

NORTH TEXAS PHP NEWS

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Have you seen your eye doctor recently?

Glaucoma is the second leading cause of blindness in the world. In 2010 there were estimated to be 2.8 million people with open-angle glaucoma in the US. Open-angle glaucoma causes progressive peripheral visual field loss with eventual central field loss leading to blindness. Open-angle glaucoma is most common among patients of European or African descent. Patients with open-angle glaucoma often do not have symptoms. Due to

the asymptomatic nature, the American Academy of Ophthalmology (AAO) recommends at risk individuals have a comprehensive eye exam at age-based intervals. Patients over the age of 65 without risk factors should be screened every 1-2 years. If you have not seen your ophthalmologist recently, ask your NTPHP physician when you should be screened.

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In this Issue

Glaucoma	1
Gaston Avenue	1
Did you Know?	1
Healthy Habits	2



Come see us on Gaston Avenue!

We are thrilled to announce the Dallas office's long awaited move to the new Gaston Avenue Medical Building. Come see us at 3417 Gaston Avenue Suite 700. As always, we continue to offer complimentary valet parking. Ride the elevator by the valet stand directly to our lobby on the 7th floor. You will be greeted by the same smiling faces as you enter our suite. Once we get settled in, we will have both lab and radiology in our suite for your convenience. Remember our phone numbers and email addresses remain the same.

DID YOU KNOW?

Analysis of health data in over 1 million diabetic patients treated by physicians in Canada demonstrated a relationship between higher patient volume and lower rates of eye exams, HbA1c testing and cholesterol testing as well as lower compliance with recommended medications such as statins and ACE inhibitors or ARBs translating into lower quality of diabetes care.

Review of smoking habits in over 4000 high school students showed use of an electronic cigarette is associated with risk of more frequent and heavier smoking in the future.



North Texas

Preferred Health Partners

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Dallas, Texas 75246

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Plano Office

4708 Alliance Blvd

Pavilion I, Suite 240

Plano, Texas 75093

972-993-5050

HEALTHY HABITS

Why is Snacking Important?

Snacks help keep energy levels consistent and prevent decreased energy in the middle of the day. Snacks are a good way to increase nutrient intake with nutrient dense foods.

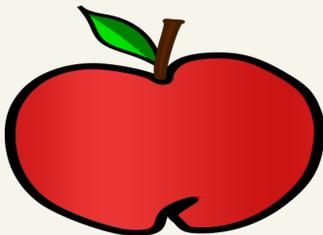
Fruits, vegetables, and whole grains provide you with a good amount of fiber to help you stay full for a longer period of time.

Low-fat cheese, yogurt or hummus increase protein intake, which prevents you from becoming hungry sooner and can help curb cravings.

Low-fat dairy foods increase calcium intake.

Nuts add healthy fats to your diet, which provide your brain with the energy it needs.

Snacking in between meals prevents you from having a starved feeling at each meal, which will help decrease your portion sizes throughout the day.



Dark Chocolate Cherry Energy Bites

1 cup Almonds

1/4th cup Pitted Dates

1/2 cup Dried Cherries

1/4th cup Unsweetened Almond Milk

4 Tbsp. Brown Flax, Ground

1 scoop J Robb Egg White Protein

Powder - Vanilla

3 Tbsp. Dark Chocolate Chips

1/4th cup Raw Pecans

1. In a food processor or blender, process the almonds until finely chopped. It's ok if some bigger pieces remain. Just be sure not to pulverize it into a flour as you want some texture.
2. Remove 1/3 cup of the processed almonds and set aside for the final step.
3. Now, add the pitted dates and dried cherries and process until finely chopped and sticky. A dough ball will start to form.
4. In a small bowl mix the almond milk ground flax and protein powder, then slowly add to the mixture in the food processor or blender.
5. Add in the chocolate chips and pecans and process until they are chopped.
6. Finally, pulse in the reserved 1/3 cup almonds. If the dough is too dry to roll into ball, add water, a teaspoon at a time, until the dough comes together.
7. Roll into 15 small balls. Place in a container or baggie and store in the fridge or freezer.

From: Oh She Glows