A Message from the Editor:

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Here at National Health Services, Inc. we meld state-of-the-art medical practices with compassion and civic spirit. For the last 30 years, since 1978, our motto and mission has been “Health for All”, which is a commitment to our patients and staff as well. NHSI strives to provide high quality medical, dental, behavioral, chiropractic, acupuncture, and educational health services that meet the unique needs of all of our patients especially those who are medically underserved including farm workers and others without financial resources.

NHSI is a non-profit organization dedicated to providing quality care to all our patients and promoting healthy communities. Our patients’ needs remain at the forefront and we will continue to improve and add new services. We continue to grow as a dedicated leader in health care services while maintaining and providing a rewarding environment for all our patients and staff as well.

This fall edition of our newsletter, “HEALTH LINK” is specifically dedicated to the health of our children.

Mona K. Dawar, PhD, MS, M.Ed
Director of Disease Management & Health Education

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**NHSI Happenings**

Our Promotions Department has been as busy as ever, participating in many community events. Since June, we have participated in the Community Action Health Fairs for the Bakersfield and Wasco areas, which have been very successful.

In August, we participated in the Arena Day in Shafter where we provided many immunizations for the upcoming school year.

We are actively involved in the Kinder Round-ups of the community in all of our service areas, providing physicals and immunizations as well as dental screenings.

We also held our 1st Annual National Health Center Week from August 11th to the 15th in all of our medical centers. We provided informational pamphlets and free blood pressure and glucose screenings. And thanks to Frito Lay and Paramount Farms for their wonderful donations, we were able to give out baked chips and pistachios to our communities.

To find out about our upcoming events or if you are interested in providing NHSI with donations, please call 661-760-1551.

In July, we participated in the Delano Philippine Weekend which was a two day event where we had a health screening booth with free blood pressure and glucose screenings. We also won 1st Place for the Best Decorated Truck. We did a great job representing NHSI in Delano!

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**Kids suffer early from secondhand smoke**

Secondhand smoke causes signs of cardiovascular damage in children, especially the very young, say researchers at an American Heart Association (AHA) meeting. The findings, which focused on children ages 2 to 14, showed that secondhand smoke caused increased markers of inflammation and signs of vascular injury, suggesting an increased risk of heart disease. The youngest children appeared to be more affected than teens.

“Toddlers are smokers by default,” says John Baur, Ph.D of Nationwide Children’s Hospital and research Institute. According to Dr. Baur, forty percent of toddlers in the study conducted had nicotine levels that in adults would suggest that they were active smokers. At least the active smoker has a filter on cigarette but the toxicity from smoke that is inhaled from the atmosphere is worse because there is no filter.

Second hand smoke causes a host of problems – including cardiovascular disease, cancer, asthma, and chronic lung disease.

**Toddlers live in a smoking “fishbowl.”**

**Smoking:**

- Causes immediate and long term increases in blood pressure
- Causes immediate and long term increases in heart rate
- Reduces cardiac output and coronary blood flow
- Reduces the amount of oxygen that reaches the body’s tissues
- Changes the properties of blood vessels and blood cells – allowing cholesterol and other fatty substances to build-up
• Contributes to higher blood pressure and increased risk of blood-clot formation

• Doubles the risk of ischemic stroke (reduced blood flow to the brain)

Quit smoking or go outside to smoke for Children’s Health

“A lot of people don’t realize that when you smoke in the house, children are continuously exposed. It is always in the house, it does not just go away,” says Dr. Devang Doshi, director of pediatric pulmonology, allergy, and immunology at Beaumont Hospital. Dr. Doshi says that his first advice to parents is to quit smoking. Failing that, he advises parents to go outside and away from the house to smoke, and to wear at least two layers of clothing. When they come back in the house, he recommends removing the top layer of clothing and washing their hands to try to limit their child’s exposure to smoke.

Children should be protected from such exposures, and the best protection is to completely avoid smoking in their presence. In addition, parents should consider the impact they have on their children as role models, and they themselves should make every effort to stop smoking for their children’s health sake.

Children and infants exposed to tobacco smoke are more likely to experience ear infections, asthma and are at higher risk for sudden death syndrome (SIDS) than the children and infants without the same exposure.

Childhood Depression

The myth of happy childhood

Do you ever find yourself wishing you could recapture the carefree days of childhood? Kids have absolutely nothing to worry about, do they? No bills to pay, bosses to answer to, or obligations to keep. They have none of the everyday stresses that we adults have. But, is childhood really a time of bliss? The truth is, childhood is far from being without stress.

Children can be faced with many difficulties that they are ill-equipped to handle emotionally: divorce, poverty, learning disabilities, abuse, and neglect just to name a few. Children by nature feel powerless against these situations and the effects can remain with them well into adulthood.

But, what if your child does not fall into any of these categories? Does this guarantee a child free from depression? The answer is no.

A very important factor in childhood depression is that it may be a biologically based illness. Children with an inherited tendency for depression will be highly susceptible to the strains caused by the need for peer acceptance. Because it is caused by an imbalance in brain chemistry, it may appear to you that there is nothing so severely wrong in your child’s life that would merit being depressed. Just as with adult depression, a child’s perception of the world may be distorted.

He may feel that he is unlovable, “stupid” or “bad” even though these things are simply not true. Further complicating matters is the fact that young children do not have labels for these feelings and can’t vocalize what it is that’s happening to them. They may not even realize that they are not normal feelings. To a child, it may seem that this is “just the way of life”.

What can you as a parent, teacher, or other concerned adult do to help? The most important thing you can do is to realize that children can become depressed just like adults and you should promptly seek out help if you see the signs of depression in a child.

Dental Hygiene: How to care for your child’s teeth

How can I best care for my child’s teeth?

Good dental hygiene habits should begin before your child’s first tooth comes in. Wiping your baby’s gums with a soft damp cloth after feedings helps to prevent the buildup of bacteria. Once your child is preschool-age, start using fluoride toothpaste. Don’t cover the brush with toothpaste; a pea sized amount is just right. Young children tend to swallow most of the toothpaste and swallowing too much fluoride toothpaste can cause permanent stains on their teeth.
Dental Hygiene: How to care for your child’s teeth (CONT’D)

What are cavities?
Cavities are holes that are formed when bacteria (germs) in your mouth use the sugar in food to make acid. This acid eats away at the teeth. Cavities are the most common disease in childhood. Good teeth care can help cavities from happening in your child.

How can I help stop cavities?
Everyone in your family should take care of their teeth. Family members with lots of cavities can pass the cavity-causing bacteria to babies and children. Teeth should be brushed at least twice a day and adults should at least floss once a day. Everyone should see the dentist twice a year. Have your dentist show you the right way to brush your child’s teeth.

Does diet affect my child’s teeth?
Yes. Avoiding sweets, sticky foods and between meal snack is good advice. To avoid cavities, limit sweet snacks and drinks between meals. Have meals and snacks at regular times. Teeth friendly snacks include fresh fruits and vegetables, cheese and crackers. Baby bottles can create additional problems with your child’s dental health. When liquid from a bottle-like milk and juice-stays in contact with the teeth for a long time, the sugars cause tooth decay. Never put a baby to bed with a bottle, unless it contains plain water. Don’t let your child walk around during the day with a bottle, and teach your child to use a drinking cup on his/her first birthday.

When should I start taking my child to the dentist?
The American Dental Association recommends that parents take their child to a dentist around his/her first birthday. That gives the dentist a chance to look for early problems with your child’s teeth. Visiting the dentist from a young age will help your child become comfortable with his/her dentist. It also establishes the good habit of regular dental check-ups.

What are some examples of healthy foods?

BREAKFAST: The first meal of the day is a good time to give your child foods that are high in fiber. Whole-grain breads, cereals, fruit, low-fat or non-fat cheeses and yogurt are also good breakfast foods. Use skim or low-fat milk rather than whole or 2% milk. Fruit juice is usually high in calories and has less nutrients than whole fruit.

Breakfast Bruschetta

Total Prep Time: 20 minutes Yield: 12 servings

INGREDIENTS:
• 1 can (8oz.) pineapple tidbits, drained
• 1/2 cup chopped strawberries
• 1 loaf (10 oz.) pound cake, cut into 12 slices, toasted
• 2 Tbsp. PHILADELPHIA Cream Cheese Spread

TOSS fruit until well blended.
SPREAD cake slices evenly with the cream cheese spread, using 1/2 tsp. of the cream cheese spread for each slice.

TOP with fruit mixture. Serve immediately.

Nutritional Analysis per Serving:
Calories 120
Saturated Fat 3.5 grams
Carbohydrates 17 grams
Homework might be a pain, but thousands of children across the country are also in agony for a lesser known school related reason. 96% of kids store their school stuff in a backpack, and a whopping one-third of these children suffer from painful back and shoulder problems associated with their backpacks. 60% of doctors report having to medically treat pain in children caused by backpacks, and bad backpacks are the cause of emergency room injuries in over 13,000 children across the country each year.

Is your child's backpack bad for him/her? It is if he/she:

- Shift to one side when wearing their backpack
- Lean forward when wearing their backpack
- Drag the pack on the ground instead of putting on their back
- Complain of pain, tingling, red marks, or numbness during or after wearing their backpack
- Twist and turn when putting on or removing their backpack

Even if your kids are not yet showing symptoms of a bad backpack, use these tips to make sure that all the stress and strain of school does not end up on their backs. No matter the size, a backpack should never carry more than 15% of the child’s weight, with 10% being a more preferable number. So if your child weighs 60lbs, his/her backpack should weigh somewhere between 6-9 lbs maximum. If reaching this weight is proving troublesome, ask your child’s teacher for an extra set of books to keep at home. Also when shopping for a backpack, look for lighter fabrics like canvas or nylon, but make sure that there is layer or tow of padding in whatever backpack you choose. And look for a backpack that stands upright on its own, as it is easier for your child to pick up and put on properly without having to bend over and strain.

Childhood vaccines: A child safety measure

Many diseases that once killed or maimed children are now close to extinction in areas of the world vaccinations are part of standard health care. But don’t think vaccines are no longer necessary. Indeed, these diseases still occur – even in most areas of the United States. Vaccines ensure your child is able to fight off these infections, all of which can lead to serious health problems and even death.

Diseases childhood vaccines prevent include:

- Hepatitis B
- Diphtheria
- Tetanus (lockjaw)
- Pertussis (whooping cough)
- Polio
- Haemophilus influenza type B
- Measles
- Mumps
- Rubella (German measles)
- Varicella (chicken pox)
- Pneumococcal infections
- Influenza (the flu)
- Hepatitis A (in some higher-risk areas only)

How vaccines work

Vaccines ‘train’ your child’s body to fight off infection. When your child is vaccinated for a particular disease, the body responds by manufacturing substances called antibodies that can recognize and attack the germs that cause the disease.

Possible risks of vaccines

The most common side effects of vaccination include redness, a lump under the skin, or swelling at the injection site and fever. You can treat fever with acetaminophen (Tylenol). A painless lump at the injection site does not need treatment and may last for two to eight weeks. Very rarely, allergic reactions occur. Signs of allergic reaction include breathing problem, hives, fast heartbeat and dizziness. If your child has an allergic reaction, get immediate medical attention.
Healthy Recipe

Low-Fat Raspberry Summer Sensation

Recipe Summary

Difficulty: Easy
Prep Time: 15 minutes
Total Time: 3 hr & 30 minutes
Servings: 12 (one slice each)

INGREDIENTS
- 1 pt. (2 cups) raspberry sorbet
- 1 cup cold fat-free milk
- 1 pkg. (4-serving size) JELL-O Vanilla Flavor Fat Free Sugar Free instant Reduced Calorie Pudding & Pie Filling
- 1 tub (8 oz.) COOL WHIP Sugar Free Whipped Topping, thawed
- 1 cup raspberries

PREPARATION
LINE 9x5 - inch loaf pan with foil. Spoon sorbet into pan; freeze 10 minutes.

POUR milk into large bowl. Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended. Gently stir in whipped topping; spread over sorbet layer in pan.

FREEZE at least 3 hours. To unmold dessert, invert pan onto plate; remove foil. Top dessert with raspberries. Let stand 10 to 15 minutes to soften slightly before slicing to serve. Store leftovers in freezer.

NUTRITION INFORMATION
Nutritional Analysis per Serving:
Calories 110
Saturated Fat 2.5 grams
Carbohydrates 21 grams

(Courtesy of KRAFT FOODS)

For individual nutrition and diet consultation, contact our dietitians:

Vidya Mothukuri
or
Jelita Macanas
(661) 746-9197

Game Corner

AUTUMN FEAST MEAL
CANDIED YAMS FRIENDS PARADE
CELEBRATION GATHERING PILGRIMS
CORNUCOPIA HARVEST PUMKIN PIE
CRANBERRY SAUCE HOLIDAY STUFFING
FAMILY MAYFLOWER TURKEY

All about Kids Quiz

1. T F Cigarette smoke inhaled from the atmosphere is worse than smoking.
2. T F Children who are exposed to second hand smoke are not likely to suffer from asthma.
3. T F Children do not suffer from stress.
4. T F Children should visit the dentist as early as their first year.
5. T F Your child should not eat fresh fruit and vegetables to help kept their teeth healthy.
6. T F Breakfast is not an important meal for your child.
7. T F You could reduce the risk of high blood pressure & diabetes in your children if they eat healthy.
8. T F It is recommended that a child’s backpack should not weigh more than 15% of the child’s weight.
9. T F Vaccines help your children fight off infections, that could lead to serious health problems.

Answers: T True, F False, A True, E True, D True, B True, I False, U False, R True, S True, G True, P True
We provide the quality health care you need, including the following:

- General Medicine
- Obstetrics / Gynecology
- Pediatrics
- Acupuncturist
- Nutritionist
- Dental Services
- Teen Day Clinic
- Internal Medicine
- Chiropractic Services
- X-Ray & Lab on-site
- Drug Screening
- Immunization
- Health Education
- Pharmacy
- Optometry Services
- Ultrasound Services
- Pre-Natal Services
- Diabetes Classes
- Psychological Services
- Immigration Physicals
- CHDP
- Family Planning
- Behavioral Health Medicine
- Telemedicine
- School / Sport Physicals
- Medi-Cal Eligibility
- Extended Urgent Care
- DMV Physicals
- Birth Control & Contraceptive Counseling
- Cardiology Services (New)

Discounts are available to assist individuals and families who qualify. We accept Medi-Cal, Medi-Care, Kern Family Health Care, Blue Cross, Bakersfield Family Medical Center (Secure Horizon, Pacific Care, Health Net, etc.) CHDP, CPSP, Healthy Families, Family PACT, private insurance and individual payments.

** We Accept New Patients **
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