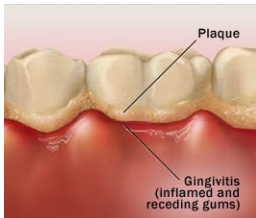


Oral Health



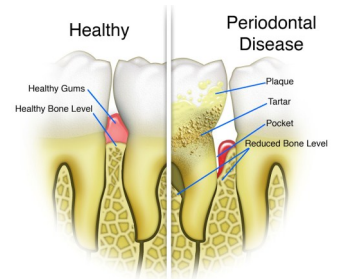
Many people are not aware of the serious effects that poor oral health can have on our overall health. Studies have shown that our oral health can affect heart health, diabetes, obesity, healthy pregnancies, respiratory disease and certain cancers. With this in mind, take a look at two of the problems - gum disease. There are two types of gum disease:

February 2013



- **Gingivitis:** a mild form of gum disease that causes the gums to be red, swollen, and bleed easily.

- **Periodontitis:** an inflammatory disease that affects gum tissue and interferes with the health of the other systems in the body

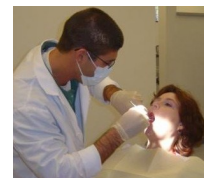
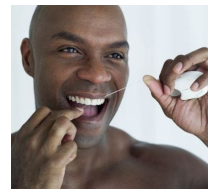


Related Diseases:

- **Cardiovascular** - People are two times more likely to have a stroke as a result of gum disease than with other diseases.
- **Diabetes** - People with diabetes are much more likely to have severe gum disease and many parts of their bodies will be affected by the disease plus they will tend to have more on-going infections.
- **Respiratory** - Gum disease may increase the chance of contracting pneumonia, bronchitis and emphysema. It can also aggravate symptoms in adults and children who have asthma.
- **Pregnancy** - Pre-term labor is seven times more likely in pregnant women with gum disease.
- **Cancer** - Studies have shown that certain kinds of cancer (breast, lung, kidney, blood-related) can be affected by maintaining good oral health.

Oral Health Solutions - the good news is that oral health is easy to maintain once you know how! Here are some suggestions:

- Brush 2 times per day
- Floss daily
- Get dental check ups - 2 times per year
- Chew sugar free gum
- Skip late night snacking
- Stop using tobacco in any form
- Teach children good dental care habits from an early age
- Drink plenty of water and limit sugary drinks
- Practice good nutrition



Is there a health topic you want to know more about? For more information about fitness, education and nutrition, or other health programs, contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@doh.state.fl.us

Women and Heart Disease.... Did you know?

- ♥ 13% more women than men will die within a year of their first heart attack.
- ♥ In 2008, 26,583 women in Florida died of heart disease
- ♥ Most women ignore the warning signs of a heart attack for as long as two weeks to a month.
- ♥ 1/3 of women experience no chest pain at all when having a heart attack.

Some of the symptoms of heart attack are:

- ♥ Shortness of breath
- ♥ Persistent coughing or wheezing
- ♥ Swelling in the feet, ankles, legs and abdomen
- ♥ Tiredness, fatigue
- ♥ Lack of appetite, nausea
- ♥ Confusion, impaired thinking
- ♥ Increased heart rate



What should you do?

- ♥ Don't wait...call 911 immediately and get help!
- ♥ Be prepared. ..take a CPR course (we offer a compression-only CPR class at the Wakulla County Health Department for \$25.00). Call 926-0400, ext. 215 and schedule your class now!



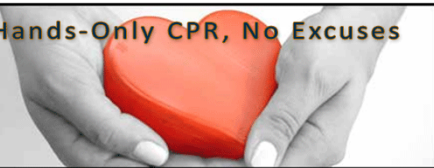
Childbirth Education... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Some of the topics included are: relaxation exercises, breathing patterns, labor and delivery, infant care, breastfeeding and infant car-seat fitting.

Classes are scheduled for February 12- March 12 and March 19 - April 16. Both classes are from 6:30 - 8:30 p.m.. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!

Basic First Aid... Please call for more information on the next class at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00



Hands-Only CPR, No Excuses



The next Hands-only CPR class is on Thursday, March 24, 2013 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person.

The Wakulla County Health Department now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p.m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.

