



HEALTH LINK



Designed by: Candy Garza

A publication of National Health Services, Inc.

We are an equal opportunity employer.

A Message from the Editor:

National Health Services was established in 1978 to serve the primary healthcare needs of Western Kern County residents. We realize that providing primary care services is much more than just providers and facilities. Quality of care, customer services, value and convenience are also key parts of the service delivery process. National Health Services, Inc. emphasizes providing access services to everyone, regardless of their ability to pay and works with our community partners to achieve our vision of "Health care for All".

To provide improved access to health care, our vision continues to expand as we identify and put in practice beneficial health care programs for our patients. Besides Primary Medical Care we also offer; Behavioral Health, Dental, Optometry, Diet & Nutrition, Health Education, Chiropractic, and Chronic Disease Management services. With our state-of-the-art facilities and quality improvement program, National Health Services, Inc. has become the Medical Home for the Bakersfield, Buttonwillow, Ridgecrest, Tehachapi, Shafter, Wasco, Lost Hills, Delano, and Taft Residents. We look forward to serving you and your family.

And now since this wonderful year has come to an end, may your holidays be filled with joy and happiness. All of us at NHSI would like to wish everyone a safe and prosperous holiday season!

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MEDICAL HEALTH



These five habits can save your heart – here's how

According to hard data, five harmful habits herald the coming of heart disease. These five are **smoking, being inactive, carrying too many pounds, eating poorly, and drinking too much alcohol.**

Alone and together, they set the stage for artery-damaging atherosclerosis and spur it onward. They do this by deranging metabolism and changing how cells and tissues work. They also disturb the markers of health we worry so much: blood pressure, cholesterol, and blood sugar. All too often, the end result of these habits is a heart attack, stroke, peripheral artery disease, valve problems, aortic aneurysm, or heart failure. And the damage they cause is not limited to the cardiovascular system, but extends to the kidneys, bones, and brain.

What can making better choices do for better health and longevity?

Consider this provocative finding from the Nurses' Health Study. Nonsmoking women with a healthy weight who exercised regularly consumed a healthy diet, and had an alcoholic drink every other day were 83% less likely to have had a heart attack or to have died of heart disease over a 14 year period, compared with all the other women in the study. These results were almost identical in a similar study in men. In these two studies, more than two-thirds of all cardiovascular events could be chalked up to smoking, excess weight, poor diet, and drinking alcohol too much.



Five strategies for change



Count on these five good habits to protect your heart, your arteries, and the rest of you. They will make you look better and feel better. And it is never too late to start.

- **Avoid tobacco.** Smoke from cigarettes, cigars, and pipes is as bad for the heart and arteries as it is bad for the lungs. If you smoke, quitting is the biggest gift of health you can give yourself. Secondhand smoke is also toxic, so avoid it whenever possible.
- **Be active.** Exercise and physical activity are about the closest things you have to magic bullets against heart disease and other chronic conditions. Any amount of activity is better than none; at least 30 minutes a day is best.
- **Aim for healthy weight.** Carrying extra pounds, especially around the belly, strains the heart and tips you towards diabetes. If you are overweight, losing 5% to 10% of your weight can make a big difference in your blood pressure and blood sugar.
- **Enliven your diet.** Add fruits and vegetables, whole grains, unsaturated fat, good protein (from beans, nuts, fish, and poultry), and herbs and spices. Subtract processed foods, salt, rapidly digested carbohydrates (white bread, white rice, potatoes, and the like), red meat, and soda or other sugar-sweetened beverages.
- **Drink alcohol in moderation (if at all).** If you drink alcohol, limit intake – one or two drinks a day for men, no more than one a day for women.

Making Changes

Time for changell!



If you have one or more habits that are working against you, now is as good a time as any to set a course for better health. How?

Set goals. Having specific achievable goals is a key strategy for successful change. Goals that involve behaviors (“I will eat three servings of whole grains a day”) tend to work better than physiological goals (“I will lower my cholesterol”).



Track your progress. With all the things you have to remember each day, it’s hard to know whether you are meeting your daily goals.



Motivation. Changing a habit or behavior is easier if you have a good reason for doing it. Motivation can be something big, like getting in shape for a walking trip with a grandchild, or small, like fitting into a slimmer suit for a wedding. **The more personal the motivator, the better.**



Get support. Starting a change is not nearly as challenging as sticking to it. Support from family, friends, a doctor, or someone else – can provide feedback and encouragement, especially when you’re feeling low.



You don’t need to aim for a complete transformation all at once. Small changes in diet, exercise, or weight can make a difference in your health!

(Courtesy: Web MD).

Oral Health

5 Things You Didn't Know About Your Teeth

You use your teeth to talk, chew and smile. But here are some "teeth facts" you probably didn't know about your pearly whites.



- **No. 1: Sour can be as bad as sweet.** Sugar is not the only dental villain that undermines your healthy teeth. Acidic, low-ph foods - sour candy, soft drinks, fruit juices – soften teeth. The result; enamel erosion and diminished tooth size. Citric acid is the worst acid for teeth. To make matters worse, children's tooth enamel is not mature until a decade after their teeth erupt and are more susceptible to the acid.



- **No. 2: Enamel is the hardest substance in the body, but it can break easily.** Ice, popcorn, and tongue and lip piercings can chip teeth. And unlike skin, teeth can't re-grow. Dentists hate ice and popcorn. Eating a popcorn kernel is like eating "stone". And ice is brittle, which can also chip teeth. They also hate lip and tongue piercings because the metal jewelry harbors bacteria – and can chip teeth. To keep healthy teeth, treat them with tender, loving, care.

- **No. 3: You can be missing teeth at any age.** Although many people get a tooth, or all 32, pulled, some folks are born missing teeth. The most common missing ones are the WISDOM TEETH. The second most common is the tooth located next to the big front tooth. People can inherit missing teeth.

- **No. 4: Too much fluoride can be bad for your teeth.** Excessive fluoride causes teeth to become porous. The problem is not the water supply: Since 1950, the American Dental Association has recommended fluoridation of community water supplies because it makes teeth harder and more resistant to decay. The problem occurs when children ingest extra fluoride, typically by swallowing too much TOOTHPASTE. Tooth paste is meant to work only topically. To make sure children do not swallow toothpaste, supervise them while they are brushing. Tell them to squeeze only a pea-sized amount of paste so they won't accidentally swallow too much. Most dentists recommend that kids stick to fluoride-free tooth paste until they understand that they need to spit it out, not swallow it.



- **No. 5: Braces can cause cavities.** Brush well if you want your straightened teeth to be healthy. Otherwise, food, bacteria, and acid stuck around braces can slough the enamel away. You actually start forming cavities around the brackets of the braces. Even if the decay does not fully develop into a cavity, it can cause "demineralization." The result are light spots on the teeth and as cavities progress, they become darker.

The tongue is nature's toothbrush and when people get braces, they tend to stop rubbing their teeth against their teeth because it is not comfortable to hit metal so, you're not tongue brushing anymore and that can result in a 'build-up of gunk.'

(Courtesy: Web MD)





Behavioral Health



Anger Management

What is Anger?

Anger is a powerful emotion that can stem from feelings of frustration, hurt, annoyance, or disappointment. It is normal human emotion that can range from slight irritation to strong rage.



What are the dangers of suppressed anger?

Suppressed anger can be an underlying cause of anxiety and depression. Anger that is not appropriately expressed can disrupt relationships, affects thinking and behavior patterns, and create a variety of physical problems. Chronic (long term) anger has been linked to health issues such as high blood pressure, heart problems, headaches, skin disorders, and digestive problems. In addition, anger can be linked to problems such as crime, emotional and physical abuse, and other violent behavior.



What steps can I take to help manage anger?

◆ When you start feeling angry, try deep breathing, positive self-talk, or stopping your angry thoughts. Breathe deeply from your diaphragm. Slowly repeat a calm word or phrase such as "relax" or "take it easy." Repeat it to yourself while breathing deeply until the anger subsides.

- ◆ Although expressing anger is better than keeping it in, anger should be expressed in an appropriate way. Frequent outbursts of anger are often counter-productive and cause problems in relationships with others. Anger outbursts are also stressful to your nervous and cardiovascular systems and can make health problems worse. Learning how to use assertiveness is the healthy way to express your feelings, needs, and preferences. Being assertive can be used in place of using anger in these situations.
- ◆ Seek out support of others. Talk through your feelings and try to work on changing your behaviors.
- ◆ If you have trouble realizing when you are having angry thoughts, keep a log of when you feel angry.
- ◆ Try to gain different perspective by putting yourself in another's place.
- ◆ Learn how to laugh at yourself and see humor in situations.
- ◆ Practice good listening skills. Listening can help improve communication and facilitate trusting feelings between people. This trust can help you deal with potentially hostile emotions.
- ◆ Learn to assert yourself, expressing your feelings calmly and directly without becoming defensive, hostile, or emotionally charged. Consult self-help books on assertiveness or seek help from a professional therapist to learn how to use assertiveness and anger management skills.
- ◆ If you believe that your anger is out of control and is having a negative affect on your life and relationships, seek help of a mental health professional. A psychologist or licensed mental health professional can work with you to develop techniques for changing your thinking and your behavior. A mental health professional can help you deal with your anger in an appropriate way.



Healthy Recipe

Huevos Rancheros with Fresh Salsa



A healthy version of a classic breakfast dish!

Makes 4 servings. 1 tortilla per serving.

Prep time: 15 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g,

Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg

Ingredients

- 4 (6-inch) corn tortillas
- 1/2 tablespoon vegetable oil non-stick cooking spray.
- 1 1/2 cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo
- 1/8 teaspoon ground black pepper



Preparation

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with 1/2 tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon 1/2 cup Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.

Courtesy of: www.cdph.ca.gov/HealthInfo/healthyliving

Chicken and Rice



Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 335, Carbohydrate 30 g, Protein 37 g, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 91 mg, Sodium 266 mg, Dietary Fiber 2 g

Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into strips
- 1 medium onion, peeled and chopped
- 2 green bell peppers, chopped
- 2 jalapeño peppers, seeded and minced
- 3 cloves garlic, minced
- 2 cups chicken broth
- 1 (14½-ounce) can no salt added diced tomatoes, drained
- ½ cup frozen pea and carrot blend
- 1 teaspoon each ground cumin and chili powder
- ¾ cup white rice

Preparation

1. In a nonstick skillet, sauté chicken strips until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice.

Courtesy of:

www.cdph.ca.gov/HealthInfo/healthyliving





Our Services



National Health Services, Inc.

"Health for All"

We provide the quality health care you need, including the following:

- General Medicine
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- Pediatrics
- 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
- Prenatal Services
- Diabetes Classes
- Psychological Services
- Immigration Physicals
- CHDP
- Family Planning
- Behavioral Health Medicine
- Telemedicine
- School / Sport Physicals
- Applications Assistance Medi-Cal / Healthy Family Extended Urgent Care
- DMV Physicals
- Birth Control & Contraceptive Counseling

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 ****

"NHSI is YOUR Medical Home"



****We Accept NEW Patients****



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Health Screening/ Evaluation · Dental Screening · Health Education Materials

National Health Services, Inc.

Serving the Communities of: Buttonwillow · Delano · Taft · Shafter · Oildale · Rosedale · Ridgecrest · Tehachapi · Wasco · Lost Hills ·



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