

NORTH TEXAS PHP NEWS

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Are You Sneezing?

Spring is a beautiful time of year in Texas. With the beautiful flowers, green grass and growing trees often come the all too familiar symptoms of seasonal allergies: sneezing, runny nose, itchy eyes, and coughing.

Spring allergies usually start in February and last until summer. Symptoms can even last into fall for some patients. Symptoms are often confused with symptoms of a viral cold or sinus infection.

What causes these symptoms?
Allergies develop when our immune system overreacts to an otherwise harmless allergen in the environment. Common spring triggers are grass pollen and tree pollen from Pecan, Oak, Mulberry, and Ash trees.

One of the best ways to combat seasonal allergies is to avoid your

triggers. According to the American College of Allergy, Asthma, and Immunology, there are many practical ways to avoid your triggers. Keep home and car windows closed and keep home doors closed as well. Take a shower and wash your hair after you work outdoors. Wear a mask (the ACAAI recommends a NIOSH-rated 95 filter mask) when working in the yard. Talk to your physician about allergy testing so you know your specific triggers. Knowing your triggers will help you track the pollen count and avoid being exposed.

If avoidance is not enough, your physician may recommend a steroid nasal spray or a daily antihistamine or both. Immunotherapy is also an effective way to treat your allergies. Talk with your personal physician about which therapy is best for you.

Exercise vs Diet for Weight Loss

A new report from the National Center for Health Statistics recently found that Americans are getting more exercise than a decade ago. Fifty-three percent of Americans are meeting the government physical activity guidelines compared with 41% previously. However, it also showed that now over 30% of adults are obese, up from 19% 10 years ago.

Obesity is a complex disease, but most experts agree that a healthy diet plays a larger role in weight loss than exercise and that changes in Americans' dietary habits are feeding the rising obesity rates. While exercise is important for health, to lose weight you must also make healthy food choices. It is possible to "out-eat" almost any level of exercise. To optimize your health, continue to get at least 150 minutes each week of cardiovascular exercise and make wise food choices. Our nutritionist Morgan can offer great suggestions – please let us know if you would like to schedule an appointment.

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Did you know?

- A recent study published in JAMA Psychiatry found patients who abuse alcohol have accelerated loss of brain size compared to patients of similar age who do not drink alcohol. This study further supports the theory that excess alcohol contributes to accelerated brain aging.
- According to a study published in the Proceedings of the National Academy of Sciences, sitting within one meter (slightly over 3 feet) of someone traveling while infected with the flu and sitting on in an aisle seat, both increase your risk of contracting the flu. You can lower your risk by washing your hands often. Choose your seat wisely!

North Texas Preferred Health Partners Locations

Dallas Office
3417 Gaston Avenue
Suite 700
Dallas, Texas 75246
214-823-4800

Plano Office
4708 Alliance Blvd
Pavilion I, Suite 240
Plano, Texas 75093
972-993-5050

Park Cities Office
8215 Westchester Drive
Suite 320
Dallas, Texas 75225
972-993-5040

Las Colinas Office
440 West I-635
Suite 405
Irving, Texas 75063
972-993-5080

HEALTHY HABITS

Greek Chicken Taco and Cucumber Salad

Adapted from: eazypeazymealz.com

Ingredients:

Greek Chicken

- 2 pounds boneless, skinless chicken breasts, 1/4 cup olive oil, 3 Tbsp garlic, minced (Note, adjust to preference), 1/3 cup fresh lemon juice, 1 Tbsp red wine vinegar, 1 Tbsp dried oregano, 1/3 cup plain non-fat Greek yogurt, freshly ground black pepper, to taste

Cucumber Salad

- 2 English cucumbers, peeled and sliced, 1/3 cup lemon juice, 2 Tbsp olive oil, 1 Tbsp red wine vinegar, 2 Tbsp fresh parsley, finely chopped, 1 cup cherry tomatoes, halved, 1/2 cup red onions thinly sliced

The Rest

- 3-4 Whole wheat pitas OR 2-3 cups of cooked brown rice, Tzatziki Sauce (I like the Opa! Brand) to toss with the rice or spread on your pita, and Feta to top your dish

Instructions

1. In a large plastic Ziploc bag, combine olive oil, garlic, lemon juice, red wine vinegar, oregano, Greek yogurt, and pepper.
2. Next, add chicken into the bag and massage the marinade into the chicken breast. Set chicken aside and allow to marinate for 20-30 minutes.
3. Meanwhile, make cucumber salad by combining the salad ingredients together and place in the fridge to marinate.
4. Once the chicken has marinated, heat olive oil in a large skillet over medium-high heat.
5. When the skillet is hot, add the chicken and cook for ~3-4 minutes per side. Cook until internal temperature is 165 degrees.
6. While the chicken is cooking, place the pita in the microwave to warm slightly for about 30 seconds OR cook the brown rice following package directions.

Once all the ingredients are prepared, assemble the dish. Start with your pita or brown rice then add tzatziki sauce and chicken, and top with feta. Serve with a side of cucumber salad and enjoy!