

We are Primary Care Associates of California!

Since 2007, Primary Care Associates of California (PCAC) has been committed to the care of Medicare-eligible beneficiaries.

With a network of over **500 primary care physicians, 3,200 specialists** and ancillary care-givers entirely devoted to improving your health and well-being in Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura counties.



Personalized Care Management

- Quick Referrals
- Physicians that fit your needs
- Help Scheduling Appointments
- A live dedicated Member Services team
- Transportation to and from your appointments*

*Provided by health plan. Based on benefits.

Stay Connected! ❤️

- Health Tips
- New Doctors
- Upcoming Events

in @ @pcacipa

Quater 1
2025



Need help with...

- Authorizations
- Appointments

Call the Member Services Line:
(844) 722-2472

PCAC Events

Free with RSVP

March

Coffee & Paint

Carson, CA

May

Dance Party

Chula Vista, CA

June

Coffee & Paint

Indio, CA



For more information on upcoming events call: (844) 516-2020

Stay in Control:
Everything You Need to know About Diabetes

When it comes to health, keeping your blood sugar levels in check is more important than you think, especially when it comes to prevent or manage diabetes. Blood sugar plays an important role in maintaining a healthy balance. Keeping your blood sugar levels in balance doesn't have to be complicated, it's about making small, informed choices, and we present to you some simple tips to stay healthy!

Understanding the symptoms

Diabetes symptoms may include some very common ones, such as increased thirst or hunger, weight loss, tingling hands or feet, blurred vision, skin infections, delayed healing of cuts or bruises. On the other hand, with type 2 diabetes, symptoms develop more slowly or may go unnoticed. It is important to consult with your doctor if you are experiencing any of these symptoms or if you have any questions about your blood sugar levels.

Maintaing Normal Glucose Levels

Some recommendations to keep your blood sugar levels normal are: do light physical activity, this helps the cells produce insulin more efficiently. Also, a healthier

diet focused on whole grains, lean proteins, healthy fats, a diet rich in fruits and vegetables. In your diet, try to include carbs that are digested slowly. During the day it is recommended that you eat small portions of food to prevent blood sugar spikes. Opt for foods rich in fiber such as oats, legumes, leafy greens, this helps slow the absorption of sugar which helps regulate blood sugar levels.

Better Sleep, Better Blood Sugar Control

Having good sleeping habits is important in order to keep blood sugar levels under control. Good sleep helps improve insulin sensitivity, when sensitivity is low, the blood needs more insulin to control blood sugar which eventually leads to irregular blood sugar. Another example where good sleep helps with sugar control is that it regulates appetite control, the less you sleep, the more you tend to get hungry. As a final point, good sleeping habits help your metabolism and ensure that your body works properly by effectively processing glucose and other nutrients.



On The Horizon Newsletter Q1 Issue



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Managing Stress

When you are under stress, you may also experience an imbalance in blood sugar levels. When you are under high stress, your body releases a hormone called cortisol, which can cause your body to decrease insulin secretion. Some ways to manage stress include relaxation techniques, such as breathing exercises and meditation. Engaging in physical activity helps your body release morphines, which are the body's natural stress relievers.

Consult with your Doctor

Effectively controlling your health with these steps is essential to maintaining your health and preventing future complications. Consult your doctor if you require more information about glucose control and do not forget to have constant medical check-ups. Remember that all the small steps and being consistent make a difference to your health.

Hearing Health

Taking care of your hearing is just as important as any other part of your health, it is never too late to take care of your ear health, here are some simple but beneficial steps to take care of your hearing health.

- **Proper Nutrition:** Maintaining a balanced diet and choosing foods rich in vitamins and minerals, such as

Potassium	Bananas, Pineapples, Potatoes, Spinach
Magnesium	Almonds, Avocados, Tomatoes, Broccoli
Zinc	Shellfish, Cashews, Dark Chocolate, Whole Grains
Folic Acid	Beans, Rice, Leafy Greens, Citrus Fruits, Lentils
Antioxidants	Berries, Leafy Greens, Citrus Fruits

- **Stay Hydrated:** Drinking enough water maintains your whole body including your inner ear hydrated. When you drink enough water your blood circulation is better and delivers proper oxygen to ears.
- **Do regular check-ups:** Doctors recommend to do check-ups regularly to detect problems early.

Box Breathing!

Breathing exercises can be an effective way to manage stress, as an example here is an easy exercise called Box Breathing:

1. Sit comfortably with your spine straight
2. Inhale through your nose for a count of 4 seconds.
3. Hold your breath for 4 seconds.
4. Exhale slowly through your mouth for 4 seconds.
5. Hold your breath again for 4 seconds before starting the next cycle.
6. Repeat for 3-5 minutes.



Osteoporosis Awareness: Keep your Bones Strong this year!



Understanding Osteoporosis

Osteoporosis is a condition in the bones that occurs when the body loses bone mass or does not make enough new bone, which eventually leads to the bones to be thin and weak. Some risk factors that can lead to this condition include: gender (women are more likely to develop osteoporosis), family history, bad habits such as smoking and drinking alcohol.

Detecting Osteoporosis

Detecting Osteoporosis is sometimes harder than any other condition, osteoporosis can be detected until a fracture occurs or when is in advanced stage which is present by back pain, loss of height, or bad posture due to spinal fractures.

Building Strength

Help your body stay strong. Many of these treatments include medications. Ask your provider about a DEXA scan to screen for osteoporosis. Other recommendations include changing your eating habits, avoiding caffeine and alcohol, and quitting smoking. Exercising is also a way to strengthen your bones.

Fall Prevention

Keep your body moving: Doing physical activities even if it involves little movements can help you reduce the risk of falling because it improves your balance, coordination and flexibility.

Move away objects: Moving objects in your home that are an obstacle for you can help give you better mobility.

Small Modifications: Small modifications such as securing the carpets in your home to provide more safety and stability, such as installing bars in spaces such as the bathroom, or making sure your furniture is in good condition to be used.



Health Passport

Ask your provider about PCAC's Health Passport for members, this is especially designed for you to help you keep track of your preventative screenings this year. Once completed, return Health Passport to your provider and PCAC will send you a special prize!

