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

4th Quarter 2023

IN THE NEWS

In the News

Our own [Dr. Guda](#) was recently interviewed by NBC DFW News for his involvement in another bronchoscopic lung volume reduction (BLVR) success story. As mentioned in our [2nd quarter newsletter](#), this is a new treatment option for patients with severe COPD/emphysema. We are so very proud of our teams and grateful to be in a community where advances like these are available to make your lives better.

For more on this story and others, see our website: www.TexasPulmonary.com. If you'd like to share your success story, drop us a line at newsletter@texaspulmonary.com.

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Happy Holidays

Just a reminder that in the event of inclement weather, our offices follow area school district closings. If our office will be closed for any other reason, we will do our best to provide advance notice to those with a scheduled appointment. Notifications are automated and are sent via voice call, text, and/or email.

Happy Holidays and warm wishes from our family to yours. Hold those loved ones tight and enjoy making and sharing memories together during the holidays and always. We'll see you next year!

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Dr. Luis Guerra Retirement

We express our heartfelt admiration and gratitude to Dr. Luis Guerra who, after an illustrious 35-year career in medicine, retired on December 6th. His dedication, compassion, and unwavering commitment to the well-being of his patients is immeasurable and his legacy as a physician will undoubtedly endure.

We thank Dr. Guerra for his decades of service, healing, and the positive impact he has had on countless lives. We wish him fair winds, smooth seas, and a retirement as rewarding as his remarkable career.

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Welcome Our New Providers!

We gladly welcome **Dr. Muhammad Hasham Sarwar** to our Fairmount office. Dr. Sarwar was born and raised in Pakistan and has called Texas home since moving to the United States. He completed his Residency and Fellowship in Lubbock at Texas Tech University.

He has keen interest in management of Asthma, COPD, Pleural Effusion, Bronchiectasis, Chronic Cough and Diagnosis of Lung cancer. He is also on staff at TCU Burnett School of Medicine as Assistant Professor and teaches medical students and residents.



Dr. Sarwar joined the Texas Pulmonary & Critical Care Consultants family in August 2023. He is married with two children. In his spare time, he likes to play soccer, travel, and hike.



Kimberly Grady, AGACNP, brings her expertise to the mix in our Fairmount office. She was born and raised in Oklahoma, the youngest of three children. She received her Bachelor of Science in Nursing from Southwestern Adventist University in 2016. She worked as an Intensive Care Unit nurse for seven years and during this time went on to get her Master of Science in Nursing from The University of Texas at Arlington. She is a certified Adult-Gerontology Acute Care Nurse Practitioner. In her free time, she enjoys traveling and scuba diving with her husband, photography, and taking care of her two corgi dogs.

We have also added valuable clinicians to our hospital-based team with **John Deetjen, PA**, and **Pedro Mendoza, DNP, AGACNP**. John earned his Masters of Physician Assistant Studies from The University of North Texas Health Science Center and is board certified by the National Commission on Certification of Physician Assistants. He also holds his Bachelors of Business Administration from Texas State University.

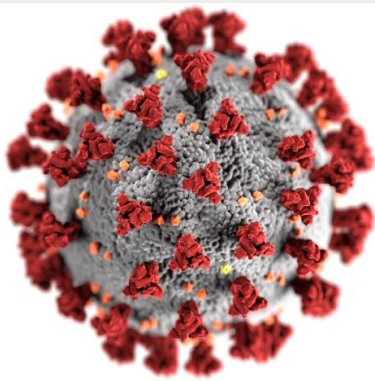
Prior to attending graduate school, John spent his early career in Austin and Houston where he worked for a nationally recognized medical startup company. When not at work John enjoys spending time with his family, serving at his local church, exploring state parks, and mountain biking.



Pedro received his Bachelor of Science in Nursing degree from the University of Texas at El Paso and his Master of Science in Nursing from Texas Tech University Health Sciences Center. He went on to achieve his Doctor of Nursing Practice from the University of Texas at El Paso. He is board certified as both an Adult Gerontology Acute Care Nurse Practitioner and a Family Nurse Practitioner.

We are very happy to have such great practitioners contributing their skill and knowledge to the team, and providing excellent care for our patients.

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COVID-19... Yes, it's STILL here

Yes, we are still dealing with COVID-19. Will it ever go away? Short answer, not likely. It, along with its family members the common cold and influenza, will mutate over time, requiring us to be ever-vigilant in preventing its spread.

If you're feeling under the weather and have an at-home COVID-19 test, here are steps to take if you test positive:

Taking Care of Yourself at Home

- **Contact your healthcare provider.** Tell them you tested positive for COVID-19 and are home recovering. Based on your underlying health and symptoms you may warrant and benefit from additional [treatment](#) that works best when started early.
- **Take it easy.** Rest up and stay hydrated. Over-the-counter medications can help manage symptoms.
- **Monitor your symptoms.** Report worsening symptoms to your healthcare provider. If your symptoms progress to severe illness, call 911 and notify the responder that you have COVID-19 and are experiencing emergency warning signs:
 - Difficulty breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, gray, or blue-colored skin, lips, or nail beds

Stopping the Spread of COVID-19 to Others

If you tested positive for COVID-19 or have symptoms, regardless of vaccination status, you should stay home and isolate for five days.

- **Stay home unless you need medical care.** Don't go to work or school and avoid public places like stores.
- **Isolate from others.** In other words, if you live with other people try to keep your distance by staying in one room and using a separate bathroom if you are able. Don't share hand towels, cups or utensils.
- **Wear a mask.** If you need to be around other people within your home or when seeking medical care, wear a high-quality mask.
- **Wash your hands.** After you cough or sneeze, and before you touch shared objects like door handles, make sure to wash your hands with soap and water.
- **Call your close contacts.** Letting others who could have been exposed to COVID-19 know that you are sick allows them the opportunity to watch for symptoms and get tested.

Returning to Usual Activities

- Discontinuing home isolation
 - **With mild or moderate disease.** If after five full days – with day 0 being the first day of your symptoms - you are fever-free for 24 hours (without using fever-reducing medications) and your symptoms are improving you can end isolation.
 - **With severe disease.** You should isolate yourself for at least ten days and consult your healthcare provider before ending isolation.
- **Take additional precautions until day 10.** You should wear a well-fitting mask any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask, such as a restaurant. Avoid travel and being around others who are at high risk for COVID-19.
- **If your symptoms return** after you have ended isolation, or if they worsen, restart your isolation at day 0, and talk with your healthcare provider about your symptoms and when to end isolation.

From American Lung Association: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/covid-19/covid-19-testing/if-you-test-covid-positive-steps>



Stay Warm, Stay Safe

If you're gathering around the fireplace this year, make sure the area is well-ventilated. This is important especially for our patients with asthma, COPD, and other respiratory problems, but wood smoke can also cause respiratory symptoms even in healthy adults.

A few safety tips:

- Keep anything that can burn at least 3 feet from your fireplace or wood stove.
- Do not burn paper in your fireplace or wood stove. Use kiln-dried or dry, fresh wood.
- Put the fire out before you go to sleep or leave your home.
- Have your chimney inspected and cleaned each year by a professional.
- Put ashes in a metal container with a lid. Place the container outside at least 10 feet from your home.
- Keep a glass or metal screen in front of your fireplace to prevent embers or sparks from jumping out.
- Make sure fireplace "on" switches and remote controls are out of the reach of children.
- Double check that the flue is open.
- Ensure your carbon monoxide detectors function.
- Use a high-quality grate or fireplace andirons.
- Place a large log at the front when fire-building.
- Invest in fireplace tools and firefighter gloves.
- Have a fire extinguisher nearby and readily accessible.
- Keep small children away from fireplaces.

From the US Fire Administration:

https://www.usfa.fema.gov/downloads/pdf/publications/fireplace_woodstove_safety_card.pdf

and Family Handyman: <https://www.familyhandyman.com/article/indoor-fireplace-safety/>

If a space heater is necessary for some added warmth, check out these reminders:

- Make sure your space heater has the label showing that it is listed by a recognized testing laboratory.
- Before using any space heater, read the manufacturer's instructions and warning labels carefully.
- Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.
- Never leave a space heater unattended. Turn it off when you're leaving a room or going to sleep, and don't let pets or children play too close to a space heater.
- Space heaters are only meant to provide supplemental heat and should never be used to warm bedding, cook food, dry clothing or thaw pipes.
- Install smoke alarms on every floor of your home and outside all sleeping areas and test them once a month.
- Proper placement of space heaters is critical. Heaters must be kept at least three feet away from anything that can burn, including papers, clothing and rugs.
- Locate space heaters out of high traffic areas and doorways where they may pose a tripping hazard.
- Plug space heaters directly into a wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire. Do not plug any other electrical devices into the same outlet as the heater.
- Place space heaters on level, flat surfaces. Never place heaters on cabinets, tables, furniture, or carpet, which can overheat and start a fire.
- Always unplug and safely store the heater when it is not in use.

From Electrical Safety Foundation: <https://www.esfi.org/space-heater-safety-tips->



Patient Portal

Our Patient Portal is www.MyHealthRecord.com. If you haven't signed up for access to your health record, you can send an email to portalsupport@texaspulmonary.com with your name and date of birth, or call the office to have an invitation emailed to you.

If you're already registered, security on the Patient Portal may have changed since you last logged on. You may be required to validate your email address, enter a PIN, and set a longer password. Here are some tips that might make that process a little less frustrating:

- Don't navigate away from the patient portal site to check your email for the PIN. Open another browser tab or window if you need to check web-based email, or check email on another device so you can return to the portal site to enter the PIN.
- If you have requested multiple PINs make sure you are looking at the most recent PIN sent. Some email vendors group emails as a "conversation" so you may need to scroll down to see the most recent email in that conversation.
- You'll need a 14-character password. The password does not need to contain special characters or numbers.

Our previous [Patient Portal Tips and Tricks](#) are now in one collection available on our web site.

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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/>

Pulmonary Fibrosis Support Group of the Midcities (Bedford, Texas)

Texas Health Harris Methodist H-E-B Hospital
1600 Hospital Parkway
Bedford, Texas 76022

Group Meets: Contact Esther for meeting dates and times at (817) 848-4294 or esthercastilleja@texashealth.org

Pulmonary Fibrosis Warriors of North Texas

The group meets the 2nd Saturday of each month from 10-12 at either Baylor, Scott and White Hospital or UT Southwestern. Please visit pfwarrior.com for more information.

Contact: Heather Kagel
heatherkagel@yahoo.com
214.497.5597

Our favorite tobacco cessation resources:

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

Live Tobacco Free Tarrant County,
presented by Tarrant County Public
Health and the American Lung

"Hard to Break" smoking cessation support group.

Contact person: Jana Grimsley, RN
817-288-9799 or
jana.grimsley@moncrief.com

Online and in-person support groups:
<http://nicotine-anonymous.org>.

Association.

4-week classes available at multiple locations.

<http://livetobaccofreetc.com>

1-844-976-6537 or email

smokefree@tarrantcounty.com

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- **Missed a Newsletter?**

Past issues of our newsletter are available on our website at www.TexasPulmonary.com/newsletters.php. The link is visible on the Patient Information page.

- **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**
Sleep Consultants, Inc.

Comprehensive care of pulmonary diseases and sleep disorders

North Arlington
(817) 461-0201

Fort Worth Medical District
(817) 335-5288

Oak Park/Hulen Area
(817) 332-7433

Sleep Consultants Sleep Lab
(817) 617-4100