



Preferred Health Partners

Preferred Health Partners

Newsletter **October 2026**

By Dr. Steve Lau (Park Cities)

Preventive Services Recommended to Keep Me Healthy

Preventive services such as mammograms, colonoscopies, and Pap smears are well-known to have benefits for the early detection of cancers. However, the list of likely beneficial preventive services goes beyond these three tests, with potential additional benefits for maintaining quality of life and increasing longevity. This newsletter covers other important preventive services, recommended by an independent panel of healthcare experts, the USPSTF (U.S. Preventive Services Task Force), and can serve as a starting point for a conversation (or several conversations) with your primary care physician.

The USPSTF keeps current on the medical literature and comes up with recommendations for preventive services that aims to balance potential benefits and harm in a large population.

Here are some highlights of recent recommendation changes within the last 5 years: 1) age for starting mammograms lowered from age 50 to 40, 2) avoid routinely starting aspirin as a prevention in those 60 and above, without a previous heart attack or stroke, 3) age for starting a colonoscopy lowered from age 50 to age 45, 4) age for screening for diabetes lowered from age 40 to 35, 5) eligibility for CT chest screening for lung cancer expanded (age lowered from 55 to 50, and threshold of smoking history lowered from 30 pack-years to 20 pack-years).

Recommended Preventative Services

- **Breast Cancer:** Women 40–74: mammogram every 2 years, then individualized decision at age 75 and above. (Note: some health organizations recommend a yearly mammogram starting at age 40).
- **Colorectal Cancer:** Generally, men and women 45–75, then individualized decision at age 76–85, and generally can stop after age 85 (family history could influence these recommendations).
- **Lung Cancer:** Annual low-dose CT scan age 50–80 for certain current and prior smokers
- **Cervical Cancer:** Women 21–65, then individualized decision over age 65 (please consult your physician for the time interval between screening tests, and also the type of test, there are several choices now).
- **Prostate Cancer:** Men 55–69, individualized decision, and generally can stop at age 70. (Note: some health organizations recommend WIDER screening, starting routinely at age 45, and even at age 40 for African American men).
- **Osteoporosis:** Women 65 and above, and all other women with risk factors for low bone density.
- **Prediabetes/ Type 2 DM:** All adults 35–70 with overweight or obesity status.
- **AAA (Abdominal Aortic Aneurysm):** Men 65–75 who ever smoked: one-time screening abdominal ultrasound.
- **Statin primary prevention:** Consider a statin cholesterol-lowering medication in adults 40–75 with high cholesterol and at intermediate to high risk for stroke, heart attack or cardiovascular death in the next 10 years, as estimated by a validated risk calculator.
- **Aspirin for primary prevention of heart attack or stroke:** Generally AVOID in those 60 and above, WITHOUT a previous heart attack or stroke. But individualized decision in adults 40–59 with a 10% chance or higher for stroke, heart attack or cardiovascular death in the next 10 years, as estimated by a validated risk calculator.

As with most medical decision-making, please consult with your physician to best tailor these broad guidelines to your individual healthcare needs.

Healthy Habits:

Crispy Baked Chicken on Creamy Beans

By: Morgan Moores, RD, LD, CDE

Ingredients

Crispy Grain-Free Chicken

- 1.5 lbs boneless, skinless chicken breasts (cut into thin cutlets)
- 1/3 cup cassava flour
- 2 large eggs, beaten
- 1 cup superfine almond flour
- 1/3 cup grated Parmesan cheese
- 1 tsp kosher salt (divided)
- 1/2 tsp garlic powder
- Avocado oil spray or olive oil spray

Creamy Beans

- 1 tbsp extra virgin olive oil
- 1 shallot, thinly sliced
- 1 pint cherry or grape tomatoes
- 1 (14-oz) cannellini beans, rinsed and drained
- 1/2 cup marinara sauce (e.g., Rao's)
- 1/2 cup chicken bone broth
- 1/4 cup heavy cream (or whole milk)
- 1/4 cup plain nonfat Greek yogurt (or 2 scoops unflavored collagen)
- Fresh basil, salt & pepper to taste

Creamy Avocado Sauce

- 1 ripe avocado, pitted and peeled
- 1 clove garlic, finely grated
- 1 tbsp fresh lime or lemon juice
- 1 tbsp fresh parsley or cilantro, minced
- 2–3 tbsp water or olive oil (to adjust consistency)
- Pinch of salt and pepper to taste

Directions

- 1. Prep Oven & Dredging Station:** Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper. Place an oven-safe wire rack on top of the baking sheet (optional but helps make the bottom crispier) and spritz lightly with avocado oil spray. Set up 3 shallow bowls: Bowl 1: Mix cassava flour, garlic powder, and 1/2 tsp salt. Bowl 2: Beat eggs until smooth. Bowl 3: Combine almond flour, Parmesan, and remaining 1/2 tsp salt.
- 2. Bread & Oven-Bake Chicken:** Dredge each chicken cutlet in cassava flour, dip thoroughly in beaten egg, and press firmly into the almond flour mixture. Arrange the coated cutlets in a single layer on the prepared wire rack/baking sheet. Generously spritz the tops of the cutlets with avocado oil spray. Bake at 400°F for 15–18 minutes (flipping and spritzing halfway through) until golden brown and the internal temperature reaches 165°F. For extra crispiness, broil on high for the final 1–2 minutes.
- 3. Sauté Aromatics & Tomatoes and Simmer Creamy Beans:** While the chicken bakes, heat olive oil in a skillet over medium heat. Sauté shallot for 2 minutes. Add cherry tomatoes with a pinch of salt, cover, and cook 5 minutes. Gently smash tomatoes with a spoon to release their juices. Stir drained beans, marinara, and bone broth into the skillet. Simmer for 3–4 minutes. Turn off heat, then stir in heavy cream (or milk), Greek yogurt (or collagen), and fresh basil. Season with salt and pepper to taste.
- 4. Make Creamy Avocado Sauce:** In a small bowl or food processor, mash or blend avocado, grated garlic, lime/lemon juice, herbs, salt, pepper, and water/olive oil until smooth and creamy.
- 5. Assemble & Serve:** Slice crispy baked chicken into strips. Divide warm creamy beans into shallow bowls, lay chicken on top, and drizzle generous amounts of creamy avocado sauce over the chicken and enjoy!



Preferred Health Partners

Locations

Austin

1305 W. 34th St. Suite 204
Austin, Texas 78705
737-285-3770

Dallas - Gaston

3417 Gaston Ave. Suite 700
Dallas, TX 75246
214-823-4800

Dallas - Junius

3900 Junius St. Suite 415
Dallas, TX 75246
972-993-8300

Frisco

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

Las Colinas

440 W. I-635 Suite 405
Irving, TX 75063
972-993-5080

Park Cities

8222 Douglas Ave. Suite 600
Dallas, TX 75225
972-993-5040

Plano

4708 Dexter Dr. Suite 400
Plano, TX 75093
972-993-5050

Walnut Hill

8144 Walnut Hill Suite 360
Dallas, TX 75231
972-993-8350

Fort Worth

7633 Bellaire Dr. South,
Suite 117
Fort Worth, TX 76132
817-415-1670