

HEALTH LINK

Designed By: Melanie Dawar

A publication of National Health Services, Inc.

We are an equal opportunity employer

A Message from the Editor:

National Health Services, Inc. (NHSI) is a not-for-profit organization that has been providing quality and affordable primary health care to the residents of Western Kern County since 1978. NHSI was born from the grass roots efforts of concerned citizens within the community who came together for the purpose of providing accessible, comprehensive, and continuous health care.

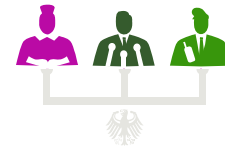
At the present time, NHSI operates 12 health care delivery sites. In addition to Family Practice, Internal Medicine, Pediatrics, Psychiatric, Psychological, Chiropractic, Acupuncture, and Optometry services, NHSI also has State-of-the-Art Dental clinics and on-site pharmacies, labs, and x-ray services available at all sites.

NHSI'S service delivery model focuses on all health needs of our population including preventive services, early diagnosis and treatment, acute, chronic care, behavioral, dental, diet and nutrition, and health education and outreach.

NHSI also serves as a referral source for residents who are in need of additional services such as food, specialty care, and assistance to access main stream local, state and federal assistance programs. **NHSI proudly provides quality and accessible health care to culturally diverse communities.**

Mona K. Dawar, PhD, MS, M.Ed

Director of Disease Management & Health Education



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“ Health for All”

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277 E. Front Street • P.O. Box 907
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(661) 764-5211 Medical • (661) 764-5257 Dental

Tehachapi Community Health Center
161 N. Mill Street
Tehachapi, CA 93561
(661) 822-9054

Wasco Medical & Dental Center
2101 7th Street • P.O. Box AA
Wasco, CA 93280
(661) 758-2263 Medical • (661) 758-5903 Dental

Delano Family Dental and Women's Health Center
1215 Jefferson Street • P.O. Box 957
Delano, CA 93215
(661) 454-1700

Joy Cariño Kimpo Women's Health Center
320 James Street • P.O. Box 1060
Shafter, CA 93263
(661) 459-1800

Ridgecrest Community Health Center
1133 N. Chelsea Street
Ridgecrest, CA 93555
(760) 446-7978
(NOW OPEN)

Joy Cariño Kimpo Family Medical Center
1001 Main Street • P.O. Box 957
Delano, CA 93215
(661) 721-7080

Shafter Community Medical & Dental Center
655 S. Central Valley Hwy. • P.O. Box 1060
Shafter, CA 93263
(661) 746-9194 Medical & Dental

Oildale Community Health Center
525 Roberts Lane
Bakersfield, CA 93308
(661) 392-7850

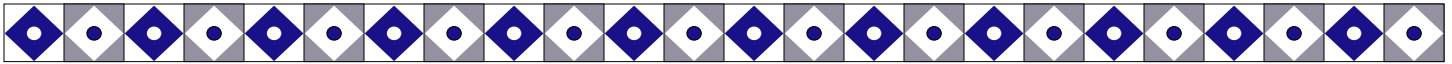
Taft Community Medical & Dental Center
1100 Fourth Street
Taft, CA 93268
(661) 765-5044 Medical • (661) 770-3320 Dental

Lost Hills Community Health Center
21138 Paso Robles Hwy. (Hwy 46)
P.O. Box 106
Lost Hills, CA 93249
(661) 797-2667 Medical • (661) 797-2677 Dental

Rosedale Community Health Center
3409 Calloway Drive, #300
Bakersfield, CA 93312
(661) 387-6930

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New Ridgcrest Facility Now Opened

During the months of June, July, and August, the Health Promotions Department participated in several events. The first was the Open House for our remodeled Behavioral Health and Optometry Services' offices at the Oildale Community Health Center. With over 90 guests touring our facilities, we were able to share our new services with great success. We also participated in several Health Fairs in Bakersfield and Delano. At these events, as well as Outreach in the Fields, the Health Promotions Department performed Blood Pressure and Blood Glucose screenings on over 250 community members. The last event in July was our **GRAND OPENING at RIDGECREST COMMUNITY HEALTH CENTER located at 1133 N. CHELSEA STREET.** Our staff joined several members of the community to celebrate the opening with balloons, music and a tour of the facilities.



Our **Community Challenge Grant Department** taught comprehensive sexual education to over 120 students in Delano at Robert F. Kennedy High School during the summer school classes. Our staff also participated in the "Ray of Hope" luncheons focused on Cancer Awareness at the Taft Medical & Dental Center in July and in August at the Wasco Medical & Dental Center. At these events, over 50 women received clinical cervical/breast exams and over 80 community members and families attended the presentation on Cancer Awareness and luncheons. It was a great way for families to learn about healthy tips for diet and exercise to reduce risks of getting Cancer. Many other aspects of Cancer were covered and above all these events were a great success.

(submitted by Amanda Smith)

Health News You Can Use

YOUR MEDICAL HEALTH

Should Women Take Aspirin?

The drug's effect differs depending on your gender and age, while aspirin seems to be a kind of wonder drug when it comes to reducing the risk of heart attacks in men, it doesn't deliver quite the same protection for women. Low doses do reduce the risk of stroke in healthy women, but a 2006 report in the Journal of American Medical Association showed that aspirin does not reduce women's risk of heart attack. Nevertheless, doctors still advise certain of their female patients to take an aspirin a day: those over 65 who are healthy, and all



women over 45 with cardiovascular disease risk factors.

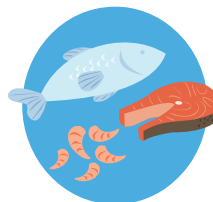
Here is why: Despite the findings in heart attacks, a 2007 study in the Archives of Internal Medicine of women taking aspirin reported a 25% reduction in death from all causes. There was a 38% reduction in death from cardiovascular disease. Women with high-risk factors (such as smoking, being overweight, or having high cholesterol) experienced the greatest effect.

Keep Your Heart Healthy

Here are the latest guidelines from the American Heart Association. Always check with your doctor.

Recommended:

Omega-3 fatty acids. Try to eat oily fish at least twice a



week. Low-dose daily aspirin for women 65 and older.

Not recommended:

- ◇ Hormone-replacement therapy.
- ◇ Antioxidants such as vitamin E, vitamin C, and beta-carotene.

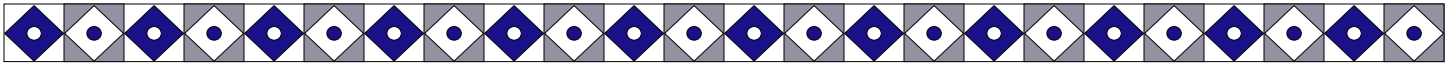
Folic-acid supplements.

(courtesy Dr. Ranit Mishori)

TEA BONE

A new study shows elderly women who drank tea had higher bone density in their hips and less bone loss than women who did not drink the beverage. This Australian study surveyed women between the ages of





Health News You Can Use

70 and 85 years old who drank black and green tea, and the results showed that women who were regular tea drinkers had higher bone density in two sites in the hip, compared with non tea-drinkers.

Tea drinkers also had less bone density loss over the period of this four year study compared with non tea-drinkers.



(However, the researchers did not find a relationship between the number of cups of tea consumed per day and bone mineral density.)

So kick back and sip your way to stronger bones. When it comes to boosting your skeletal health, it seems the best medicine may be a good and strong cup of tea.

A Cancer Fighter You are Missing

Fill your plate with foods high in magnesium: They may cut your chances of colon cancer. A University of Minnesota study of 35,200 women over 17 years found that those who ate the most high-magnesium foods reduced their risk of developing the disease by 23%. Magnesium is on the USDA's endangered nutrient list because Americans on average are getting only one-third of what they need every day. Because multi-vitamin magnesium levels (100-250 mg) fall short of the 400 mg daily value, supplement them with these foods:



Magnesium Powerhouses:

- ◇ Beans - ½ cup has 43 mg
- ◇ Whole grains - 1 slice of bread or ½ cup has 27 mg
- ◇ Milk low fat – 1 cup has 27 mg
- ◇ Dark green leafy raw veggies – ½ cup has 25 mg

YOUR VISION HEALTH

Eyes over 40: Baby boomers, Presbyopia & Vision changes:

If you are Over 40 years of age, you have probably noticed your eyes have changed. Most notably, presbyopia – the normal age-related loss of near focusing ability – usually becomes a problem in our 40's, requiring new vision correction solutions, such as; eye glasses.



Older drivers often develop vision problems such as cataracts that can hamper their ability to see at night.

Dry eyes after menopause:

Women are much more likely than men to develop dry eyes because of hormonal changes associated with menopause.

Multifocal contact lenses:

Offering the convenience of contact lenses as well as the ability to see close up and far away, multifocal and bifocal contacts help active Baby Boomers adjust to any situation without eyeglasses.

Night vision and driving: How safe are older motorists?

Older drivers often develop vision problems such as cataracts that can hamper their ability to see at night.



How progressive lenses work?

No lines! But progressive lenses have more going for them than just good looks. They let you see at all distances, from far away to up close, without the irritation of transitional lines. The right progressive lenses can help your eyes focus the way they would if you did not need vision correction at all

Reading glasses

If you are over 40 and beginning to experience blurry vision at near, reading glasses can be a quick fix. And they work great as an adjunct to distance vision-correcting contact lenses.

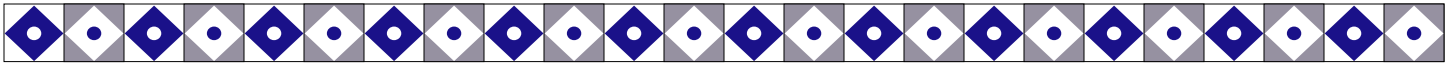
What is Presbyopia?

Some call presbyopia "short arm syndrome," because of how far you have to stretch to see the fine print in your newspaper. No one escapes this annoying vision problem.

Bifocal and Trifocal options:

If you need help seeing up close and the intermediate distance, you will find many new bifocal and trifocal lens options, no matter what your work and leisure activities are.





Health News You Can Use

NHSI'S Optometrist; Douglas Reber, OD is an excellent eye doctor. For all your vision problems, eye-glasses, or contact lenses, please make an appointment to see Dr. Reber at one of the NHSI'S Community Health Center. Please call our Toll free number; 1-866-625-4900 or your closest Health Center to make an appointment with Dr. Reber.



teeth also holds the space where permanent teeth will eventually be. They help permanent teeth grow in straight.

You can care for your baby's teeth by following these suggestions:

- ◇ Clean the new teeth every day. When the teeth first come in, clean them by rubbing them gently with a clean wet washcloth. When the teeth are bigger, use a child's toothbrush.

- ◇ Children under 2 years of age should not use toothpaste. Instead, use water to brush your child's teeth.



pleasant breath, a nice smile and fewer cavities. Here are some simple things you can do:

- ◇ Brush your teeth at least twice a day with fluoride toothpaste.
- ◇ Floss your teeth at least once a day.
- ◇ Don't smoke or **chew tobacco**, which can stain your teeth, give you bad breath and cause **cancer**.



See your dentist every year for regular check-ups and cleanings.

Adults:

Continuing good mouth and tooth care as an adult can help you avoid tooth loss, painful gums or other problems. Here are some helpful things you can do:

- ◇ Brush your teeth twice a day with fluoride toothpaste.
- ◇ Floss your teeth at least once a day.
- ◇ Don't smoke or chew tobacco.
- ◇ Look inside your mouth regularly for sores that don't heal or irritated gums or other changes.



See your dentist regularly.

If you have any problems with your teeth or concerns about your mouth, see your doctor or dentist right away.

YOUR DENTAL HEALTH

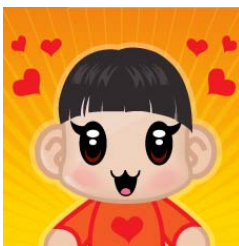
Mouth and Teeth: How to keep them healthy

Taking good care of your mouth and teeth throughout your whole life can help prevent problems as you get older. Taking care of your teeth means brushing and flossing every day and seeing the dentist regularly.



Infants and children:

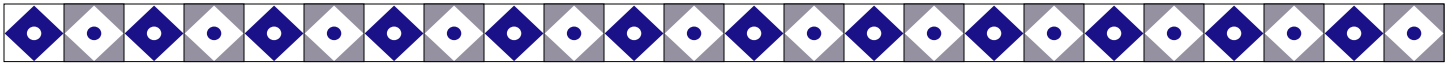
The first set of teeth is already almost completely formed at birth. At first these teeth are "hiding" under the gums. These teeth are important, because after they come in, they let your baby chew food, make a nice smile and talk well. Your baby's first set of



- ◇ Don't let your baby go to sleep with a bottle. This can leave milk or juice sitting on the teeth and cause cavities that are known as "baby-bottle tooth decay."
- ◇ Encourage older children to eat low-sugar snacks, such as fruits, cheese, and vegetables. Avoid giving your child sticky, chewy candy.
- ◇ Teach your children the proper way of brushing and take them to dentist regularly. The American Dental Association recommends that children see their dentist at 1 year of age.

Teens:

Taking good care of your mouth and teeth will help you have a



Health News You Can Use

YOUR BEHAVIORAL HEALTH (Mental Health)

What is good emotional health?

People who are emotionally healthy are in control of their thoughts, feelings and behaviors. They feel good about themselves and have good relationships. They can keep problems in perspective.

It is important to remember that people who have good emotional health sometimes do have emotional problems or mental illness. Mental illness often has a physical cause,



such as; a chemical imbalance in the brain. Stress and problems with family, work or school can sometimes trigger mental illness or make it worse. However, people who are emotionally healthy have learned ways to cope with stress and problems. They know when they need to seek help from their doctor or counselor.

What about anger?

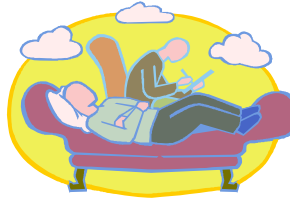
People are sometimes not aware of what causes their anger, how much anger they are holding inside or how to express anger. You may



be angry about certain events or your own or other people's actions. Also, many little things can build up to make you feel that life is unfair.

If you find yourself becoming increasingly irritable or taking un-

healthy risks (like drinking too much or abusing drugs, you may have a problem dealing with your anger. It is very important to talk with your doctor about getting help.



N H S I has an

excellent Behavioral Health Department comprising of a full-time Psychiatrist, a Part-time Psychiatrist, a Psychiatric Nurse Practitioner, a Clinical Psychologist, a Licensed Marriage Family Therapist, and Behavioral Health Social Workers.

To make an appointment to see one of these highly-trained professionals, please call the nearest Community Health Center. Telephone numbers of all of the sites are listed on the first page.

How does stress affect my emotions?

Your body responds to stress by making stress hormones. These hormones help your body respond to situations of extreme need. But when your body makes too many of these hormones for a long period of time, the hormones wear

d o w n
y o u r
b o d y—
a n d
y o u r
e m o t i o n s .
P e o p l e



Your physical health can affect your emotional health. Take care of your body by exercising regularly, eating healthy meals and getting enough sleep. Don't abuse drugs or alcohol.



First, notice your emotions and reactions and try to understand them. Learning how to sort out the causes of sadness, frustration and anger in your life can help you better manage your emotional health.

SMOOTHIE RECIPE

Tropical Eye Opener

Makes 4 servings.

1 cup per serving.

Prep time:

5 minutes

!

Ingredients

1 mango, peeled, seeded, and cut into chunks

1 large banana, peeled and sliced

1 cup undrained pineapple chunks

¾ cup lowfat vanilla frozen yogurt

1 cup ice cubes

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth

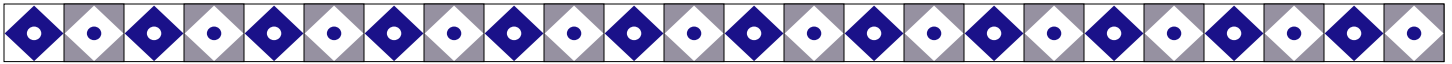
2. Pour into glasses and serve.

Nutrition information per serving:

Calories 151, Carbohydrate 35 g,

Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 31 mg





Healthy Recipe

Simple Fish Tacos

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

Makes 6 servings. 2 tacos per serving.

Prep time: 20 minutes **Cook time:** 5 minutes



Ingredients

- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- ½ package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped tomatoes
- ½ cup nonfat sour cream taco sauce to taste
- lime wedges for serving (optional)

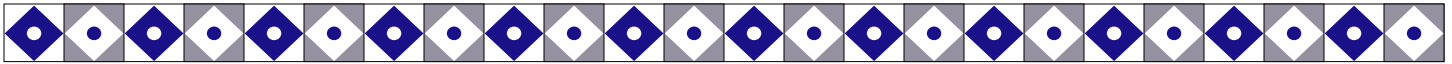
Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
 2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
 3. Fill tortillas with fish mixture.
 4. Top with cabbage, tomato, sour cream, and taco sauce.
- Serve with lime wedge, if desired.

Nutrition information per serving: Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

**For individual nutrition and diet consultation,
contact our dietitians:**

Vidya Mothukuri
or
Jelita Macanas
(661) 746-9197



Our Services



National Health Services, Inc.

"Health for All"

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

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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A publication of National Health Services, Inc.

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Health Screening/Evaluation · Dental Screening · Health Education Materials



National Health Services Inc.

Serving the Communities of: Buttonwillow · Delano · Taft · Shafter · Wasco · Lost Hills



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Shafter, CA 93263

