



Texas Pulmonary & Critical Care Consultants, PA

4th Quarter
2017

Physician Spotlight



Dr. Edward Mims joined the TPCCC family in October of this year. He went to college in College Station, medical school in Galveston and is originally from the San Antonio area. He is board eligible in pulmonary and critical care medicine and has expertise in endobronchial ultrasound and other advanced pulmonary procedures. In addition, he has completed his fellowship at the University of San Diego which is generally considered to be the world's preeminent center in pulmonary hypertension. He sees patients in our North Arlington and Dallas offices.

Insurance Cards

The new year is just around the corner! Please bring a copy of your insurance card(s) to your visit so we may update our records.

IMPORTANT: Medicare will issue new insurance cards for all Medicare subscribers by April 2019. The new card will replace the Social Security Number-based identification number with a "Medicare Beneficiary Identifier (MBI)".



New Office Location

We now have an office in Dallas! Dr. Sean Jones-Quaidoo, a spine surgeon, has been very gracious to allow us to occupy his office space on Wednesdays.

Our providers who currently see patients at this location are Drs. Tony Su, Edward Mims, and nurse practitioner Kristina Creech.

The address is:

7557 Rambler Road, Suite 730

Dallas, TX 75231
Phone (817) 461-0201

Advanced Practice Providers

We have several Advanced Practice Providers (Nurse Practitioners) available in the office to assist in the delivery of pulmonary and sleep medical care. While the advanced practice providers are not physicians, they have received advanced education and training (Masters or Doctorate in nursing and board certification).



Each can diagnose, treat, and monitor common acute and chronic diseases as well as provide health maintenance care. They are also available for sick visits should the need arise.

Patient Support



We have had to delay our first quarterly **Sleep Support Group** meeting. We hope to have details for you in January.

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>

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.

- **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	Dallas (817) 461-0201	*Southwest Fort Worth (817) 263-5864
South Arlington (817) 465-5881	*Medical District (Cooper) (817) 336-5864	Mansfield (817) 617-4225
Bedford (817) 354-9545	Medical District (Fairmount) (817) 335-5288	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