

NORTH TEXAS PHP NEWS

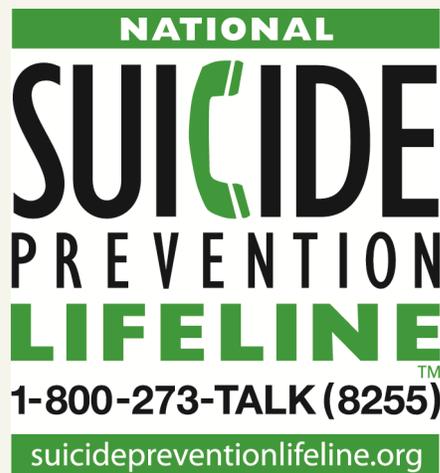
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The Crisis of Suicide

Suicide is a public health crisis. According to the American Foundation for Suicide Prevention, suicide is the tenth leading cause of death in the United States and the second leading cause of death for people between the ages of 10 and 34. The elderly over age 85 have the highest suicide rate among adults.

Depression is a risk factor for suicide. The AFSP cites that over 50% of suicide deaths occur in people who suffer from depression, but many people who commit suicide have not been diagnosed with a mental health condition. The presence of concomitant alcohol abuse further increases the risk as can other triggers such as financial stress, a recent health diagnosis, substance abuse, and

strained relationships. Many patients are not getting the help they need. Talk to your personal physician if you are experiencing symptoms of depression or have suicidal thoughts. Your health care team is here to help you. If you or a loved one are in crisis, help is available 24 hours per day at the National Suicide Prevention Lifeline.



Medicare Annual Wellness Visits

Did you know Medicare provides 100% coverage for a once per year annual wellness visit. According to the Medicare website, this visit is “a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors.” We believe this exam is best performed by your personal physician with whom you have a long standing relationship. Call our office today to see when your next Medicare Annual Wellness is due.

<https://www.medicareinteractive.org/get-answers/medicare-covered-services/preventive-services/annual-wellness-visit>

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Did you know?

- According to a study published in the Proceedings of the National Academy of Sciences, a 20% effective flu vaccine may prevent 20 million physician visits in the United States. Get your flu vaccine each year!
- Stanford researchers estimate a patient can avoid an average of \$14,662 in health care costs by getting fit! Put on your walking shoes and get moving!
- A recent review published in BMJ Open notes seeing the same physician for a long period of time is linked to a lower mortality rate. The physicians of NTPHP love providing long term individualized care for each patient we see!

North Texas Preferred Health Partners Locations

Dallas Office
3417 Gaston Avenue
Suite 700
Dallas, Texas 75246

Plano Office
4708 Alliance Blvd
Pavilion I, Suite 240
Plano, Texas 75093
972-993-5050

Park Cities Office
8215 Westchester Drive
Suite 320
Dallas, Texas 75225
972-993-5040

Las Colinas Office
440 West I-635
Suite 405
Irving, Texas 75063
972-993-5080

HEALTHY HABITS

Five Tips for a Healthy Summer

1. Hydrate—Make sure you are keeping water on hand all year, but especially during the sizzling summer months. The minimum goal is eight 8 ounce glasses per day, but if you are already meeting that goal, aim to meet $\frac{1}{2}$ your body weight in ounces per day.
2. Fill up on Fruits and Vegetables—The summer months are a wonderful time to enjoy a variety of in season fruits and vegetables. Fruits and vegetables will also help keep you full and hydrated.
3. Cook at Home—Grilling out at home during the summer is a great, healthy way to add flavor to your meal without increasing calories. Consider cooking lean proteins (chicken and fish) and serve them along with your favorite seasonal vegetable or fresh salad.
4. Don't Skip Breakfast—When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbohydrates, and healthy fat kicks your metabolism into high gear and provides energy for the day.
5. Stay Active—Beat the heat with early morning activity. Go for a walk or bike ride while watching the sun come up.

Berry Banana Smoothie

- 1-2 scoops of protein powder or $\frac{1}{2}$ cup fat free plain Greek Yogurt (14-21 grams of protein)
- $\frac{1}{2}$ frozen banana
- 1 cup frozen berries
- 1 large handful of greens (Optional)
- 1 Tbsp. peanut butter or 2 Tbsp. ground flax
- 1 cup unflavored almond or coconut milk (add more for desired consistency)

Add all ingredients to the blender and blend until smooth and enjoy!