

# NORTH TEXAS PHP NEWS

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## Heat Related Illness

Everyone who has lived in Texas for more than a few years knows that July and August are hot! According to the National Weather Service, we are at particularly high risk for heat related illness when the heat index\* is above 104 degrees F.

Heat related illnesses vary in symptoms and severity. Heat cramps, heat exhaustion and heat stroke can all appear after exercise in extreme heat and humidity. Heat cramps can also appear at lower ambient temperatures with high intensity exercise leading to dehydration.

Both heat exhaustion and heat stroke are associated with an elevated core body temperature. Patients with heat stroke will also exhibit changes in neurologic

status. These vary from disorientation and headache to confusion, altered consciousness, and even coma or seizure.

Patients with chronic health conditions such as obesity and heart disease as well as healthy patients who are very young or older in age are at higher risk for heat related illness.

There are many healthy ways to stay cool and avoid heat related illness. Stay hydrated with water and avoid alcohol and sugary beverages. Wear light colored, light weight clothing. Don't be afraid to stay indoors in a cool, air conditioned house. We do live in Texas!

\*Heat Index=the apparent temperature or what the temperature feels like to the human body when relative humidity is combined with the air temperature.

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### Did you know?

According to the CDC, most patients have at least one "acute gastrointestinal event" per year. These are characterized by sudden onset of vomiting, diarrhea or both. Most episodes are caused by a virus or bacteria and last for one to two days.

A recent study published in the Annals of Internal Medicine showed that yoga is as effective as physical therapy in decreasing pain level and activity limitation in patients with low back pain. Grab your mat!

According to the American Heart Association, stroke is the leading cause of disability and number five cause of death in adults in the United States. Talk to your physician about how to reduce your risk of stroke.

## We are expanding!

We are excited to announce we will open two new offices in October.

**Dr. Michelle Ho** and **Dr. Elisabeth Tilleros** will open the Park Cities branch which will be located at 8215 Westchester Drive Suite 130 in Dallas.

**Dr. Bradley Jones** will open our Las Colinas branch which will be located at 440 West I-635 Suite 405 in Irving.

All three physicians are accepting new patients. Please call our main office at 214.823.4800 to sign up with our new physicians.

**North Texas  
Preferred Health Partners**

Dallas Office

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Dallas, Texas 75246

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# HEALTHY HABITS

## Why you should eat seasonally?

Beyond getting a bigger bang for your buck, there many other health benefits to eating foods that are in season. Eating in season not only makes healthy eating more affordable but also even more nutritious and better for our overall health.

**1. Flavor:** When produce is given the appropriate amount of time to fully ripen in the sun it has enhanced flavor! Produce in season has the optimal flavor – crispy, fragrant, juicy and colorful.

**2. Nutrition:** Plants get their nourishment from the sun and soil. Fruits and vegetables that are in season have more sun exposure, which means it will have increased vitamins and nutrients! Eating in season can also encourage you to cook more at home. By cooking at home, you have control of what you put in to your body and make better choices for your health.

**3. Environment:** Seasonal produce tends to be grown without or with very little pesticides or GMO's, which can cause problems for our health and for the soil/water. By shopping at your local farmer's market, you are also more likely to get a cleaner product even if it does not have the "organic" certification.

**4. Support of Your Seasonal Needs:** The natural cycle of when our produce is grown is designed to support our health. For example, in the summer fruits, berries, cucumber, watermelon are in season and they help us cool down and stay hydrated.

## Red, White and Blue Summer Salad

Check out this great summer salad recipe with some of our favorite summer fruits! This salad will be a great addition to your summer BBQ.

### Ingredients:

- 2 Tbsp. olive oil
  - 1 Tbsp. lime juice
  - ½ Tbsp. balsamic vinegar
  - 1/2 teaspoon ground black pepper
  - 8 cups diced watermelon
  - 2 cups fresh blueberries
  - 1/4 cup rough chopped fresh mint leaves
  - 1/2 cup crumbled feta cheese
- lime zest (optional)

### Instructions:

1. In a large salad bowl, whisk together olive oil, lime juice, balsamic vinegar, and pepper.
2. Add the diced watermelon, blueberries, mint, and feta cheese to bowl. Gently toss to coat.

Consider serving over a bed of spinach and quinoa.

Enjoy!

