

NORTH TEXAS PHP NEWS

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Fall allergies are here.

If you are an allergy sufferer, then you may have noticed a recent flareup in your symptoms. Unfortunately in DFW, the months of September, October and November are associated with high pollen counts from cedar elm and several kinds of weeds, including the dreaded ragweed. This is quickly followed by high mountain cedar counts in December, January and February. Mold and fungus spores are prevalent in DFW year-round to compound the problem for allergy sufferers.

With the ongoing pandemic, recognizing and treating pollen allergy symptoms are important **to avoid confusion, and unnecessary anxiety, testing or antibiotics.** Of course, please always consult your physician for symptoms that you feel are not characteristic of your normal pollen allergies. If you are known to have seasonal pollen allergies, starting an allergy regimen recommended by your physician can be helpful to reduce flareups during the fall and winter. These treatments may include the use of an over-the-counter steroid nosespray, with several brand names and many generic versions available.

Adding an antihistamine pill treatment next may also be helpful, with brand-name and generic versions such as loratadine, fexofenadine and cetirizine.

Again, please consult your physician as your needs may be different, requiring a different combination or even the addition of nasal irrigation, eyedrops or even prescription medications to control your symptoms.

During high pollen or wind days, it may help to stay indoors. You can monitor pollen conditions on your favorite weather channel online, usually by looking for the pollen count section. Closing the windows in your home and car can reduce your pollen exposure as well. When in your car, using the air recirculation function instead of allowing outside air to come in can reduce pollen exposure.

After outdoor activities, changing out of your clothing and showering can reduce the pollen load that can often coat your clothing, skin and even hair. Along that line of thinking, bathing your pets on a regular basis can reduce how much pollen they bring into your home.

Please do enjoy the outdoors, during the precious few weeks of cool weather that we have here in the fall. But please also monitor for, and hopefully prevent if possible, any potential allergy flareups from outdoor activities.

Doc, what is the best exercise for me?

From a psychological perspective, the simple answer is the exercise routine that gives you enjoyment, and NOT dread

The worst plan is to force yourself to do a routine that you hate. Human nature dictates that this kind of plan, even with the best intentions is often not sustainable. And once back into a sedentary state, the inertia is often prolonged, often with no replacement exercise routine in sight. Therefore, it is best to come up with an exercise routine that incorporates as much enjoyment as possible.

For some this could be finding a physically active hobby, such as tennis, indoor sports, hiking, golf, or even volunteering as a youth sports coach when opportunities arise again.

For others, incorporating a social aspect to your exercise may really add to the enjoyment. Involving a friend, significant other or family member to exercise with you could help. Others even enjoy a competitive challenge during exercise. There are now many innovative online ways that people can compete with others using home equipment.

Please stay active, and make good use of your flexible work-from-home time, and most of all, have fun!

Winter is Coming!

Please get your influenza vaccine as soon as possible from your physician's clinic or from a trusted local pharmacy, to stay safe and healthy. The flu vaccine may help reduce the odds of a harsh winter due to simultaneous flu and COVID outbreaks.

Administrative update:

NTPHP is Growing! We are excited to announce the addition of Harikrishna (Hari) Raja, M.D.

He will join Dr. Bradley Jones at our NTPHP- Las Colinas office on October 1, 2020. Dr. Raja is an Internal Medicine physician with over 20 years of experience taking care of patients. He is accepting new patients and can be reached by contacting our Las Colinas office. Please welcome Dr. Raja!

North Texas Preferred Health Partners Locations

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

Plano Office
4708 Dexter Drive,
Suite 400
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

Crispy Fish Tacos (serves 4)

Ingredients

- 1 bag Coleslaw mix
- 2 Tbsp. Primal Kitchen cilantro lime dressing
- 2 6oz Mahi (or any white fish) fillets, cut into 1 inch strips
- ½ bag Siete Grain Free Lime Chips
- ¼ cup Arrowroot Starch
- 2 Tbsp. Siete Spicy Taco Seasoning
- 1 Egg
- 2 Tbsp. Water
- ½ cup Avocado Oil
- ½ cup frozen corn
- ¼ cup diced onions
- 2 Tbsp. chopped jalapenos
- 2 Tbsp. Siete Jalapeño Hot Sauce
- 8 Siete Casava Chia or Casava Tortillas, warmed up according to package instructions
- Cotija cheese (optional)
- Siete Chipotle Hot Sauce (optional)

Directions

- 1) Combine coleslaw mix with cilantro lime dressing and place in fridge until ready to serve.
- 2) In a food processor OR Ziplock bag, place chips and pulse or crush until finely ground.
- 3) In one shallow bowl combine arrowroot starch and taco seasoning then in the next bowl whisk egg and water and then place ground chips in a third bowl.
- 4) Create an assembly line with the fish strips and 3 shallow bowls. First place the fish in the arrowroot mixture and coat evenly then the egg wash then the crushed chips and place on a dish until ready to cook
- 5) Before cooking the fish, add frozen corn, onions, jalapenos to a skillet and cook for 2 min at high heat then turn down to medium and add in the jalapeño hot sauce and mix together and cook for about 5 min until corn is lightly browned.
- 6) Heat avocado oil in a large skillet to medium high heat until oil is shimmering but not smoking add fish and cook 2-3 min per side until lightly browned on the outside. Once fish is cooked place on a paper towel lined plate.
- 7) Finally assemble your tacos. Start with your warmed tortilla then fish and top with coleslaw, corn mixture, cotija and hot sauce if using and enjoy!