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**Texas Pulmonary  
& Critical Care  
Consultants, PA**

3rd Quarter 2018

# Welcome

## **Welcome Dr. Subedi!**

We are excited to welcome Dr. Ramesh Subedi to the Texas Pulmonary & Critical Care Consultants family. Dr. Subedi did his medical school training in Kathmandu, Nepal. He then went to Rochester, New York for his training in Internal Medicine where he completed his internship and residency. He joined the faculty as Assistant Professor with the Department of Medicine in Albany Medical College in Albany, New York. Later, he did his fellowship in both Pulmonary and Critical Care Medicine at Albany Medical College.



His interests are in utilization of bedside ultrasound and echo in evaluation and treatment of critical care patients. He also has special interest in pleural disease, interstitial lung disease, pulmonary vascular disease and obstructive lung disease.

Dr. Subedi enjoys playing soccer, hiking, trekking, and running in his free time. He sees patients in our Fort Worth Cooper Street office and sees hospital patients at Baylor Scott & White All Saints Medical Center Fort Worth, Texas Health Harris Methodist Hospital Fort Worth, Kindred Hospital Fort Worth, and Medical City Fort Worth.

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## **Allergy Testing and Treatment Now Available**

With six Texas cities on the [2018 Spring Allergy Capitals](#) list, living in Texas with allergies is challenging at best. We want to make life easier for you and now offer comprehensive allergy testing and injection therapy for allergy sufferers. Services are available in our North Richland Hills office currently and we hope to expand to other offices. Ask your Texas Pulmonary provider if allergy testing is right for you. Your provider will send an appropriate order for testing.

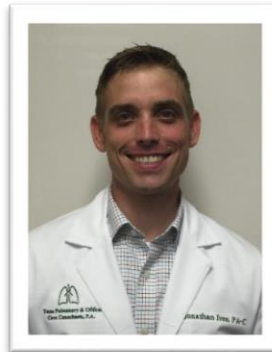
Texas Pulmonary & Critical Care Consultants  
4375 Booth Calloway Road, Suite 402  
North Richland Hills, TX 76180

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### Meet our Advanced Practice Providers

Continuing the introductions of our wonderful Advanced Practice Providers, in this edition we have Jennifer Chavez, who joined our group in 2015. She received her master's degree in Nursing at The University of Texas at Arlington in Arlington, Texas. She sees patients hospitalized at Kindred Hospital Fort Worth Southwest and LifeCare Hospitals of Fort Worth.



Jonathan Ives joined us in 2015 and is currently our only Physician Assistant. While serving in the military, Jonathan earned a Bachelor of Science in Biology from the University of Texas at Austin, with a concentration in pathogenesis and immunity. He relocated to Fort Worth in 2012 to attend physician assistant school at UNT Health Science Center. In his free time, Jonathan enjoys cooking with his wife, and spending time outdoors with his Afghan rescue dog. He also serves on the Executive Committee for The Red Shoe Society, a young professionals group affiliated with the Ronald McDonald House of Fort Worth. He sees patients hospitalized in the downtown Fort Worth hospitals.

Rounding out our third group of introductions is Brandi Trujillo, who also joined the group in 2015. She received her master's degree in Nursing from The University of Texas at Arlington in Arlington, Texas. She sees patients in our North Richland Hills office.




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### Patient Portal tips and tricks

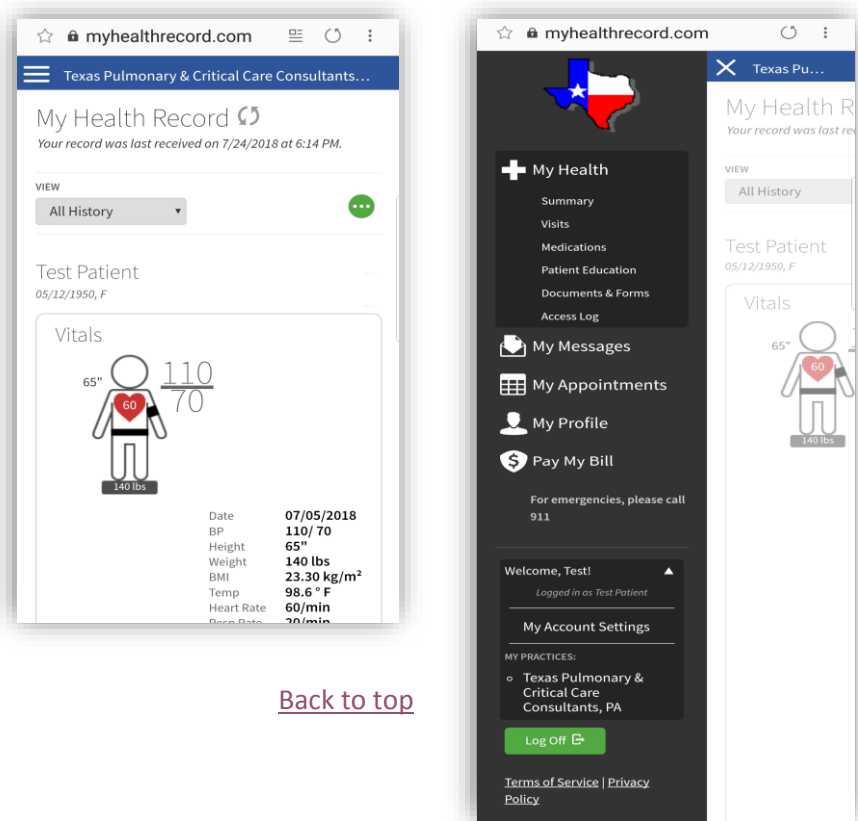
First, if you haven't signed up for access to your health record, you can send an email to [portalsupport@texaspulmonary.com](mailto:portalsupport@texaspulmonary.com) or call the office to have an invitation emailed to you.

Once you're registered, here are a few tips to help you navigate:

- How do I log off? The link is a bit hidden, but it is available by clicking the "Welcome" text in the upper right of the screen, if viewing the portal on a computer. On the mobile view, the log off and other links are available by clicking the  menu icon in the upper left corner.
- Also under the "Welcome" text is the My Account Settings link where you can change your password and update your security questions.

- If other physician practices also use the MyHealthRecord portal system, and you have portal access to those records, you may see more than one practice listed under the "Welcome" text. You can change which practice records you see by clicking the different practices.

Samples of the Patient Portal site when viewed on a smart phone:



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### Research News

Clinical trials are research studies that explore whether a medical strategy, treatment, or device is safe and effective for humans. These studies also may show which medical approaches work best for certain illnesses or groups of people. Current studies for which we are enrolling qualified patients:

- If you have had asbestos exposure or been diagnosed with mesothelioma, and are age 18 or older, you may qualify for participation in the "Asbestos Exposure or Mesothelioma" trial. Only a lab collection is required.
- If you are 18-90 years old and have persistent pulmonary sarcoidosis despite taking medicines (steroids and/or other medications), you may be eligible to participate in our pulmonary sarcoidosis study.
- You are potentially eligible to participate in one of our COPD studies, if you are between 18 and 90 years old and currently use only Spiriva to control COPD symptoms. There is no placebo; all qualifying patients will receive active medication.

Compensation for participation varies. If you're interested and think you qualify, please call Julie at (817-235-6296), email [research@texaspulmonary.com](mailto:research@texaspulmonary.com), or complete the form on our web site:

<http://www.texaspulmonary.com/interested-in-research.php>.



### Patient Support

Support is available in the community for those living with chronic lung disease. Please contact them directly for more information:

**Cancer** - FREE exercise and fitness sessions for patients who currently have or have ever had cancer. Other services available as well: Moncrief Cancer Institute Survivor Services: <https://www.moncrief.com/survivors>

**Better Breathers Club** - Better Breathers Clubs meet regularly and feature educational presentations from the American Lung Association. See their website for a club in your area: <http://www.lung.org/support-and-community/better-breathers-club/>

**Interstitial Pulmonary Fibrosis** - IPF education and support provided on the 3rd Tuesday of each month at the Ella Mae Shamblee Public Library, 1062 Evans Ave, Fort Worth, TX 76104, 12:30-2:30pm

### Our favorite tobacco use cessation resources:

Moncrief Cancer Institute  
400 W. Magnolia Avenue  
Fort Worth, TX 76104

"Hard to Break" smoking cessation support group  
Meets the 4th Thursday of each month  
5:30 pm-6:30 pm  
Contact person: Martin Deschner, PhD  
817-288-9808  
[moncriefevents@gmail.com](mailto:moncriefevents@gmail.com)

Live Tobacco Free Tarrant County, presented by Tarrant County Public Health and the American Lung Association  
4-week classes available at multiple locations  
<http://livetobaccofreetc.com>  
1-844-976-6537 or email  
[smokefree@tarrantcounty.com](mailto:smokefree@tarrantcounty.com)

- **Missed a Newsletter?**

Past issues of our newsletter are available on our website at [www.TexasPulmonary.com/newsletters.php](http://www.TexasPulmonary.com/newsletters.php). The link is visible under the Patient Information menu.

- **Compliments Welcome**

Did an employee go above and beyond to help you? We'd love to hear about it. Send your compliment and the employee name to [rbean@texaspulmonary.com](mailto:rbean@texaspulmonary.com).

- **We're Hi-Tech**

We now have the ability to send you reminders about your appointments via voice, text, email, or any combination of those methods. Let us know your preference when you're in the office next or give us a call.

***We know you have choices in your health care. Thank you for entrusting your care to us!***

Sent by **Texas Pulmonary & Critical Care Consultants, PA**

**Texas Pulmonary Sleep Center**

**Sleep Consultants, Inc.**

*Comprehensive care of pulmonary diseases and sleep disorders*

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Medical District (Fairmount)  
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(817) 461-8772

**\*Southwest Fort Worth**  
(817) 263-5864

Mansfield  
(817) 617-4225

North Richland Hills  
(817) 284-4343

**\*TPSC Hurst Sleep Lab**  
(817) 393-8772

**\*DME Locations**

