

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.

Screening for Prostate Cancer

According to the Prostate Cancer Foundation, prostate cancer is the second most common cancer in the U.S. in men. The prostate is found in men. It is located below the bladder and in front of the rectum. The prostate size changes with age. The prostate in younger men is about the size of a walnut, but may get larger in older men.

Risk factors for prostate cancer include age, race and family history. Prostate cancer can often be found early in tests for prostate-specific antigen (PSA) levels in men's blood. Another way of detection is by having a digital rectal exam. During this exam, the doctor will put on gloves and insert a lubricated finger into the rectum to feel the prostate gland. If any of these tests suggest possible cancer, your doctor may refer you to a urologist for further testing. The other tests may include a transrectal ultrasound and a prostate biopsy.

Prostate cancer is often a slow-growing cancer. The American Cancer Society recommends that a male patient have an open discussion with his doctor concerning the possible benefits, risks and limits of prostate cancer screening.

From the desk of Iselda Gentry, MSN, FNP-BC

Do You Know Your Health Numbers?

Some of the most important numbers you can know in your life are your health numbers. Here are a few you should know!

Body Mass Index (BMI) is calculated using height and weight. It tells if your weight is in a healthy range. Having a BMI that is too low identifies risk of malnutrition and too high identifies risk of obesity and serious health problems.

Blood Pressure is the measurement of pressure on the walls of your arteries as your blood circulates. Low blood pressure can cause dizziness, fainting, and increase risk for falls. High blood pressure increases risk of heart attack or stroke.

HbA1c is the average level of sugar in the blood and identifies risk or level of control of diabetes.

Talk with your Primary Care Physician to find out your important numbers!

- Heather Rotan

Clinical Initiatives Manager

Copayment & Coinsurance

What is the difference between copayment (copay) and coinsurance?

A copay, is a set amount of money designated by the insurance plan for a health service such as a doctor visit or hospital stay. Coinsurance is cost sharing for health services such as durable medical equipment, chemotherapy, certain diagnostic tests like MRIs, or prescriptions. Charges of this nature are a percentage of the cost of the health service or prescription, generally 20%.

Review your insurance plan every year. Make sure you are familiar with your coverage and have a plan that fits your needs. J&A Insurance Services is a Medicare agency representing a variety of health plans. We're happy to assist with any questions.

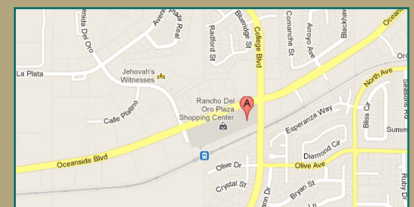
- Jack & Annette Midland,
(760) 504-9740
(Lic 0H31773/Lic 0F50505)



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:

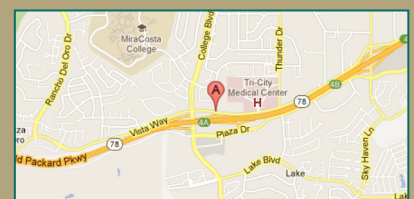


4171 Oceanside Blvd. #109
Oceanside, CA 92056
(760) 216-6253

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

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
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

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Important Plan Information

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- Health Numbers
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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.



(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

We sincerely apologize for a misprint in the last edition of the newsletter, which instructed patients to hold yoga poses for 10 minutes when it should have stated 10 seconds. Thank you to those who brought it to our attention.

Diabetes Education Series at Fairwinds Ivey Ranch

Sponsored by Humana

Thursday, August 17th from 10AM-11AM

Signs, Symptoms, & Red Flags

Thursday, September 21st from 10AM-11AM

Knowing & Understanding Your Numbers

Thursday, October 19th from 10AM-11AM

Diabetic Nutrition & Exercise

Fairwinds Ivey Ranch Senior Living Community
4490 Mesa Drive, Oceanside 92056