

# NORTH TEXAS PHP NEWS

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## Improving Brain Function

According to researchers at the University of Maryland, regular moderate-intensity exercise may improve brain function. Their recent study, which was published in *Journal of the International Neuropsychological Society*, showed an increase in cerebral cortex thickness after just 12 weeks of exercise 4 days per week. This is the area of the brain which typically shrinks in Alzheimer's disease. Both patients with normal memory and those with mild cognitive impairment showed thickening of the cortex. This does not prove a link between exercise and memory protection, but other studies have suggested

the same benefit. Besides exercise, what else can be done to slow mental decline? A lifetime of learning reduces the risk of developing Alzheimer's. Learn a new game or even a new language. Maintain an active social life. Play chess with a friend. Reduce your stress. Eat a healthy diet full of fresh fruits and vegetables. Control your blood pressure and cholesterol and avoid tobacco to reduce your risk of clogging the small blood vessels in your brain. Most important, stay active!

## New Partner

We are excited to announce Greta Brodsky, MD will be joining North Texas Preferred Health Partners in January. Greta takes a personal approach in caring for the needs of her patients. She enjoys building long-lasting relationships with each and every patient. Maintaining a healthy lifestyle is not only a recommendation she gives to patients, but a true practice of Dr. Brodsky. When she is not in the office, she can be found at spin classes or enjoying

healthy dinners at home with her husband and three children. Her insight to living a well-balanced life includes: eating healthy food, exercising regularly, and loving every day of your life. Dr. Brodsky is a graduate of the University of Texas Southwestern Medical School at Dallas. She completed her internship and residency in Internal Medicine at Baylor University Medical Center in Dallas. She is board certified and is a member of the Dallas

County Medical Society and Texas Medical Association. Dr. Brodsky is on staff at Baylor University Medical Center. She will begin seeing patients in January in the Landry Center building. Please call (214) 823-4800 to sign up for Dr. Brodsky's practice and schedule a new patient appointment with her.

## Gaston Avenue Update

We had a Topping Out celebration on December 11, 2015 for the medical office building under construction on Gaston Avenue. We have completed the roof over the highest floor. A tree with a flag was lifted up and placed on the top of the building and we signed a beam inside the building to commemorate the occasion. We are excited about the construction progress. Anticipated move in date is fall of 2016.



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### DID YOU KNOW?

- A recent Mayo Clinic study showed after drinking a 16 oz. Rockstar energy drink, average blood pressure increased by 6.4%. Caffeine and Norepinephrine levels increased as well. Researchers suggested this may explain the recent deaths which may be related to caffeine-spiked energy drinks. We recommend you avoid these drinks.
- Bexsero and Trumenba are vaccines given to prevent invasive Meningococcal Group B infection. The CDC states one of these vaccines may be given in addition to the recommended Menactra for patients age 16-23 years of age. If you are a young adult, ask your doctor if you are a candidate for one of the Group B vaccines.

# HEALTHY HABITS

## Exercise for Seniors

According to the CDC, more than 30% of adults over the age of 65 report no regular exercise. There are many health benefits for seniors who exercise on a regular basis. Exercise increases muscle strength and may improve balance. It can prevent bone loss which can reduce the risk of fracture. In a study published in *Stroke*, women who walk a brisk pace for 2 or more hours per week had a significantly reduced risk of stroke compared to women who did not walk. The American Heart Association recommends seniors focus on moderate intensity activity which may be easier to sustain and less likely to cause injury. If you walk for exercise, choose a level surface to decrease your risk of falling, such as North Park Mall. Make sure you warm up, cool down and stay hydrated. Ask your doctor what form of exercise is best for you!



## Basic Roasted Chicken

1 (4 to 5 pound) whole chicken, neck and giblets removed from cavity

1 T olive oil

Kosher salt

Freshly ground black pepper

1 medium lemon, thinly sliced

Fresh herbs, such as parsley, rosemary or thyme

Heat oven to 425 degrees and arrange rack in the middle of the oven. Place cast iron skillet in oven while it preheats.

Place the chicken on a work surface and pat it dry with paper towels. Cut off and discard any fat hanging off the chicken.

Drizzle oil on chicken and rub it all over the skin. Season with salt and pepper. Place sliced lemon and herbs inside cavity. Place chicken breast side up in a large cast iron skillet.

Roast chicken in oven for 15 minutes. Reduce temperature to 375 degrees and continue roasting until juices run clear and thermometer inserted into the inner thigh registers 165 degrees, about 50 minutes to 1 hour more.

Remove the chicken from the oven and place on cutting board. Let rest for 15-20 minutes before carving.

Carve chicken and eat with vegetables or use in healthy soups for later in the week.