



JUNE 2020

Upcoming Events

Mobile Mammogram Bus

- Leawood: July 10th from 8am-12pm
- River Market: August 28th from 8am-12pm

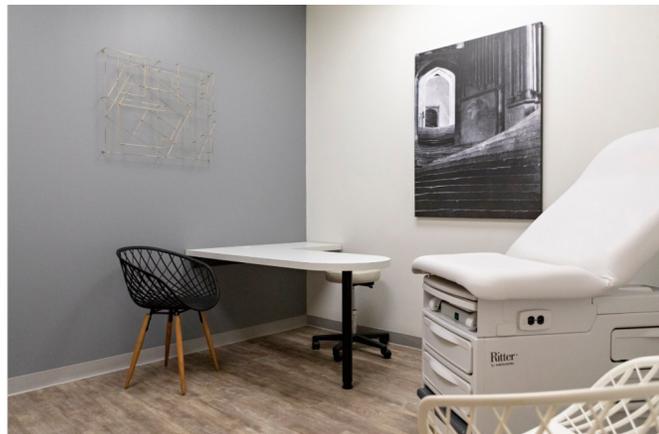
Limited spots available, only 17 open appointments for each day. To schedule your appointment call us at 816.319.0731 or reach out via [Spruce](#).

FAQ: What Services are Available at the Pareto Health & Wellness Centers?

We provide a full range of services including:

- Preventive care
- Urgent and sick care
- Health and wellness coaching
- Care coordination
- Women's health
- Management of many chronic conditions such as diabetes, high blood pressure, and high cholesterol
- Onsite lab collections, flu shots, select immunizations, and dispensing of a wide range of medications

Recipe: Healthy Sesame-Orange Ginger Chickpea Stir-Fry



MANAGING CHRONIC CONDITIONS DURING COVID-19

We know that many of you may be putting off accessing care because you're worried about COVID-19. But for non-COVID-19 patients with chronic conditions, many of whom are also at a higher clinical risk of COVID-19—this pandemic has disrupted essential preventative care. According to Kaiser Health News, 48% of Americans have delayed care due to the pandemic and 11% of chronic conditions have worsened as a result of a delay in care. While it is important not to put off care, it is especially important for those with chronic conditions. Please note that we can offer much access to care virtually and we are starting to see some patients with complex chronic conditions with our current Phase 2 status.

What Are Chronic Conditions?

Chronic diseases are defined broadly as conditions that last one year or more and require ongoing medical attention or limit activities of daily living.

Some examples include:

- Hypertension
- High Cholesterol

A healthier, meatless version of your favorite take-out meal. With crispy veggies, sautéed chickpeas, and a tasty orange sauce with a hint of ginger.

[GET THE RECIPE](#)

- Arthritis
- Stroke
- Diabetes
- Chronic Kidney Disease
- Heart Disease
- Cancer
- Depression
- Alzheimer's Disease and Dementia

[LEARN MORE](#)

Why It's Important Not to Put Off Preventive Care During This Pandemic?

Preventive care is just that—it's the care you receive to prevent illnesses and detect health concerns early, before symptoms are noticeable. Preventive care includes regular checkups, screenings, annual physicals, well-woman appointments and immunizations. Keeping up with these visits – whether virtually or in person - are particularly true for those with chronic diseases.

- Some chronic conditions can put you at higher risk for COVID-19
- Delaying care can increase risks and complications
- Delaying emergency care for a chronic condition can be life-threatening
- If you delay your care now, primary care can be backed up with pent up demand



How Are We Ensuring Patients Are Safe When They Need an In-Person Appointment?

As you know, we are different from a typical doctor's office. With the way our practice is set up, we can provide a safer environment for you and your family.

- Smaller, boutique-style offices—more control over who is coming in and out and when
- You'll be the only person in the reception area
- Our doctors have less patients than a traditional doctor so easy to stagger appointments
- There will be extensive cleaning of exam rooms and surfaces in between patients

Find more details [here](#) for our current plan for our phased approach to in-person patient visits.

Your health needs shouldn't be delayed, even during a pandemic. If you've put off seeing us when you're not sick, consider making an appointment today, either virtual or in person, by calling us at 816.319.0731 or reaching out via [Spruce](#). We are here to care for you.



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