

# NORTH TEXAS PHP NEWS

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## Shingrix Approved!

According to the CDC, one in every three people in the United States will develop shingles in their lifetime. The Varicella Zoster Virus causes chicken pox, usually in childhood, then remains dormant in the body. When the VZV virus reactivates, usually in adulthood, it causes shingles.

In October of 2017, the FDA approved **Shingrix**, the much anticipated new shingles vaccine. Compared with placebo, **Shingrix** reduced the risk of developing shingles by 97.2%.

According to the CDC, **Shingrix** is “recommended for healthy adults aged 50 years and older to prevent shingles and related

complications.” The vaccine is also recommended for adults who were previously vaccinated with Zostavax.

The new vaccine is administered in a 2 dose series with the second vaccine given anytime 2-6 months after the first. Side effects of the vaccine are pain, redness and swelling at the injection site as well as muscle aches, fatigue and headache.

We expect **Shingrix** to be available to our patients in early 2018 and expect high demand. Ask your personal physician or nurse if the new **Shingrix** vaccine is indicated for you.

## New Physician in Gaston Office

The physicians of NTPHP are pleased to announce that **Dr. Christopher Hughes** joined our group in the Gaston Avenue location on January 1, 2018. Dr. Hughes enjoys identifying and treating a wide variety of acute and chronic medical conditions, while focusing upon the prevention of disease on an individual and personalized basis. He emphasizes the promotion and balance of both longevity and quality of life. He values the development of familiarity with his patients, anticipating a consistent and continuous lifetime of care. Dr. Hughes and his wife have 2 sons. As an outside interest, he actively researches ancient near eastern archaeology, history and culture. Dr. Christopher Hughes is taking new patients. Call our office at (214) 823-4800 to schedule an appointment today!

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## Did you know?

- According to a study published in the *European Heart Journal*, patients with atrial fibrillation who were started on oral anticoagulation such as Warfarin have a lower risk of dementia than patients not taking oral anticoagulants. The mechanism of dementia is theorized to be due to microembolization, or small blood clots traveling from the heart to the brain.
- Recent data from DiRECT (Diabetes Remission Control Trial), confirmed weight loss is associated with type 2 diabetes remission. 86% of patients who lost 15 kg (33 pounds) achieved remission. If you have diabetes, talk with your doctor and our dietician/certified diabetes educator Morgan Beeler about a plan for you!

# 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

### Tips for Mindful Eating During the Holidays

The holidays are a time to enjoy friends, family and food! You can have all three without putting on the extra pounds if you stay mindful through the holidays!

**Plan for the Holidays:** Temptations are everywhere, and parties and travel tend to disrupt daily routines.

Don't skip meals to save up for a feast. Skipping meals to "save" your calories for the feast will only lead to a slowed metabolism and overeating.

Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when the meal is served.

Avoid or limit alcohol. If you do have an alcoholic drink, have it with food.

**Create Colorful Plates:** Beware of the buffet table and try to use a small plate. Choose the foods you like best and then move away from the table.

If you are invited to a party, offer to bring a healthy vegetable or salad.

Make sure you start and end with vegetables. Since vegetables tend to be low in calories and high in fiber, they can help take the edge off your appetite, which is a perfect combination for weight maintenance.

If you're still hungry after one plate, consider having vegetables for seconds instead of more meat and starchy foods, and save room for dessert.

**Eat the Foods you Love:** No food is on the naughty list, but don't go overboard.

If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.

Try to be picky at your holiday dinner. Focus on only eating the foods you absolutely love, and skip the foods that don't excite you as much.

Enjoy a small serving and eat slowly; it takes at least 20 minutes for your brain to realize you're full.

**Keep Moving:** You've got a lot on your plate this time of year, and physical activity can get crowded out.

Get moving with friends and family, such as taking a walk after a holiday meal.

Break physical activity up into smaller chunks so it fits into your schedule. Try walking 10 minutes several times a day.

**Catch Some Zzz's:** During the holidays, going out more and staying out later often means cutting back on sleep.

Aim for 7 to 8 hours per night to guard against mindless eating.

When you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food.

**Finally, lose the guilt.** Healthy holiday eating can make people anxious, but try not to get too worked up. This should be a time of celebration and relaxation. If you happen to eat more than you planned during this holiday season, don't beat yourself up. More importantly, don't let a slip become a fall. Try to get back to your healthy eating habits as soon as you can, or schedule your appointment to meet with our dietitian!