

HOUSE CALL

KelseyCare Advantage

July 2019

BAYTOWN CLINIC TO OPEN THIS SUMMER!

Kelsey-Seybold Clinic is in the final stages of opening an 11,000-square-foot primary care clinic in Baytown. Kelsey-Seybold Clinic – Baytown will be located at 6340 Garth Road in Baytown, at the Baytown Shops retail center, less than one mile south of Interstate 10, anchored by H-E-B.

“We have known for some time that we wanted to expand our presence on the east side of the Greater Houston area, and with the ever-growing communities in and around Baytown, it was time for us to grow here, too,” said Tony Lin, M.D., F.H.M., chairman and managing

director of Kelsey-Seybold Clinic. “We are looking forward to bringing our model of coordinated, evidence-based care to the community here and serving new and existing patients living in the Baytown and surrounding areas.”

Patients will have access to on-site laboratory and X-ray, as well as an extensive referral network for various Kelsey-Seybold specialists with offices at neighboring clinics in Pasadena, Summer Creek (Humble), and Clear Lake.

THE NEW KELSEY-SEYBOLD CLINIC IS SET TO OPEN IN JULY 2019!



HYPERTENSION HAS SERIOUS HEALTH RISKS

Uncontrolled high blood pressure, or hypertension, is called the “silent killer” for a reason – it often lacks noticeable symptoms and many people don’t realize they have it until major medical complications arise. A dangerous condition, hypertension should be treated promptly. It can lead to a stroke, heart attack, kidney disease, eye problems, and a shortened life expectancy.

Blood pressure is the force of blood pushing against vessel walls. High blood pressure is a condition where the pressure on arteries is chronically above the normal range. Over time, abnormally high blood pressure can weaken the walls of those vessels and cause you all kinds of health problems.

Blood pressure readings are determined by measuring the force of blood against vessel walls and recorded as two numbers, written as a ratio. Systolic, the top number, measures the pressure in the arteries when the heart beats. Diastolic, the bottom number, measures pressure in the arteries between beats. According to American College of Cardiology and American Heart Association guidelines, a blood pressure reading of 130/80 or greater is considered high.

If a blood pressure reading of 133/80 or greater is measured on two separate occasions, or the blood pressure is elevated on a 24 hour ambulatory blood pressure monitor, the diagnosis of hypertension is made. At that stage (stage 1) lifestyle modifications are initiated, and blood pressure

medications may be started if the patient is at considerable risk for cardiovascular disease. When the blood pressure is 140/90 or greater, that is stage 2 hypertension, and the recommendation is to start medication in addition to lifestyle modification.

The good news is high blood pressure is treatable. If a patient is willing to make lifestyle modifications, and, if necessary, adhere to a prescription medication regimen, unhealthy blood pressure can usually be lowered.

Lifestyle modifications may include the following:

- **Start moving.**
- **Make healthier food choices.** Eat more fresh fruits and vegetables. Avoid sugary snacks, high-fat items and processed foods. Make a conscientious effort to reduce your salt intake.
- **Don’t smoke or use tobacco products.**
- **Get regular health screenings.** Having a good relationship with a primary care physician can put you on the right track for having regular health screenings to check your blood pressure, cholesterol, and glucose levels. If risk factors are discovered, your doctor can help determine what actions need to be taken.

Checking your blood pressure at home is an important part of managing hypertension. Home monitoring can help you keep watch over your blood pressure, ensure your medication is working, and signal potential health complications.



Dr. Victor Simms,
Internal Medicine

Blood pressure monitors are available widely and don’t require a prescription, so home monitoring is an easy step toward improving your health. Digital monitors that are fitted on the upper arm are generally the most accurate. No matter what type of home blood pressure monitor you choose, proper use requires training and practice. Take the device to your doctor or nurse to make sure the one you’ve chosen is the best fit for you and learn how to correctly use the monitor.

Home blood pressure monitoring may have limitations and therefore isn’t a substitute for recommended follow-up visits to your doctor. High blood pressure isn’t a problem you can treat and then ignore. It’s a condition you must manage for the rest of your life with the support of your doctor.

If you have concerns about your hypertension, see your doctor for a medical evaluation. If your blood pressure is in the unhealthy range, there are strategies and medications that can significantly reduce your chances of falling victim to this “silent killer.”

BLOOD PRESSURE READING OF 130/80 OR GREATER IS CONSIDERED HIGH.

STAYING AHEAD OF DEEP VEIN THROMBOSIS (DVT)

If you've ever taken a long flight, chances are you've heard of Deep Vein Thrombosis, or DVT. Airlines typically recommend that passengers get out of their seats, stretch their legs and walk around to lower the risk of DVT by keeping the blood flowing through their legs.

DVT is a blood clot that forms in a vein deep in the body. Most deep vein clots occur in the lower leg or thigh. They can break loose and cause a serious problem in the lung, called a pulmonary embolism.

Sitting still for a long time, like aboard an airplane or during a long car ride, can make you more likely to experience DVT. Some medicines that increase your risk for blood clots can also lead to DVTs.

COMMON SYMPTOMS INCLUDE:

- Warmth and tenderness over the vein;
- Pain or swelling in the part of the body affected;
- Skin redness.

Dr. Andrei Kindzelski, a blood disease expert with the National Institutes of Health (NIH), warns that about 30–40% of DVT cases go unnoticed, since they don't have typical symptoms.

Having certain diseases or conditions can also raise the risk of a blood clot. These include a stroke, paralysis (an inability to move), chronic heart disease, high blood pressure, surgical procedure, or

recent cancer treatment. Women who take hormone therapy pills, birth control pills or are pregnant are also at higher risk. So are those who smoke or who are older than 60.

Getting a speedy diagnosis and proper treatment can help prevent the complications of blood clots. See your doctor immediately if you have any signs or symptoms of DVT or pulmonary embolism.

There are many ways to treat DVT. Medicines can ease pain and inflammation. Keeping the affected area raised and applying moist heat can also help. If you are taking a long car or plane trip, take a break, walk or stretch your legs and drink plenty of liquids.

Therapies aim to stop the blood clot from getting bigger, prevent the clot from breaking off and moving to your lungs, or reduce your chance of having another blood clot. Scientists continue to research new medicines and better treatment options.



FOOD FOR THOUGHT AS YOU CONSIDER DIETING

There are many different diets out there, and if you're thinking about turning to one of them for weight loss and a healthier life in general, you need to make sure it is truly the best one for you. Two diets in particular have received a lot of buzz recently: the paleo and DASH diets.

THE PALEO DIET

The paleo diet is a blast from the past. The very distant past. Also known as the “caveman diet,” it is based on foods similar to what people might have eaten during the Paleolithic era, which dates from about 2.5 million to 10,000 years ago. It typically includes lean meats, fish, fruits, vegetables, nuts and seeds — foods that in the past were literally hunted and gathered. The paleo diet does NOT include foods that became common when farming emerged about 10,000 years ago: dairy products, legumes and grains. It also cuts out processed foods.

The paleo diet also emphasizes drinking water and being physically active every day.

A TYPICAL DAY ON THE PALEO DIET MIGHT LOOK LIKE THIS:

Breakfast: Broiled salmon and cantaloupe.

Lunch: Broiled lean pork loin and salad (romaine, carrot, cucumber, tomatoes, walnuts and lemon juice dressing).

Dinner: Lean beef sirloin tip roast, steamed broccoli, salad (mixed greens, tomatoes, avocado, onions, almonds and lemon juice dressing), and strawberries for dessert.

Snacks: An orange, carrot sticks or celery sticks.

According to health experts at the Mayo Clinic, clinical trials have compared the paleo diet to other eating plans, such as the Mediterranean Diet or the Diabetes Diet. Overall, these trials suggest that a paleo diet may provide some benefits compared to diets of fruits, vegetables, lean meats, whole grains, legumes and low-fat dairy products.

Benefits may include more weight loss, improved glucose tolerance, better blood pressure control, lower triglycerides and better appetite management.

However, longer trials with large groups of people randomly assigned to different diets are needed to understand the long-term health benefits and possible risks of a paleo diet. In fact, researchers suggest that you might be able to achieve the same health benefits by getting enough exercise and eating a balanced, healthy diet with a lot of fruits and vegetables. Check with your doctor or consult a Kelsey-Seybold dietician/nutritionist.

THE DASH DIET

The DASH (Dietary Approaches to Stop Hypertension) diet is a lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure (hypertension). It encourages you to reduce the sodium in your diet and eat foods that are rich in nutrients that help lower blood pressure, like potassium, calcium and magnesium.



Experts say that by following the DASH diet, you may be able to reduce your blood pressure by a few points in as little as two weeks. Over time, your systolic blood pressure could drop by 8 to 14 points, which can make a big difference in your health risks.

Besides lowering blood pressure, the DASH diet is also in line with dietary recommendations to prevent osteoporosis (weak or brittle bones), cancer, heart disease, stroke and diabetes. It emphasizes vegetables, fruits and low-fat dairy foods — and moderate amounts of whole grains, fish, poultry and nuts.

In addition to the standard DASH diet, there is also a lower-sodium version of the diet. You can choose the version that meets your health needs:

Standard DASH diet: Allows you consume up to 2,300 milligrams (mg) of sodium a day.

Lower-sodium DASH diet: Allows you consume up to 1,500 mg of sodium a day.

The standard DASH diet meets the recommendation from the Dietary Guidelines for Americans to keep daily sodium intake to less than 2,300 mg a day. The American Heart Association recommends 1,500 mg a day of sodium as an upper limit for all adults. If you aren't sure what sodium level is right for you, talk to your doctor.

Both versions of the DASH diet include lots of whole grains, fruits, vegetables and low-fat dairy products. The DASH diet also includes some fish, poultry and legumes, and encourages a small

portion of nuts and seeds a few times a week. You can eat red meat, sweets and fats in small amounts. The DASH diet is low in saturated fat, cholesterol and total fat.

While the DASH diet is not a weight-loss program, you may still lose unwanted pounds because it helps guide you toward healthier food choices. It generally includes about 2,000 calories a day. If you're trying to lose weight, you may need to eat fewer calories. You may also need to adjust your serving goals.

Whether you are considering either of these diets, or a different one altogether, we urge you to first check with your doctor or a Kelsey-Seybold dietician/nutrition specialist that can make sure it is the best option for you given your unique health history and needs.

EAT ALL THE VEGGIES!

Getting your vegetables can be a pain but by preparing a large batch at once you can make it much more convenient! Toss your favorite veggies in some extra virgin olive oil, sprinkle with your favorite seasoning and toss those babies in the oven.

Favorites like broccoli, red onion, zucchini, red peppers, artichokes make a great mix. Cut the veggies into similar size pieces. Set your oven to 425°, roast them for about 20 minutes or so (more if you like them crispy) Make sure you set a timer!

Other easy oven friendly vegetables:

- Carrots
- Squash
- Asparagus
- Whole cloves of garlic (Yum!)
- Cauliflower
- Mushrooms



Seasoning options:

- Rosemary
- Oregano
- Thyme
- This amazing stuff from our friends at H-E-B, Adams Reserve Cacio e Pepe Bread Dipper (it's good on everything!)

Safety first! Use both hands to pull the tray out of the oven and remember to turn off that oven!

GET BACK TO BASICS TO PREVENT BACK PROBLEMS

Whether you work in an office or keep busy around the house, heavy lifting, repetitive movements and sitting at a desk all day can take a toll on your back. One of the best ways to prevent back pain is to keep your back muscles strong. Of course, factors such as aging, obesity and poor physical condition can also contribute to back problems. While you can't control your age, you can focus on maintaining a healthy weight, which helps reduce stress on your back.

START BY EATING A HEALTHY DIET

Make sure you get enough calcium and vitamin D. These nutrients can help prevent osteoporosis, a condition that causes your bones to become weak and brittle and is responsible for many of the bone fractures that lead to back pain.

STAND AND SIT UP STRAIGHT

AVOID HEAVY LIFTING

If you do lift something heavy, bend your knees and keep your back straight. That way, your leg muscles will do most of the work. If you must sit for long periods of time, change your position often. Walk around from time to time and gently stretch your muscles to relieve tension.

EXERCISE

Combine aerobic exercise, such as swimming or walking, with exercises that strengthen and stretch your



back muscles and abdomen. The U.S. Department of Health and Human Services (DHS) recommends doing back-strengthening and stretching exercises at least two days a week.

Exercises that increase your balance and strength can also decrease your risk of falling and injuring your back. Consider tai chi, yoga and weight-bearing exercises that challenge your balance.

For most healthy adults, DHS recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity — preferably spread throughout the week — and strength

training exercises at least twice a week.

Also, if you smoke, do what you can to quit. Smoking reduces blood flow to your lower spine, which can contribute to spinal disc degeneration and slow healing from back injuries. Coughing associated with smoking can also cause back pain.

PHARMACY CORNER

COUPONS, SAMPLES, AND DISCOUNT DRUG PROGRAMS

We're always looking for ways to minimize our expenses at the pharmacy, especially for brand medications that are more expensive than generic medications. Someone in passing may have mentioned the possible benefits of using coupons, samples, or discount drug programs to you. It could be the pharmacy staff when you pick up your medications, unsolicited discount cards mailed to your house, or your doctor's staff providing you a manufacturer's coupon with your new prescription for a brand medication.

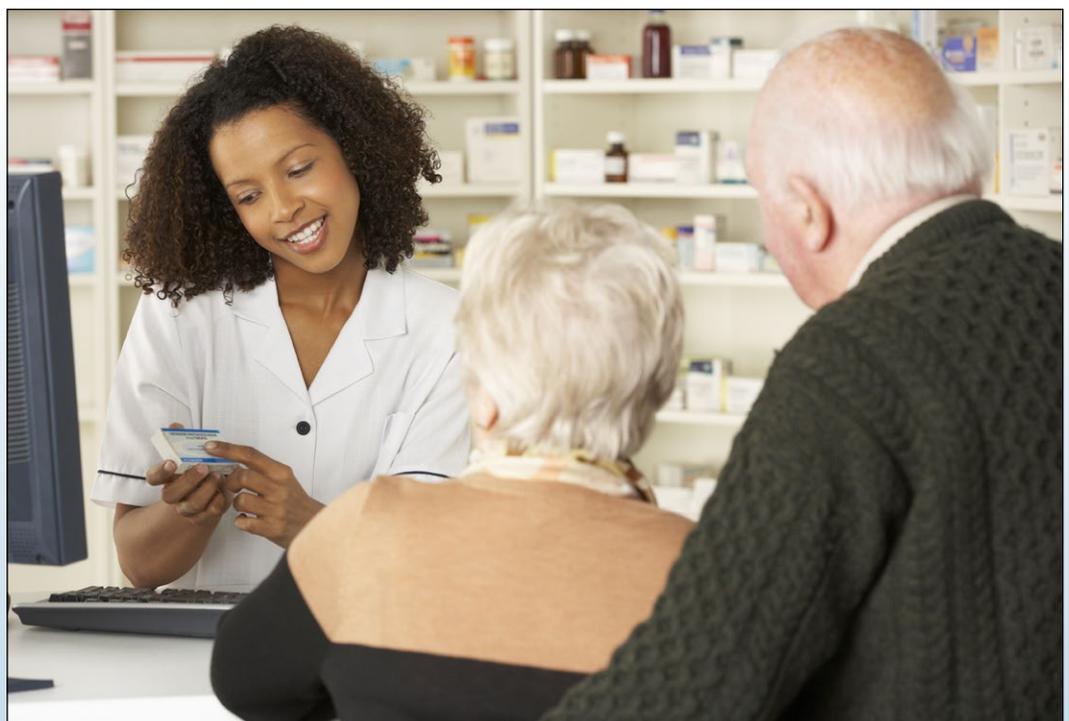
They all have good intentions to try to help you save money, however, these offerings are Medicare excluded and cannot be paired with your prescription drug coverage.

As a result, if you use these rather than your prescription drug coverage it can lead to more expensive copays at the pharmacy. In addition, manufacturer coupons for brand medications are sometimes limited to only one fill or a year's supply of the medication. The idea is that by providing cost-savings through these coupons, you are more inclined to start the brand medication. This leads to people getting started on costly name-brand medications. However, once you reach the maximum allowable fills with the coupon and cannot use the coupon anymore to lower the cost of the drug, your copay may significantly increase. If cost is a concern when filling your medications with your prescription drug coverage, do not hesitate to contact KelseyCare Advantage to discuss formulary alternatives with a pharmacist.

RISK OF OPIOID USE

You've no doubt heard the term "opioid epidemic" on the news. The opioid crisis refers to the growing number of deaths and hospitalizations due to opioids,

including prescription pain medications and illicit drugs. Approximately 68% of the drug overdose deaths in 2017 involved opioids. In response, the Trump Administration declared the opioid crisis as a public health emergency. Don't be mistaken, opioid medications can be effective in treating certain types of pain, but they do carry serious risks, such as increasing tolerance, addiction, overdose, and death. In many cases, long-term opioid use stems from opioid treatment of short-term pain. In addition, short-term pain can actually be appropriately treated without opioids and studies have shown that more than 7 days of opioid therapy for short-term pain is rarely needed. Experts have noted that each day of unnecessary opioid use increases the likelihood of physical dependence without additional benefit. As a result, the Centers for Medicare & Medicaid Services (CMS) and the Centers for Disease Control and Prevention (CDC) developed and published recommendations for the prescribing of opioid pain medication to promote safe prescribing and use, particularly in patients who do not regularly fill opioids. For your safety, the first supply of an opioid prescription will be limited to a 7-day supply for patients who do not regularly fill opioid prescriptions as recommended by CMS and the CDC. By limiting the amount dispensed we hope to reduce your risk of developing future dependency or overuse of these drugs.



SKIN CANCER

As the weather starts to heat up, it is time to start thinking about your skin health and make sure you protect yourself from the sun. Skin cancer affects more than 3 million Americans a year making it the most common cancer in the United States.

The greatest risk factor for developing skin cancer is sun exposure. However, other factors such as genetics can contribute as well. Basal cell carcinoma (BCC), squamous cell carcinoma (SCC) and melanoma are the most common skin cancers.

BCC often looks like a skin colored or pinkish bump that does not go away. SCC can look like a red hard bump or a sore that doesn't heal.

They are common on areas that get a lot of sun like the head, neck, and arms, but they can occur anywhere. Melanoma is the most serious type of skin cancer. It also can present as a non-healing area or a new dark spot. Interestingly, melanoma does not have to be dark. It can also be a pink or skin colored bump that is not healing or is changing. It is important to diagnosis and treat skin cancer early to get the best outcome.

The sun is strongest between 10am and 2pm so try to stay out of the sun during those times. Wear UV protective clothing as much as possible – a wide brimmed hat, sunglasses, pants, and a lightweight long-sleeved shirt. If you are going to

be outside, apply a generous amount of sunscreen that is broad spectrum and is at least SPF 30 or higher. Most adults need 1 shot glass size amount of sunscreen (1 ounce) to cover their body so be sure you apply enough. Reapply sunscreen every 2 hours that you are out. **DO NOT** use tanning beds. They are very bad for you and increase your risk for skin cancer significantly. You should check your skin regularly and look for any areas that are not healing or look different than other spots on your skin.

Enjoy the summer and all the fun activities that come along with this time of year! Just be sure to protect your skin along the way as well!

Important Plan Information

11511 Shadow Creek Parkway | Pearland, TX 77584

