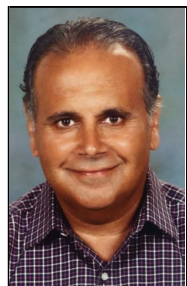




Texas Pulmonary & Critical Care Consultants, PA

2nd Quarter
2017

Physician Spotlight



Dr. Samer Fahoum joined the TPCCC family in January, 2016. He practiced in Selma, Alabama for 16 years prior to moving to Texas. He completed his Critical Care Fellowship training at Baylor College of Medicine in Houston, and his Pulmonary Medicine Fellowship at Long Island College Hospital in Brooklyn, New York. He sees patients in our Fairmount Avenue office.



Dr. Obinna Okoye joined the TPCCC family in July, 2016. He completed his Pulmonary and Critical Care Fellowship training at Tulane University Medical Center in New Orleans, Louisiana. He sees patients in our Fairmount Avenue office.

Patient Support



We will be having quarterly **Sleep Support Group** meetings starting this fall. The meeting location will rotate between Fort Worth, Arlington and Hurst. We'll discuss topics such as how to get the best mask fit, proper cleaning of your equipment, and different treatments available. If you'd like to receive more information, [click here](#) to send us your name and email address.

Support is also available in the community for those living with chronic lung disease and for those struggling with tobacco addiction. 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

Smoking Cessation Support - FREE resources available to help you quit smoking:

Moncrief Cancer Institute
400 W. Magnolia Avenue
Fort Worth, TX 76104
"Hard to Break", 4th Thursday/month
5:30 pm-6:30 pm
Contact person: Martin Deschner, PhD
817-288-9808
<https://www.moncrief.com/content/support-groups>

Live Tobacco Free Tarrant County,
presented by Tarrant County Public Health
and the American Lung Association
<http://livetobaccofreetc.com>

Body Mass Index (BMI) is a tool to assess the amount of body fat in a person. It is a calculation using a person's height and weight. Health professionals use BMI to determine if one is underweight, a healthy weight, overweight, or obese. BMI can provide an indication of weight categories that could lead to future health problems. BMI levels are interpreted differently for adults and children, so different calculators are used. See this link for more information: [National Heart, Lung, and Blood Institute - Aim for a Healthy Weight](#)



Durable Medical Equipment

If you use a Positive Airway Pressure device (CPAP, APAP, BiPAP, etc.) for treatment of your sleep or breathing disorder, the best way to make sure your equipment works properly and provides the necessary treatment is to get your disposable supplies replaced on a regular basis.

Most insurance companies allow the following replacement schedule for PAP supplies:

Monthly (after 31 days)	Paper filters Soft cushions Nasal pillows
Every 3 months (after 93 days)	Mask or nasal device Six-foot tubing
	Headgear

Every 6 months (after 186 days)	Chin strap Humidifier canister Foam filters
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- **Our New and Improved Patient Portal**

If you're interested in accessing your health information online through the portal, request that an invitation be sent to your email address.

- **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.

- **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.

Sent by **Texas Pulmonary & Critical Care Consultants, PA**
Texas Pulmonary Sleep Center
Sleep Consultants, Inc.

Comprehensive care of pulmonary diseases and sleep disorders

North Arlington
(817) 461-0201

*Medical District (Cooper)
(817) 336-5864

*Southwest Fort Worth
(817) 263-5864

South Arlington
(817) 465-5881

Medical District (Fairmount)
(817) 335-5288

Mansfield
(817) 617-4225

Bedford
(817) 354-9545

North Richland Hills
(817) 284-4343

Sleep Consultants Sleep Lab
(817) 617-4100

*TPSC Arlington Sleep Lab
(817) 461-8772

*TPSC Hurst Sleep Lab
(817) 393-8772

*DME Locations

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