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Get Moving this Month!

North Coast Health Center is teaming up with the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. This month we challenge you to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduce your risk for high blood pressure, heart disease, and some types of cancer. Yet in California, nearly 50% of adults don't get the recommended amount of physical activity.



The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week - just 25 minutes a day can make a huge difference!
- Do muscle-strengthening activities - like lifting weights and using exercise bands - at least 2 days a week.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. Some examples include:

- Going for a brisk walk
- Doing water aerobics
- Riding a bike on level ground
- Playing doubles tennis
- Playing badminton
- Pushing a lawn mower

If you want to increase the intensity of your workout, try any of these vigorous-intensity activities:



- Jogging or running
- Swimming laps
- Riding a bike fast
- Playing singles tennis
- Playing basketball
- Going for a hike

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. If you haven't been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones. The key is doing physical activity that's right for you!

New Physician Spotlight: Dr. Stephen Dent, M.D.



North Coast Health Center is excited to announce our newest physician Dr. Stephen Dent, M.D., a board-certified Otolaryngologist specializing in the medical and surgical treatment of adult and pediatric ear, nose and throat disorders (E.N.T.). He and his staff just recently moved into a newly redesigned office in Building A.

Dr. Dent attended Texas A&M University and received a B.S. in Biomedical Engineering with a minor in Electrical Engineering. He went on to obtain his medical degree from the University of Texas Medical Branch. After completing a General Surgery Internship at University of California Davis, he finished his specialty residency training in Otolaryngology at the University of California San Diego. He then moved to Encinitas and opened a private otolaryngology practice.

He is a current member of the American Academy of Otolaryngology - Head and Neck Surgery, and Chief of Otolaryngology at Scripps Encinitas Hospital.

Conditions Dr. Dent and his staff treat include: Hearing Loss, Surfer's Ear, Ear Infections, Sinus Infections, Postnasal Drip, Nose Bleeds, Sleep Apnea, Chronic Cough, Reflux, Vocal Cord Lesions and more.

Dr. Dent has been living in San Diego for eight years and enjoys the atmosphere of coastal North County. In his free time he enjoys deep sea fishing, beach volleyball and spending time with family and friends.

To learn more, or to schedule an appointment, call (760) 479-2100 or visit www.dentmd.com.

Healthy Eats ~ Shrimp Ceviche

Ingredients

- 1 lb peeled and deveined medium shrimp
- 1 cup fresh lime juice
- 10 plum tomatoes
- 1 large yellow onion, diced
- 1 jalapeño pepper, seeded and minced
- 2 avocados (optional)
- 2 ribs celery, diced (optional)
- chopped fresh cilantro to taste
- salt and pepper to taste

Directions

1. Place shrimp in a glass bowl and cover with lime juice to marinate (or "cook") for about 10 minutes, or until they turn pink and opaque.
2. Meanwhile, place the plum tomatoes, onion, jalapeño, avocados and celery in a large bowl.
3. Remove shrimp from lime juice, reserving juice. Dice shrimp and add to bowl of vegetables. Pour in the remaining lime juice marinade.
4. Add cilantro, salt and pepper to taste and toss gently to mix.
5. Serve with tortilla chips or tostadas.



El Camino Pediatrics raises the standard



Parents know that inevitably children don't only become ill during weekdays. El Camino Pediatrics recognizes this and has gone above and beyond to make sure their patients can schedule doctor visits at times that work for their busy schedules. So in addition to evening hours Monday through Thursday, El Camino Pediatrics offers weekend hours for sick children.

Not only does El Camino Pediatrics provide standard health care, but they recently added education to their extensive list of services. "We pride ourselves in educating patients and parents in preventative health care in addition to providing information about diseases in children. We have devices that allow

us to test the vision of infants as young as 6 months and to check the hearing in those over a year old," said Dr. Nicholas Levy. He also said that they recently added EKGs for athletes to their services.

One current concern for many is the flu season, which is making headlines locally. "Influenza is most dangerous for pregnant women, infants and the elderly and for children with asthma, heart disease and diabetes. Those with symptoms of sudden onset of high fever, body aches, chills, headache and cough should be seen early in the illness," Dr. Levy cautions. He added that there is medication that can help reduce the duration and intensity of symptoms, but it works best when started early.

El Camino Pediatrics offers full pediatric care for children from birth to age 19. In addition to well visits, they provide specialized care for children with a variety of conditions.

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This is an excerpt from the original article that ran in The Coast News. To read the article in its entirety, visit www.NorthCoastHealthCenter.com.

Get treated like family at Advanced Dermatology and Cosmetic Surgery

Your skin functions to protect your body. It's not only what you live in; it's how you present yourself to the world. It is important to have healthy and beautiful skin. This is where Advanced Dermatology and Cosmetic Surgery in Encinitas comes in.

The team at ADCS aims to make patients feel at home while providing a wide range of offerings including general dermatology services, removal of skin cancers, cosmetic mole removal, skin care, advanced laser hair removal and noninvasive cosmetic procedures like fillers, Botox®, laser and surgical procedures including liposuction, eyelid surgery and much more.

On the cutting edge of advancements in dermatology and cosmetic surgery, ADCS provides patients with the latest technologies in lasers and fillers.

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With a wide range of services offered at ADCS, Dr. Lashgari points out that all procedures are done in the office under local anesthesia and or light sedation, which minimizes time and cost. The staff at ADCS wants to take care of you in a timely manner so that you can get back to your busy life.

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What you should know about your child's teeth



We teach our kids about manners and healthy eating. We encourage them to read and be responsible. All of these and other beneficial behaviors begin at home and shape the people they grow to be. Dental care should be no different. According to Dr. Matt Davis of Davis Pediatric Dentistry in Encinitas, the concept of a “dental home” is crucial to lifelong oral health.

The American Academy of Pediatric Dentistry encourages the concept of a dental home. Based on the medical model, it emphasizes comprehensive, continuously accessible, family-centered, compassionate care. This means the patient, parents, dentists and nondental professionals all working together.

“The establishment of a dental home may follow the medical home model as a cost-effective and higher quality health care alternative to emergency care situations,” according to the Academy of Pediatrics.

So when should you first take your child to the dentist? The earlier the better.

“A child’s first visit should be around their 1st birthday,” Dr. Davis said. “At our office we refer to it as a well baby visit and it is generally free of charge.”

The dental home model focuses on children beginning at age 1 until 18, when they typically leave the nest.

A common misconception about children’s dental care is that they are “just baby teeth,” Dr. Davis said. “Baby teeth are very important to your overall dental health. They are important to normal development of the jaws, they save space for permanent teeth and help guide them into position. Many people don’t realize that the last baby teeth are typically not lost until 12 to 14 years of age.”

While parents might have memories of being scared to visit the dentist as a child, Davis Pediatric Dentistry offers an experience their patients won’t dread and might even look forward to. “Everything at our office is designed with kids in mind, from the playroom in the waiting room to each operatory with TVs in the ceilings,” Dr. Davis said. “We take our time with each child, and strive to make every visit a positive experience no matter what the patients’ age so that kids can learn that going to the dentist does not have to be scary.”

The concept of a “dental home” is crucial to lifelong oral health...

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With more than 250 physicians to choose from, North Coast Health Center patients have access to primary care, a surgery center, pharmacy, lab, imaging and over 45 medical and dental specialties all in one convenient location.

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