

NORTH TEXAS PHP NEWS

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How to Lend a Helping Hand

Many patients ask what they should say or do to help friends and family diagnosed with cancer. Our Dr. Kassanoff has these tips based on her recent personal experience.

As much as possible, treat them the same way you always have – laugh together, talk about topics other than cancer. Do look them in the eye and say hello. Chemotherapy patients are largely overlooked in stores or other social settings because people are uncomfortable or afraid they'll say the wrong thing. A friendly smile and greeting make them feel included and closer to normal.

Do say things like "I'm sorry this happened to you," or "if you ever need to talk, I'm here to listen," or "I'm thinking about you." Do ask them how they feel. Sometimes they won't want to talk about cancer and prefer other topics, but if they open up, really listen to their concerns.

If you feel led to do so, do tell them you are praying for them. Or ask them how you can best pray for them.

Some patients don't respond well to

statements like "stay positive," "you'll beat this," "I'm sure you'll be fine," or "don't worry" because they add to the internal pressure they are feeling.

It's ok to tell stories of your friends and family who are long term survivors, but please don't tell them stories about patients who lost their battle.

Please don't force your beliefs about dietary changes, environmental changes, or other factors on cancer patients – this can lead them to feeling like they did something wrong to cause their cancer, which adds to the emotional burden they are carrying.

Please don't stop calling or visiting out of fear, but do ask before you visit and don't be offended if friends are sometimes too tired.

Offer to help any way that you are able. It is best to offer specific help rather than a vague "let me know how I can help." It is sometimes overwhelming to the patient to organize helpers. If you are able to help with childcare, errands, laundry or meals, please do so! It is appreciated more than you will know.

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Did you know?

Sitting is the new smoking? According to an article published last month in the Annals of Internal Medicine, both the total time spent sitting during the day, as well as sitting for "prolonged uninterrupted bouts", are associated with increased death. Aim to get up and walk for 5 minutes during every hour you sit during the day. In addition, exercise for a period of at least 30 minutes each day!

Flood waters from natural disasters like Hurricane Harvey bring health risks even after the storm. Flood waters are often contaminated with high levels of E.coli from fecal matter as well as other dangerous chemicals. Avoid contact with flood water. If you come in contact with flood water, wash your skin with soap and clean water. Monitor any cuts or abrasions for signs of infection and seek medical attention immediately should an infection develop.

Park Cities Addition

North Texas Preferred Health Partners is excited to announce that Dr. Steve Lau will join us in the Park Cities office November 1, 2017. Dr. Lau brings with him a successful concierge practice currently located at Medical City.

Dr. Steve Lau, MD grew up in Kansas City, Missouri, and has lived in Texas since 1984. He completed his college education at Texas A&M University where he was elected Tau Beta Pi and graduated Magna Cum Laude with an electrical engineering degree. He completed his medical training and completed his residency at The University of Texas Southwestern Medical School in Dallas, then began private practice in 1999.

"Health care should be a collaboration between the individual and the physician, with the goals and perspectives of the individual in mind," says Dr. Lau. "I will use all my resources at hand, both in the art and science of medicine, to ensure the best possible outcomes in health, happiness and function for you."

North Texas Preferred Health Partners Locations

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HEALTHY HABITS

Tips to add Breakfast into your Routine

- **Plan the night before:** Have all the cooking equipment out that you may need and have food prepped as much as you can so it is easy to prepare your meal with minimal prep. Have the skillet out for eggs. Mix up your eggs in a bowl the night before and store covered in the fridge. Have the blender out for smoothies and combine your ingredients in a bag beforehand and store in the freezer. Try meal prepping on the weekends and make some easy frozen breakfast meals that you can quickly warm up in the morning.
- **Keep it simple:** A healthy breakfast does not have to be difficult. It can be as simple as a slice of whole grain toast with peanut butter and a yogurt.
- **Pack your breakfast to go:** If there's no time to eat at home, plan a nutritious option to eat on the way to school or work. Try making your smoothie or oatmeal the night before in a to-go cup, so all you need to do is grab it on your way out of the house.

Make sure you and your kids have an appetite: Many people say they are not hungry for breakfast which is typically because they snack too much at night. Have lighter snacks in the evening and you might be surprised how much hungrier you are in the morning. Also try getting ready for your day then having breakfast. This will give you time to wake up and feel hungry.

Whatever your morning routine, remember that breakfast is an important meal that doesn't have to be time-consuming. When you eat well in the morning, you and your family will be on the nutrition fast track for a high-energy day.

Basic Over Night Oats Recipe

Ingredients

- ¼ cup rolled oats
- ½ cup Fat Free Plain Greek yogurt
- ¼ cup almond milk
- 1 tsp cinnamon
- 1 Tbsp almond or peanut butter
- Optional: 1 Tsp honey, 2 Tbsp chia seeds, 2 Tbsp Hemp seeds, 2 Tbsp Acai berries, ½ serving of fruit (example: 1/4 banana, ½ cup berries)

Instructions:

Combine all ingredients in a container with a lid.
Store in fridge overnight and enjoy in the morning!

Note: Mixed oats last in the fridge for up to 5 days.

