

Welcome to *Health Beat*, from St. Vincent IPA. This is your quarterly check up for health tips, facts, and all you need to know from you local Los Angeles medical group.

Prevent High Blood Pressure

High blood pressure increases the risk for heart disease and stroke. According to the Centers for Disease Control and Prevention, heart disease is the first leading cause of death in the United States and stroke the third. A normal blood pressure reading in the absence of diabetes, chronic kidney disease, and heart failure should be less than 120/80. If you have high blood pressure, work with your doctor as a team to reduce it.

Here are a few steps you can take to reduce or prevent high blood pressure:

- » Maintain a healthy weight
- » Be physically active
- » Follow a healthy eating plan
- » Eat foods with less salt
- » Drink alcohol in moderation
- » Take prescribed medications as directed

Remember, monitoring your blood pressure in between doctor visits is very important and can help in detecting any blood pressure problems early on.

DASH Diet to Lower Blood Pressure

The Mayo Clinic recommends the DASH diet as a healthy eating lifestyle to prevent high blood pressure. DASH, Dietary Approach to Stop Hypertension, focuses on reducing sodium intake while increasing the consumption of foods high in nutrients such as potassium, calcium, and magnesium. Patients have seen improvements in as little as two weeks. To read more about the DASH diet, visit www.mayoclinic.com/health/dash-diet/H100047.

From the desk of Iselda Gentry, RN

Have You Seen Your Doctor Lately?

Visiting your Primary Care Physician every year is an important part of staying healthy! During that visit you will receive the necessary preventive screenings and tests based on your age, gender, and previous diagnoses. Additionally, be sure to discuss:

- » Any problems with urinary incontinence
- » Problems with balance or walking
- » Level of physical activity

Call your doctor today to schedule an appointment!



Quick Fix

St. Vincent IPA

Customer Service

is available from 9 AM to 5 PM

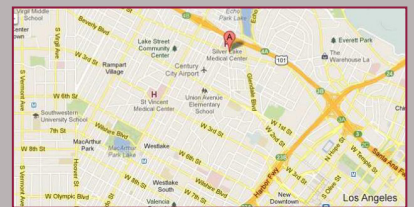
Monday thru Friday:

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Urgent Care access is available 24 hours a day, 7 days a week at

Silverlake Medical Center

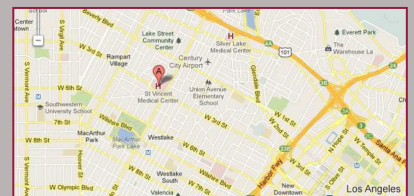
Urgent Care



1711 W. Temple St., 2nd Floor
Los Angeles, CA 90026
(213) 989-6160

Lab Work can be handled at any Quest Diagnostics draw station. For more information visit: www.questdiagnostics.com.

St. Vincent Medical Center is our primary hospital serving the community since 1856:



2131 W. 3rd Street
Los Angeles, CA 90057
(213) 484-7111

Maintain Access to your Primary Care Physician.

Select any of the following senior health plans:

- | | | |
|------------------------------|----------------------|--|
| Anthem Blue Cross | (866) 693-3339 | www.anthem.com |
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| Citizens Choice | (877) 387-6277 | www.citizenschoicehealth.com |
| Easy Choice Health Plan..... | (866) 999-3945 | www.easychoicehealthplan.com |
| Health Net | (800) 522-0088 | www.healthnet.com |
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