

# NORTH TEXAS PHP NEWS

October 2021

## Back to the Basics — Preventive Screening Updates

The constant stream of COVID-19 communications has been confusing to say the least. However, we at NTPHP haven't taken our eyes off the basics of primary care and wanted to communicate updates in general health screening recommendations that have been made over the past 2 years. These recommendations are sourced from the U.S. Preventive Services Task Force (USPSTF) which is an independent panel of experts in primary care and prevention that systemically reviews the evidence of effectiveness and develops recommendations for preventive services. The organization creates the majority of internal medicine practice recommendations for population-based screening our physicians adhere to. This list is not complete but were selected by importance for our practice. To view a complete list of recommendations—visit [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).

**August 2021**—The USPSTF recommends screening for prediabetes and type 2 diabetes in adults aged 35 to 70 years who are overweight (BMI  $\geq$  25) or obese (BMI  $>$ 30). This can be easily completed with bloodwork on your visit by checking a fasting blood glucose or HgbA1c.

**May 2021**—The USPSTF recommends screening for colorectal cancer starting at age 45 for average risk individuals. The previous recommendation started at age 50. Screenings should continue until age 75 and then be considered for discontinuation after that age depending on individual circumstances and life status. In general, the preferred method of screening is by colonoscopy. Other options include flexible sigmoidoscopy, FIT-DNA testing (such as Cologuard), or other methods to detect blood in the stool.

**March 2021**—The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years. Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery. The previous recommendation was to begin screening after a 30 pack-year history of tobacco exposure.

**February 2021**—The USPSTF recommends against screening for asymptomatic carotid artery stenosis in the general adult population. In the past, a carotid ultrasound was utilized to screen for this issue, but early detection did not change the outcomes of those with asymptomatic plaque buildup in the arteries. We reserve this test for those with neurologic symptoms. The test can help diagnosis limited blood flow to certain areas of the brain.

**March 2020**—The USPSTF recommends screening for hepatitis C virus (HCV) infection in adults aged 18 to 79 years. The previous recommendation was to screen individuals born between 1945-1965. Hepatitis C is a viral infection of the liver that can develop into a chronic infection and lead to cirrhosis. We have excellent treatment options that can eradicate HCV infections and early detection and treatment can prevent liver cirrhosis and reduce the need for liver transplantation.

Here are some oldies you may have been unaware of -

**December 2019**— The USPSTF recommends a one time screening for abdominal aortic aneurysm (AAA) with ultrasonography in men aged 65 to 75 years who have ever smoked. An aneurysm is a weakening of the artery wall which can lead to rupture.

**August 2018**—The USPSTF recommends screening for cervical cancer every 3 years with cervical cytology (aka Pap smear) alone in women aged 21 to 29 years. For women aged 30 to 65 years, the USPSTF recommends screening every 3 years with cervical cytology alone, every 5 years with high-risk human papillomavirus (hrHPV) testing alone, or every 5 years with hrHPV testing in combination with cytology (co-testing).

Please ask your doctor for further information or additional details if you have questions.

## New Offerings in the Office

NTPHP is now offering a new cancer screening test called Galleri by GRAIL, LLC.

In studies, the Galleri test has shown the ability to detect multiple types of cancers through a single blood draw. Most of these cancers cannot be detected through current screening guidance and recommendation. When cancer signal was detected, the Galleri test localized the cancer signal with high accuracy, helping inform next steps to diagnosis.<sup>1</sup>

The Galleri test is intended to be complementary to, and not a replacement of, U.S. guideline-recommended cancer screening. Because this test is not currently FDA approved it is important to discuss this testing option with your physician.

1. Liu MC, et al. *Ann Oncol.* 2020; 31(6):745-759.  
DOI:10.1016/j.annonc.2020.02.011

## Staff updates

You may have noticed some new faces in our Park Cities location in the past few months. Dr. Kyle Gummelt joined the office in July along with his medical assistant Jen Tidwell. Dr. Lau welcomed a new assistant Susan Brassfield.

# 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

### Easy Pumpkin Chili

From: Erin Lives Whole

Yield 8-10 servings

2 tbsp olive oil	2 small yellow onion, diced
1 jalapeno, seeded and diced	1 green pepper, chopped
3 cloves garlic, minced	1 lb ground turkey
1 15oz can pumpkin puree	1 can black beans, drained and rinsed
1 can kidney beans, drained and rinsed	1 14 oz can diced tomatoes
1 6oz can tomato paste	2 tbsp chili powder
2 tsp cumin	1 tsp smoked paprika
2 tsp pumpkin pie spice	1 tsp pepper
2 tsp salt	Pinch of cayenne (optional)
1-2 cups chicken broth (depending on how thick you want it)	

#### **Stove Top Instructions:**

Heat large saucepan or Dutch oven on stove. Add olive oil when warm.  
Add in onion, jalapeno, and pepper and let sauté for a few minutes until slightly soft.  
Add in garlic and let cook for one more minute.  
Add in ground turkey, breaking it up and cooking until no longer pink.  
Reduce heat to medium-low and stir in your pumpkin, beans, diced tomatoes, and tomato paste.  
Add spices into your chili mixture.  
Pour in three cups of chicken broth.  
Simmer for 15-20 minutes over low heat.  
Add cheese, Greek yogurt, jalapenos and Enjoy!

#### **Instant Pot Instructions:**

Turn instant pot to sauté and add olive oil to pot.  
Add in onion, jalapeno, and pepper and let sauté for a few minutes until slightly soft.  
Add in garlic and let cook for one more minute.  
Add in ground turkey, breaking it up and cooking until no longer pink.  
Mix all spices in a little bowl and then add into your chili mixture.  
Stir in your pumpkin, beans, diced tomatoes, and tomato paste.  
Pour in three cups of chicken broth.  
Set your IP to manual cook for 12 minutes.  
Once the 12 minutes are up, let it natural release for 15 minutes and then quick release.  
Add cheese, Greek yogurt, jalapenos and Enjoy!