

BELLIN FOR WOMEN

ESSENTIALS *FOR* HEALTH

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Welcome to Essentials for Health, the monthly newsletter of Bellin For Women. This newsletter is designed to help in you in your goal of taking a more active role in your own health. It's a source of information for you, from health and wellness education to health topics in the news to recipes you can try at home. But it's more than that. It's a connection to the Bellin For Women community, bringing BFW's special encouragement and energy to your inbox every month.



BRUSH UP ON GOOD HEALTH

If your eyes are considered the windows to the soul, then your mouth can be considered a window to your wellbeing. Did you know that signs of disease may first appear in your mouth? Diabetes, osteoporosis, HIV/AIDS and many other conditions can display tell-tale symptoms in the gums, tongue and teeth. And poor oral hygiene can leave you susceptible to gum disease, which can allow bacteria to enter the bloodstream through your gums and has even been linked to premature birth and other pregnancy complications. Good oral health habits and routine dental visits can help you keep your entire body healthy.

Below are some simple guidelines for proper brushing and flossing according to the American Dental Association.

For brushing your teeth:

- Place your toothbrush at a 45-degree angle to the gum.
- Move the brush back and forth gently in short (tooth-wide) strokes.
- Brush the outer tooth surfaces, the inner tooth surfaces and the chewing surfaces of the teeth.
- Use the “toe” of the brush to clean the inside surfaces of the front teeth, using a gentle up-and-down stroke.
- Brush your tongue to remove bacteria and freshen your breath.
- A thorough cleaning should take two to three minutes.

For flossing:

- Break off about 18 inches of floss and wind most of it around one of your middle fingers. Wind the remaining floss around the same finger of the opposite hand. This finger will collect the used portions of floss. Hold the floss tightly between your thumbs and forefingers.
- Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.
- When the floss reaches the gum line, curve it into a ‘C’ shape against one tooth. Gently slide it into the space between the gum and the tooth.
- Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.
- Repeat this method on the rest of your teeth.
- Don’t forget the back side of your back teeth!



Sources:

MayoClinic.com

American Dental Association

Perio.org



HARVEST A HEALTH FAMILY

A Latin poet once wrote, “Life is not merely to be alive, but to be well.” Wellness is about living healthfully, not because you have to, but because you love to, on every level. Choosing to actively pursue wellness lets us bring our families together around great nutrition, exercise and a healthier daily routine. Get everyone involved in eating right, infuse family time with energy and activity and use milestones or holidays to schedule annual check-ups to ensure that your health and your family’s health are just where they need to be.

Nutrition

- Watch portion sizes — for more information on portion distortion, visit <http://hp2010.nhlbihin.net/portion/index>.
- Get the whole family to contribute with food preparation, focusing on an exciting variety of fruits, vegetables and whole grains.
- Insist on eating together, especially for breakfasts and dinners.

Health in Action

- Walk whenever possible — walk briskly through the store, or plan a family walk after dinner.
- Move in your home, whether it’s through yard work or getting things done around the house. Be creative! Play bouncy, upbeat songs as everyone is cleaning to cheer up the mood and get them dancing as they clean.
- Invite physical activity into the family routine — plan a breathless hiking trip or cheer on our kids in community sports teams.

Annual Checkups

- Use online tools like www.cdc.gov and www.nhlbi.nih.gov to get information you can trust.
- Schedule annual checkups with your Bellin Health provider hospital around milestones like birthdays and anniversaries to include your health in your annual celebrations.

HEARTS IN LOVE FUR-EVER

Pet birthday cards, cat toys, dog parks, beloved pet bereavement cards – the list is endless of the ways humans are recognizing the importance of their love for their pets. The amazing thing is that not only do pets help us to love, they also help us to stay healthy and to heal. Nearly 25 years of research tells us that pets can lower blood pressure, ward off depression, boost immunity, keep us moving and even improve our social life! Adopting and loving a pet is never a healthcare decision, but it’s nice to know that the love you give and receive from a pet is as good for your heart as it is for your soul.

Did you know that:

- Heart attack patients who have pets survive longer than those who don’t.
- Male pet owners have less signs of heart disease than non-owners.
- Some studies have shown that Alzheimer’s patients have fewer anxious outbursts if there’s an animal in the home.
- A growing number of studies suggest that kids growing up in a home with furry animals will have less risk of allergies and asthma.



GET YOUR TEEN TO TALK BACK

You've successfully survived your child's 2:00 a.m. feedings, toddler tantrums and skinned knees—but how do you prepare for a teenager? Many parents of adolescents feel they've gone from the smartest person around in their child's eyes to an unsophisticated relic overnight.

But even if your teen is pushing you away, it's important to find time to reinforce healthy habits and listen with an open mind. The teenage years are full of hard decisions for your child—for the first time, they're choosing how to manage everything from nutrition and body image to drugs, sex, safety, peer pressure and bullying. While it can be tempting to share the lessons of your youth with your son or daughter, storytelling and lectures rarely work. Teens are essentially performers and scientists, trying on different personalities and testing limits to determine for themselves what sort of behavior is rewarding and appropriate for adulthood.



Here are some tips to help you better understand and communicate with your teen.

- Don't worry your child into bad behavior. A 2009 study found that mothers who expected rebelliousness saw greater rates of unsafe behavior from their children. It can even cause a teen to feel abnormal if they *don't* act rebelliously.
- Lead by example. The three most positive steps a parent can take are to lead healthy lives, enforce limits on TV time and communicate regularly with kids one-on-one and as a family. Eating dinner together is a great start.
- Don't just have the "tough talks." According to a Students Against Drunk Driving survey, 88 percent of parents said that important issues like drugs, alcohol and sexual activity were discussed in "normal conversation," which facilitates open lines of communication. Only 36 percent of teens thought that was when they took place.
 - Communicate in writing. Smart parents leave notes when they want tasks attended to instead of yelling themselves hoarse. Keep it lighthearted — write, "Help! We dishes are trapped in here! Can you set us free?" to see that the dishwasher gets emptied. Don't forget to leave praise notes, too.
- Monitoring teens doesn't mean you need to hire an undercover detective, but it's crucial to always ask where your teen will be, who they'll be with, what they'll be doing and when they'll be back.
- When talking with your teen about their problems, listen for what they may be feeling and give it a name. "It's like nobody in the world really understands you" often gets right to the heart of the matter.
- Involve your soon-to-be adult in household decisions. Ask for their opinion the next time you plan on making a major purchase or change.
- Loosen up once in a while and let your teen call the shots. Let yourself be "made over" in clothes they choose, or ask them to show you their latest obsession, whether it's a book, movie, song or YouTube video.

► **BELLIN PSYCHIATRIC CENTER** https://www.bellin.org/services_programs/mental-well-being

UPCOMING EVENTS

Breaking Bad Habits – Sturgeon Bay

September 6, 2018, 6:15pm – 7:15pm: Bellin Health - Sturgeon Bay, 311 N. 3rd Avenue

How to Talk to Your Kids About Mass Shootings – Green Bay

October 2, 2018, 6:00pm – 7:30pm: Bellin Health Tiletown Sports Medicine and Orthopedics, 1970 S. Ridge Rd., Green Bay

Dangers of Self-Medicating – Green Bay

November 9, 2018, 5:30pm – 7:00pm: Green Bay, Kavarna Coffeehouse, 143. N. Broadway

Debbie Downer or Moody Judy – Marinette

November 15, 2018, 5:30pm – 6:30pm: Bellin Health Marinette, 2820 Roosevelt Rd.

► **FOR MORE INFORMATION** and to register, go to www.BellinForWomen.com