

Word on the Street



May June 2018

Give the Gift of Life This Mother's Day



The Breast Center at Southwest Medical Center is offering a **Mother's Day Special 3D mammogram** plus a free gift during the entire month of May.

Special cash price is \$125 for this mammogram, during May only, and this price includes reading by the radiologist.

3D mammography (also called breast tomosynthesis) takes multiple pictures that are one-millimeter "slices."

These multiple image slices of breast tissue provide a clearer picture of breast masses, making it easier to detect breast cancer. 3D mammography is considered a higher standard of care and is being adopted rapidly in the U.S.

Call The Breast Center at 580 536-9729 to schedule your appointment ASAP. This special offer is good through May 31 only.

The Breast Center is located in the Southwest Medical Center at 5604 SW Lee Blvd, Ste 150 in Lawton.

Lawton Family YMCA Offers a Great Many Healthy Exercise Classes and a Free Strength and Flexibility Test with Beginner Workout Plan



The local Y is your pathway to better heart health through exercise.

Everything from Boot Camp to Stepping, Spinning to Water Aerobics, Yoga and many more options. [Read the full class schedule here](#)

But how do you know what exercise plan is safe and effective for you?

Not to worry. The local Y offers the **Polar USA physical test** – completely free to members – measuring your blood pressure, heart rate, BMI, strength, and flexibility. After your assessment, the Y will help you make a beginner workout plan.

Contact the Lawton Family YMCA Welcome Center to set an appointment with the health and wellness staff. Call 580 355-9622 or visit 5 SW 5th St in Lawton.

Clinic Members Get a Discount

Ask MainStreet Clinic about our member discount to the Lawton Family YMCA. 580 248-9966



Supercharge Your Summer Salads with High-Protein Vegetables and Grains

Getting protein in your diet from vegetables and grains is one of the **best weapons you have to fight cardiovascular disease**. But how do you change your diet gradually?

According to Prevention Magazine, these plant foods can help you supercharge your summer salads, soups or stir fries for better cardiovascular health.

Many protein-rich legumes, grains and vegetables can be found right here at the Murphy Farms Store in Walters.

Organic Edamame (cooked soy beans)

Protein: 18 g per 1-cup serving

Lentils

Protein: 9 g per ½-cup serving

Quinoa

Protein: 8 g per 1-cup serving

Black Beans

Protein: 7.6 g per ½-cup serving

Lima Beans

Protein: 7.3 g per ½-cup serving

Peanuts or Peanut Butter

Protein: 7 g per ¼-cup serving (or 2 Tbsp peanut butter)

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Clinic Membership:

Ask About it at Work!

Direct primary care clinic membership is a "care first" employee health benefit now offered by many Lawton area employers. **MainStreet Clinic membership** is an ideal health benefit people can use with no insurance coverage required.

- Flat monthly fee by payroll deduction
- Membership agreement is individual to each employee
- Access care after hours via cell phone, text or email
- We help maximize your insurance and seek less-expensive alternatives
- Discounts available for labs, imaging and many medications
- Vision care, too



The fitness app **Lose It!** tracks calories burned via many exercise options, thereby encouraging you to exercise. This feedback puts you in control.

And sure, certain benefits follow. Read our blog: [Mobile App Your Next Prescription](#)



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Wild Rice

Protein: 6.5 g per 1-cup serving

Chickpeas

Protein: 6 g per ½-cup serving

Almonds

Protein: 6 g per ¼-cup serving

Cashews

Protein: 5 g per ¼-cup serving

Spinach

Protein: 3 g per ½-cup serving

So how much protein should we get every day?

WebMD offers these suggested amounts of protein per day:

| | |
|----------------------------------|------------|
| Babies | 10 g |
| School-age kids | 19-34 g |
| Teenage boys | up to 52 g |
| Teenage girls and women | 46 g |
| Adult men | 56 g |
| Pregnant and breastfeeding women | 71 g |

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