



A Note From Dr. Leeman



Happy New Year from all of us at Dr. Leeman's office! The start of a new year is the perfect opportunity to begin tackling your deductible. Taking care of it now will ensure that your medical expenses are covered for the remainder of the year.

At Dr. Leeman's, we have in-office procedures that can give you lasting sinus pain relief and begin covering your deductible now.

[Schedule today to get back to the health you deserve.](#)

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DANIEL J. LEEMAN MD 512-572-0138 · www.drleeman.com

Schedule Today For Lasting Sinus Pain Relief

Balloon Sinuplasty can give you sinus relief all year

It's time to get the lasting sinus pain relief you deserve. Balloon Sinuplasty is a minimally invasive in-office procedure that can give you years of lasting relief.

And since it's the beginning of the year you might as well start taking care of your deductible early. Schedule today to find out if Balloon Sinuplasty is right for you.

[Learn more and schedule here](#)

Immunotherapy can treat your allergy symptoms

Your allergies don't have to run your life any longer

Allergy testing through Allergy123 at Dr. Leeman's office can test for several of Texas' leading allergens all at once. After testing, Allergy123 offers a long-term treatment plan for your allergies.

Schedule today to start your allergy symptom management with immunotherapy and Allergy123.

[Learn more and schedule here](#)

Putting off that sleep test might make things worse.

When you suffer from sleep apnea, you are more susceptible to other serious health conditions. So, there is no need to push off your sleep test any longer.

The WatchPAT™ ONE brings sleep testing to the comfort of your own home. The device allows us to help you get a sleep diagnosis without an uncomfortable sleep study at a sleep center.

DANIEL J. LEEMAN MD

WatchPAT ONE
First and Only Disposable HSAT

SPECIAL PRICE \$299



Find the cause of your snoring
Simple, Comfortable, Home Sleep Test

itamar 512-478-2273

[Snoring All Night? Learn More](#)

Hearing Loss Can Impact Your Cognitive Health

The Audiologist is your partner in cognitive health.

Hearing loss may contribute to cognitive decline.^{1,2,3,4}

Your Audiologist now offers cognitive screening. This is a personalized way to receive an overall screening of your cognitive health. Easy. Fast. Reliable.

Now available in this office!

thrive by cognive

1. Journal of the American Geriatrics Society, Longitudinal Relationship Between Hearing, Attention, and Cognitive Function in Older Americans
2. Journal of the American Geriatrics Society, Risk Factors for Cognitive Decline and Dementia, March 2008
3. Neurology, Cognitive Screening in Patients with Hearing Loss, November 2011
4. JAMA, Cognitive Function in Older Adults with Hearing Loss: A Cross-Sectional Study, August 2011

Cognive Thrive is an adjunctive tool for evaluating cognitive function. It is not a stand-alone diagnostic tool.

cognive.com

[I Need A Hearing Consultation](#)

An easy breakfast meal prep to start the year

Easy & Healthy Breakfast Burrito

Ingredients:

- 2 eggs
- 1 jalapeno, slices
- 1 tbsp cream cheese
- 1 tbsp tomato paste
- 1 garlic clove (optional)
- 1/3 cup spinach (washed)
- 1/4 avocado, large
- 1 scallion, thinly sliced
- 2 heaping tbsp mozzarella cheese
- 2 tsp olive oil
- sausage (optional)
- tortilla, large

Directions:

1. Scramble the eggs lightly in a non-stick pan.
2. Mix the tomato paste, 1 tsp olive oil, the cream cheese and garlic (optional) to form a creamy spread. Spread this over the tortilla. If desired cook a sausage as well. Tip: wipe the pan clean, so that you can use it to toast the burrito.
3. Put all the rest of the ingredients in the tortilla, except olive oil and wrap the burrito.
4. Toast on the folded side first at medium high heat with olive oil, so that the ends "seal". Do this until golden brown, flip and toast on the other side as well.
5. Transfer to a cutting board and slice carefully in the middle. Serve immediately!

*For Meal Prep - Make several and freeze. Warm up in an oven or microwave for a fresh & healthy breakfast all week

*Picture and Recipe Source - <https://www.homemademastery.com/healthy-breakfast-burrito-recipe/>

[View The Full Recipe](#)

Other Services

Check out what else we offer at Daniel J. Leeman MD



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