



THE PULSE



GRANVILLE PIKE FAMILY PHYSICIANS QUARTERLY PATIENT NEWSLETTER

VOLUME 4: SEPT 2018



WELCOME DR. KAUR!

Granville Pike Family Physicians is pleased to welcome Anupreet Kaur, M.D. to our practice! She will begin seeing patients in the office mid-December. Dr. Kaur is a family practice physician coming to us from a practice in Circleville, OH. She has special interest in gynecology, geriatrics, and wound care. Our staff is scheduling appointments for new patients now! If you know of someone seeking a new physician, please refer them to our office to schedule.

ALERT

PATIENT SERVICES

ALERT

It's time for your Flu Shot!

Our office provides flu shots on a walk-in basis, or during your regularly scheduled appointment. Patients can walk in from 7:00 AM – 5:00 PM to receive the flu shot by lab staff, no appointment necessary! Patients that walk in for flu shots during afternoon times can usually get in and out in a matter of minutes. We offer high dose (for patients ages 65 and over), regular, and pediatric flu vaccines. Be sure to get your flu shot today!

Bring your Prescription Cards to your appointment!

You may have noticed our receptionists now ask if you have a separate prescription coverage, and will scan your card into your record. Why do we need prescription cards? If your doctor prescribes a medication that needs authorization, the pharmacy will not fill the medication until our office contacts your insurance company to provide clinical information. Once authorization is obtained by our staff, we contact the pharmacy and your medication can be filled. By having your coverage information on file, we prevent additional delays that could occur in filling your prescriptions.





RECIPE CORNER

This edition's recipe was provided by DHS Group, The HealthSentinel August 2018 edition

Edamame Salad with Orange Balsamic Dressing

Serves 4

Ingredients:

- 1 1/2 cups shelled edamame (green soybeans)
- 2 Tbsp. dijon mustard (low sodium)
- 3 Tbsp. balsamic vinegar (divided)
- 15.5 oz. canned, no salt added navy beans (rinsed, drained)
- 2 oz. mixed salad greens, torn into bite size pieces (2 cups)
- 1/4 cup medium cucumber (sliced crosswise)
- 1/4 cup shredded carrots
- 1/4 cup sliced radishes
- 1 medium tomato (diced)
- 1 tsp. olive oil (extra virgin)
- 1/4 cup fresh orange juice
- 1/4 tsp. pepper

Directions:

1. Prepare the edamame using the package directions, omitting the salt. Meanwhile, in a small bowl, whisk together the orange juice, mustard, two tablespoons of vinegar, oil and pepper. Set aside.
2. In a medium bowl, stir together the edamame, navy beans, salt and remaining 1 tablespoon of vinegar. Let stand for 10 minutes at room temperature or cover and refrigerate until needed, up to five days.
3. At serving time, put the salad greens on plates. Top, in order, with the cucumber, tomato, carrot, radishes, and bean mixture. Pour the dressing over all.

Nutrition Facts	
Four servings per container	
Serving size	1/4 of the Salad
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 117mg	10%
Iron 3mg	15%
Potassium 589mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	