

HOME OF THE



CITRUS VALLEY MEDICAL • HOME OF THE

# MIGHTY-DOCS

Family Practice • Internal Medicine • Pediatrics • Urgent Care • and Specialty

NEW UPDATED WEBSITE ► [TheMightyDocs.com](http://TheMightyDocs.com)

Health Information Winter 2022

## Need Help Understanding Your Medicare, Medicare Advantage, Coverage?

### TEAM MIGHTY DOCS:

- Citrus Valley Family Practice
- Citrus Valley Internal Medicine
- Citrus Valley Pediatrics
- Norco Medical Group
- Eastvale Medical Group
- Platinum Providers Medical Group
- Citrus Valley Urgent Care
- 65up Coordinated Care Clinic
- Inland Heart Doctors
- Inland Neurology

If you are currently receiving Medicare benefits. Understand that trying to determine what Medicare plan is best for you, can be difficult and confusing, you may have some questions regarding your options.

Luckily we have someone who can help. For your convenience, we have a bilingual **Senior Patient Care Advocate, Leticia**, available to answer any questions you may have related to your healthcare needs and can assist if you are not getting a call back from your Primary Care Office, having referral related issues or having trouble making an appointment. She can be reached by calling **(951) 808-6607**. Her offices hours are Monday through Thursday from 8am to 5pm and on Friday from 8am to 2pm. Again, your health is our top priority.

We are here to help you, our highly valued patient.

### In this issue:

- Understanding your Medicare
- New Urgent Care
- Hospitalization Follow up
- Pain without the prescription
- Virtual Urgent Care / Flu Shot
- Free Senior Community Event

## NEW STATE- OF-THE-ART URGENT CARE FACILITY

### WE ARE HERE FOR YOU

**OPEN 7 DAYS A WEEK 9am to 9pm (Call for Holiday Hours)**

If you have an injury or illness that needs immediate attention, we will see you right away in our brand new facility. It is located just one block away from our old building, still across the street from Corona Regional ER.

**308 W 6th St, Suite 101, Corona, CA 92882**

LOCATED BEHIND THE CITY OF HOPE BUILDING ☎(951) 737-0910



**Senior Patient  
Care Advocate  
Contact Leticia**

**(951) 808-6607**

**Hablamos Espanol**





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HEALTH INFORMATION WINTER 2022

## Following Up With your Primary Care Doctor After Hospital Discharge

After being released from the hospital or emergency room, patients frequently wonder why it is crucial to continue seeing their healthcare professionals. There are several reasons why it is a smart move. First, it is crucial for your Primary Care Doctor (PCP) to understand both what transpired in the hospital and why this happened, such as a negative reaction to a new medicine or a lifestyle change like a new diet or exercise regimen. We want to stop whatever caused the incident from happening again since our priority is keeping patients healthy and out of the hospital. Secondly, tests might have been carried out while in the hospital, but the outcomes might not have been available at the time of discharge. It is crucial that all test results have been examined to ensure that nothing was overlooked. For instance, the results of a biopsy could take a week to arrive, or a rare blood test might require transportation to a specialized lab. This occasionally leads to more investigation and a referral to a specialist. If you are already scheduled to see your specialist after your hospitalization, it is still extremely important to see your PCP as well and vice versa. A follow-up visit with your healthcare professional is a fantastic opportunity to tie everything together. Your PCP must be informed of what transpired during your hospital visit and if you started any new medications. During your visit your provider will discuss your hospital visit in full detail, decide if further treatment or tests are needed and go over all your medications to ensure they are being taken properly. Please make sure to bring all your medications with you to your follow-up appointment. Ultimately, follow-up visits after hospitalization are important to assess how the patient is doing and make sure all health concerns are being addressed and monitored. After you leave the hospital, please contact your PCP immediately to schedule your follow-up appointment. You should always see your PCP within 14 days after you have been discharged from the hospital.





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HEALTH INFORMATION WINTER 2022

## Pain Relief Without a Prescription

KIMBERLY MINESINGER, D.O. FAMILY PRACTICE, [CIRCLE CITY MEDICAL GROUP](#)

The steps to healthier living will help you to understand that beginning a healthy lifestyle can start with just one small step. If you've ever done any of the activities we've promoted in the past, you may have experienced some form of pain in your lower back, knees, neck, ankles or shoulders. If you have, chances are you won't need to come see us to alleviate that pain.

Depending on the severity, some simple drug-free procedures can help. Most pain is based by inflammation created by an injury, or over use.

One great therapy for pain is R-I-C-E.

Rest: avoid the activity that caused the pain.

Ice: use an ice pack for 10-15 minutes and repeat every two to three hours.

Compression: if possible, stop the swelling by compression the injury with an elastic bandage.

Elevation: elevate the injured area to reduce additional swelling from fluid build up.

If your pain is severe and you need treatment immediately, visit Citrus Valley Urgent Care.

## INLAND VIRTUAL URGENT CARE

SAME DAY TELEMEDICINE APPOINTMENTS

We specialize in treating patients 12 years and older

To schedule an appointment

Call **951 356-8825**

Allergy symptoms

Urinary tract infections (bladder infections)

Cough/Cold/Sore Throat

Pink eye

Medication refills (maintenance medications only, no controlled substances)

Possible Covid-19 symptoms



[www.inlandvuc.com](http://www.inlandvuc.com)

## Don't Forget To Get Your Flu Shot

The Flu vaccination can keep you from getting sick with the flu. It prevents millions of illnesses and flu-related doctor visits each year. Please call your primary care doctors office or visit your local Walgreens to schedule your appointment to get your flu shot.





HEALTH INFORMATION WINTER 2022



**DONT FORGET IF YOU NEED MEDICAL ATTENTION AFTER HOURS YOU CAN  
ALWAYS CALL OUR DOCTORS AT (951) 737-1454**



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COMMUNITY SENIOR EVENT

HEART HEALTH & STAYING HEALTHY  
COME JOIN US AT POLLY'S PIES IN NORCO

FOR

**FREE COFFEE AND PASTRIES**

Date: 02/23/2023  
9:00am - 10:30am

COME LISTEN IN FOR FREE  
Discussion Topics

- Heart Health & Cardiac Care
- Annual Health Assessments
- Annual Well Visits



Guest Speakers  
**Amy Aguilar, FNP-C**  
Inland Heart Doctors  
&  
**NICOLE NEWMAN, PA-C**  
Citrus Valley Medical

**CONTACT INFO  
PLEASE RSVP**

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