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

1st Quarter 2018



Prescription Assistance

We know how expensive medication can be, and for those of you who take many medications, cost is a major factor in your healthcare. There are pharmaceutical companies and third-party programs who offer a helping hand so patients can obtain the medications they need. We have a list of programs on our web site here: <http://www.texaspulmonary.com/prescription-assistance.php>. This is not an exhaustive list so if you don't see assistance for a particular medication you need, sometimes an internet search for the medication will include links to specific assistance programs.



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. Below are current clinical trials 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.

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>.



Meet our Advanced Practice Providers

We'll be introducing you to all our APPs over the next few newsletters. In this edition, we present Sandy Knaur, who has been with Texas Pulmonary since 1988. She received her Master's degree in Nursing at the University of Texas at Arlington. She sees patients in our Cooper Street office in Fort Worth.





Cynthia (Cyndy) Roger joined our group in 2007. She was born in California and moved to Texas in 1997. She worked as a nurse at Harris Methodist Fort Worth on Harris 6 and then MSICU. She received her Master's degree in Nursing at the University of Texas at Arlington. She sees patients at our Cooper Street and Fairmount Avenue offices and also in the Cook Children's Adult Cystic Fibrosis Clinic.

Rounding out this first group of introductions is Kathryn (Corinne) Moreland, who has been with us off and on since 2011. She also received her Master's degree in Nursing at the University of Texas at Arlington. She sees patients in our North Richland Hills office.



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:

- View your upcoming appointments using the [My Appointments](#) link. You can also request an appointment.
- Update your demographic information or insurance information using the [My Profile](#) link.
- Probably the most-used feature of the portal is the [My Messages](#) link. This is where you can send messages to our office – medical or general questions, insurance questions, or request your medical record.

Insurance Cards



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)".



Flu Season

The Centers for Disease Control (CDC) says that while nationally there are signs that flu activity is easing up in the west, we are not yet out of the woods this flu season. Remember that young children, people 65 and older, pregnant women, and people with heart or lung disease have a particularly hard time with the flu. Frequently wash your hands and cover your mouth (not with your bare hand) when you cough or sneeze to reduce spreading infections. Flu vaccine is still available in the community and it is not too late to immunize!



Patient Support

Support is 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>

- **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!

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**