

# NORTH TEXAS PHP NEWS

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## Aspirin Therapy

Many patients take a low dose Aspirin (81 mg) daily to reduce the risk of having a first heart attack or stroke (called primary prevention). The American College of Cardiology/American Heart Association recently released its 2019 Guideline on the Primary Prevention of Cardiovascular Disease and many patients now wonder if they should still be taking a low dose Aspirin. It is important to know that these guidelines do not apply to anyone who has known heart disease or has had a prior heart attack, stroke, or transient ischemic attack (called secondary prevention).

The decision to take a low dose Aspirin or stop Aspirin therapy should be a shared decision made with your personal physician. Never discontinue therapy without having this conversation.

Aspirin works by inhibiting platelet function which reduces the platelets' ability to stick to an injured blood vessel wall in the event of a stroke or heart attack. Because Aspirin reduces the ability of the blood to clot, it also increases the risk of bleeding. Bleeding risk is higher in patients with a history of bleeding from the GI tract, history of ulcer, age >70, chronic kidney disease, and in

patients who take steroids, NSAIDS and other blood thinners.

After review of current data, the ACC/AHA issued the following recommendations regarding low dose Aspirin therapy for primary prevention:

- Low-dose aspirin might be considered for primary prevention of ASCVD in select higher risk ASCVD adults aged 40-70 years who are not at increased bleeding risk.
- Low-dose aspirin should not be administered on a routine basis for primary prevention of ASCVD among adults >70 years.
- Low-dose aspirin should not be administered for primary prevention among adults at any age who are at increased bleeding risk.

Talk to your personal physician to discuss whether you should be taking a low dose Aspirin for primary prevention.

[www.acc.org/latest-in-cardiology/ten-points-to-remember/2019/03/07/16/00/2019-acc-aha-guideline-on-primary-prevention-gl-prevention](http://www.acc.org/latest-in-cardiology/ten-points-to-remember/2019/03/07/16/00/2019-acc-aha-guideline-on-primary-prevention-gl-prevention)

## Are you confused about Sunscreen?

In February, the FDA announced plans to update regulations for sunscreens that are marketed in the U.S. Many patients are confused about which sunscreen they should choose. This update may help patients know which ingredients in sunscreen are safe. Ingredients are referred to as GRASE if they are generally accepted as safe and effective. The FDA update states that "...two ingredients – zinc oxide and titanium dioxide – are GRASE for use in sunscreens; two ingredients – PABA and trolamine salicylate – are not GRASE for use in sunscreens due to safety issues. There are 12 ingredients for which there are insufficient safety data to make a positive GRASE determination at this time. To address these 12 ingredients, the FDA is asking industry and other interested parties for additional data. The FDA is working closely with industry and has published several guidances to make sure companies understand what data the agency believes is necessary for the FDA to evaluate safety and effectiveness for sunscreen active ingredients, including the 12 ingredients for which the FDA is seeking more data." It is a good idea to replace your sunscreen yearly. Check the bottle before you buy this year.

[www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm631736.htm](http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm631736.htm)

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## Did you know?

- Eggs may not be as healthy as you think. A recent observational study published in JAMA showed a higher intake of eggs was associated with a higher risk of cardiovascular disease. Try alternating your traditional egg breakfast with heart healthy oatmeal.
- Did you know the HPV vaccine is not just for children? Gardasil-9 is approved for use in men and women between the age of 9 and 45. HPV is a virus that is associated with cervical cancer as well as anal, vaginal, penile, and oropharyngeal cancer. Talk to your physician to see if HPV vaccination is recommended for you.

# 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

### Buffalo Chicken Ranch Bowls

By: Morgan Beeler

Serves 2

#### Ingredients

- 2 Chicken Breasts, cut into bite-sized pieces
- 2-3 slices of Canadian Bacon
- ½ cup Buffalo Sauce (I used Tessemae's brand)
- 1 head of Broccoli or ½ bag of Frozen Broccoli, cut into florets
- 1 large Sweet Potato, diced
- 1 Onion, diced
- 2 Tbsp Olive Oil, divided
- 1 tsp Garlic Powder
- Salt and Pepper to taste
- 2 Tbsp Avocado Oil-based Ranch (I used Tessemae's brand)

#### Instructions

1. Preheat oven to 375 degrees.
2. In a large bowl, place diced chicken and buffalo sauce and toss until chicken is well coated. Let sit until you are ready to cook.
3. On a large sheet pan covered with foil, place diced sweet potato and onions then toss with olive oil, garlic powder, salt, and pepper.
4. Place sheet pan in the oven for ~20min and toss half way through.
5. Once the 20 min is up, remove the sheet pan and move sweet potato/onion mixture to the side, then add broccoli to the middle and bake for an additional 10 min. (Optional: Turn the oven to broil for the last 2-3 min, for crispier vegetables)
6. While the vegetable mixture is roasting, heat 1 Tbsp of olive oil in a nonstick skillet to medium-high heat, then add in chicken and buffalo sauce mixture.
7. Cook chicken and buffalo sauce for ~10min until sauce thickens and chicken is cooked through (165 degrees).
8. Once cooking is complete, divide vegetable mixture between 2 plates then top with buffalo chicken and drizzle each plate with 1 Tbsp of avocado oil-based ranch dressing. Enjoy!