

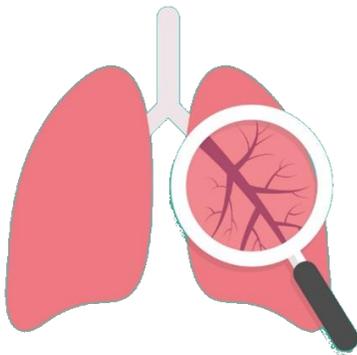
## In this Edition:

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

3rd Quarter 2019



### **Outbreak of Lung Disease Associated with E-Cigarette Use, or Vaping**

*CDC, the U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating a multistate outbreak of lung disease associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use.*

#### Key Facts about E-Cigarette Use, or Vaping

- Electronic cigarettes – or e-cigarettes — are also called vapes, e-hookahs, vape pens, and electronic nicotine delivery systems (ENDS).
- Using an e-cigarette product is commonly called vaping.
- E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.
- The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives.

#### What we know

- There are 380\* cases of lung illness reported from 36 states and 1 U.S. territory. Six deaths have been reported from 6 states.
- All reported cases have a history of e-cigarette product use or vaping.
- Most patients have reported a history of using e-cigarette products containing THC. Many patients have reported using THC and nicotine. Some have reported the use of e-cigarette products containing only nicotine.

#### What we don't know

- We do not yet know the specific cause of these illnesses. The investigation has not identified any specific e-cigarette or vaping product (devices, liquids, refill pods, and/or cartridges) or substance that is linked to all cases.

#### What CDC recommends

- CDC has released interim recommendations for healthcare providers, health departments, and the public.
- Until we know more, if you are concerned about these specific health risks, CDC recommends that you consider refraining from using e-cigarette or vaping products.
- If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes.
- If you have recently used an e-cigarette or vaping product and you have symptoms like those reported in this outbreak see a healthcare provider.
- Regardless of the ongoing investigation:

- Anyone who uses an e-cigarette or vaping product should not buy these products (e.g., e-cigarette or vaping products with THC, other cannabinoids) off the street, and should not modify or add any substances to these products that are not intended by the manufacturer.
- [Youth and young adults should not use e-cigarette products.](#)
- [Women who are pregnant should not use e-cigarette products.](#)
- Adults who do not currently use tobacco products should not start using e-cigarette products.

#### Latest Outbreak Information on Lung Disease Associated with Electronic Cigarettes

- As of September 11, 2019 at 5pm, 380\* cases of lung illness associated with the use of e-cigarette products have been reported to CDC from the following states and 1 U.S. territory: AR, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MD, MI, MN, NC, ND, NE, NJ, NM, NV, NY, OH, OR, SC, SD, TN, TX, UT, VA, WA, WI, WV, and USVI. These numbers may change frequently.
- Six deaths have been confirmed in California, Illinois, Indiana, Kansas, Minnesota, and Oregon.
- CDC worked with states to create a [case definition](#) to classify confirmed and probable cases in a consistent way. State investigators determine if cases are confirmed or probable after examining the medical records of suspected cases and consulting with the clinical care team to exclude other possible causes of illness. Unlike nationally reportable conditions, these cases are requiring clinicians and public health professionals to interview patients to determine product use and individual behaviors.
- CDC will report numbers of confirmed and probable cases once states have finalized their classification of cases.
- States are in the process of classifying cases. We expect that states and clinicians may look back for older cases based on CDC's case definition.
- All patients have a reported history of e-cigarette product use, and no consistent evidence of an infectious cause has been discovered. Therefore, the suspected cause is a chemical exposure.
- Most patients have reported a history of using e-cigarette products containing THC. Many patients have reported using THC and nicotine. Some have reported the use of e-cigarette products containing only nicotine.
- No consistent e-cigarette or vaping product, substance, or additive has been identified in all cases, nor has any one product or substance been conclusively linked to lung disease in patients.
- Initial published reports from the investigation point to clinical similarities among cases. Patients reported a history of e-cigarette use and had similar symptoms and clinical findings. These align with the [CDC health advisory](#) released August 30, 2019.
- These investigations are ongoing. CDC will provide updates when more information is available.

\*The previous case count was higher because it reported **possible** cases that were **under investigation** by states. The current number includes only confirmed and probable cases reported by states to CDC after [classification](#).

Source: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)  
 Posted September 12, 2019 at 6:15pm ET

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### 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.

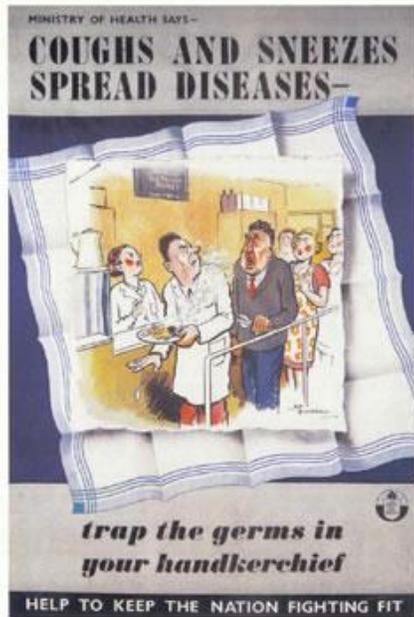
There are two pneumococcal pneumonia vaccines which may be recommended for you, depending on your previous vaccination.

*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.

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*This vintage British poster from World War II shows that coughing and sneezing has long been a public health concern. Today, we know that handkerchiefs aren't always the best way to handle coughing and sneezing! For modern methods, read the text at right.*

### Prevention is Key

In addition to the flu shot and pneumococcal vaccines, you can help prevent the spread of illness and disease with proper hygiene practices. A critical time to practice good hygiene etiquette is when you are sick, especially when coughing or sneezing. Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by:

- Coughing or sneezing
- Unclean hands
  - Touching your face after touching contaminated objects
  - Touching objects after contaminating your hands

To help stop the spread of germs:

- [Cover your mouth and nose](#) with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Remember to [wash your hands](#) after coughing or sneezing:

- Wash with soap and water, or
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Cough etiquette is especially important for infection control measures in healthcare settings, such as emergency departments, doctor's offices, and clinics. More information on respiratory hygiene and cough etiquette in healthcare settings may be found on CDC's [seasonal flu](#) pages.

One final practice that helps prevent the spread of respiratory disease is avoiding close contact with people who are sick. If you are ill, you should try to distance yourself from others so you do not spread your germs. Distancing includes staying home from work or school when possible.

For more information on stopping the spread of germs, please visit CDC's [Good Health Habits for Preventing Seasonal Flu](#) pages.

Source: [https://www.cdc.gov/healthywater/hygiene/etiquette/coughing\\_sneezing.html](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)

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### Insurance Cards

Medicare patients can only use the old card and Medicare Number to get health care services until December 31, 2019. You can always print your official new Medicare card and find your new Medicare Beneficiary Identifier (MBI) with your [MyMedicare.gov](http://MyMedicare.gov) account or by calling 1-800-MEDICARE (1-800-633-4227).

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### Patient Portal

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. The initial registration should be completed on a desktop computer or laptop (not a smart phone or tablet). After you're registered, you may view the portal using the web browser on most any internet-enabled device.

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](mailto: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](http://pfwarrior.com) for more information.

Contact: Heather Kagel  
[heatherkagel@yahoo.com](mailto:heatherkagel@yahoo.com)  
214.497.5597

***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)

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- **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*

North Arlington  
(817) 461-0201

Hurst  
(817) 284-4343 or (817) 393-8772

Oak Park/Hulen Area  
(817) 332-7433 or (817) 617-4100

South Arlington  
(817) 465-5881

Fort Worth Medical District  
(817) 335-5288 or (817) 336-5864

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

Mansfield  
(817) 617-4225

**\*Sleep Consultants Sleep Lab**  
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**\*TPSC Arlington Sleep Lab**  
(817) 461-8772

**\*TPSC Hurst Sleep Lab**  
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**\*DME Locations**