

Breaking News: Prescription drugs prices out of control!

Did you know that Americans spend more on prescription drugs than anywhere else in the world? In the U.S. patients directly pay about 13 % of prescription drug costs out of their own pockets. What's a patient to do? Check below for some great tips!

1. Know your insurance's drug formulary. Your formulary is a list of medications your insurance covers and at what tier they are covered. This can change on a yearly basis, often at the first of the year.
2. Make sure to use generic drugs whenever possible.
3. Shop around! Rx prices can vary greatly from pharmacy to pharmacy. Even in the same area!
4. Check with your provider to see if there are over the counter versions of Rx drugs. (Omeprazole for example)
5. Use mail order options with a 90 day supply when applicable.
6. Save by using GoodRx, Scriptco, Amazon, to name a few.
7. Try alternative Brand-name medications in the same class. (insulin, inhalers, etc.)

Above all...don't skip doses or stop taking medications due to cost before talking it over with your provider!

T.I.M.'s Good Eats

Looking for a quick meal to lighten things up a bit after the holidays? Tuscan Vegetable Soup could do the trick! I don't know about you, but this time of year seems perfect for a hot bowl of soup. This recipe is courtesy of Ellie Krieger from Food Network. I have made it several times and it never disappoints. It comes together quick for a busy weeknight meal and leftovers is always a welcome treat for lunch the next day. Give it a try and let us know what you think!

RECIPE COURTESY OF [ELLIE KRIEGER](#)

Tuscan Vegetable Soup

Ingredients:

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 large onion, diced (about 1 cup)
- 2 carrots, diced (about 1/2 cup)
- 2 stalks celery, diced, (about 1/2 cup)
- 1 small zucchini, diced (about 1 1/2 cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or 1/2 teaspoon dried)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional

Directions:

1. In a small bowl mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, 1/2 teaspoon of salt and 1/4 teaspoon of pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
4. Serve topped with Parmesan, if desired.

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Tualatin Internal Medicine

Pet Corner

Meet Roxy and Bandit two beautiful Great Pyrenees that like to call Dr. Glaser their own. I caught up with these two a few weeks ago hoping to get some insight into how they came to be part of the Glaser family. Roxy jumped right in with her version of the story. It seems that about 4 years ago she found herself in a rescue looking and hoping for a forever home. The Glaser's, having recently lost their beloved Labrador had decided they needed another dog to fill the void. After much discussion, the family decided to start the search, this time for a smaller dog, and definitely no puppies! After scouring the rescue sites, they noticed one dog in particular kept popping up. Roxy stated that she had her best, "pick me, pick me!" picture out there and so was hopeful. The next thing you know this family shows up to meet her and well...even though she was a bit bigger than they had planned, they couldn't resist! After settling nicely with her new family, for whatever reason, the next thing you know in comes Bandit, a puppy! Not just any puppy, a Great Pyrenees puppy! Roxy thought, "This family is nuts!" Seems several of Doc Glaser's friends had adopted from the same litter that "little" Bandit here came from and they didn't want to feel left out. So now a few times each year they all get together for a big family reunion. Sometimes they'll have 6 or 7 Pyrenees from the same family in attendance. Roxy declared that things can get a little crazy! So the next time you see Doc Glaser, ask about old Roxy and Bandit. And they ask that you do them a favor and tell him to lighten up on the shock collars a bit will ya? 😊



Odds & Ends

Membership: We got off to a great start this year and appreciate the support of a substantial majority of patients who decided to join our "club." It is becoming increasingly obvious that in order to remain a small clinic in the current healthcare climate, creative strategies needed to be considered and implemented. Thanks to one and all for your support.

New patients: While Dr. Glaser has a full practice many patients (new and existing) have had the opportunity to meet Adam Berens who began with our clinic in 2022. He is accepting new patients and is well liked by patients and staff alike. Don't hesitate to "Google" the clinic and leave a nice review if you want to support us in an easy way.

Reminders: There's still time to get your flu shot and updated COVID booster! (Check with your favorite pharmacy 😊)

Annual physicals and wellness exams: Please try to schedule these at **least** 2-3 months in advance. We schedule longer times for these appointments, limit the number of physicals per day, and they fill up fast!

Letter to the editor:

Pat is our membership coordinator and editor of the newsletter. Questions about either can be directed to pat by emailing her at pat@tualatinmed.com or calling the regular clinic number and leaving a message. (Not a privacy protected email so membership questions only by email.)

Team:

Adam Glaser, MD
Adam Berens, FNP
Anita Cintron Rivera, PA-C
Kathy – Office Manager/Billing
Jennifer – Medical Assistant
Pat – Medical Assistant/Membership
Johanne – Medical Assistant