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MESSAGE FROM GENE MA, MD, FACEP Chief Medical Officer/Emergency Physician

Heart attacks. Strokes. A ruptured appendix. Cancer. These are not new to us in the emergency department. What *is* new is the looming health crisis created by a delay in seeking care due to COVID-19. Healthcare providers across the country are witness to the devastating impact of seeking care for illnesses far too late. In one state alone, deaths from heart disease have increased by 398% and deaths from diabetes by 356%! This has prompted universal warnings from

organizations such as the American Heart Association, California Hospital Association to our San Diego County Public Health Officer.

It's important to note that whether it be your local physician's office or the hospital, protocols are in place to ensure your safety. From extra precautions, restricting entry of non-essential personnel and vigorous daily screening of all staff to universal masking and testing of all patients for COVID-19, Tri-City Medical Center has created a safe-zone to protect you while in our care.

Don't put off getting your medications refilled. Make sure to see your doctor regularly. Don't take a chance by delaying that test or much-needed surgery. Seek emergency care when you need it.

Please take care of yourself, we'll handle the rest.

[Find a doctor, schedule an ER appointment
or call 855.222.TCMC\(8262\) →](#)

WIGS FOR HOPE

Tri-City Hospital Foundation has launched a fundraiser to help those battling breast cancer in our community. This life-changing program provides free custom wigs to women undergoing chemotherapy.

[Donate](#)

Get the Care You Need
From the Safety of Your Home

TELEMEDICINE AVAILABLE NOW

[Learn More](#) →

RECENT ACHIEVEMENTS TCMC Celebrates:

- **Five Get With The Guidelines** Gold Achievement Awards for implementing specific quality improvement measures outlined by the **American Heart Association** for the treatment of heart and stroke patients.

- [Best Maternity Hospitals 2020 based on Leapfrog's safety and quality standards.](#)
- Achieved an astounding ten years without a PICC line infection in the Neonatal Intensive Care Unit (NICU), a major milestone.

[More Accreditations & Awards →](#)

COASTAL COMMITMENT **North Coastal Prevention Coalition** **(NCPC)**

Whether or not substance use has personally impacted your family, it has devastating effects in our communities. NCPC provides an excellent forum for those interested in community advocacy to get involved in substance abuse prevention to make a difference.

[Learn More →](#)

CLINIC CALL OUT **Orthopaedic Specialists of North County** **(OSNC)**

OSNC is committed to helping people lead active lives, whether it's through treating an accident, sport or work-related injury, total joint replacement or relieving chronic or acute pain.

[Telemedicine](#) appointments are available.

[Learn More →](#)

FREE LOWER BACK PAIN **VIRTUAL LECTURE**

SI joint dysfunction can be a significant contributor to pain

in the lower back, pelvic region, buttocks or legs.

To learn more about the SI Joint and treatment options register today!

[Register →](#)

COVID-19 UPDATE

Updated communication is critical to ensure our community is properly informed about the status of the medical center regarding COVID-19.

[More Updates](#)



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Stay up-to-date with what's happening at Tri-City and how we're working to advance the health and wellness of the community we serve.

If you'd prefer not to receive updates, you can [unsubscribe here](#).
