

We present our third edition of the TPCCC Newsletter! We hope you find it useful and informative. Also stay tuned to our web site for interim news and updates.



Texas Pulmonary & Critical Care Consultants, PA

3rd Quarter
2017

Physician Spotlight



Dr. Vikas Goyal joined the TPCCC family in November, 2016. He completed his Critical Care Fellowship training at Virginia Commonwealth University Health Sciences in Richmond, Virginia. He sees patients in our Cooper Street office.



Dr. Steven Kim joined the TPCCC family in August, 2016. He completed his Pulmonary and Critical Care Fellowship training at Rutgers University Hospital – New Jersey Medical School in Newark, New Jersey. He sees patients in our Cooper Street 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.

**** We're in the planning process and would like your input: Would you prefer a weeknight (6-7pm) or a Saturday morning (9-10am) meeting? Let us know your preference when you indicate your interest using the link above. ****

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](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>

It's Flu shot time again

Most insurance plans cover the flu shot as a preventive service, so there is little to no cost to you. Please call the office to make a quick appointment or ask the staff for the flu shot at your upcoming appointment. We reserve the flu vaccine to be administered to our current patients only.

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the top three or four flu viruses that research indicates will cause the most illness during the flu season. People should begin getting vaccinated soon after flu vaccine



becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.

In addition to getting vaccinated, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

Don't forget the Pneumonia vaccination

Revaccination is recommended if you had the vaccine five or more years ago and were under age 65 at that time. You may call the office to schedule a quick appointment, or remind the staff at your next appointment.

There are two pneumococcal pneumonia vaccines which may be recommended for you, depending on your previous vaccination.

Please consult the following table. This is shortened and simplified. Several other types of patients also benefit from these vaccines, including people with a history of meningitis, cochlear implants, and a few other more rare conditions.

| VACCINE | PPSV23 "Pneumovax" | PCV13 "Prevnar" |
|-------------------|--|--|
| DESCRIPTION | Pneumococcal polysaccharide vaccine 23-valent. | Pneumococcal conjugate vaccine 13-valent. |
| WHO SHOULD GET IT | Everyone at age 65. Anyone who is a smoker, has lung or heart disease, on immunosuppression, or missing a spleen. | Everyone at age 65. Anyone missing a spleen or on immunosuppression. |
| WHEN | Eight weeks after the PCV13. Repeat at age 65 or later if you got it before age 65. Allow a five-year interval between vaccinations. | At age 65, one year after the PPSV23. |

It is also important to get an influenza vaccine every year because having the flu increases your chances of getting pneumococcal disease.



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.

If you need supplies, and are eligible according to the schedule below, don't wait until the end of the year! Call one of our DME offices to request a re-supply and use your insurance benefits before your deductible resets. *See our list of DME locations at the bottom of this email.

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 |
| Every 6 months (after 186 days) | Headgear Chin strap Humidifier canister Foam filters |

- **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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