



Marita Rios, M.D.

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The Importance of a Primary Care Physician

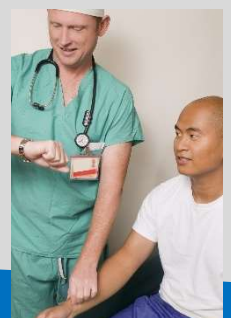
Many wonder when your insurance allows you to see any specialist you want, why have a Primary Care Physician (PCP)?

If you are healthy, why get regular checkups?

I'm reminded of the stories my father told me of his PCP growing up. This small town doctor delivered my father and named him when he didn't approve of the name my grandmother had chosen. He was the person they went to after my father and his brothers had sports injuries. He tended to my grandparents when they were sick. He was the person they always turned to for their healthcare needs. This is what a PCP, Primary Care Doctor, can do for you.

We are the Family Medicine and Internal Medicine specialists. Our purpose is to be your first stop for your healthcare needs, besides emergencies. We are here to get to know you personally and work with you for your health care goals. We are here to guide you and advocate for you.

We can help treat a wide array of illnesses, both acute and chronic. Many people frequent urgent cares or even emergency rooms because they don't have a PCP to take care of routine illnesses. We can help with that and help keep your medical bills low by guiding you to the appropriate care.





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If you are healthy, we are here to help you stay healthy. Routine health exams are important for your overall health to screen for any underlying conditions, review your family history as it pertains to your future and your health, and guide you on appropriate immunizations.

We are here to get to know you, your needs, and respect your goals regarding your health. We want you to find the right PCP for you. Someone with whom you feel comfortable and safe. It is our mission to help each one of our patients feel this way.

We are who you can turn to when you don't know where to go for your health.

My father says a prayer every time he passes the resting place of his doctor; the PCP who took care of him and even named him. Let us have this type of relationship with you. We're ready, and you deserve it.

THE IMPORTANCE OF HAVING A PRIMARY CARE DOCTOR



- 1 A PARTNER IN YOUR CARE**
Someone who knows your health care goals and history
- 2 HEALTH CARE CAPTAIN**
Someone who coordinates your care in one location
- 3 ILLNESS PREVENTION**
Someone who provides regular screenings and catches diseases early
- 4 FEWER EMERGENCY TRIPS**
Someone who keeps you healthy by offering treatment options based on your history
- 5 COMFORT & FAMILIARITY**
Someone who you feel comfortable asking questions and sharing private information

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QPIC Corner

Colon Cancer Awareness Month



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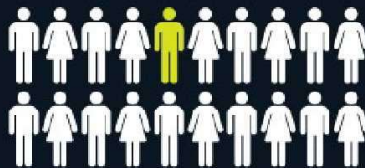


Saturday Colonoscopies

Call (210) 268-1698 or email
Gayatri.Mehta@healthtexas.org

#2

Colorectal cancer is the #2 leading cause of cancer deaths among men & women in the U.S.



One in 20 Americans will be diagnosed with colon cancer during their lifetime.



Over 75 percent of colon & rectal cancers happen to people with no known risk factors.



Over 60% of deaths from colorectal cancer could be avoided with screening.



1 in 3 adults aged 50-75 are NOT up-to-date with recommended colorectal cancer screening.



Colon cancer affects men & women equally.

qpicsa.com

Healthy Corner Recipe

Chicken Parm Stuffed Peppers

<https://www.delish.com/cooking/recipe-ideas/recipes/a51054/chicken-parm-stuffed-peppers-recipe/>

Lindsay Funston, Delish

Prep: 10 Min, Cook 1 hour 4 servings

Ingredients:

3 c. shredded mozzarella, divided
½ c. freshly grated Parmesan, plus more for serving
3 cloves garlic, minced
1 1/2c. Marinara
1 tbsp. freshly chopped parsley, plus more for garnish
Pinch of crushed red pepper flakes
Kosher salt
Freshly ground black pepper
12 oz. fresh or frozen breaded chicken, cooked according to package instructions and diced
4 bell peppers, halved and seeded
½ c. Swanson Chicken broth



Directions:

1. Preheat oven to 400°. In a large bowl, combine 2 cups mozzarella, parmesan, garlic, marinara, parsley, and red pepper flakes, and season with salt and pepper.
2. Stir until combined, then gently fold in chicken.
3. Spoon mixture into halved bell peppers and sprinkle with remaining 1 cup mozzarella.
4. Pour chicken broth into baking dish (to help the peppers steam) and cover with foil.
5. Bake until peppers are tender, 55 minutes to 1 hour.
6. Uncover and broil for 2 minutes.
7. Garnish with parsley and more parmesan before serving.

From: *Delish Cookbook, January 12, 2017*