

# HOUSE CALL

KelseyCare Advantage

April 2016

## STEPS TO FIGHT DEPRESSION

Many people suffer from depression. In seniors 65 and above, studies show that nearly one in four people have some degree of depression. If you are diagnosed with depression, your Kelsey-Seybold doctors will provide treatment options in a timely manner.

Treatment for depression depends on the level and type of depression you may be experiencing. It may be as simple as joining a support group. In some cases, your physician may prescribe a program of action involving either medications or therapy or a combination of both.

Remember, we all feel “down” at times, but depression involves feeling sad for weeks or even months. If diagnosed with depression, here are some sensible steps you can take to gaining a happy, healthy lifestyle.

- **Communicate with your doctors** – Make sure all the doctors involved with treating your depression are in contact with each other regarding your care. Often health issues, particularly serious ones (cancer, heart disease) receive higher levels of treatment than the

depression you are experiencing; both should be treated at the same time and with the same level of care.

- **Get active** – Yes that means more exercise! Even older seniors (80 years plus) often show improvement in mental and physical health and are more likely to stay independent and live happier lives. Plan a walk and go with a friend!

- **Limit alcohol** – Teenagers are known for alcohol abuse, but so are seniors. Already a depressant, alcohol combined with prescription medications may increase depression and can be a deadly combination when taken with sedatives.

- **Get a good night's rest** – Depression may lead to insomnia which can complicate existing physical and mental health. Follow these simple sleep habit changes: no caffeine at night, set a sleep schedule and turn off the television an hour before bedtime to get into “sleep mode”.

- **Increase social activities**

- We all need human contact. Studies show that people with social contact are more likely to overcome depression, especially seniors. Learn online social networking skills to keep up with family and friends and carry photos of loved ones with you – there is nothing better than to see a smiling face whether live, online, or in a photo to help improve your mental health.

To learn how better to cope with depression, contact your Kelsey-Seybold primary care physician or phone United Behavioral Health at 1-800-817-4808.



# BATTLING HIGH BLOOD PRESSURE

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High blood pressure is often called “the silent killer” because it usually has no symptoms. Occasionally, patients may experience headaches. Some people may not discover they have high blood pressure until they have trouble with their heart, kidneys or eyes.

If high blood pressure is not diagnosed and treated, it can lead to other life-threatening conditions, including heart attack, heart failure, stroke and kidney failure. It can also lead to changes in vision or blindness.

If you have high blood pressure, you will need to treat it and control it for life. This means making lifestyle changes and, in some cases, taking prescribed medicines

and getting ongoing medical care.

In most cases, your goal is probably to keep your blood pressure below 140/90 mmHg (130/80 if you have diabetes or chronic kidney disease). Normal blood pressure is less than 120/80. **Ask your doctor what your blood pressure goal should be.**

Treatment can help **control** blood pressure, but it will not **cure** it, even if your blood pressure readings appear normal. If you stop treatment, your blood pressure and risk for related health problems will rise. For a healthy future, follow your treatment plan closely. Work with your health care team for lifelong blood pressure control.

These healthy lifestyle habits can help you control high blood pressure:

- healthy eating
- regular physical activity
- maintaining healthy weight
- limiting alcohol intake
- managing and coping with stress

To help make lifelong lifestyle changes, try taking on one healthy lifestyle change at a time and add another change once you feel that you have successfully adopted the earlier changes. When you practice several healthy lifestyle habits, you are more likely to lower your blood pressure and maintain normal blood pressure readings.

## YOUR HEALTH DEPENDS ON SOUND SLEEP

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Having trouble getting sleep? You are not alone. Insomnia affects about 60 million Americans.

A lack of sleep doesn't just leave us tired. Research shows it can pose a higher risk of heart disease, stroke, obesity and diabetes.

Here are some tips for improving the quality of your sleep:

1. Wind down in the evening to give your body a much-needed break, allowing at least one hour before your bedtime to settle down.
2. Watch for that perfect moment of sleepiness in the evening. If you allow enough time to wind down, at some point you will feel a mild grogginess. That is your time to go to sleep. If you fight it, you'll get a second wind which will make falling asleep much harder.
3. Try napping every day for 30 minutes. Put a timer on and let yourself doze. Naps can provide the extra rest you need.
4. Avoid caffeine after noon. Consume any alcoholic drinks earlier in the evening, giving your body a chance to completely clear the alcohol from your system before sleep.
5. Wake up at the same hour every day and exercise and eat meals at set times to help get sleep back on track.
6. Get sun. No matter your age, daylight is extremely important because it helps regulate the sleep/wake cycle. Spend as much time as possible outdoors or near sunlight.
7. Medication can interrupt sleep. Your doctor may recommend adjusting the timing or dose, or possibly switching to a different prescription.

# New Katy Clinic Physician Highlight



## **Interventional Cardiology, Cardiology**

### *Clinical Interests*

Dr. Aliota's clinical interests include general cardiology, coronary artery disease, and a special focus on peripheral artery disease and treatment including: lower extremity therapies, endovascular aneurysm repair and carotid artery stenting.

### **JONATHAN A. ALIOTA, MD**

"I want my patients to enjoy healthy and happy lives with the fewest possible compromises. To achieve this, I pay careful attention to the specific needs of each person that comes into my care. I believe in creating a collaborative atmosphere where patients are encouraged to ask questions, and in return, given easy-to-understand explanations of their condition and treatment options."



## **Family Medicine**

### *Clinical Interests*

Family Medicine and the application of medical technology, such as electronic medical records

### **DAVID B. MORRIS, MD, FAAFP**

"My goal is to enter the physician/patient encounter with knowledge, empathy and a commitment to personally discuss test results."



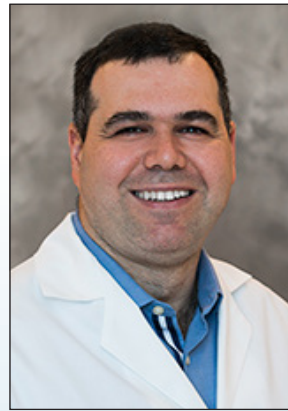
## **Internal Medicine**

### *Clinical Interests*

Dr. Jordan's clinical interests include diabetes management and women's health.

### **FELICIA JORDAN, MD**

"The foundation of patient care is trust, compassion and education. Patients should feel that they truly have an advocate and champion in their overall health and wellness. We as physicians must create a relationship in which we educate them about their health and empower them with the tools to become their own best advocate."



## **Pulmonary Medicine, Sleep Medicine**

### *Clinical Interests*

Dr. Farjo's clinical interests include pulmonary disease, sleep Apnea, COPD, endobronchial ultrasound and Interstitial lung disease

### **BASHAR FARJO, MD**

"My principle role is to provide the patient with the most accurate information about their conditions or diagnosis. This includes defining available treatment options and partnering with my patients to formulate their best individualized health plan. I am a strong advocate for my patient. I believe continuity of care is important and a long-term partnership is essential for my patients' overall health."

# KELSEY-SEYBOLD CLINIC IS EXCITED TO ANNOUNCE THE OPENING OF THE NEW KATY CLINIC

The new clinic is located at 22121 FM 1093 Road in Richmond and is visible from the Westpark Tollway between Hwy 99 and Peek Road.

The new Katy Clinic combines primary care and specialty care in one location, along with the convenience of an onsite Kelsey Pharmacy, laboratory and X-ray.

## WHAT IS HAPPENING TO THE OLD LOCATIONS?

The old Katy location on Kingsland Boulevard in Katy has already closed. The new location at 22121 FM 1093 in Richmond is currently seeing patients. Our second location in Katy, Kelsey-Seybold Clinic – Cinco Ranch continues to care for patients at its current location at 23000 Highland Knolls Drive in Katy.

## DID MY DOCTOR MOVE?

Some doctors from the old Katy Clinic are moving to Cinco Ranch and some doctors are moving from Cinco Ranch to the new Katy Clinic. You can see which doctors moved by going to the Find a Location section of the Kelsey-Seybold website or call Member Service for assistance at (713) 442-2273 option 2.

## HOW DO I CONTACT MY DOCTOR AT THE NEW LOCATION?

You can reach the new Katy Clinic by calling (713) 442-4100.



Important Plan Information