

# Acacia Family Life

HEALTH NEWS FROM ACACIA FAMILY MEDICAL GROUP

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## Single? Married? Over 60? Under 60?

*Finding a doctor just for you*

If you're like most people, your health care may sometimes involve many medical areas and more than one doctor.

How would you like to find one doctor who can respond to all your health care needs? Consider a Family Physician.

A Family Physician is a medical doctor who cares for the "whole person." One Family Physician said, "We deal with the patient as a person, not just a collection of signs and symptoms.

Family Physicians complete an extensive three-year residency program in the specialty of Family Practice after graduating from medical school. From pediatrics, to internal medicine, to gynecology - they receive training in all major medical areas, making them qualified to help with all the medical needs people have.

Every day, Family Physicians care for hundreds of thousands of patients. Whether you're single, married, over 60 or under 60—a Family Physician is an excellent source for health care. \*

## Don't give up dairy foods!

Adaptation to dairy products is possible for many individuals considered "lactose intolerant," (unable to absorb lactose, a sugar found in milk), according to a panel of the country's leading researchers and clinicians on the subject.

A review of current research led the scientists to conclude that persons who are lactose intolerant rarely need to give up dairy foods entirely. In fact, total elimination of these foods is nutritionally unwise.

The panel agreed upon a number of dietary practices which can help persons who experience discomfort after consuming lactose in dairy foods. These practices include:

- consuming dairy foods with meals;
- taking smaller, more frequent servings of dairy foods;
- using whole milk rather than skim milk; and
- consuming dairy foods such as yogurt and cheese which may be tolerated better than milk. \*



*Acacia Family Medical Group is the new home of Sumana Reddy, M.D. and her team. They are excited and pleased to provide a new option for health care in Salinas. Dr. Reddy brings years of experience in family medicine, with special interests in women's health, obstetrics and pediatrics. Her style includes a strong emphasis on prevention and health education. "We wish to be responsive to your needs and look forward to welcoming you".*



## "Keep cool" problem-solving strategies

Some problems in life are unavoidable, but how you react to them is under your control. If you demand that your life be trouble-free; if you "awfulize" about the problems you have; if you tell yourself that you can't stand what is happening to you; and if you believe that you're at fault if your life can't remain tranquil and free from pain, then you are creating stress for yourself.

To keep yourself at a lower stress level, keep in mind these simple rules:

- Be aware of the impact that your thoughts have on how you feel about things. Stay alert for negative thoughts and use them as a signal of the need for change.
- Reject a helpless attitude. Tell yourself that you know that you can cope with problematic situations because you have done so before.
- Develop a coping plan which involves problem-solving and handling future events.
- Keep a positive attitude by stopping negative thoughts and avoiding worry.
- Don't be concerned about the small things which make up most of life's stresses. \*

## Thumbsucking!

Many parents think that thumb-sucking is a sign of their child's insecurity or that it may be damaging to their child's oral health. But research has shown that thumb-sucking is a habit that a child associates with comfort and nurturing. This habit, common in one-half of all children under age 4, is not generally considered a problem by dentists until a child's permanent teeth begin to erupt.

Only your child's dentist can decide if his thumbsucking is doing harm to his teeth. So, to avoid creating undue stress about thumbsucking for you and your child, ignore the behavior if you have your child's dentist's OK to do so.

If she says it is a problem, or if your child begins to lose his baby teeth, discourage the thumbsucking habit by applying fingernail coatings specifically formulated to discourage thumbsucking and by rewarding your child through praise for extended periods without thumbsucking. \*

## Where fathers are born

As recently as 30 years ago, most expectant fathers could have been found sitting in a hospital waiting room during the births of their children until the doctor came to announce the joyous arrival of their newborns. But not anymore. Today, experts now recognize the important role that fathers can play in children's development; that role often begins with their participation in the birth process.

Moreover, an increasing number of fathers are personally expressing a desire to be involved with the birth of their children. From this beginning, more fathers are committed, emotionally, to taking on the role as caregivers for their children. Fathers who have this "hands on" experience with their newborn children are reported to have increased self-esteem and closer ties with their newborns and toddlers.

If a family is expecting a new baby and wants "father participation" beyond conception, each spouse may want to ask the expectant mother's doctor about ways that both spouses can be involved in their baby's care. \*

