

**DONATE
BLOOD**



SAVE LIFE

SAAGPURTO

**Michael Dominguez, MD,
FAAFP**

January 2023

National Blood Donor Month

National Blood Donor Month is an annual event celebrated in January in the United States. The purpose of this month is to recognize and honor the millions of blood donors who selflessly donate their blood to help save the lives of others. It is also a day to encourage more people to become blood donors and to raise awareness about the importance of blood donation.

Blood donation is a simple and safe process that can have a significant impact on the lives of others. Every day, blood transfusions are necessary for patients with medical conditions such as anemia, cancer, and trauma. However, blood is a limited resource, and it is important for there to be a steady supply of blood available for those in need. That's where blood donors come in. By donating blood, individuals can help ensure that there is an adequate supply of blood for those who need it.

In addition to National Blood Donor Month, the week of January 15 is also designated as Healthy Weight Week. This annual event is designed to raise awareness about the importance of maintaining a healthy weight and the many benefits that come with it.

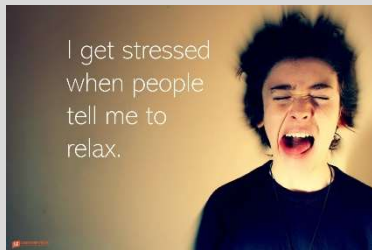
Maintaining a healthy weight is important for a number of reasons. First and foremost, being at a healthy weight can reduce the risk of developing chronic health conditions such as heart disease, diabetes, and certain cancers. In addition, maintaining a healthy weight can also improve physical health by making it easier to move around and perform everyday activities.



There are many ways to maintain a healthy weight. One of the most effective ways is through a combination of regular physical activity and a healthy diet. This means getting at least 30 minutes of moderate-intensity exercise on most days of the week, and eating a diet that is rich in fruits, vegetables, whole grains, and lean proteins.



Another important aspect of maintaining a healthy weight is managing stress. Stress can lead to unhealthy behaviors such as overeating or neglecting physical activity. To manage stress, it is important to engage in activities that promote relaxation and well-being, such as yoga, meditation, or spending time in nature.



In conclusion, National Blood Donor Month and Healthy Weight Week are both important annual events that serve to raise awareness about the importance of blood donation and maintaining a healthy weight. By participating in these events and taking steps to maintain a healthy weight and donate blood, individuals can make a positive impact on their own health and the health of others.

Schedule a Blood Drive

Call the Blood Center at 877.724.HERO (4376) or submit a request to schedule a blood drive.

<https://www.redcrossblood.org/hosting-a-blood-drive/learn-about-hosting/how-hosting-a-blood-drive-works.html>



QPIC Corner



Blood Donation Centers in San Antonio..

<https://www.redcross.org/give-blood.html>

<https://www.redcrossblood.org/give.html/find-drive>

<https://biobridgeglobal.org/donors/city-of-san-antonio-blood-drives/>

Please Join us for our Quarterly
Virtual Mental Health Series:

High Cholesterol & It's Mental Health Impact

Thursday, February 23rd, 2023

12:00 -1:00 PM or

5:00 – 6:00 PM Via Zoom



<http://bit.ly/3QjTDGp>

Article provided by:

Michael Dominguez, MD, FAAFP

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Healthy Recipe

<https://recipes.heart.org/en/recipes/white-bean-hummus-wraps-with-avocado-and-bell-pepper>

Healthy Lunch/Dinner

White Bean Hummus Wraps
with Avocado and Bell Pepper
Makes 4 servings

Ingredients:

White Bean Hummus:

15.5 ounces canned, no salt-added or low-sodium white beans
(like cannellini) (drained, rinsed)
1 tbsp. lemon juice
3 tbsps. Water
¼ tsp ground, sweet paprika
¼ tsp ground black pepper

Wrap

1 medium tomato (thinly sliced)
1 medium cucumber (thinly sliced)
1 bell pepper (seeded, thinly sliced)
1 avocado (peeled, pit removed, sliced)
4 handfuls lettuce
4 (10-inch) whole-grain, low-fat wraps



Directions:

White Bean Hummus

1. Drain and rinse the beans; add into the bowl of a food processor, along with remaining ingredients.
2. Puree until the mixture is smooth, about 1 minute

Wrap

1. Chop all the vegetables: slice the tomato, cucumber, bell pepper, and avocado
2. Spread about 1/3 cup white bean hummus over each wrap, leaving about ½-inch border around the edges.
3. Divide vegetables onto each wrap, placing over the hummus-not all the vegetables will be used.
4. Fold each side of the wrap up and then roll.
5. Cut in half, in desired. Serve wraps with any extra vegetables and dip that is leftover.

Quick Tips:

Cooking Tip: Any type of beans can be turned into hummus using the instructions above.

Keep it Healthy: When choosing lettuce, remember the darker the color of the green, the more nutrients and vitamins packed into it.

Transportation Tip: Place the wrap in foil for each and drizzle a little lemon juice over the avocado to prevent browning.

White Bean Hummus Wraps with Avocado and Bell Pepper

 Calories

345 Per
Serving

 Protein

13g Per
Serving

 Fiber

26g Per
Serving

 Cost Per
Serving

\$3.48

Recipe provided by:
American Heart Association