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

2nd Quarter 2018



Image Source: <https://nation.com.pk/14-May-2017/tobacco-use-killing-at-least-300-every-day>
The Nation

Quitting Tobacco Use

It is known that using tobacco in any form, whether it's pipe, cigar, smokeless tobacco or cigarette, adversely affects your health. Rather than present you with shocking pictures of cancers and other diseases related to tobacco use, we've included our favorite support resources available in the community to help you quit using tobacco. Of course, your doctor is an excellent resource for medical therapy and advice, but sometimes you need an extra hand.

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
moncrifevents@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

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Preventive Care

Haven't seen your primary physician in a while? As we age, it becomes more important to have those regular screening tests and examinations. Don't let costs get in the way of maintaining your good health. Most health plans cover a set of preventive services – like shots and screening tests – at no cost to you. Check with your insurance company or doctor's office.

Also: <https://www.healthcare.gov/preventive-care-adults/>

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Air Quality

Our patients with respiratory issues should pay close attention to the Air Quality Index to avoid potential triggers. Usually reported on TV news stations and on local radio, the AQI reports how clean or polluted our air is on a given day and the health effects you may experience within a few hours or days after breathing polluted air.

| Air Quality Index (AQI) Values | Levels of Health Concern | Colors |
|--------------------------------|--------------------------|--------|
|--------------------------------|--------------------------|--------|

| <i>When the AQI is in this range:</i> | <i>..air quality conditions are:</i> | <i>...as symbolized by this color:</i> |
|---------------------------------------|--------------------------------------|----------------------------------------|
| 0 to 50 | Good | Green |
| 51 to 100 | Moderate | Yellow |
| 101 to 150 | Unhealthy for Sensitive Groups | Orange |
| 151 to 200 | Unhealthy | Red |
| 201 to 300 | Very Unhealthy | Purple |
| 301 to 500 | Hazardous | Maroon |

You can check the daily report for the Dallas/Fort Worth area from your computer or smart phone using this link:

https://airnow.gov/index.cfm?action=airnow.local_city&cityid=234

Apps are also available for download for your smart phone.

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Meet our Advanced Practice Providers

Continuing the introductions of our wonderful Advanced Practice Providers, in this edition we have Sherry Ferrell, who has been with Texas Pulmonary since 2010. She received her master's degree in Nursing from The University of Texas at Arlington. She sees patients in our Southwest Fort Worth office.



Amy Bird has been with us since 2011. After completing nursing school she was first a staff nurse and then a charge nurse in the same emergency department at Harris Downtown. While working as an ER nurse, Amy returned to the University of Texas at Arlington where she completed her Master of Science in Nursing, and graduated with *Cum Laude Honors*. As part of her master's program she published, "Detecting and Treating Sepsis in the Emergency Department" in the Journal of Emergency Nursing. During her education she was recognized more than once for clinical excellence. Following completion of her master's degree, Amy first worked with a hospital internal medicine group but ultimately found her home with Texas Pulmonary. She is part of the inpatient advanced practice provider team where she assists the Texas Pulmonary physicians with their

hospitalized patients. She and her husband Coby spend their off time raising their three children.

Rounding out our second group of introductions is Angela Naser-Duong. Angela joined our group in 2013. She also received her master's degree in Nursing at The University of Texas at Arlington. She sees patients at our Southwest Fort Worth office, as well as patients hospitalized at Texas Health Hospital Southwest Fort Worth, Kindred Hospital of Tarrant County, and LifeCare Hospitals of Fort Worth.



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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 or call the office to have an invitation emailed to you.

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

- The first page you see after logging in is a Summary of your care to date. Use the Blue Button in the upper right to download your data for your records, or click the Send Health Record to send your information to another provider. (We suggest you always use a secure means to send your protected health information).
- You can request a refill of your medications from the [Medications](#) page. Click on the green Request Medication Refill button to select current medications or add one not listed.

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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. **We have added two more studies** for which we are enrolling qualified patients:

- If you have COPD, are between the ages of 18 and 80, have been prescribed double or triple therapies (Spiriva/Symbicort/Advair/Albuterol) in the past 12 months, you may qualify for participation in the "Pearl COPD" study.
- 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 over 40 years old and currently use Spiriva.

Compensation for participation varies. If you're interested and think you qualify, please call Marcia (817-332-5599) or Julie (817-235-6296) or email

research@texaspulmonary.com, or complete the form on our web site:
<http://www.texaspulmonary.com/interested-in-research.php>.



Dallas Location

Our Dallas location has moved. The new address is:

8220 Walnut Hill Lane, Suite 500

Dallas, TX 75231

Dr. Su and Dr. Mims see patients in Dallas about two Wednesdays a month.

Appointments can be made by calling our North Arlington location at (817) 461-0201.



Durable Medical Equipment

We are happy to offer durable medical equipment to our non-Medicare patients who have been prescribed therapy for their sleep disorder. Supplies can be auto-dispensed and shipped to you or held for you to pick up from one of our four DME locations. *Remember that payment for supplies and any shipping cost is due at the time of service.*

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 |



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

- **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.

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

***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

Dallas
(817) 461-0201

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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