

**Cristin Trecroce, DO**, Board Certified in Family Medicine, was born and raised in the suburbs of Philadelphia, PA. She attended a small liberal arts college in Reading, PA where she graduated with a BA in Biology. She graduated from the Philadelphia College of Osteopathic Medicine, in 1997. She completed her Family Medicine Residency at Philadelphia College of Osteopathic Medicine in 2000. She has been working in primary care for 10 years with an emphasis on ages from adolescents to geriatrics.



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She sees patients age 12 and up, performs women's health exams, and treats acute and chronic conditions. She has a special interest in preventive medicine and weight loss counseling.

Dr. Trecroce lists her family as her number one priority. She is married to Doug Stewart (who is an ER PA at Hugh Chatham Memorial Hospital in Elkin), and has two daughters. They reside in the area and enjoy outdoor activities, horses, baking and school functions.

Dr. Trecroce says her career focus is to advocate for her patients, as if they were family, in their pursuit of education and preventive care.

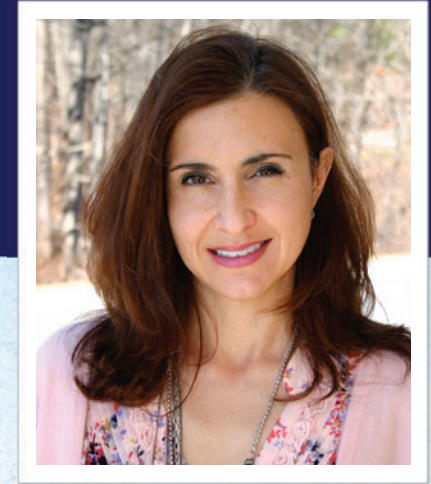
Her style of medicine is a "down home Southern" approach to patients getting to know their individual needs and goals to guide them to their healthiest potential.

#### *Did you know Dr. Trecroce is...*

- Welcoming new patients
- Accepting most insurance, including Medicare and Medicaid
- Available for same day appointments
- Associated with Blue Ridge Medical Group physicians who will see you in the hospital for continuity of care
- Associated with Blue Ridge Medical Group specialists for quick referrals if you need them!

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# BLUE RIDGE MEDICAL GROUP



## Cristin Trecroce, DO

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### What is Family Medicine?

Family Medicine provides comprehensive and continuing health care for families and individuals of all ages. It is based on knowledge of the patient in the context of family and the community, emphasizing health promotion and prevention of disease.

Family Medicine physicians must successfully complete an accredited 3 year residency in the U.S. in addition to their medical degree. They then must pass an examination in order to become board certified. The American Board of Family Medicine requires maintenance certification via continuing education, chart audits and retaking of the board exam every 7-10 years. Nearly 1 in 4 off all office visits are made to Family Physicians. They provide more care for underserved and rural populations than any other medical specialty.

### Why should I choose Dr. Trecroce as my doctor?

Dr. Trecroce combines years of experience, Board Certification and a very caring and warm personality, and she is available to treat your entire family!



### An Ounce of Prevention.....

The purpose of preventive medicine is to avoid the development of disease. It is the proactive approach to medical care. Examinations, treatments and advice are performed/given in order to prevent illness or discover it before it becomes more serious. Examples include screening mammograms, pap smears, vaccinations, PSA (Prostate Specific Antigen) testing, blood pressure checks, cholesterol screening, colonoscopy and other types of screenings.

Many cancers may be cured if detected early. Many complications from certain diseases may be avoided if the problems are identified early and treated. Come in today for a complete physical and health maintenance recommendations based on your age and gender.

### Did you know?

- Heart disease is the leading cause of death for both men and women.
- Other top causes include: cancer, stroke, chronic lower respiratory diseases, diabetes, influenza and pneumonia, all of which can be prevented.
- You can prevent or delay the onset of type 2 diabetes mellitus through a healthy lifestyle.
- Smoking is the leading cause of COPD. Symptoms develop slowly so people may be unaware that they are sick.
- There is an immunization that prevents the most common form of bacterial pneumonia.
- For most people making a few healthy lifestyle decisions will greatly reduce or eliminate preventable risk factors for disease.
  - \* Avoid all tobacco usage in any form.
  - \* Avoid or use alcohol in moderation.
  - \* Maintain a healthy weight.
  - \* Exercise regularly.
  - \* Eat a healthy diet.

All of our physicians and mid-level providers, whether Family Medicine, Internal Medicine, Cardiology or Pulmonology, will be glad to assess your risks and make recommendations to help you modify your lifestyle to reduce disease risk factors.

*What do other patients say about Dr. Trecroce?*

### What do other patients say about Dr. Trecroce?

Patients say that Dr. Trecroce takes time with them to listens to their problems and has good responses for them. They really like her and say she is very kind, sweet, outgoing and provides very good care.

*dedication  
experience  
availability*

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