

Time for Your Medical Check-up

Vision Tip

If you have diabetes, get your eyes examined at least once yearly, and closely follow your doctor's recommendations regarding diet, blood sugar control, insulin, and self-care to reduce the risks of diabetic retinopathy, which can progress to severe vision loss without warning.

AllAboutVision.com

Each year it is important to see your Primary Care Physician (PCP) for an annual health examination. Visiting the PCP at least once each year becomes increasingly important as we age.

Here are some quick tips to help you prepare:

- * Write down any changes in your health or lifestyle since your last visit, any health concerns or problems you currently have, and questions about what preventative screening exams should be conducted.
- * Review your past medical history. One of the most important steps in an annual physical is to update or review the

history of illnesses in blood relatives. Many diseases have a strong genetic predisposition.

* Be honest at the doctor's office. No one knows you better than yourself. Exaggerating or down-playing symptoms will not help the doctor's efforts to understand and diagnose any problem you may have.

* Review the list of prescription and over-the-counter medications, vitamins, herbs or other supplements that you are taking or have recently taken. Jot down the names, dosages and frequency; also note any medications you've taken in the past that have caused allergic reactions. Your PCP will let you know if your medicines should remain the same.

* Take notes during your visit or bring a family member or friend with you and ask them to take notes. This will help you recall in better detail the information and advice given by your doctor. Also, don't feel embarrassed about asking your doctor to translate medical explanations into simpler terms. Asking questions can help you better understand how to get better and stay well.

* After your visit, call your doctor to obtain your results from any tests or exams and schedule a follow up visit if necessary.

Your Primary Care Physician is your main partner when it comes to taking care of your health, and it's important to keep the lines of communication open and pay a visit to him /her once a year for a regular check-up.



Welcome to new members:

Thank you for selecting a physician affiliated with PrimeCare. We are pleased that you have chosen us as your health care provider.

This *Senior Connection* newsletter is mailed to you twice a year as part of our communication to our valued Medicare members. Our member services team is also here to assist you. You may have already received a welcome packet and a phone call from us. You can call us, too, when you need some help to arrange for your medical services.

If you have a question about PrimeCare services and programs, please contact customer service at **1 800 956 8000** or **www.primecare.com**

Hours;
Mon, Wed, Fri 8:00 to 4:30
(Friday-closed from 11:30 to 12:30)
Tues and Thurs 8:00 to 6:00

McHumor.com

by T. McCracken



"Take two tons of aspirin and call me in the morning."

What are the signs of heat stroke?

Signs of heat stroke

- a body temperature over 103 degrees
- absence of sweating
- rapid pulse
- headache
- nausea
- vomiting
- confusion
- overall weakness



Prepare for the Summer Heat

As we enjoy the beautiful days of springtime, it is easy to forget that a blazing summer will soon be here. Along with the heat comes the risk of heat related illness. Heat stroke can affect anyone, but can more easily occur in those over 65, people who are overweight and people who are ill or on certain medications.

Tips for coping with the summer heat



- Stay indoors in a cool building
- Drink plenty of water-don't wait until you are thirsty
- Avoid hot foods and heavy meals
- Wear loose fitting clothes
- Don't rely on a fan during a heat wave. A cool shower or bath is a better way to keep body temperatures at safe levels

Resources to help beat the heat

During intense heat waves, cooling centers are open to provide relief. Your local senior center, local Red Cross chapters, San Diego Gas and Electric or Southern California Edison will be able to direct you to one in your community.

Are You At Risk For a Fall?

Did you know that one in three people over the age of 65 fall each year, and over 2 million end up in the emergency room? Prevention is the best way to keep from becoming one of these statistics.



Your risk of falling increases when you have:

- Vision problems
- Difficulty balancing
- Arthritis
- Muscle weakness
- A history of falling
- Depression
- Multiple Medications

Here is a check list of steps you can take to avoid being a statistic. Your health and safety are important to us.

- Remove loose area rugs, or secure them with carpet tape.
- Check existing carpeting for curled or frayed edges.
- Check the lighting in your home, adequate illumination is very important.
- Look around your home for cords or wires that can cause tripping.
- Install grab bars in the shower and bath.
- Avoid house slippers, wear shoes with non-skid soles.
- Exercise for strength and balance. Both Yoga and Tai Chi are low impact, simple exercise routines designed to increase muscle strength and improve balance.
- Have regular eye exams.
- When getting out of bed, sit for a minute to regulate blood pressure and avoid dizziness.
- Have several night lights around the house. If possible, have a touch lamp on the nightstand, to illuminate the area around the bed.
- Call your doctor if you feel dizzy or lightheaded, and have all medications checked for interactions. Make sure no prescriptions have expired.
- Add non-skid mats to bath and shower areas.
- Never climb a ladder, use footstools with hand rails whenever possible.
- Wipe up any spills immediately.
- Limit the intake of alcohol.

Think about a buddy system, where you and a friend or relative check each others' homes to evaluate potential hazards together.

Get Moving

Healthy joint tip:



Don't sit still! Couch potatoes, computer addicts, and anyone else who remains glued to a chair all day long have a high risk for joint pain. Less movement means more stiffness in your joints.

So get up and get moving. Change positions frequently. Take frequent breaks and stretch or go for a short walk.*

* source:
www.webmd.com