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A HEALTHIER YOU!

Keeping you informed & up to date on your health care at Samuel U. Rodgers Health Center

Fact Sheet: Irritable Bowel Syndrome

<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>

Studies show that over 1 in 10 people Suffer from IBS

- **What is IBS?**
 - Irritable bowel syndrome (IBS) is a group of symptoms that occur together, including repeated pain in your abdomen and changes in your bowel movements, which may be diarrhea, constipation, or both. With IBS, you have these symptoms without any visible signs of damage or disease in your digestive tract.
- **IBS is a functional gastrointestinal (GI) disorder. Functional GI disorders, which doctors now call disorders of gut-brain interactions, are related to problems with how your brain and your gut work together. These problems can cause your gut to be more sensitive and change how the muscles in your bowel contract. If your gut is more sensitive, you may feel more abdominal pain and bloating. Changes in how the muscles in your bowel contract lead to diarrhea, constipation, or both.**
- **Are there different types of IBS?**
 - Three types of IBS are based on different patterns of changes in your bowel movements or abnormal bowel movements. Sometimes, it is important for your doctor to know which type of IBS you have. Some medicines work only for some types of IBS or make other types worse. Your doctor might diagnose IBS even if your bowel movement pattern does not fit one particular type.
 - Many people with IBS have normal bowel movements on some days and abnormal bowel movements on other days.
 - **IBS with constipation (IBS-C)**
 - With IBS-C, on days when you have at least one abnormal bowel movement more than a quarter of your stools are hard or lumpy and less than a quarter of your stools are loose or watery.
 - **IBS with diarrhea (IBS-D)**
 - In IBS-D, on days when you have at least one abnormal bowel movement more than a quarter of your stools are loose or watery and less than a quarter of your stools are hard or lumpy.
 - **IBS with mixed bowel habits (IBS-M)**
 - In IBS-M, on days when you have at least one abnormal bowel movement more than a quarter of your stools are hard or lumpy and more than a quarter of your stools are loose or watery.

Advice from a
Healthcare
Professional:

"Now that the weather is getting better, don't forget to wear at least spf 15 sunscreen in order to prevent skin cancer!"

Daniel Gillen, FNP-C, Chief Clinical Officer

ASK A DENTIST: DR. RAMIN ARIS

1) How long have you been with Sam Rodgers?

I have been a part of the team here at Sam Rodgers for 2 years.

2) What has surprised you the most about working at Sam Rodgers Health Center?

That the Kansas City area has an incredibly diverse population. It's been fascinating for me to get to know patients from so many different countries and backgrounds.

3) What's the best thing to happen since you started working at Sam Rodgers?

When I joined Sam Rodgers, I had several positive things that happened to me at that time. But the main one was the birth of my son just shortly after I started at Sam Rodgers. Becoming a parent changed me in so many ways, but especially in my approach to treating pediatric patients. While my goal is to treat every patient as my family, for our pediatric patients I especially strive to ensure that they have a positive experience at the clinic so that they can develop healthy dental habits early.

4) What might someone be surprised to know about you?

I was born in Iran, lived in Russia, and now live in the United States. Because of my background, I am a native speaker of Farsi and Russian. Patients who share these languages are often surprised that I can speak to them in their native language.

5) What do you do when you aren't working at the clinic?

I like to spend time with my family. I play indoor soccer. Cooking and good food is my passion beside dentistry.

6) What is one thing you wish your patients knew prior to their healthcare visit?

I wish our patients would feel at ease and know that we have a lot of resources available to them and that we would aim to do everything we can to make sure they have a good experience at Sam Rodgers.

Recipe of the Month

Pozole (Mexican Beef and Hominy Stew)

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=14&cId=15&rId=169>

Calories: 253

Total fat: 10 g

Saturated fat: 3 g

Cholesterol: 52 mg

Sodium: 425 mg

Total fiber: 4 g

Protein: 22 g

Carbohydrates: 19 g

Potassium: 485 mg

Ingredients

- 2 lbs lean beef (eye round roast), cubed
- 1 Tbsp olive oil
- 1 large onion, chopped
- 1 clove garlic, finely chopped
- ¼ tsp salt
- ⅛ tsp ground black pepper
- ¼ C cilantro
- 1 can (15 oz) stewed tomatoes
- ⅓ can (2 oz) no-salt-added tomato paste
- 1 can (1 lb, 13 oz) hominy

Directions

- 1) Heat olive oil in a large pot. Gently blot beef cubes dry with paper towels, carefully place them in the pot, and sauté.
- 2) Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
- 3) Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
- 4) Add hominy and continue cooking for another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.