

NORTH TEXAS PHP NEWS

July 2019, Volume 5, Issue 1

Safe and Healthy Travels!!!

Have summer travel or vacation plans? A bit of planning and attention to some guidelines can help keep you and your family safe and healthy during your travels.

- For those on a scheduled medication regimen, please remember to bring enough medications to last throughout your trip, plus 2-3 extra days in case of any delays. Medications should be kept in bottles with the original pharmacy labels. For extra safety, a letter from the prescribing physician(s) on official letterhead can be obtained for injectable medication and controlled substances. Some countries such as the United Arab Emirates and Japan are known to be very strict on the quantity and on letterhead documentation by prescribing physician(s). The Centers for Disease Control (CDC) has a good section on traveler's health which can point you to foreign embassy websites and other websites that give country-specific information about regulations for travelers carrying medications abroad.
- Adventurous eating and drinking can lead to consequences. In general, only drink bottled drinks or beverages made with boiled water (this includes water used for brushing your teeth). Please avoid ice, tapwater, raw vegetables, or fruits that cannot be peeled. Also, avoid street vendor foods and drinks, unless you are prepared to deal with any consequences.
- It is also a good idea to bring sunscreen with SPF 30 or above for protection. DEET (safe for children over 2 months of age) or another CDC-approved bug repellent is also recommended if your travels include

destinations with pesky flying insects.

- Other good advice would be to bring a hat, and an extra pair of glasses or contact lenses with you. Also, wear closed-toe shoes when walking on grass or sand, with any chance of having animal droppings. Also, avoid approaching or petting wild or stray animals.
- Choose safe transportation at your destination whenever possible. Always wear seatbelts in cars, and for any bicycle or motorcycle rides, please wear a helmet.
- During the flight, try to drink plenty of nonalcoholic and non-caffeinated fluids to prevent dehydration.
- To reduce leg swelling and even blood clot risk, please move about the cabin periodically during long flights. Leg compression stockings can give additional help to reduce swelling.
- The air pressure inside a cruising aircraft cabin is adjusted to be equivalent to about 6000 to 8000 feet above sea level. Those who require in-flight supplemental oxygen should contact the airline to arrange for this.
- To be safe, please consult your physician at least 6 to 8 weeks before any adventuresome overseas trip, to get any other advice, medications (malaria-prevention or altitude-sickness prevention, etc) or vaccinations that you may need.
- Finally, don't forget to have fun!!!

In this Issue

Safe and Healthy Travels	1
New NTPHP team members	1
Did you know?	1
Healthy Habits	2

Did you know?

- CBD supplements may have more risks than are widely known. A recent article in the journal *Current Neuropharmacology* reported that even when the intoxicating component THC is removed, CBD supplements still have a wide range of potential side effects. These include diarrhea, fatigue, vomiting, sleepiness, liver strain and potential drug interactions with prescription medications. Always consult your physician for questions about your supplements and prescription medications.

New NTPHP team members

We are very excited to announce the addition of Josh Kimball, Director Information Technology and Cynthia Gustafson, Controller to our team. Both come to us with extensive experience in their respective fields and will be bringing our information technology and financial services work in-house. Please welcome both of our new leaders to NTPHP!

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
(Coming October 2019)
3535 Victory Group Way
Suite 330
Frisco, Texas 75034
972-993-5070

HEALTHY HABITS

GRILLED SALMON SKEWERS

By: Morgan Beeler

Yield: Serves 6-8

INGREDIENTS

- 8 wooden skewers, soaked in water for ~1 hour
- 2 lbs. of salmon, cut into 1-inch cubes
- 3-4 lemons, thinly sliced
- 3 tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 1 recipe Basil Vinaigrette
 - 1 shallot, diced
 - 2 cups tightly packed fresh basil leaves, ~4 ounces
 - 1 clove garlic
 - 1/2 teaspoons red pepper flakes
 - 1/2 cup olive oil
 - 2 tablespoons red wine vinegar
 - 1 teaspoon salt
 - Combine all the ingredients for the basil vinaigrette in a high-powered blender and blend for 60 seconds until very smooth. You can refrigerate the vinaigrette for up to 3-5 days.

INSTRUCTIONS

- 1) Heat your grill or grill pan on medium high heat and wipe grates down with olive oil.
- 2) Thread your soaked skewers alternating the salmon and the lemon slices, ~5-6 salmon cubes per skewer. Drizzle the salmon skewers with olive oil and season with salt and pepper. Then squeeze 1/2 of the remaining lemon juice on top.
- 3) Carefully transfer the salmon skewers with tongs to the preheated grill or grill pan and grill for ~3 minutes on each side until the salmon is almost fully cooked through. Remove the salmon skewers from the grill and on to a plate or sheet pan and let rest for ~5 minutes to let the salmon finish cooking.
- 4) Once the skewers are finished cooking, drizzle with Basil Vinaigrette and enjoy!

Note: Consider serving with grilled seasonal vegetables and roasted potatoes OR brown rice and grilled shishito peppers.

Recipe from: What's Gabby Cooking