

# HEALTHY LIVING

Wellness Newsletter from **AAOA**

# AUGUST 2015

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# Eat Right for Better Oral Health

Eating right and the health of your mouth go hand in hand. That's why many dentists are worried about the sugary snacks, sodas and juices their patients eat. These unhealthy choices can damage teeth and gums and your overall health. If your diet isn't rich in vitamins, it can affect your ability to fight infection. This may lead to tooth decay and gum disease. With a healthy diet, your body will get the right vitamins and minerals. These nutrients will help keep your teeth and gums healthy:

NUTRIENT	FOUND IN	BENEFITS
Calcium	Milk, yogurt, beans and cheese.	Helps to strengthen your teeth to fight tooth decay.
Iron	Red meat, liver, and bran cereals.	Lack of iron can cause tongue swelling and mouth sores.
Vitamin B3	Chicken and fish.	Without enough B3, you can develop bad breath.
Vitamins B12 & B2	Meat and dairy products have B12. Pasta, bread, and spinach have B2.	A lack of B12 and B2 can cause mouth sores.
Vitamin C	Peppers, dark leafy greens, broccoli, cauliflower, oranges, and strawberries.	Helps prevent gingivitis, the first stage of gum disease.

## Preventing & Treating Dental Disease

Tooth decay and gum disease are common conditions that affect most people during their lifetime. Both can be painful and expensive to treat. It's important to know that science is showing links between dental disease — especially gum disease — and overall health. With good home care, a healthy diet and regular dental care, you can avoid dental health problems.

How dental disease begins:

Like all diseases in the mouth, tooth decay and gum disease starts with germs called "bacteria" that cling to your teeth. These germs are part of a sticky film called "plaque" that cover teeth. The bacteria in plaque causes infections in the mouth. The two most common are tooth decay and gum disease. Tooth decay leads to cavities which must be treated or they will get bigger. A dentist will remove the decay from your tooth and then fill the cavity with a silver or

white filling. Your dentist may refer cavities as "dental caries." Gum disease is an infection of the tissue that holds your teeth in place. It has been linked to more serious health issues, like:

- Diabetes
- Heart disease
- Problems during pregnancy

Your dentist may refer to gum disease as "periodontal disease."

Symptoms of a cavity include:

- Pain in the tooth
- Sensitivity to hot or cold food and/or beverages
- Bad breath



### In brief

- Gum disease is linked to health conditions like diabetes and heart disease. It can even cause pregnancy problems.
- Brushing and flossing every day may prevent dental disease. You should also go to the dentist.
- Talk to your dentist for advice about your dental health.

# Vaccinations For Flu Season

## Seasonal flu vaccination.

In general, anyone who wants to lower their chances of getting the flu can get vaccinated. Further, the CDC recommends that the following people get the flu vaccine:

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live with or care for those at high risk for complications from flu, including babies younger than 6 months

## Swine flu vaccination.

The following people are at high risk and should be among the first to get vaccinated:

- Pregnant women
- Caregivers for children younger than 6 months of age
- Health care and emergency medical services personnel
- Children and young adults from 6 months to 24 years old
- People 25 to 64 years old who have underlying health conditions that might increase their risk for flu-related complications

# Unfounded Vaccine Fears

Parents who fail to get their children immunized because of false information put many at risk.

## No autism-vaccine link

At the movement's core is the fear that toxins in childhood immunizations are the cause of autism and possibly other diseases. This group claims that the rise of autism is due to the number of vaccines children get at a young age. While it is true that autism is typically noted around the time many childhood immunizations are given, decades of scientific research have not found a link between vaccines and autism.

That's not to say that all vaccines are 100% safe. There are risks with vaccinations, although the most common risks, a sore arm or mild fever, are temporary. More serious reactions are extremely rare. Many people think they are avoiding risk by choosing against vaccination. Sadly, this is not true.

Failing to immunize not only puts your child at risk of getting a deadly disease but also of spreading that disease to the rest of your family and others. Polio, measles, diphtheria, chickenpox and other dangerous diseases have been kept in check with vaccines, but not completely wiped out. Many younger parents, those who were not old enough to

witness first-hand the devastating effects of these diseases, may not fully appreciate their terrible force.

## Deadly diseases waiting for comeback

As more people opt out of immunization, the chance of these killers staging a comeback increases. This is a frightening outlook. In fact, pertussis, or whooping cough, a disease that was all but eliminated, (1,000 cases in 1976) has been slowly coming back (26,000 in 2004). Whooping cough causes high fever and can be fatal in babies.

Measles is also well-positioned for a comeback. The number of reported cases (while still relatively rare) has risen steadily from year to year. With measles, one cough can spread the disease to virtually any susceptible person in the room. Because the disease is so highly contagious, people who are vaccinated serve as a barrier to a widespread outbreak. But rising numbers of unvaccinated people provide a reservoir of potential disease. In other words, vaccines work only if a critical percentage of the population takes them.

Most parents are just trying to make

the right decision for their children. When they look to the Internet, they can find a wealth of inaccurate information. The information plays to their fears and takes advantage of a lack of understanding about the complex topic of vaccines.

## Protecting your family and the community

Many believe that the vaccine decision is one that will only affect their own family. But they do not think that skipping these shots could cause suffering and even death to others. Most parents are unaware their sick child could pass the disease on to a vulnerable population. For example, babies who are too young to be vaccinated may not have any protection against these diseases. Likewise, people with certain diseases like leukemia and AIDS cannot safely get some vaccinations. And in a small number of cases, vaccinations do not "take," leaving you open to catching the disease.

In the end, the decision to have children vaccinated remains with parents. If you are worried about vaccines, talk to your family doctor and find credible information to help in your decision.

## Deviled Eggs with Tuna



### INGREDIENTS:

- 6 large eggs, hard-boiled with shells removed
- 1 can (7 oz.) chunk white tuna, packed in water
- 1 tsp prepared Dijon mustard
- 2 cloves garlic
- 3 T lime juice
- Salt & pepper to taste
- 1/4 cup fresh parsley

### PREPARATION:

Slice the eggs in half lengthwise and carefully discard three of the six yolks. Reserve the other three. Set egg white hollows aside. Drain the canned tuna, removing excess water by pressing it with the back of a spoon against the colander. Process the tuna, egg yolks, mustard, garlic, lime juice, salt and pepper in a food processor to a puree. Adjust seasoning. Spoon or pipe the tuna mixture into the hollowed eggs. Garnish with parsley and serve at room temperature or chilled.

### Nutrition Facts

Yields 3 Servings

Amount Per Serving

Calories 165

Fat 6g

Sodium 195mg

Carbs 3g

Protein 25g

Cholesterol 210mg

# Overcoming Your Exercise Obstacles

Here are the top seven barriers to exercise and ways to hurdle over them:

**1. No time.** Spend a week identifying 30-minute time slots that you can set aside for exercise. Then mark your day planner accordingly. Find ways to work in physical activity into your everyday life. Park further from your office, take the stairs instead of the elevator, ride your bike to the grocery store. Other time "obstacles" to hurdle:

- *Travel for work.* Choose a hotel with a fitness center or pool. Pack a bathing suit and a pair of sneakers.

- *Family obligations.* Fit in exercise with the kids or find time to work out when the kids are at school or staying with a friend.

**2. Lack of support from family or friends.** Tell your family or friends that you want to be more active. Ask them to support your efforts. Get your spouse, significant other or friend to jog or play tennis with you. Find a group, join a gym or a hiking, biking or running club.

**3. No energy.** We all have times when we are more energetic. If you are a morning person, maybe a before-work workout is best. If you feel an energy boost after work, then you may want to hit the gym on your way home. Others find time in the middle of the day.

**4. No will power.** If you're saying this, you may need to write yourself a contract. It may be as simple as writing down a time to exercise in your calendar or date book. You are more likely to do it if you write it down. Choose an activity you enjoy. To stay motivated, choose a reward to work toward and keep you going. Working out with a buddy will also keep it fun and keep you motivated.

**5. Fear of injury.** Talk to your doctor

first to get the go-ahead to exercise. If it has been some time since you've exercised regularly, start out slowly so you don't get hurt. Choose a low-impact activity that won't injure your knees or other joints. Choose activity that's appropriate for your age and ability level. Remember to warm up and cool down before and after exercise.

**6. Lack the skill.** If you can walk, you can exercise. In fact, you can build an entire exercise routine around walking. If you always wanted to learn to swim or play tennis, now is the time. You may want to take a class to develop new skills.

**7. Lack of resources.** This barrier may be related to money or location. You don't need to join an expensive gym to exercise. All you need is a pair of sneakers or comfortable walking shoes. Go to a nearby park or make up your own route in your neighborhood. If there's no park nearby or your neighborhood is not pedestrian-friendly, then find a recreation program or health facility at work. Don't let the winter keep you from staying in shape. Take your walking routine to the mall or work out in the privacy of your home with your favorite aerobics DVD.

You probably know that exercise has many benefits, such as warding off heart disease and diabetes. Exercising 60 to 90 minutes a day can help you to reach a healthy weight. You can even benefit if you break up your exercise program into several 10-minute intervals a day.

So don't let these excuses keep you from cashing in on the fun and the healthy returns. Check with your doctor to find out what a good activity level is for you, and then quit making excuses!

## AAOA HEALTHCARE

www.myaaobenefits.com  
www.aaomerica.org  
www.aaohhealthcare.org

(425) 968.0545  
(866) 968.0545 (Toll Free)  
10510 NE Northup Way, Suite 200  
Kirkland, WA 98033

## AUGUST



Sheridah Bennett  
(AAOA Wellness Champion)

## Wellness Tip

### Making Healthy Changes

Experts believe it takes about six months to make a lifestyle change, but getting through those first six months is the most difficult part. It's common to have temporary setbacks, but don't give up. With some careful planning, realistic goals and determination, you can make healthy changes last a lifetime.

We want your feed-back about the Wellness Newsletter. Please e-mail us at [wellness@aaomerica.org](mailto:wellness@aaomerica.org) with any wellness tips or healthy recipe ideas.