



THE PULSE



GRANVILLE PIKE FAMILY PHYSICIANS QUARTERLY PATIENT NEWSLETTER

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WELCOME New Staff!

Granville Pike Family Physicians is pleased to welcome Mary B. and Kaitlin D. to our practice. Mary and Kaitlin join our receptionist team.



Happy Retirement, Dr. Sprouse!

Dr. Sprouse has been practicing in Lancaster since 1981. He has been a member of the Fairfield Medical staff during that time. Dr. Sprouse has served as the medical staff president previously as well as serving on the FMC board and various committees during that time. Dr. Sprouse served for a year as the site representative for us to Central Ohio Primary Care. His last full time day with our practice is July 5, 2019. We wish Dr. Sprouse a very happy retirement!

The practice will welcome our new partner, Dr. Scott Hahn, July 1st to take over Dr. Sprouse's patients. For a period of time Dr. Sprouse will be around to make the transition smooth, and after that you may still see him around the office filling in for other physician's vacations etc. We are very excited to welcome Dr. Hahn!

ALERT

MEASLES OUTBREAK

ALERT

CDC has posted its latest update on 2019 measles cases in the U.S. on its [Measles Cases and Outbreaks](#) web page.

The web page shows a preliminary estimate of 1,022 cases across 28 states as of June 6. This is the greatest number of cases reported in the U.S. since 1992 and since measles was declared eliminated from the U.S. in 2000. The states that have reported cases to CDC are Arizona, California, Colorado, Connecticut, Florida, Georgia, Idaho, Illinois, Indiana, Iowa, Kentucky, Maine, Maryland, Massachusetts, Michigan, Missouri, New Mexico, Nevada, New Hampshire, New Jersey, New York, Oklahoma, Oregon, Pennsylvania, Texas, Tennessee, Virginia, and Washington. Access additional information about U.S. measles cases in 2019 on CDC's web page: www.cdc.gov.

PATIENT SERVICES

As a COPC patient, there is a wealth of services available at your fingertips! Check out our website www.copcp.com for more information. Here are just a few of the services that allow COPC to provide the Best for Primary Care!

- After Hours Support Center
- Physical Therapy
- Diagnostic Services
- Hospitalists
- Respiratory Therapy

- Cardiac Testing
- Orthopedic Urgent Care
- Extensive Care Center
- Lab Services
- Same Day Centers

- Care Coordinators
- Diabetes Management
- Fall Risk classes
- Pediatric Support Center
- Tobacco Cessation



RECIPE CORNER

This edition's recipe was provided by DHS Group, The HealthSentinel June 2019 edition

BLUEBERRY BARBECUED CHICKEN (SERVES 6)

Ingredients:

- ☐ 1/2 cup diced onion
- ☐ 1 tablespoon olive oil
- ☐ 1/4 cup ketchup
- ☐ 1/4 cup balsamic vinegar
- ☐ 2 cups of frozen blueberries (look for no sugar added varieties)
- ☐ 6 (6oz. each) boneless, skinless chicken breasts
- ☐ 1/4 cup ketchup
- ☐ 1/2 teaspoon of salt
- ☐ 1/4 cup dark brown sugar.

1. Prepare and heat grill.
2. On a stove, heat a medium saucepan to medium-high heat. Add olive oil and sauté onion for 2 minutes, or until translucent. Add blueberries, ketchup, balsamic vinegar, brown sugar and salt. Stir well. Bring to a simmer and cook, stirring occasionally, for four minutes.
3. Use an immersion blender (or transfer to a blender) to blend the sauce until smooth. Transfer ½ cup of sauce to one bowl and reserve it for serving. Transfer the remaining sauce to a second bowl for grilling.
4. Pound chicken breasts to flatten to ½-inch thickness. Place the flattened chicken breasts on a prepared grill --cooking for five minutes on one side and then turn and grill another five minutes.
5. Spread blueberry barbecue sauce evenly over chicken; grill for another minute.
6. Turn chicken and spoon larger portion of sauce evenly over other side; grill one minute longer. Chicken is cooked when the internal temperature reaches 165°F.
7. Serve with reserved 1/2 cup blueberry barbecue sauce.

Nutrition Information (serving size - 1 chicken breast): Calories: 292; Total fat: 6g; Saturated fat: 1g; Cholesterol: 94mg; Sodium: 385mg; Carbohydrates: 22g; Fiber: 1g; Sugars: 18g; Protein: 35g

