



Cheese

Cheese may be one of the oldest forms of food. It is said that cheese was first made thousands of years ago by a traveler who put milk into a pouch made from a sheep's stomach. During the journey, the sun's heat and the agents from the sheep's stomach changed the milk into curds of cheese and a liquid called whey.

Milk, mostly from cows, but also from other animals such as goats, is the basic part of cheese. Thus, many of the nutrients in milk are also in cheese. It is high in protein and calcium. Cheese is made by making the protein in milk curdle. The liquid, or whey, is drained off. The cheese mass is then salted, shaped, and packed. Many cheeses are then cured for months or even years.

Cheese is a good source of protein and is often used as a meat substitute. Some types of cheese are excellent sources of calcium. One and a half ounces of some natural cheeses contains about 300 mg of calcium, the equivalent of 1 cup of milk.

Research has shown that cheese may help protect teeth from dental

decay. The American Academy of Pediatric Dentistry recommends cheese as a healthful snack.

Processed cheeses were made so cheese could be sold in warmer climates, have a longer shelf life, and spread better. It is made by melting and mixing one or more types of natural cheese with water, salt, and spices. Processed cheese foods and cheese spreads can be very high in salt. This is one reason natural cheeses are more healthful choices than processed cheeses.



The amount of fat in a cheese depends on the type and kind of milk it is made from. Cheddar cheese may be made from whole milk or low-fat milk. Read labels and avoid buying cheeses with more than 5 grams of fat per ounce.

When cooking with cheese, use low heat. High heat will cause the fat to separate and the cheese to become stringy and tough. Wrapped cheeses can be kept for several weeks in the refrigerator.

Cauliflower-Cheese Puff



What You Need:

- 1 medium head cauliflower
- 1 teaspoon lemon juice
- 1/4 cup margarine
- 2 tablespoons flour
- 1 cup 1 percent milk
- 3 eggs, separated
- 1 cup grated cheddar cheese
- 1/4 cup bread crumbs

How To Fix:

1. Break cauliflower into pieces. Cook cauliflower in water with lemon juice, until tender. Drain and set aside.
2. Melt margarine in saucepan. Slowly stir in flour. Cook until brown. *Slowly* stir in milk, egg yolks, and cheese. Cook on low heat until thick.
3. Place cauliflower in greased 9-inch x 13-inch baking pan. Beat egg whites until stiff. Fold into cheese mixture. Pour over cauliflower.
4. Sprinkle bread crumbs on top. Bake 30 minutes at 400° F, until brown on top. Serves 8. (232 calories and 7 grams fat per serving)

Starchy Foods and Dental Health

Sticky candy, such as caramel and jelly beans, has long been blamed for causing tooth decay. But some starchy foods also cause tooth decay. Starchy foods, such as cookies, crackers, and potato chips, may stick to a tooth's surface longer than sticky candy. The candy dissolves faster than the cookies and chips.



The best way to prevent dental decay is to brush and floss after eating any starchy or sticky food. Brush teeth using small circular motions, and up and down strokes. Use only a small dab of fluoride toothpaste. And remember, fluoride toothpaste is not candy and it can be harmful to children. Teach children not to swallow fluoride toothpaste.

Household Jobs

Working, raising children, and keeping a house running smoothly can result in many a tired parent at the end of the day. Sharing the load is good for you and your family. Plan a weekly family meeting to discuss and assign household chores. Write down jobs assigned and post them on a calendar or the refrigerator. Or put jobs in a jar and have family members pick out a task. Make it fun.

Be sure to have small, simple jobs for children. They usually want to do their part and feel left

out if everyone else has a job. Make directions clear and jobs appropriate for a child's age, coordination, and ability. Children can sort and put away laundry, clean their room, make their bed, dust, water plants, sweep, take out garbage, and mop floors.



Reward children after a job is done well. Use praise or a point system. Points can earn a special meal with you, or a trip to the zoo or library.

Being a Good Father

Ways to be a good father:

1. Show your love. Hug and kiss your child often. Give unconditional love.
2. Be involved. Even if you don't live in the same house, be interested in your child's daily activities and friends. When you are together, put away the cell phone, computer, or newspaper. Ask what your child did during the day. Play and read together.
3. Keep promises you make. If you have to break a promise, apologize and make it up to your child. Don't make promises you can't keep. Your children will learn not to trust you.
4. Be firm, but discipline fairly and with love. Children need boundaries and solid values. Never insult or use violence when you discipline your child. Treat your child with respect and he will learn to respect you and others. When discipline is needed, focus on the behavior, not your child.
5. If you need help, call a health care provider.

Partner Abuse

Partner abuse can begin or increase during pregnancy. Abuse can cause you harm and lead to preterm birth and stillbirth. Many men who abuse their partner also abuse their children. Prenatal exams offer a chance to ask for help. Or contact The National Domestic Violence Hotline 24 hours a day, 7 days a week at 800-799-SAFE (7233) and 866-331-8453 (TTY) (www.thehotline.org). Spanish speakers are available. Hotline staff offer crisis intervention and referrals. If requested, they connect women to shelters. Also, The National Sexual Assault Hotline can be reached 24 hours a day, 7 days a week at 800-656-4673. Spanish speakers are available. Hotline staff can connect you to a counselor in your area who can help you.

MEDICATION MANAGEMENT CLINIC TOBACCO CESSATION SERVICES



BENEFITS OF QUITTING SMOKING

- 20 MINUTES: Your heart rate drops.
- 12 HOURS: Your blood's carbon monoxide level drops to normal.
- 2 WEEKS TO 3 MONTHS: Your heart attack risk begins to drop, and your lung function begins to improve.
- 1 TO 9 MONTHS: Your coughing and shortness of breath decreases.
- 1 YEAR: Your added risk of coronary heart disease is half that of a smoker's.
- 5 TO 15 YEARS: Your stroke risk is reduced to that of a nonsmoker's after quitting.
- 15 YEARS: Your risk of coronary heart disease returns to that of a nonsmoker's.

BENEFITS OF THE MEDICATION MANAGEMENT CLINIC

Counseling and medication are both effective methods for quitting smoking when used alone. Research has shown that when patients use both counseling and medication, they are twice as likely to quit. Our clinic provides both options to help you quit smoking.

SERVICES PROVIDED

- Our clinical pharmacists will help you to create a plan to successfully quit smoking. We will work with you to set a quit date and prepare for this date in advance.
- We initiate medications, such as nicotine replacement therapy, bupropion (Zyban™), or varenicline (Chantix™) to help decrease cravings.
- We provide counseling to help you achieve a healthy, smoke-free life.

PHYSICIAN FOLLOW-UP

It is important to continue seeing your regular physician to maintain your overall health.

GETTING STARTED

Call 812.948.7674 for an appointment. No physician referral is needed.

WHAT TO BRING TO YOUR FIRST APPOINTMENT

A list of your medications, insurance card and ID (driver's license, etc.).

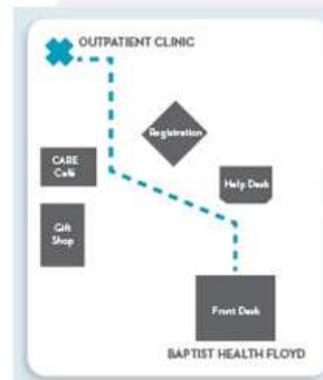
CALL AND REPORT IF ...

- You need to reschedule your appointment.
- There are any changes in your medications, including nonprescription drugs.



CONTACTING THE CLINIC

The clinic is located in the Imaging department.
Call 812.948.7674.



BH-442 (12/20)



EXERCISE “RE-MOTIVATION”

TO STAY FOCUSED ON YOUR PHYSICAL ACTIVITY ROUTINE, CONSIDER WRITING AND SIGNING A CONTRACT TO YOURSELF. THIS WILL PROVIDE A MORE FORMALIZED, VISUAL REMINDER OF YOUR FITNESS PLEDGE. YOU COULD INCLUDE THINGS LIKE THE AMOUNT OF PHYSICAL ACTIVITY YOU PLAN TO ACCOMPLISH EACH WEEK, DAYS/TIMES YOU PLAN TO EXERCISE OR PICKING A DATE TO RUN A 5K.

TIP: WRITE DOWN YOUR EXERCISE GOAL IN PLAIN SIGHT.



BEETS

WITH AN EARTHY FLAVOR THAT GETS SWEET WHEN COOKED, BEETS ARE VERY NUTRITIOUS: ½ CUP OF COOKED BEETS HAS JUST 29 CALORIES BUT GIVES 2 GRAMS OF FIBER AND PROVIDES 19 PERCENT OF THE DAILY VALUE FOR FOLATE (A B VITAMIN NEEDED FOR THE GROWTH OF HEALTHY NEW CELLS). THEIR BEAUTIFUL COLOR COMES FROM BETANIN, A PHYTOCHEMICAL THAT'S THOUGHT TO INCREASE IMMUNITY. BEETS ARE VERY VERSATILE AND CAN BE ROASTED, PICKLED OR EATEN RAW.



TOBACCO QUICK FACT

September: Celebrate Tobacco Cessation

September is national recovery month. Celebrate the health improvements made by those who have kicked the habit of using tobacco products. Millions of American lives have been transformed through recovery. If you have kicked the habit, be a role model by sharing your success with current smokers.

Call **1.800.4.SOURCE** today to find the next class in your area.

To learn more about national recovery month, visit <https://www.naadac.org/national-recovery-month>.