



WINTER NEWS

Steve Smith, MD is now accepting new patients at the Primary Health Medical Group [Pediatrics Clinic](#). Dr. Smith has been with Primary Health Pediatrics for a few months and continues to see new patients daily. If you know of friends or family that are looking for compassionate, quality and thorough health care for the child in their life, please have them call the Pediatrics Clinic at (208) 377-4400 to make an appointment with Dr. Smith. You can learn more about Dr. Smith, his educational background, practice interests, and personal interests on his [webpage](#).



Primary Health in the Community!

Come visit Primary Health Medical Group at the Eagle Customer Appreciation Day on Saturday, February 13th from 10am to 4pm. The annual event, sponsored by the Eagle Chamber of Commerce is held at the Eagle Church of the Nazarene (1001 W. State Street, Eagle). Stop by the Primary Health Medical Group booth to pick up some free goodies (while supplies last) and visit with some of our team members! The event is free to the public. See you there!

Join Us on Facebook

Primary Health Medical Group has just entered our second year on Facebook - can you believe it? We post a lot of information on the Facebook page FIRST: flu shot availability, new doctors, holiday clinic hours, hot health topics and more. Our Facebook page was especially beneficial the past few months when our seasonal flu vaccine came trickling in from our suppliers - Fans got first word of where and when vaccine was available. Don't miss out, [become a FAN](#) today!

February is American Heart Month

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963, the President has proclaimed February "American Heart Month". Use this month as a time to [learn the warning signs](#) for heart attack, stroke or cardiac arrest - and what to do when it happens. Or use this month to finally learn CPR. The American Red Cross chapter in Idaho has a list of classes that they offer throughout the state and any costs associated with those classes. [Find one](#) that fits your schedule today!

Family Practice Physicians Accepting New Patients

Primary Health Medical Group's Family Practice Physicians are still accepting new patients across the Treasure Valley. You can see a [list of our new physicians](#) that are accepting patients on our website. Do you have a clinic that is close to your home or work that isn't listed? Call the [clinic near you](#) to make an appointment with a provider in that clinic. And remember, you never need an appointment to visit any of our Urgent Care locations - simply walk-in!

Better-For-You Food Tweaks

Since the Groundhog has indicated we are in for six more weeks of winter, we're bound to start reaching for those "comfort foods". Kraft Food Service has a handy little chart that can help you make small changes to comfort foods, leading to big results in reducing some of the fat, cholesterol, sodium and sugar. Find the entire list on [their website](#).

Meatloaf: Use lean ground beef, turkey, chicken, or meatless ground burger. Add fresh herbs and finely chopped vegetables.

Pasta Sauces: Use less oil and butter and add extra vegetables. Serve over whole wheat pasta.

And they even have a recipe for low fat zesty shrimp and pasta with the following ingredients:

- 1/2 lb. linguine, uncooked
- 3/4 cup prepared Italian Dressing Mix for Fat Free Dressing, divided
- 2 cups sliced fresh mushrooms
- 1 small onion, thinly sliced
- 1 can (14 oz.) artichoke hearts, drained, quartered
- 1 lb. uncooked cleaned large shrimp
- 1 Tbsp. chopped fresh parsley
- 1/4 cup Grated Parmesan Cheese

Find the EASY directions [HERE!](#)