

# NORTH TEXAS PHP NEWS

October 2015, Volume 1, Issue 1

## Diabetes Prevention

Type II diabetes affects approximately 8 percent of the US population and is a major cause of heart disease, stroke, kidney failure, and blindness. Known risk factors for diabetes include close relatives with type II diabetes, a history of diabetes with pregnancy, and obesity. Screening for diabetes is done with a fasting blood sugar test, usually once yearly. A long term marker for glucose control, called hemoglobin A1C, is sometimes also performed. What can you do to prevent diabetes? Exercise! This will help by lowering weight into the normal range and keeping it there as well as helping your body use insulin more effectively. A healthy diet with calorie reduction for weight loss is also proven to be

effective. Smoking cessation reduces the risk of diabetes and helps prevent diabetes complications. For patients who are appropriate candidates for the procedure, weight loss surgery has also been shown to decrease diabetes incidence. In patients at the highest risk for development of diabetes, those with “prediabetes,” a medication called metformin can be considered to prevent progression to diabetes, but it has potential side effects and is not appropriate for all patients. Your Preferred Health doctor can help determine if it is right for you. Talk to your doctor about your diabetes risk at your next visit!

## 3D Mammography

Baylor is now offering 3D mammography or breast tomosynthesis. In 3D mammography, the machine moves around to create a 3D image of the breast. In 2013, the FDA approved low dose 3D mammography for use alone to screen for breast cancer. 3D mammography results in fewer call backs for additional imaging for lesions which are proven to be benign. There is some evidence, however, that 3D mammography may lead to

more biopsies. While this technology is still new, it shows promise in picking up more cancers than traditional 2D mammography. The radiation exposure is similar to 2D digital mammography for women with small to medium breasts.

Who should get take advantage of this new technology? The guidelines for use have not been published, but most physicians agree 3D

mammography shows promise for patients with dense breast tissue or who have an elevated risk of breast cancer. Not all insurance companies cover this type of mammography which is more expensive than traditional imaging, so check with your insurance company if you are interested. Ask your physician if you would like to take advantage of this new technology. We are happy to discuss with you.

## New Location, New Building

Our new office is open! Thursday, October 1, we started seeing patients in the **Baylor Tom Landry Center** at **411 North Washington Avenue Suite 2700**. We excited about the fresh, new space and know you will love it too! Our new office phone number is (214) 823-4800. Come see all the familiar faces and meet our new Practice Administrator Cindy Brown. Hopefully you have noticed the new Gaston Avenue Medical Office Building is taking shape. We anticipate moving in Fall 2016.

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**NORTH TEXAS**  
Preferred Health Partners

### Did you know?

- Powdered caffeine can be fatal in small amounts. This supplement is available on internet websites and is marketed on commonly shopped internet sites as a way to maximize energy and enhance fat loss. The FDA warns “these products are essentially 100 percent caffeine. A single teaspoon of pure caffeine is roughly equivalent to 25 cups of coffee.” There have been at least 2 deaths linked to powdered caffeine. Due to the small margin for error and health risks, we recommend avoiding powdered caffeine completely.

- Interval walking has been shown to increase leg strength, lower blood pressure and increase aerobic capacity. To achieve these benefits, we recommend you walk for at least 30 minutes alternating your pace from a regular pace to a brisk walk every few minutes.

- Many patients under apply sunscreen. For optimum protection, apply one shot glass full of sunscreen to cover your body. You may need to increase this depending on your body size, but this is a good place to start. You should apply at least 15 minutes before going outside and every 2 hours during sun exposure.

- Avoid Atlantic Salmon which is always farm raised. Farm raised salmon is packed with omega-6 acids which increase inflammation throughout the body. Look for Wild Salmon instead which contains the inflammation fighting omega-3 acids.

# HEALTHY HABITS

## Benefits of Yoga

According to Johns Hopkins, 90% of patients with arthritis are less active than guidelines recommend. This is likely from pain as well as uncertainty about what form of exercise is best for them.

A recently published trial of patients with both rheumatoid arthritis and osteoarthritis of the knee showed multiple benefits of yoga practice and confirmed yoga is safe for patients with arthritis. In the study, the patients attended a yoga class twice per week plus practiced yoga once per week at home.

The patients were compared to arthritis patients not practicing yoga. The yoga group reported 20% improvement in pain, energy level, mood and physical function. This group also improved its walking speed. The benefits were still present 9 months later.

Ask your doctor if yoga practice is safe for you. If you start practicing, find an instructor who offers gentle yoga classes and is willing to modify poses as needed. Namaste.



## Smoked Ham Soup with White Beans

- 16 ounce package dried navy beans
- 1 T olive oil
- 2 cups chopped yellow onion
- 4 garlic gloves, minced
- 8 cups fat-free, less-sodium chicken broth
- 4 cups water
- 2 T chopped fresh parsley
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 smoked ham hocks (1 pound)
- 2 bay leaves
- 14.5 can petite diced tomatoes, undrained

Soak beans in water overnight, drain. Heat oil in pan over medium heat. Add onion. Cook until tender. Add garlic and cook for 1 minute, stirring frequently. Add drained beans, broth and remaining ingredients. Bring to a boil. Cover, reduce heat, simmer 2 1/2 hours or until beans are tender. Discard bay leaves. Remove ham hocks and cool slightly. Remove meat from bones, discard fat, gristle and bones. Shred meat. Place 1 cup of bean mixture in a blender and process until smooth. Return pureed bean mixture to pan. Stir until blended. Stir in meat.

Yield 8 servings, 1 1/4 cups each.

Calories 323; Fat 8.4 g; Protein 22 g; Carb 40.7 g; Fiber 16.2 g;  
Chol 27 mg; Iron 5.6 mg; Sodium 558 mg; Calcium 137 mg

Cooking Light, November 2005