

Insured Or Uninsured, The Choice For Affordable Healthcare!

TM

The Martin Luther King, Jr. Family Clinic

Health Matters...

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

- Fresh and frozen fruits and vegetables.
- Recipe and soup starters, such as garlic, onions, carrots, and celery.
- Healthy staples like brown rice, white Basmati rice, whole-wheat pasta, quinoa, and wild rice.
- Whole wheat bread and tortillas for healthy sandwiches and wraps.
- Beans, such as lentils, black beans, chickpeas, black-eyed peas, kidney beans, fava beans, and lima beans.
- Frozen corn, peas, and other vegetables for a quick vegetable side dish.
- Frozen fruit and berries to make smoothies or frozen desserts.
- Dark greens for salads, plus salad add-ins like dried fruit, nuts, beans, and seeds.
- Healthy fats and oils for cooking, such as olive oil and canola oil.
- Unsalted nuts for snacking, like walnuts, cashews, peanuts, and pistachios.

"Obesity, A Real Health Epidemic!"

If your waistline is growing, you are not alone. Many Americans are dealing with an unhealthy BMI. While some people are hearing the message to change their lifestyle, an alarming number of people are simply ignoring the call to take charge of their health. Obesity rates have increased dramatically in the last 25 years. Did you know that over one third of Americans were obese in 2005-2006? This includes 33.3% of men and 35.3% of women. *Although obesity is a consequence of complex factors, including an increase in the consumption of calories and a decrease in physical activity, the prevalence of obesity is influenced by environmental factors.*

In the United States, foods are inexpensive and widely available. Food portion sizes have increased, and individuals are eating out of the home more often. On the other hand, opportunities for physical activity may have decreased. Obesity is associated with an increased risk of a number of conditions, including diabetes mellitus, cardiovascular disease, hypertension, and certain cancers. Yet, as a nation, we still struggle with choosing a healthier lifestyle.

It is time to eat healthier and exercise more! Remember to check with your doctor before you start any diet or lifestyle change. If you don't have a physician contact, The Martin Luther King, Jr. Family Clinic and schedule an appointment at **214-426-3645**, or email us at info@mlkfamilyclinic.org.

Obesity in the U.S. more than doubled (from 15% - 34%) among adults and more than tripled (from 5%-17%) among children and adolescents from 1980 to 2008. An Obese teenager has over a 70% greater risk of becoming an obese adult, according to the CDC.



[Plus Pediatric Dental Care Services!]

Need A Dentist! Call Today
(214) 426-3645 ext. 117

**The Martin Luther King, Jr. Family Clinic
 Affordable Healthcare Is Our Mission...**

Have you put off going to the dentist? Do you think the pain will go away or the cavity will get smaller if you simply ignore it? Well, you don't have to neglect your dental health when you go to the Martin Luther King, Jr. Family Clinic. We offer a wide range of ways for you to pay for the dental services you need. Plus, you could qualify for special discounts! Learn more by calling our clinic and start taking charge of your health! Remember, your cavity is not getting smaller!

Did You Know?

- Safe and effective measures for preventing oral disease are underused. These measures include water fluoridation, dental sealants, regular professional care, and tobacco cessation.
- Tooth decay is one of the most common childhood diseases—5 times as common as asthma and 7 times as common as hay fever in 5-to-17-year-olds.
- 18% of 2-to-4-year-old children have experienced tooth decay, and 16 % have untreated decay.
- By age 17, 78% of young people have had a cavity, and 7% have lost at least one permanent tooth.
- Among adults aged 35 to 44, 48% have gingivitis, and 22% have destructive gum disease. Tobacco use increases the risk of gum disease.

A survey from AAP revealed the following fun facts to remember the next time you miss your dental visit:

- 50% felt the smile was the first facial feature they noticed.
- 80% are not happy with their smile.
- Respondents were 7 times more likely to have periodontal smile enhancement procedures, than facelifts.
- 73% of Americans would rather go grocery shopping than floss.

Enjoy the laugh, but seriously... **It's Time For A Check-Up!**

Are You Sharing Your Bacteria?

We wouldn't use one toothbrush for the entire family or would we? Studies show that toothbrushes can become heavily contaminated with oral bacteria. Because most families store toothbrushes in a common storage space, airborne bacteria can move from toothbrush to toothbrush. That means you could be passing infections such as periodontal (gum) disease and the common cold from one person to another.

The easiest way to protect your toothbrush is by using a toothbrush cover. So rinse bristles thoroughly shaking any extra moisture from the brush and storing it upright before placing a cover over the toothbrush head.

Did You Know!

Tooth decay is one of the most common childhood diseases—5 times as common as asthma and 7 times as common as hay fever in 5-to-17-year-olds.

"We're Going To The Dentist ...No More Excuses Mom and Dad!"

The MLK, Jr. Family Clinic
 Need A Dentist! Call Us Today
(214) 426-3645 ext. 117





HIV/AIDS...Know Your Status...Get Tested!

Do you know your status? Talking about HIV/AIDS is still a very sensitive topic for many Americans, and yet it is one we should be having in our families and the communities in which we live. Having knowledge can be the best way to alleviate many fears and wrong information being passed along as fact. This disease has affected all communities, but minorities are being affected in greater numbers. Learning about the dangers of contracting HIV is the message we must share in order to protect ourselves from this devastating disease. Today, women account for more than 1 in 4 new HIV/AIDS cases in the United States. Of these newly infected women, about 2 out of 3 are African-American. AIDS is now the leading cause of death for African-American women ages 25–34. And African-American women are more than 21 times as likely to die from HIV/AIDS as non-Hispanic white women.

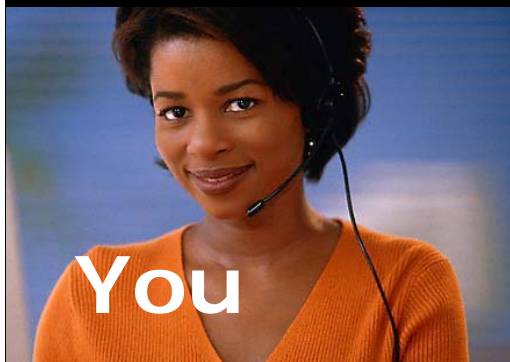
What Is HIV? HIV is the human immunodeficiency virus which can lead to acquired immune deficiency syndrome, or **AIDS**. CDC estimates that about 56,000 people in the United States contracted HIV in 2006. HIV damages a person's body by destroying specific blood cells, called CD4+ T cells, which are crucial to helping the body fight diseases. Learn more at <http://www.cdc.gov/hiv/topics/basic/index.htm>.

The MLK, Jr. Family Clinic And "HIP HOP FOR HIV" 2010

The Martin Luther King, Jr. Family Clinic has partnered with 97.9 The Beat and the City of Dallas to support "Hip Hop For HIV" for 3 years. This initiative has provided education about HIV/AIDS and a free opportunity to get tested. Those tested also received free concert tickets. Awareness and education are definitely keys to getting people to take charge of their health and know their HIV status. The Martin Luther King, Jr. Family Clinic partnered with agencies such as; AIDS Arms, Dallas County Health Department, Greater Dallas Council on Alcohol and Drug Abuse (GDCADA), Tarrant County Health Department, Aids Outreach Center in Fort Worth to provide testing and education for 1878 individuals for HIV, and syphilis. The Dallas County's Mobil unit found 30 cases of syphilis and 17 cases of HIV. Everyone who participated were educated on abstinence, safe sex and STD/HIV. There were many people who really understood this was an opportunity to know their status. The concert showcased the following performers: Omarion, Marques Houston, Roscoe Dash, and Dorrough. "Hip Hop For HIV" had another successful year of spreading the message "Know Your Status...Get Tested!"

The MLK, Jr. Family Clinic continues to provide education and STD/HIV testing. Please call the clinic for more information at **214-426-3645**.

Know Your Status...



You



Have
Dreams



To Make A Reality!

Get Tested Today...
HIV/AIDS!



Quick And Healthy Recipes...

Chicken And Asparagus Tossed With Penne

Ingredients:

- 1 1/2 cups uncooked penne pasta
- 1 cup chopped asparagus
- 6 ounces boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes with herbs, including juice
- 1 ounce soft goat cheese, crumbled
- 1 tablespoon Parmesan cheese

Directions - Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly. Set aside. In a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the asparagus. Cover and steam until tender-crisp, about 2 to 3 minutes. Spray a large nonstick frying pan with cooking spray. Add the chicken and garlic and sauté over medium-high heat. Cook until the chicken is golden brown, about 5 to 7 minutes. Add the tomatoes, including their juice, and simmer 1 minute more.

In a large bowl, add the cooked pasta, steamed asparagus, chicken mixture and goat cheese. Toss gently to mix evenly. To serve, divide the pasta mixture between 2 plates. Sprinkle each serving with 1/2 tablespoon parmesan cheese. (Serves 2)

Fresh Fruit Kebabs With Lemon Lime Dip

Ingredients:

- 4 ounces low-fat, sugar-free lemon yogurt, 1 teaspoon fresh lime juice, 1 teaspoon lime zest, 4 to 6 pineapple chunks, 4 to 6 strawberries, 1 kiwi, peeled and diced 1/2 banana, cut into 1/2-inch chunks, 4 to 6 red grapes, and 4 wooden skewers

Directions - In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed. Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip. (Serves 2)

Water - A Vital Part Of A Healthy Diet! Water makes up about 75% of our bodies and helps flush our systems of waste products and toxins. Caffeinated beverages, in particular, actually cause the body to lose water. Fresh fruits and vegetables, on the other hand, contain plenty of water and can help with hydration.

Getting Started!

Start off exercising such as, 3 or more times a week. Exercising during a lunch break or on your way to do errands may help you add physical activity to a busy schedule. Exercising with a friend or a family member can help make it fun.

Join The MLK, Jr. Family Clinic,
August 8 - 14 for National
Health Center Week! Call 214-
426 - 3645 For More Info.

Health Matters

“Churches In Partnership
For Healthy Families”

Calling All Churches! You Are Invited To Our Open House, July 27 – 11:30 AM – 12:30 PM. Enjoy a facility tour, healthy snacks and health information you should know! RSVP at 214-426-3645.

Save The Date!
July 27 From
11:30 – 12:30PM

