

# NORTH TEXAS PHP NEWS

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## Medicine in the News

Proton pump inhibitors are commonly prescribed medications used to treat a variety of gastrointestinal conditions including acid reflux, gastritis, and peptic ulcer disease. Medications in this family include Prilosec, Nexium, Protonix, and others. These medications are highly effective and generally well tolerated, although they have been in the news lately regarding potential risks of therapy.

Several observational studies have noted a potential increased risk of pulmonary and enteric infections, malabsorption of vitamin b12, and bony fractures in some patients, although the current studies cannot confirm the medications are the cause. Two recent studies have found an association between use of PPI's and dementia possibly due to an interaction with amyloid and

tau proteins or vitamin absorption. There have also been a few case reports of patients with a type of nephritis causing acute kidney dysfunction that may be related to PPI therapy. The PPI's have not been shown to cause other types of kidney problems. Further studies are needed to determine whether these conditions are truly related to the medications.

These medications should be used at the lowest effective dose and for the shortest period of time due to potential long term side effects. Do not stop your PPI without discussing your medication with your physician first. In some instances, the medication can be discontinued, but may need a tapering dose to prevent rebound acid hypersecretion, or another medication could be considered as a substitution. Please ask your doctor if you have concerns about these or any of your medications.

## Announcing a New Partner

We are excited to announce the addition of Dean C. Dimmitt, M.D., F.A.C.P. . Dr. Dimmitt is a native of southwest Texas and a Phi Beta Kappa graduate of The University of Texas at Austin, receiving his undergraduate degree with highest honors. He graduated with high honors from The University of Texas Medical Branch at Galveston, where he was a member of Alpha Omega Alpha.

Dr. Dimmitt went on to complete an internal medicine residency at Baylor University Medical Center in Dallas, and is board certified by the American Board of Internal Medicine. He is a Fellow of the American College of Physicians, and a recipient of the Outstanding Teacher Award in internal medicine at Baylor University Medical Center. His professional interests include diagnosis, teaching, and preventive care.

Dr. Dimmitt has three sons. He is a history buff who enjoys travel, UT Longhorn athletics, and spending time with his family.

He will begin seeing patients in May in the Landry Center building. Please call (214) 823-4800 to sign up for Dr. Dimmitt's practice and schedule a new patient appointment with him.

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### DID YOU KNOW?

Artificial sweeteners like Splenda and Sweet'N Low are associated with changes in the microbes of the gut. After just a few days of use, patients had changes in the microbiome and exaggerated blood sugar response associated with these changes. This may explain the increased incidence of diabetes in patients who regularly consume these sweeteners. More studies are needed, but we think the evidence is strong enough to recommend avoiding these sweeteners.

Did you know that the HPV vaccine has decreased the prevalence of the HPV virus in teenage girls by 2/3 since its introduction 10 years ago? HPV causes genital warts, as well as cervical, anal, and mouth/throat cancers. The HPV vaccine is now recommended for boys and girls up to age 26 and is available in our office.

# HEALTHY HABITS

## Alcohol Awareness

April is Alcohol Awareness month. According to The National Council on Alcoholism and Drug Dependence (NCADD), one in every 12 adults suffer from alcohol abuse or dependence. Overuse of alcohol can lead to many chronic health issues including stroke, dementia, neuropathy, cirrhosis of the liver, fatty liver, heart attack, atrial fibrillation, depression, pancreatitis and many types of cancer. The NCADD encourages participation in an Alcohol-Free Weekend April 1-3. If you struggle with abstinence during this period of time or have concerns about your alcohol use, contact your physician to discuss signs of alcohol misuse or abuse. Visit [www.ncadd.org](http://www.ncadd.org) to learn more about signs of alcohol misuse, addiction and abuse.



## Quinoa Salad with Pecans and Cranberries

4 servings

### Dressing:

- 1 tablespoon extra-virgin olive oil
- 1 ½ teaspoons fresh lemon juice
- 1/8 teaspoon salt
- ½ teaspoon unseasoned rice vinegar
- 1/8 teaspoon ground black pepper

### Salad

- 2 tablespoons finely chopped dried cranberries
- 1 ¾ cups cooked quinoa, cooled completely
- ½ stalk celery, diced (about ¼ cup)
- ½ small carrot, diced (about ¼ cup)
- 3 tablespoons chopped parsley
- 1-2 scallions, chopped
- 5-6 tablespoons coarsely chopped roasted pecans
- Freshly ground black pepper

Combine all the dressing ingredients in a small bowl or cup. Add the cranberries. Set aside.

In a large bowl, toss together the quinoa, celery, carrot, parsley, scallions, and pecans. Mix in the dressing until the quinoa is evenly coated. Garnish with freshly ground black pepper. Cover and refrigerate for at least an hour to allow the flavors to develop. Serve cool or at room temperature. This keeps well in the refrigerator for a few days.

Tip: Wash and rinse quinoa well before cooking to remove saponin, its bitter natural coating.

From *Always Hungry* by Dr. David Ludwig.