

# MONTHLY NEWSLETTER



## PRESIDENTS MESSAGE

As we step into February, I am reminded of the heart of our profession—compassion, connection, and the unwavering commitment NPs bring to their patients and communities every single day. This month often symbolizes caring and gratitude, and I want to extend both to our members. Thank you for showing up not only for your patients, but for one another. I'm proud of the work our group continues to do, and I look forward to the growth, advocacy, and collaboration ahead in 2025. Rose G.

### IMPORTANT DATES

**Spring 2026  
Scholarship deadline:  
January 31, 2026**

**NP Meeting:  
March 12<sup>th</sup> @ 630pm  
Location: TBD**

**Gala Meeting:  
2/19 @ 6pm**



## NP ROUNDTABLE

In recognition of American Heart Month, our February roundtable will focus on cardiovascular health, risk-reduction strategies, and practical updates for managing hypertension, dyslipidemia, and heart disease in primary care. We'll also review current prevention guidelines and discuss ways to support patients in making sustainable lifestyle changes.



# CLINICAL CORNER

## CARDIOVASCULAR HEALTH & RISK REDUCTION

February is American Heart Month, a great time to refocus on evidence-based strategies that reduce cardiovascular risk in our patients. Accurate blood pressure measurement, guideline-driven lipid management, and targeted lifestyle counseling continue to be the foundation of prevention. The ASCVD Risk Calculator remains an essential tool for estimating 10-year cardiovascular risk and guiding decisions on statin therapy, aspirin use, and overall preventive care. Incorporating discussions about nutrition, physical activity, sleep, and smoking cessation can meaningfully reduce long-term risk, especially in high-risk populations. Continued attention to diabetes, CKD, and obesity management further supports heart health and improves outcomes. **Remember to wear red on Friday, 2/6 in support of National Wear Red Day and women's heart health awareness.**

Rose Goehring, FNP-C



## LEGISLATIVE UPDATE

[HB 3479](#)

[HB 3889](#)

The TNP is closely monitoring bills that threaten to restrict NP practice in Texas. A couple of bills that are noteworthy this month includes: HB 3479 which would require a physician health assessment for every med spa patient, with a physician immediately available on-site; and HB 3889 which would only allow PAs and APRNs to prescribe any type of medication for existing patients of the physician. This bill would significantly restrict access to timely, cost-effective care—particularly in rural and underserved communities. This is why our affiliation with TNP is essential. To identify bills like these early and advocate for our practices so we can continue providing the care our patients need. **Click the link to the left for more info.**



# ANCILLARY SPOTLIGHT

## COMMUNITY PARTNER SPOTLIGHT: ONSITE DIAGNOSTIC ULTRASOUND

Access to timely diagnostic imaging can make a meaningful difference in patient care. We are excited to highlight a local imaging partner offering onsite diagnostic ultrasound services to clinics in our region: Sound Diagnostics at Corpus Christi: a medical imaging company.

Providing services such as vascular ultrasounds (including carotid and extremity arterial/venous studies) as well as general ultrasound imaging (abdominal, thyroid, pelvic, and more), onsite imaging allows patients to receive needed diagnostics without the added burden of traveling to an outside facility.

This model not only improves patient convenience and satisfaction, but also supports more efficient clinical decision-making and continuity of care within the practice setting. Partnerships like these reflect innovative ways healthcare teams can enhance access while maintaining high standards of care. Reach out to Melissa Rodriguez for more info: 361-589-9711 or melissa@ccsonos.com.

## THE ROLE OF DIAGNOSTIC ULTRASOUND IN VASCULAR HEALTH

February's American Heart Month highlights the importance of early detection and prevention of cardiovascular disease. Diagnostic ultrasound plays a key role in identifying vascular conditions that may otherwise go unnoticed, including carotid artery disease and abdominal aortic aneurysms (AAA).

Carotid ultrasounds help assess plaque burden and blood flow, supporting stroke risk evaluation in patients with hypertension, diabetes, hyperlipidemia, or a history of smoking. AAA screenings offer a noninvasive method to detect aneurysms before rupture, particularly important for older adults and those with cardiovascular risk factors.

By bringing these screening tools directly into the clinical setting, onsite diagnostic ultrasound improves access, reduces delays in diagnosis, and supports proactive cardiovascular care. Incorporating vascular screening into routine practice aligns with preventive care goals and reinforces a team-based approach to heart health.

