



THE PULSE



GRANVILLE PIKE FAMILY PHYSICIANS QUARTERLY PATIENT NEWSLETTER

VOLUME 5: DEC 2018



WELCOME New Staff!

Granville Pike Family Physicians is pleased to welcome Alicia W., Sandi M., and Mallory B. to our practice! Alicia is a medical assistant working with Dr. Kaur. Sandi is a medical assistant working with several of the doctors. Mallory is our newest receptionist.



PATIENT SERVICES



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. We have had patients who have tested positive for the flu virus already this year. Do your part and get your flu shot today!

Shingles Vaccine Shortage

Shingrix is a two-series injection and has shown an efficacy rate of over 90% in the prevention of shingles. The vaccine is recommended for individuals age 50 and older. Many patients received the first dose in the two dose series, but now there is a national shortage of the vaccine. What do you do if it is time for dose number 2? The Centers for Disease Control and Prevention says patients who wait longer than six months don't have to start the series over. But they should get the second dose as soon as possible because the maximum immunity - more than 90 percent - is based on two doses. Protection stays above 85 percent for at least the first four years after vaccination, the CDC says. GlaxoSmithKline did not study how much immunity is provided by one dose. Our office is contacting patients as doses become available. We are contacting patients in chronological order from when they received the first dose. In other words, the patients who received their first dose early in the year will be offered a second dose before those who received it later in the year.

PFAC Recruitment

We are looking for patients who would like to join our Patient and Family Advisory Council to help us develop a culture of patient-centered care. By becoming involved with the Council, you will help us better meet the needs of patients and family members, improve the quality and safety of care delivered to patients, establish a partnership with patients and families to discuss problems and work together to identify solutions. If you are interested in becoming a PFAC member, please ask to speak to our PFAC Staff Champion, Ashleigh Keen, Office Manager.





RECIPE CORNER

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

SCALLOPED POTATOES

(SERVES 6, 2./3 CUP SERVING)

INGREDIENTS:

6 medium russet potatoes

1 medium yellow onion cut into thin strips

Nonstick cooking spray

¼ teaspoon salt (optional)

¼ teaspoon ground black pepper

1 cup fat-free half-and-half

½ cup shredded, reduced-fat sharp cheddar cheese, divided

Directions

Preheat oven to 400 degrees F.

Peel potatoes and slice into thin rounds.

Coat a large nonstick skillet with cooking spray and sauté onions and potatoes over medium-high heat until the onions turn clear.

Spray a pie pan or 8-inch round cake pan with cooking spray.

Place a thick layer (about half) of the potatoes and onions in the bottom of pan.

Add salt and pepper to half-and-half. Pour ½ cup of the half-and-half over the potatoes.

Sprinkle ¼ cup of the cheese on top.

Add remaining potatoes and pour ½ cup half-and-half over the potatoes and top with remaining cheese. Bake for 40 minutes or until potatoes are soft.

Nutrition Facts

6 servings per container

Serving size 2/3 Cup

Amount per serving

Calories 170

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 200mg 9%

Total Carbohydrate 31g 11%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 147mg 10%

Iron 1mg 6%

Potassium 736mg 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

