

Find Relief from Your Allergies!

Experience Easy Allergy Testing and Immunotherapy Treatment

Studies have shown...

Nasal allergies affect about 50 million people in the United States with as many as 30% of adults and 40% of children. Allergic conditions are the most common health issues affecting children today. Effectively treating these allergies has proven to decrease childhood asthma cases by 47%!

Patients who have taken Immunotherapy have reported

85%
desensitization



Did you know?

Customized Immunotherapy is the ONLY treatment protocol proven to alter the underlying disease process, effectively treating the disease.

About Our Allergy Program

Praxis Health conveniently offers Allergy Testing and Immunotherapy Treatment Services in our Primary Care Offices. Our allergy program is unique in that you can conveniently administer the majority of your therapy at home with **only 6 office visits scheduled per year**. Our nurse will give you all the tools and education needed to safely complete our treatment protocol, instead of going into an Allergist's office several times a week for a much longer and delayed treatment regimen.


If you are searching for relief from your allergies, let your Primary Care Provider know that you would like to be referred for allergy testing and one of our Clinical Lab Specialists will call, answer any questions you may have, and get you scheduled.



Check the
Pollen Count

Visit Our Website
Scan QR Code



 [OregonAllergyAssociates.com/
pollen-counts/](https://OregonAllergyAssociates.com/pollen-counts/)

In collaboration with





Summer Tips

For Living with Diabetes

By Tanya Fresquez, FNP | Thurston Medical Clinic – Praxis Health



Pacific Medical Group
PRAXIS HEALTH

As we enjoy our summer plans and soak in the sun, it is easy to forget how important our lifestyle and dietary choices are to our health, especially if you have diabetes. One of the best things we can do to keep ourselves feeling better is to make sure we eat a healthy, balanced diet that will keep our blood sugar (glucose), blood pressure, and cholesterol levels under control.



Here are a few tips to keep us stable (managed):

1. Choosing foods with carbs wisely

There are **healthy carbs** and unhealthy carbs – some of the healthy carb options are fruit, vegetables, dairy (unsweetened) like yogurt and milk, whole grains (oats, brown rice, buckwheat), and pulses (aka lentils, beans, chickpeas) – can anybody say Hummus to the rescue???

2. Eat less salt (sodium)

Try to limit your daily intake to **less than 4 gm per day** – the biggest things to avoid are processed or pre-packaged food as they contain a lot of salt to maintain freshness. Cooking at home and reading food labels will help you choose low salt options.

3. Eat less red (processed) meat

Try meat alternate like pulses (see above), eggs, fish, poultry (chicken or turkey), or unsalted nuts.

4. Eat more fruit and veggies

Add at least **3 colors to each meal**. Try a new fruit and vegetable everyday – try to make a game out of it like hitting every color of the rainbow each week with your choices, making it more fun.

5. Cut down on added sugar

Avoid sweetened beverages and foods, switch to a sugar alternative like stevia, sweet 'n' low, etc.

6. Limit or avoid alcohol

Alcohol is very **high in sugar and calories**. If you can't avoid it – make wiser choices such as low calorie/low sugar options, limit your intake and avoid binge drinking.

7. Get your vitamins and minerals

from your food choices such as fruits and veggies – this will **increase your intake** and your body absorbs them better from food sources rather than supplements.

8. Stay away from diet fads

So-called "diabetic foods" can sometimes have laxatives in them which will cause you to lose important electrolytes and nutrients.

9. Choose healthy fats

We need fats in our diet to give us energy but we need to make sure we are taking in the right kind of fat. Healthy fat choices include **fatty fish, nuts, avocados, olive oil, sunflower oil**, etc. Avoid the fats in red meat, processed meats, ghee, butter, lard, sweets, and savory foods like biscuits, chips, etc.

10. Stay active! This is so important!

Try to get at least **30 mins per day** of moderate intensity exercise at least **5 days per week**. If this isn't possible, try starting with 10 mins 2 to 3 times daily and work your way up – every minute helps!



New Provider Faces

We are proud to serve Portland and Vancouver, and to bring in top providers to our team. We welcome the following incoming providers.



Sarah Klimek, FNP

Pacific Medical Group
Beaverton, OR
Family Medicine



Hannah Christensen, FNP

Pacific Medical Group
Oregon City, OR
Family Medicine



We're Here For What Matters Most

Now Accepting New Patients!

Loveleen is passionate about family medicine and working with patients of all ages, in particular equipping the younger patients in our community to be proactive towards their health and preventative care. Loveleen has particular emphasis on caring for children, teenagers, and young adults.



Loveleen Brar, FNP

Services that we offer include:



Family
Medicine



Internal
Medicine



Pediatrics

Schedule an Appointment at
Our Canby Location Today!



(503) 723-4660

Pacific Medical Group - Canby



1185 S Elm St.
Canby, OR 97013



(503) 723-4660

Scan Code to Schedule



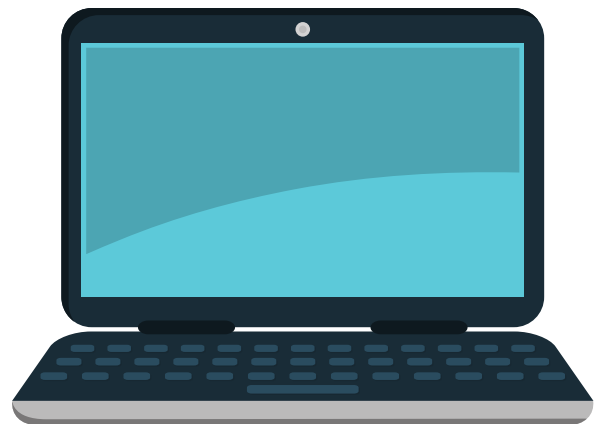


SKIP THE LINE. SCHEDULE YOUR NEXT APPOINTMENT ONLINE!

Follow these Steps

- 1 Go to our website:
PacificMedicalGroup.com
- 2 Click on our online
scheduling button

ONLINE SCHEDULING



You can also scan
the QR Code with
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