

# NORTH TEXAS PHP NEWS

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## Test Anxiety

Many people suffer from fear of cancer. The feelings can be even more frightful to those who have suffered from cancer in the past.

Here are some suggestions to ease this anxiety. These coping mechanisms are especially helpful while waiting for results of tests.

1. Diversions: This might be a good time to complete mindless tasks that have been on your “to do” list. Repetitive activity such as woodworking, weeding or even watching video games may help this time pass.

2. Escape Routes: This might be a good time to focus on your favorite pastime, reading or watching your favorite television program.

3. Social Support: People with more

social support tend to feel less anxious and report a better quality of life. This might be a good time to reach out to a friend or family member.

4. Spiritual support: Many people receive benefit from meditation, prayer or other types of spiritual support. Try deep breathing and relaxation exercises. Close your eyes, breathe deeply, focus on each body part and relax it. Start with your toes and work up to your head. When relaxed try to think of a pleasant place such as a beach in the morning or a sunny field on a spring day.

5. Support Groups: The American Cancer Society is a great tool to locate support groups in the community.

Talk to your personal physician if your anxiety is interfering with your ability to function.

Congratulations to [Greta Brodsky, MD, FACP](#) and [Jennifer Wilkerson, MD, FACP](#) who were elected into Fellowship of the American College of Physicians, a mark of distinction representing the pinnacle of integrity, professionalism, and scholarship for those who aspire to pursue careers in Internal Medicine.

## Administrative Addition to NTPHP

We are excited to announce the addition of Cynthia DeCoursin MHSA, FACMPE in the position of Chief Operating Officer (COO). Cynthia comes to us from HealthTexas Provider Network where she most recently served as Chief Administrative Officer. Ms. DeCoursin is a seasoned and dedicated executive with 20 years of management experience. She is excited about the opportunity to transition from a large corporation to NTPHP’s company culture of patient-centered excellence. Cynthia will start January 7, 2019. Her primary office will be at the Dallas location at 3417 Gaston Avenue in Suite 700.

## In this Issue

<b>Test Anxiety</b>	<b>1</b>
<b>Administration Update</b>	<b>1</b>
<b>Did you know?</b>	<b>1</b>
<b>Healthy Habits</b>	<b>2</b>

## Did you know?

- According to a recent article in the NY Times, “muscles of older men and women who have exercised for decades are indistinguishable in many ways from those of healthy 25-year-olds.” If you do not have a regular exercise program, January is the perfect time to start!
- The American Cancer Society updated the guidelines for colorectal cancer screening this year. The new screening guidelines say for average risk patients, screening should begin at age 45. Talk to your personal physician to see if you are a candidate for colorectal screening.

# North Texas Preferred Health Partners Locations

Dallas Office  
3417 Gaston Avenue  
Suite 700  
Dallas, Texas 75246  
214-823-4800

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 Mistakes Commonly Made with New Year's Resolutions

**Starting a diet:** The word diet implies there is a start and an end to the change which decreases long-term success. When the diet ends, many people tend to gain back the weight they lost and some gain additional weight as well. This year start with a healthy lifestyle change that you can sustain for life.

**Avoiding specific food groups:** The healthiest "diets" are ones with a variety of whole foods, which provide the nutrients your body needs. When you leave out or avoid an entire food group (carbohydrates, fats, or protein) you can set yourself up for nutritional deficiencies and can cause unintended weight gain as well.

**Labeling food as either "good" or "bad":** To sustain healthy eating it is important to allow all foods in moderation. The key is to make the bulk (~80%) of your diet consist of vegetables, lean protein and healthy fats. Include smaller amounts of healthy carbohydrates such as fruit, whole grains and starchy vegetables. When a departure from the 80% is considered cheating, it can lead to a feeling of discouragement and can cause you to give up on making healthier choices. When you want to treat yourself (~20%) by having cookies, pasta, or tex-mex, you now have room to do that.

**Eating too few calories:** Increased calorie restriction seems to make sense when wanting to lose weight, right? This is the trap many fall into when starting a "diet" and this idea can be more harmful than helpful. When your calorie intake goes too low, your weight loss can slow. Your body's "starvation mode" kicks in, which leads to the slowing of your metabolism and hanging on to energy (aka fat) to keep you going.

**Missing meals:** Skipping meals to save up for another meal will also cause your metabolism to slow. And this will cause you to feel more hungry at your next meal. Both a slow metabolism and increased portions will backfire in your progression towards weight loss. Aim to eat every three to four hours to keep your metabolism going.

Adapted from: <https://www.foodnetwork.com/healthyeats/healthy-tips/2015/12/9-new-years-resolution-diet-mistakes-youre-already-making>