

# **NORTH TEXAS PHP NEWS**

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## **Are you losing muscle?**

Many patients notice decreasing muscle mass with age, often despite what they consider regular exercise. Sarcopenia is the loss of muscle tissue as a natural part of the aging process. According to a recent New York Times article by Jane E. Brody, “the fact that you may regularly run, walk, play tennis or ride a bike is not adequate to prevent an incremental loss of muscle mass and strength even in the muscles you’re using...”

Sarcopenia is common. Many studies show well over 50% of men and women over the age of 80 have sarcopenia. This can lead to loss of independence, and is associated with chronic illness, falls and increased mortality.

The good news is sarcopenia can be prevented and even reversed. Talk to your doctor to see if you can safely start a supervised strength-training program. Physical therapy can be a safe way to start if you are sedentary and have chronic orthopedic issues. Studies show you can increase your strength and muscle mass in as little as 8-12 weeks.

Good nutrition with adequate protein intake is another a key factor in preventing loss of muscle mass. North Texas Preferred Health Partners has a full time dietician on staff to help you assess your nutrition status. Consider scheduling a consultation with Morgan Beeler, RD, LD to make sure you are meeting your protein needs.

## **Remember the DASH diet?**

A recent study presented at the American Heart Association's Joint Hypertension 2018 Scientific Sessions evaluated lifestyle changes in patients with high blood pressure. These patients were not treated with medication to lower their blood pressure. Sixteen weeks of adherence to the DASH diet, combined with three time per week exercise and counseling lead to the greatest lowering of blood pressure and was associated with weight loss. The DASH diet incorporates vegetables, fruit, whole grains, fish, beans, poultry, low fat or nonfat dairy, and nuts. Visit [www.dashdiet.org](http://www.dashdiet.org) to learn more or schedule a visit with our dietician Morgan Beeler, RD, LD.

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## **Did you know?**

- Data from the Systolic Blood Pressure Intervention Trial found that patients treated to a systolic blood pressure under 120 had a lower rate of mild cognitive impairment compared with patients treated to under 140. Talk to your doctor to see if your blood pressure is adequately controlled for your risk!
- Did you know Baylor Scott and White has a full service emergency department at 5800 East Lovers Lane in Dallas with short wait times! If needed, patients can be admitted directly to the hospital on the downtown campus.

# 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**

### Halloween Stuffed Peppers

#### **Ingredients:**

4 bell peppers

2 cups of cooked brown rice or cooked lentils

Taco filling: 1lb ground turkey or 1 cup cooked quinoa and 1 teaspoon cumin, 1 teaspoon garlic salt, 1 teaspoon chili powder, 1/2 teaspoon black pepper

1 can diced tomatoes with green chilies

1 cup shredded low fat cheese

1 can black beans rinsed and drained

1 cup salsa

#### **Instructions:**

1. Bring a large pot of water to boil and preheat oven to 350 degrees.
2. While you are waiting for the water to boil, rinse peppers, slice off the tops and hollow out the insides, be sure to remove any seeds and the white part inside. Then, use a small paring knife to cut out a jack-o-lantern face.
3. Once water is boiling, put the peppers and tops in and allow to cook for ~5 minutes until peppers are tender.
4. While peppers are cooking, brown the turkey or sauté the cooked quinoa then add seasonings and diced tomatoes and green chilies and sauté for ~5min. Pour into a bowl and allow to cool to prevent cheese from clumping.
5. Once the peppers are cooked, remove them from water and set aside to cool.
6. Mix the cooked rice, cooled taco filling, cheese, black beans, and salsa together in a large bowl.
7. Fill each pepper with the taco mixture and top with extra cheese, if desired.
8. Replace pepper top back on top. Bake for 30 minutes until cheese is melted and pepper is done to desired tenderness.

Consider topping with guacamole and salsa and enjoy!

*Adapted from Everyday Jenny*