

# NEWSLETTER

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*Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*



## FEBRUARY 2021

### HEALTH OBSERVANCE

## Children's Dental Health Month

By Megan Tomlinson, Preferred Partner Manager - Wellworks For You

### Brush Up on Your Oral Health

As February is Children's Dental Month, the first question for parents often is, "When is the right time to take my child to the dentist?" It's never too soon to begin teaching children the importance of oral health and hygiene. The general rule of thumb is to establish a pediatric dentist by either the child's first birthday or first tooth, whichever comes first. When children begin the teething process, the dentist will be able to give you tips on how to ease the discomfort for your child and the expectations around the time frames of the process.

Having a trusted dentist for your child will set them up for their adult teeth! Did you know that children's "baby teeth" stay in their mouth for 8-10 years? These tiny choppers are important not only for eating and speech development, but also save the space for their permanent "adult teeth". Of course, we want to see those big smiles on little ones, too!

### Do we really need to floss "baby teeth"?

Absolutely, yes! Even tiny teeth need to be flossed, as they are not immune to tooth decay or unwanted bacteria in the mouth. Incorporating flossing in your child's daily routine will set them up for success as their adult teeth grow! A high-risk of young children, specifically under the age of 1, is from baby bottle tooth decay. When children consume sugary liquids, bacteria in the mouth can in turn produce acids from those sugars. Attacking the enamel, this acid poses an even larger threat when exposed long enough to the teeth, even to possible full tooth decay.



Early childhood tooth decay has become the most common chronic childhood disease, impacting more kids than asthma. About 40% of children have tooth decay by the time they reach pre-school.

**CHECK OUT OUR TIPS ON PREVENTING TOOTH DECAY ON PAGE 2.**

#### SOURCES:

- <https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Toothbrushing-Tips-for-Young-Children.aspx>
- <https://www.webmd.com/oral-health/guide/brushing-flossing-child-teeth#1>
- <https://childrensdentalhealth.com/february-national-childrens-dental-health-month/>



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## This bites! How to prevent tooth decay and set your child up for good oral hygiene!

1. Make sure you are selecting a soft-bristled toothbrush for your child and brush their teeth with warm water.
  2. Teach your child the proper way to hold the toothbrush and how to brush their teeth properly.
- Helpful Hint!** Feel free to ask your dentist on tips and tricks on how to do this effectively as we know brushing a toddler's teeth can prove to be challenging!
3. Use toothpaste with fluoride to assist in fighting plaque and keeping bacteria out.
- Helpful Hint!** Engage your child and let them choose the fluoride flavor, ranging from grape to bubble gum to cotton candy, there has to be one they like in there!
4. Floss after the brush time has ended! As soon as two (2) teeth emerge and are touching, begin placing this practice into motion to set your child up for continued dental hygiene.
  5. Create a routine around brushing their teeth! Make sure brushing and flossing are incorporated into their daily lives, in the morning and at night before bed. Using a timer can help with this, setting for two minutes and brushing until the timer dings!

## Workplace Strategies for Mental Health

Karly Giltinan, Wellness Coordinator - Wellworks For You

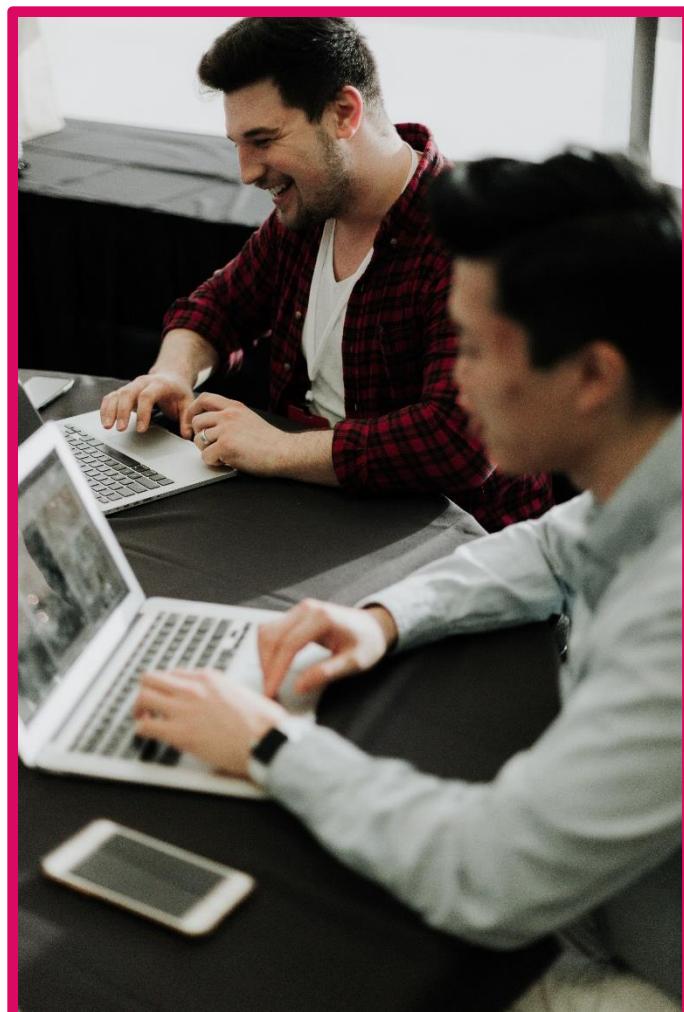
It is no secret that this past year has been extremely difficult for many people. As we enter a New Year of many changes, it is important to take some time to focus on your mental health and wellbeing, even in the workplace. According to <https://www.workplacestrategiesformentalhealth.com/topic/Resources-for-employees>, there are many free resources for employees to promote mental health and safety in the office or at home! Some examples include posting a positive message, meditation, and planning a healthy meal. Many of these activities can be done before you start your work day or even on a break.

To get inspired, search “inspirational quotes” online and share some of your favorites with your co-workers! You can add this to a forum or create a post-it note on your desk daily. This can help boost morale, create motivation, and have a positive outlook for your day.

Need a quick way to reduce stress? Try meditation! Meditation can be done during a break to help you become calmer, more relaxed, and reduce tension. Some meditation can be done in a few minutes while walking or right at your desk.

Lastly, if you enjoy cooking and looking up recipes, using your break time to plan a healthy meal can be a great stress reliever. Planning in advance can help reduce the stress of last-minute meal planning, help refocus your attention, and provide you with a calming activity that has physical benefits as well!

SOURCE: <https://www.workplacestrategiesformentalhealth.com/resources/calming-break-activities>



## HEART HEALTH TIPS

# Reducing Your Risk for Heart Disease

By Kimberly Farrell, Wellness Coordinator - Wellworks For You

Let's talk about your heart. You know, that incredible little organ that pumps oxygen and nutrient-carrying blood through your entire body. You rely on this amazing muscle to keep you alive. But certain lifestyle choices you make can hinder its ability to do its job efficiently or even result in heart disease. Heart disease is a blanket term that covers several different diseases of the heart, including coronary artery disease, stroke, cardiac arrhythmia, and congestive heart failure.

Heart disease is the leading cause of death for both men and women in North America. However, you do not need to be another statistic. Here are some things you can do to reduce your risk:

- Know your family history of heart disease
- Understand and manage your blood pressure, cholesterol, and triglyceride levels
- If you smoke, quit as soon as possible
- Eat a variety of nutritious foods
- Limit your intake of sodium/salt, saturated fat, added sugars, and red meat
- Exercise for at least 30 minutes most days of the week
- Limit alcohol
- Find healthy ways to cope with stress

The tips listed above cover a wide variety of topics. To learn more about how each of these factors affects your heart disease risk, visit [www.heart.org](http://www.heart.org) today!

WellBalance

## HEALTH TIP CORNER



### Tips for a Healthy Heart

**KNOW YOUR NUMBERS.** Check your cholesterol and triglyceride levels regularly. Monitor your blood pressure and get tested for diabetes. Staying informed will allow you to better manage your health and prevent certain health conditions from developing.

## Featured Recipe

### Creamy White Chili with Cream Cheese

6 Servings

#### INGREDIENTS

- 2 (15 oz.) cans no-salt-added great northern beans, rinsed, divided
- 1 tbsp. canola oil
- 1 lb. boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- ¼ tsp. salt
- 1 ½ cups chopped yellow onion (1 medium)
- ¾ cup chopped celery (2 medium stalks)
- 5 cloves garlic, chopped (2 tbsp.)
- 1 tsp ground cumin
- ¼ tsp salt
- 3 cups unsalted chicken stock
- 1 (4 oz.) can chopped green chiles
- 4 oz. reduced-fat cream cheese
- ½ cup loosely packed fresh cilantro leaves

#### DIRECTIONS

1. Mash 1 cup beans in a small bowl with a whisk or potato masher.
2. Heat oil in a large heavy pot over high heat. Add chicken; cook, turning occasionally, until browned, 4 to 5 minutes. Add onion, celery, garlic, cumin and salt. Cook until the onion is translucent and tender, 4 to 5 minutes.
3. Add the remaining whole beans, the mashed beans, stock and chiles. Bring to a boil. Reduce heat to medium and simmer until the chicken is cooked through, about 3 minutes. Remove from heat; stir in cream cheese until melted. Serve topped with cilantro.



#### NUTRITION

**Per serving:** Each serving contains about 319 calories, 23g protein, 29g carbohydrates, 9g dietary fiber, 12g fat (3g saturated), 60mg cholesterol, 140mg calcium, 3mg iron, 64mg magnesium, 662mg potassium, 328mg sodium

Source: <http://www.eatingwell.com/recipe/269831/creamy-white-chili-with-cream-cheese/>

