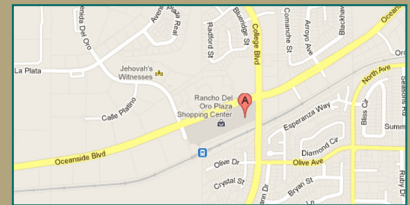


Quick Fix

**Greater Tri Cities IPA
Customer Service**

is available from 9 AM to 5 PM
Monday thru Friday:
(760) 732-0272

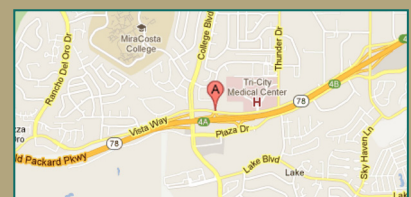
Urgent Care access is available
from 8 AM - 8 PM Monday thru
Sunday at Doctor's Express
Urgent Care:



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

Lab Work can be handled at
any LabCorp location. Visit
www.labcorp.com for more
information.

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

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

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www.gtcipa.com

Upcoming Events

Thursday, January 16th, 12-1pm — Diabetes Support Group

ADS Warehouse
2544 Campbell Place, Suite 155, Carlsbad, CA 92009

Thursday, January 23rd, 10am-12pm — Pre-Diabetes Education

ADS Warehouse
2544 Campbell Place, Suite 155, Carlsbad, CA 92009

Friday, January 31st, 1pm — Movie Day

Vista Senior Center
1400 Vale Terrace Drive, Vista, CA 92084

Tuesday, February 4th, 6-8pm—Diabetes Education, Classes 1 & 2

ADS Warehouse
2544 Campbell Place, Suite 155, Carlsbad, CA 92009

Tuesday, February 11th, 6-8pm—Diabetes Education, Classes 3 & 4

ADS Warehouse
2544 Campbell Place, Suite 155, Carlsbad, CA 92009

Friday, February 28th, 1pm — Movie Day

Vista Senior Center
1400 Vale Terrace Drive, Vista, CA 92084

Thursday, March 13th, 12-1pm—Diabetes Support Group

ADS Warehouse
2544 Campbell Place, Suite 155, Carlsbad, CA 92009

Friday, March 28th, 1pm — Movie Day

Vista Senior Center
1400 Vale Terrace Drive, Vista, CA 92084