

NORTH TEXAS PHP NEWS

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Hepatitis C Screening

Hepatitis C is increasing dramatically in the United States, particularly among younger adults, and 4 in 10 people with the disease don't even know they have it. Hepatitis C is usually spread through blood, often from injection drug use. Less commonly, hepatitis C is spread through sex or from an infected mother to her infant during pregnancy or childbirth. An acute infection develops when someone is first infected. Some people clear the virus, but most people with acute hepatitis C will develop a long-term (chronic) infection. Left untreated, chronic hepatitis C can cause severe liver damage, liver cancer, and even death. But hepatitis C is curable. The first step to being cured is getting a hepatitis C blood test. The CDC now recommends testing:

- Every adult **at least once**
- Pregnant women during **every pregnancy**

Everyone with ongoing risk factors should **regularly** be tested to find out if you are infected, so you can get lifesaving treatment that can cure hepatitis C.

Previous recommendations included screening for baby boomers born between 1945 and 1965, so you may have already been tested if you were born in those years. Ask your doctor at your next appointment!

Did you know??

July is Eye Injury Prevention Month! With everyone home more, you may be taking on new projects, and most eye injuries occur at home!

Make sure to wear protective eyewear (available at hardware stores) when doing yard work, cooking with hot oils that can spatter, using chemicals like bleach, or doing yard work.

In addition make sure children or family members are a safe distance away unless they too are wearing protective eyewear.

Helping Out by Giving Blood

The COVID-19 pandemic has caused unprecedented challenges to the U.S. blood supply. Donor centers have experienced a dramatic reduction in donations due to the implementation of social distancing and the cancellation of blood drives.

Maintaining an adequate blood supply is vital to public health. Blood donors help patients of all ages – accident and burn victims, heart surgery and organ transplant patients and those battling cancer and other life-threatening conditions. The American Red Cross estimates that every two seconds, someone in the U.S. needs blood. People who donate blood are equivalent to those people who are working in a critical infrastructure industry. In volunteering to do so, they are contributing immeasurably to the public health of our nation. In order to ensure that blood is available to those who need it most, it is important for healthy individuals who are able to donate to take the time to do so.

Donating blood is safe and takes only a little of your time. To find a donation site, you can go to the Red Cross website (redcrossblood.org) or Carter Blood Care (carterbloodcare.org) to schedule an appointment. They have many locations in the DFW area including downtown near Baylor, Preston Road & I-635, Plano, Frisco and more. You can be in and out in less than 45 minutes and help save a life!

Staying vigilant with Covid-19

As we go into summer, it remains important for everyone to continue to take precautions to prevent spreading of COVID-19, including washing hands, wearing facemasks, and maintaining safe distances when in public. Keep up the good work!

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

Frisco Office
3535 Victory Group Way
Suite 330
Frisco, Texas 75034
972-993-5070

HEALTHY HABITS

Tips for Mindful Eating

By: Morgan Beeler

1. Eat Slowly

- It takes up to 20 minutes for your stomach to signal to your brain that you are full. Make sure you are taking time to chew your food and you are putting your utensils down between each bite. Spend time taking breaks between bites to enjoy family conversations and learn about each other's day.

2. Avoid Distractions

- Distractions while eating can cause us to not recognize what or how much we are eating, leading to increased hunger. Make sure you sit down at a table as a family and turn off phones, devices and TV.

3. Portion Control

- Make your plate before you start eating. Try to use a smaller plate (e.g. salad plate) to plate your food to decrease your portions and still have a full plate.

4. Appreciate your Food

- Take time to think about what you are putting on your plate and understand how the food will make you feel. Work on having balanced meals that will help you stay full between meals and snacks. Take advantage of the current restaurant closures to enjoy more meals at home and try cooking something healthy and new.

Resources for Healthy Food Kits/Meal Delivery:

Meal Delivery

- Freshly
- Trifecta
- Fresh n' Lean
- Snap Kitchen
- Local Restaurants: Order a lean protein, vegetable/salad and a whole grain

Food Kits

- Hello Fresh
- Green Chef
- Home Chef
- Every Plate

5. Understand Motivations

- Avoid emotional eating and listen to your hunger cues. Check in with yourself before you eat to see if you are eating due to a hunger cue (ex: decreasing energy) and not due to emotional triggers or boredom. Avoid the stress of tracking your success by the number on the scale and try using food / fitness apps to look back at your progress week to week (e.g. reducing daily fast food to 1-2x a week).