

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.

## Act FAST to Identify Strokes

The National Stroke Association has designated May as National Stroke Awareness Month. They promote a ‘Save a Life’ moto by educating the community about stroke risk factors, stroke symptoms and stroke preventative measures. According to the National Stroke Association, an individual experiencing a stroke can be treated if they act FAST.

FAST is an acronym for things to check in a suspected stroke victim.

- F – Face: Does the face droop on one side when the person smiles?
- A – Arm: After raising both arms, does one of the arms drift downwards?
- S – Speech: After repeating a simple phrase, does the person speech sound slurred or strange?
- T – Time: If any or all of the above are observed call for 9-1-1 and ask for medical help.

One way to prevent strokes is by controlling high blood pressure and taking steps to live a healthier lifestyle.

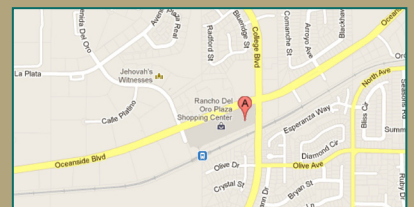
*From the desk of Iselda Gentry, MSN, RN, PHN*



## 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:

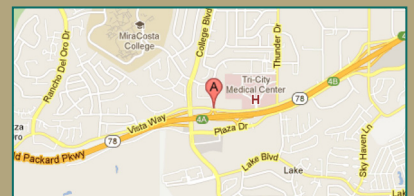


4171 Oceanside Blvd. #109  
Oceanside, CA 92056  
(760) 216-6253

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

**Lab Work** can be handled at  
any LabCorp location.  
[www.labcorp.com](http://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

## Colorectal Cancer Screenings

Did you know 2 out of 3 new cases of colorectal cancer are found in people age 65+? Colorectal cancer usually starts from polyps. Screening tests help find these polyps early when the survival rate is greater. Routine colorectal cancer screenings save lives. Common symptoms of colorectal cancer are blood in your stool, pain and cramps in your stomach that do not go away and unexplained weight loss. There are several types of colorectal cancer screenings; however, the 2 most common are Fecal Occult Blood Test required every year or a Colonoscopy required every 10 years unless recommended more by your specialist. Talk with your primary care provider about which screening is best for you!

- Heather Rotan  
Clinical Initiatives Manager

## 52 Years of Medicare

Harry Truman was the first to enroll when Medicare started in 1965. The monthly premium was just \$3. Before Medicare, less than 50% of seniors had insurance, and 35% of seniors lived in poverty. Today over 54M people are enrolled in Medicare, and nearly 80% of seniors in San Diego have Advantage plans that cover prescriptions and a fitness membership! Less than 10% of seniors live in poverty because of Medicare. We can always talk about the good ol’ days, but in reality, because of Medicare we are much better off than we were 52 years ago!

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)

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

Aetna.....	(800) 872-3862 (TTY/TDD 711).....	<a href="http://www.aetna.com">www.aetna.com</a>
Anthem Blue Cross.....	(855) 306-4537 (TTY/TDD 711).....	<a href="http://www.anthem.com/ca/shop">www.anthem.com/ca/shop</a>
Blue Shield.....	(800) 393-6130 (TTY/TDD 711).....	<a href="http://www.blueshieldca.com">www.blueshieldca.com</a>
Care1st Health Plan.....	(800) 544-0088 (TTY/TDD 711).....	<a href="http://www.care1st.com">www.care1st.com</a>
Humana.....	(800) 992-2551 (TTY/TDD 711).....	<a href="http://www.humana-medicare.com">www.humana-medicare.com</a>
United Healthcare.....	(800) 577-5623 (TTY/TDD 711).....	<a href="http://www.uhcmedicareolutions.com">www.uhcmedicareolutions.com</a>

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

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**Stay Connected:** Subscribe at [www.gtcipa.com](http://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.



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

[www.gtcipa.com](http://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

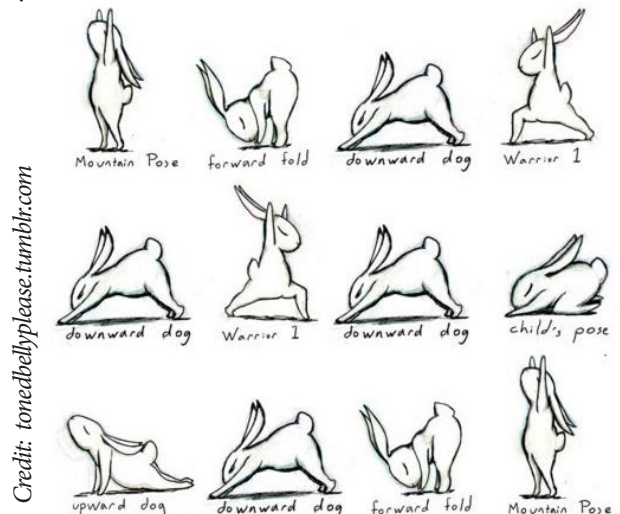
Advanced Diabetes Supply Warehouse  
2544 Campbell Place, Ste 155, Carlsbad 92009

#### Senior Movie Day

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

### Spring into Fitness

Care for the one body you have with daily fitness activities like **simple morning yoga**. As always, talk to your doctor before starting new exercise routines.



Hold each pose for 10 seconds while breathing deeply and evenly. Focus on form, keep your back straight, and repeat this sequence 6 times.