



The Martin Luther King, Jr.
Family Clinic

Changing The Lives Of The People We Touch!

Health Matters...

"A Conversation About You And Your Family's Health"



Numbers You Should Know For A Healthy Heart...

There are three key numbers you need -- including one surprisingly easy one that could give you a lifesaving preview of your cardiac risk: **YOUR BLOOD PRESSURE , YOUR CHOLESTEROL LEVELS, AND YOUR WAIST SIZE.**

Blood Pressure: Key to Heart Health

- Normal blood pressure is below 120/80.
- Pre-hypertension is 120 to 139 (systolic) and/or 80 to 89 (diastolic).
- Hypertension – also known as high blood pressure -- is 140 or higher (systolic) and 90 or higher (diastolic).

Cholesterol: Predictor of Heart Attack

When we measure cholesterol and blood fats, we're really talking about three different numbers: HDL, LDL, and triglycerides. They combine to give you a "lipid profile" score, but the three individual scores are most important.

Cholesterol: Predictor of Heart Attack

Here are the numbers to strive for:

- Total cholesterol of 200 mg/dL or lower.
- HDL ("good" cholesterol) of 50 mg/dL or higher, if you're a woman, or 40 mg/dL or higher, if you're a man.
- Optimal LDL is 100 or lower, says Mosca. If you have other major risk factors, like pre-existing cardiovascular disease or diabetes, your doctor may want your LDL closer to 70.

Triglycerides of less than 150 mg/dL. Adults 20 years of age and older should get a lipid profile every five years.

Waist Size: The Connection to Heart Disease

Your waist size predicts your heart disease risk. If your waist size is equal to or more than **35 inches in women** and equal to or more than **40 inches in men**, it increases your risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure and abnormal cholesterol.

Information You Should Know?

Plaque and Its Effects on Your Dental Health!

Sticky plaque is a kind of biofilm. A thin grouping of bacteria, plaque biofilm lives on gum tissue, teeth, and crowns. When you eat or drink foods or beverages with sugars or starches, the bacteria release acids that attack your tooth enamel.

Plaque buildup can also lead to gum disease -- first gingivitis, the tender and swollen gums that sometimes bleed. If it progresses, severe periodontal (gum) disease can develop.

Periodontal and Other Diseases

Scientists have found associations between periodontal disease and a number of other problems, including:

- Heart disease, Diabetes, Dementia, Rheumatoid arthritis and Premature birth.

So, remember to **brush twice a day, floss** and see your **dentist** to make sure you are taking care of your teeth properly.

Did You Know... One in three adults in the U.S. -- about 74 million people -- has high blood pressure or pre-hypertension. Between 1996 and 2006, the number of deaths from high blood pressure rose by more than 48%.



Jamie Burton, DDS
Pediatric Dentist



[Plus Pediatric Dental Care Services!]

It's Time For A Dental Check-Up! (214) 426-3645 ext. 107

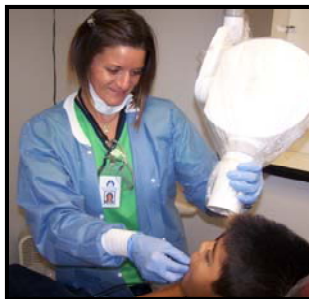
The Doctor's In... "The Martin Luther King, Jr. Family Clinic's Dental Services"

Yes, a healthy smile can be achieved when you make your dental health a priority. You should have a regular dentist you and your family will see at least twice a year. Remember, your dentist is like your primary care physician for your teeth. So, stop waiting for the perfect time to go to the dentist and start today with an appointment at the MLK, Jr. Family Clinic Dental Department.

Our dentists are dedicated professionals who love what they do. We offer preventive, restorative and emergency care for all ages. A healthy smile is possible when you make an appointment with us.

Denture Care And Cleaning Tips:

- Dentures—full or partial—should be brushed daily with a soft toothbrush or denture cleaning brush, using a commercially prepared denture powder or paste, hand soap, or baking soda. Toxic or abrasive household cleaners should never be used. Dentures should be brushed inside and outside, and rinsed with cool water
- Gingivitis is a very common and mild form of gum (periodontal) disease that causes swelling (inflammation) of your gums. Because gingivitis can be so mild, you may not be aware that you have the condition. If your gums are swollen and bleed when you brush, you may have gingivitis. **The most common cause of gingivitis is poor oral hygiene. Good oral health habits, such as daily brushing and flossing, can help prevent gingivitis.**
- Did you know certain foods, health conditions and habits are among the causes of bad breath. In many cases, you can improve bad breath with proper dental hygiene. If these simple self-care techniques don't solve the problem, you may want to see your dentist to be sure a more serious condition isn't causing your bad breath.



MLK Dental Assistant examines her patient before she starts his dental services.

DENTAL TIP

Don't use toothpaste for children under 2.

As soon as the first teeth appear, brush with a little bit of water. After children have reached the age of 2, toothpaste can be introduced in pea-sized amounts.

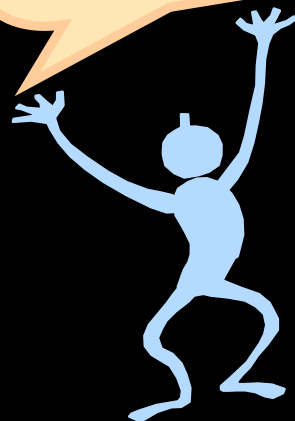
Flaxseed...Flaxseed...Flaxseed!

What should you have in your kitchen cabinet, refrigerator and on your kitchen counter. Yes, flaxseed is a great source of fiber and high in omega-3 fat. It can also help prevent heart disease and may help control levels of cholesterol and blood sugar.

Ways to take Flaxseed:

- **Sprinkle flaxseed over salad, cereal and oatmeal; add to smoothies and pancake or muffin batter.**
- **Flaxseed oil can be taken orally as a capsule or added to salad dressings, and other foods.**

Did you know that **AVOCADOS** have 0 cholesterol. Plus they can work to lower cholesterol. And half has just 150 calories.





[Fit 4 The King Wellness Challenge]



DID YOU KNOW...

50% Of Our Employees Are Exercising At Least **3 Times Per Week**. Are You A Part Of The **50%**? Well It's Time You Make The Percentage Go Up!

Celebrating Our Success...

Teamwork, results in healthier associates with smaller waistlines. We are beyond proud and know these results are only the beginning to healthier associates living an active lifestyle that includes nutritional choices.

Our team has lost a total of 176 pounds. This means we are all taking responsibility for our health. It also means we have spent more time getting to know each other and learning to support each other to ensure we all have what we are striving for..."A Healthy Mind and Body".

3-MONTH HIGHLIGHTS: How to Eat Healthy At Work, How to Exercise All Muscles with Resistance Bands, Think Positive "Opportunity Is Now Here" and Chair Massages.

Get Moving...Get Active... Take The Challenge!

Benefits Of A Wellness Program!

- Improved Job Performance & Morale
- Improved Company Image
- Reduces Risk Of Disease
- Promotes Longevity
- Healthier Employees

...Plus MORE!

Congratulations **M.O.B.!** Plus **43 Employees** lost A Grand Total of **176 Pounds**...Go **MLK, Jr. Family Clinic!**

"We ROCK! **FITNESS M.O.B.** (Most Outstanding Bodies) **THE ENTIRE TEAM (100%) MET THEIR GOAL.** We're **Number One!**"

Learn about all our services.
www.mlkfamilyclinic.org

Did You Know...?

Quick Healthy Treat...FROZEN YOGURT POP!

Ingredients: 1 8-oz. container of your favorite flavor of yogurt.
Utensils: small paper cups, wooden pop sickle sticks (available in craft stores) and plastic wrap.

Directions: Pour yogurt into paper cups. Fill them almost to the top. Stretch a small piece of plastic wrap across the top of each cup. Using the pop sickle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup. Put the cups in the freezer until the yogurt is frozen solid. Remove the plastic wrap, peel away the paper cup, and eat your pop! **Serves:** 3 to 4 (127 calories per pop)

High Fiber Fruits! A High Fiber Diet Is Key To Successful Weight Loss.

- Pear (large) - 6.5 grams
- Raspberries (cup) - 8 grams
- Strawberries (cup) - 2.9 grams
- Guava (cup) - 8.9 grams
- Mango (cup) - 3 grams
- Apple (medium) - 3.3 grams
- Avocado (medium) - 4.3 grams
- Banana (medium) - 3 grams
- Blackberries (cup) - 7.6 grams
- Orange (large) - 4.4 grams



Healthy Tip... Quitting smoking is the single most important thing a person can do to live longer. If you are a smoker, you are twice as likely to have a heart attack than a non-smoker. But from the moment you stop smoking, the risk of heart attack starts to reduce.

Quick & Easy...One Healthy Recipe You Should Know!

Pecan-Crusted Fish With Peppers & Squash

Ingredients:

- 12 ounces skinless catfish, white fish, or orange roughy fillets, 1/2 inch thick
- 1/2 cup finely chopped pecans
- 1/3 cup yellow cornmeal
- 1/2 teaspoon onion salt
- 1/4 cup all-purpose flour
- 1/4 teaspoon ground red pepper
- 1 egg, 1 tablespoon water
- 2 small red and/or orange sweet peppers, seeded and quartered
- 1 medium zucchini, cut into 1/2-inch diagonal slices
- 1 medium yellow summer squash, cut into 1/2-inch diagonal slices
- 1 tablespoon cooking oil
- 1/4 teaspoon seasoned salt

Line a 15 x 10 x 1-inch baking pan with foil. Lightly grease the foil; set aside. Rinse fish and pat dry with paper towels. Cut fish into four serving-size pieces; set aside.

In a shallow dish stir together pecans, corn meal, and onion salt. In another shallow dish stir together flour and ground red pepper. In a small bowl beat together egg and water. Dip one piece of fish in flour mixture to coat lightly, shaking off any excess. Dip fish in egg mixture, then in pecan mixture to coat. Place the coated fish in the prepared pan. Repeat with the remaining fish pieces.

In a large bowl combine sweet peppers, zucchini, and yellow summer squash. Add cooking oil and seasoned salt, tossing to coat. Arrange peppers and squash next to fish, overlapping vegetables as needed to fit onto pan. Bake, uncovered, in 425 degrees F oven for 20 to 25 minutes or until fish just flakes easily with a fork and vegetables are tender. (Makes 4 serving)

Better Habits For A Healthier Lifestyle...

Plan your meals for the week and get the kids involved. It is a great way to ensure you are eating healthy and it can get your kids excited about making healthy choices.

Adult Immunization Checklist...Learn More Call The Clinic At 214-426-3645.

1. Tetanus, Diphtheria, Pertussis (Td/Tdap)
2. Human Papillomavirus (HPV)
3. Measles, Mumps, Rubella (MMR)
4. Influenza
5. Pneumococcal (polysaccharide)
6. Hepatitis A
7. Zoster
8. Hepatitis B
9. Varicella

Health Matters,

“Churches In Partnership For Healthy Families”

Calling All Churches! You Are Invited To Our Open House, **April 27 – 11:30 AM - 1PM.** Enjoy a facility tour, healthy lunch and health information you should know! **RSVP at 214-426-3645 to attend.**

