



Change Is In the Air

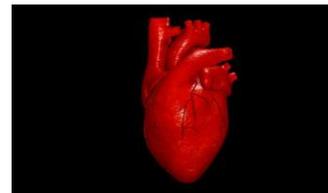
We do know that spring will come, it is just a matter of time when that change in seasons will bless us with warmer weather providing more opportunities to get out and about. But, since we are caught here in the middle of freezing temperatures and snow piling up, we have to make do with what we have. We probably should use the time wisely for planning better things ahead. During this month of February, as we celebrate “Heart Health month”, let’s be mindful that change is inevitable and doing things as we have always done them may be part of the changes that will need to be made to be the healthy and strong nation/community we must be. We are so fortunate to live in a country where personal choice is still part of our daily lives. However, if our personal choices impact us and others in a detrimental way, there may be consequences that are real cause for concern. Choosing a healthy lifestyle is a win/win for everyone. Think about your daily choices and consider whether you have chosen a healthier path for yourself and your loved ones. It just may be your “time for change”.

Are you aware that you may protect your heart health by changing your lifestyle? By eating healthier food options like choosing more fruits and vegetables, eating more whole grains, nuts, and seeds, and reducing the amount of foods containing saturated fats, trans fats, and sugar, you can affect your heart in a positive way. Deciding to **move more and sit less** has a very positive effect on heart health. If you already have heart issues, you may need to take medications, but changing your eating habits and exercising can also improve your situation. Talk with your doctor about changes you can make to feel and be better.



Dr. Joseph Gomez from Finger Lakes Health is offering a **free mini “Cardiac PRE-hab” session** for anyone seeking better heart health. This is an introduction to Dr. Gomez’s 8-week program and will be offered in **Penn Yan on Wednesday, February 25th from 6-8 pm in the Cardiac Rehab Dept. at Soldiers & Sailors Memorial Hospital**. You may register for this event on-line at www.flhealth.org/events or call 315-787-4012. A healthy heart has no age limit. Take this step to make the difference for yourself. A longer and healthier future is a treasured gift you can give yourself by making healthier choices.

What else affects the cardiovascular system? If you use tobacco, **QUIT** now! If you don’t smoke or chew, choose not to start. **Tobacco is the leading cause of preventable disease and death in the U.S.** That is one substance to avoid for the health of your heart. Tobacco use is an unhealthy CHOICE, not a right. Breathing clean air in a healthier environment is a right.





For all Yates County employees
and area residents



National Children's Dental Health month

Some have mistakenly said that baby (primary) teeth are not so important because they just fall out anyway. Oh no, this cannot be further from the truth! Baby teeth serve several purposes in a growing child's mouth. Some babies have been known to be born with teeth already in their mouths, but typically the first tooth to erupt is on the bottom, front location at about 6 months of age.

- Primary (deciduous) teeth continue to erupt every few months until about age 2 ½ years, when all 20 teeth should be in place. At or before this time, a growing child should have the opportunity to visit a dentist who will provide a gentle, caring environment for a young child to experience someone putting dental tools in his/her mouth and cleaning the teeth. All throughout babyhood, parents should be cleaning and examining baby teeth so that growing children realize this is part of a normal healthcare routine.
- As baby's grow, some parents may be tempted to put an unsettled baby to bed with a bottle of milk or formula. This practice may be common, but never a good idea because the milk sugars settle and stay on the teeth for a longer duration as the baby sleeps, possibly causing erosion of the enamel of the tooth, leading to baby bottle tooth decay. As a result, oftentimes extensive and costly repair is necessary to avoid pain and infection.
- Primary teeth are the tools by which children learn to chew food carefully and help start the digestion process of foods that need to be chewed into smaller pieces before swallowing.
- As a baby learns to speak, these teeth help in the process of making specific sounds to form words correctly and children learn to appreciate the aesthetics of a nice smile.
- Primary teeth have the important job of maintaining a space in line for the grown-up (permanent) teeth to follow. Each baby tooth is replaced by a permanent tooth. The tooth buds of the permanent teeth are located in the jaw underneath the baby teeth, so any infection of a baby tooth could jeopardize the condition of the permanent tooth. As the root section of primary teeth disappears, the tooth loosens and falls out, leaving the appropriate time and space for the permanent tooth to enter the mouth.
- At about 6 years old, a permanent molar called the 6 year molar will erupt behind the 2nd baby molars. Permanent teeth continue to replace baby teeth until about 11-13 years, when the permanent pre-molars (bicuspid) replace the baby molars. At about 12 years old the 2nd permanent molars (12 year molars) erupt in the back, followed later by the 3rd molars – wisdom teeth. Altogether adults have 32 permanent teeth, unless space in the jawline doesn't allow for the 3rd molars.
- Good dental hygiene is vital to a healthy dentition. Also, safe practices like wearing mouth guards for contact sports protects teeth. Good care is part of the learning process.



Public Health
Prevent. Promote. Protect.
Yates County