

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.

7 Tips for Fall Prevention

Falls are a major health threat for millions of older adults age 60 and older. The injuries from a fall have the potential to impact quality of life and independence. An individual's risk of falling increases when the following conditions are present: vision problems, arthritis, depression, intake of multiple medications, muscle weakness, personal history of previous falls, and difficulty with balancing and walking. Below are a few fall prevention tips as referenced by the Mayo Clinic and the San Diego Fall Prevention Task Force:

- When walking, walk in well-maintained areas such as malls.
- Beware of cracks in sidewalks, tree roots, and changes in elevation.
- Walk in good lighting conditions.
- Wear sensible shoes.
- Remove clutter from your home.
- Use assistive devices including canes, walkers, grab bars for the shower or tub, and hand rails for the stairway.
- Engage in gentle exercise. Activities such as walking, water workout or tai chi can reduce the risk of falls by improving strength, balance, coordination and flexibility.

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 (TTY/TDD 711)

**Urgent Care is available 8 AM
- 8 PM Monday thru Sunday at
828 Urgent Care:**



4171 Oceanside Blvd. #109
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

Important Preventive Screenings

Preventive services are increasingly important in early detection:

Breast Cancer Screenings: Nearly 50% of new breast cancer cases are found in women 65+. Detect breast cancer early with regular mammograms.

Colorectal Cancer Screenings: 2 out of 3 new cases of colorectal cancer are found in people 65+. Discuss with your doctor whether a colonoscopy or fecal occult blood test is right for you.

Diabetes: 25% of adults 60+ have diabetes. Avoid unnecessary complications. Discuss an HbA1c screening, retinal eye exam, and nephropathy test with your doctor.

Osteoporosis: Approximately 40% of women will experience an osteoporotic fracture. Following a fracture, talk to your doctor about having a DEXA scan and ensure you receive proper physical therapy.

- Heather Rotan
Clinical Initiatives Manager

Health Plan Calls and Extra help

You are settled into a Medicare Plan for 2016, and suddenly you start receiving calls from a health plan advocate. Insurance companies are trying to help members better understand their benefits and will encourage an annual wellness exam and preventive screenings. If you have any concerns, you can check with your doctor, the customer service number on the back of your ID card, or your insurance agent.

This is also a time of year when you may be entitled to a Special Election. Do you qualify for extra help paying for prescriptions? Many people do and don't even know it! Medicare offers guidelines to help determine if you qualify. Call for more information or check with Medicare directly.

-Jack & Annette Midland,
(760) 504-9740
(Lic 0H31773/Lic 0F50505)

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

Aetna.....	(800) 872-3862 (TTY/TDD 711).....	www.aetna.com
Anthem Blue Cross.....	(855) 306-4537 (TTY/TDD 711).....	www.anthem.com/ca/shop
Blue Shield.....	(800) 393-6130 (TTY/TDD 711).....	www.blueshieldca.com
Care1st Health Plan.....	(800) 544-0088 (TTY/TDD 711).....	www.care1st.com
Easy Choice Health Plan	(866) 999-3945 (TTY/TDD 711).....	www.easychoicehealthplan.com
Humana	(800) 992-2551 (TTY/TDD 711).....	www.humana-medicare.com
United Healthcare	(800) 577-5623 (TTY/TDD 711).....	www.uhcmedicareolutions.com

(760) 732-0272 (TTY/TDD 711)
P.O. Box 5059
Oceanside, CA 92052

P.O. Box 5059
Oceanside, CA 92052

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

Important Plan Information

In this Issue...

- Fall Prevention Tips
- Key Preventive Screenings
- Health Plan Calls & Extra Help

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.



(760) 732-0272 (TTY/TDD 711)

www.gtcipa.com

Upcoming Events & Classes

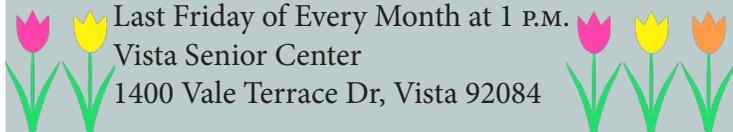
Everything listed in this section is offered free of charge. For more information about events, dates, or times call 760-732-0272 (TTY/TDD 711).

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



Spring Recipe: Pan-Roasted Artichokes with Lemon & Garlic



Ingredients

6 C water
3 Tbsp fresh lemon juice
18 baby artichokes
(about 1 3/4 pounds)
3 Tbsp olive oil
1/4 tsp salt
1/4 tsp fresh ground pepper
4 large garlic cloves, halved
1/2 lemon, thinly sliced
1 (6-inch) rosemary sprig
2 tsp fresh lemon juice

Preparation

1. Preheat oven to 425°.
2. Combine water and juice in a bowl. Cut off top 1/2 inch of artichokes. Cut stems to within 1 inch of bases and peel. Remove outer leaves to cores. Halve each lengthwise; add to water.
3. Drain and dry artichokes. Combine with oil, salt, pepper, and garlic in a bowl; toss to coat. Heat a large ovenproof skillet over high heat. Add half of artichoke mixture to pan; cook 1 minute on each side or until lightly browned. Remove from pan. Repeat with remaining artichoke mixture. Return to pan; add lemon slices and rosemary. Bake for 20 minutes, stirring once. Remove rosemary leaves. Sprinkle over artichoke mixture; discard stem and any blackened lemon. Sprinkle with 2 tsp lemon juice. (Courtesy of www.myrecipes.com)