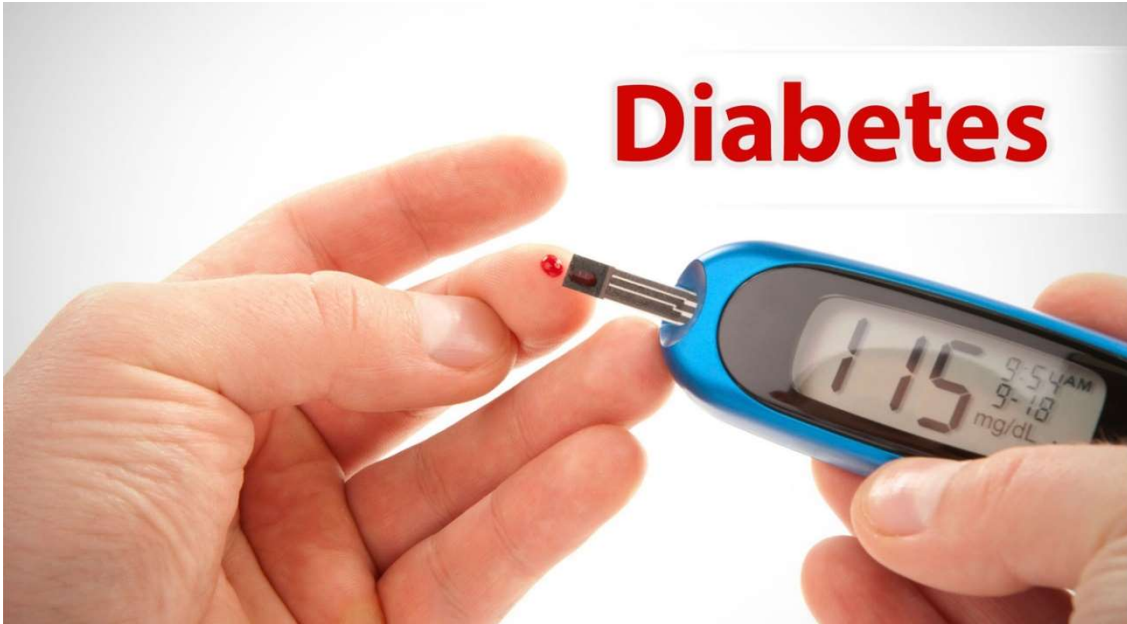




November 2018 Health Newsletter

Diabetes



November is Diabetes Awareness Month!

Diabetes is a group of diseases that involve high blood sugar (glucose) levels. Every cell in your body needs energy to function. A healthy pancreas produces a hormone called insulin. When you eat, insulin is released into your bloodstream. Insulin helps to distribute glucose throughout your body. It also moves excess glucose to your liver for storage. Without insulin to move the glucose around, it builds up your bloodstream. This leaves your cells starved for energy.

Uncontrolled diabetes can lead to a variety of serious complications. These include heart disease, stroke, and blindness.

Managing the disease requires keeping track of blood glucose levels. Treatment may include taking insulin or other medications. Healthy eating habits and regular exercise can also help manage diabetes.

Types of Diabetes

There are several types of diabetes. Each has something to do with insulin and blood glucose, but they're not all the same.

Type 1 Diabetes

Type 1 diabetes is a disorder in which the pancreas can no longer produce insulin. It used to be called juvenile diabetes. It is sometimes referred to as insulin-dependent diabetes mellitus. There is no cure. If you have it, you must take insulin to survive.

Type 2 Diabetes

In type 2 diabetes, the pancreas can produce insulin, but it may not be enough. Some people produce insulin, but the body doesn't use it effectively. Some, but not all people with type 2 diabetes need to take insulin. Most of the time, the disease can be successfully managed with treatment and healthy lifestyle choices.

Gestational Diabetes

Gestational diabetes is diabetes that develops during pregnancy. According to the [National Institute of Diabetes and Digestive and Kidney Diseases](#) (NIDDK), women with gestational diabetes have a 35 to 60 percent chance of developing type 2 diabetes within 20 years.

Prediabetes

When blood glucose levels are higher than they should be, but not high enough to qualify as diabetes, you have prediabetes. Prediabetes puts you at increased risk of type 2 diabetes. In many cases, changes in diet and exercise can delay or prevent onset of the disease.

Causes and Risk Factors

Anyone can develop type 1 diabetes, but it's usually diagnosed in childhood. Only about 5 percent of cases are diagnosed in adulthood. The exact cause is unknown. There is no cure or known prevention.

The risk of developing type 2 diabetes increases as you get older. You're also more likely to get it if you've had gestational diabetes or prediabetes. Other risk factors include being overweight or a family history of diabetes. You can't completely eliminate the risk of type 2 diabetes. A healthy diet, weight control, and regular exercise may help prevent it.

Certain ethnicities are at higher risk of developing type 2 diabetes. These include:

- African-Americans
- Hispanic/Latino Americans
- Native Americans
- Hawaiian/Pacific Island Americans
- Asian Americans

Info on Type 2 Diabetes

Find Out About Type 2 Diabetes and a Treatment Option.

www.type2-diabetes-info.com

Complications

Among adults 20 to 74 years old, diabetes is the top cause of blindness, according to the [NIDDK](#). Diabetes is also a leading cause of kidney failure. Nervous system damage affects about 60 to 70 percent of people with diabetes. That can lead to a variety of nerve problems. Many people with diabetes have impaired sensation in the hands and feet or carpal tunnel syndrome. It can also cause digestive problems and erectile dysfunction.

Diabetes increases the risk of high blood pressure, heart disease, and stroke. Diabetes causes more than 60 percent of non-traumatic lower limb amputations.

It is the seventh leading cause of death in the United States.

Learn More at: <http://www.healthline.com/health/diabetes/facts-statistics-infographic#2>

CDC's National Center for Chronic Disease Prevention and Health Promotion

11 Tips for a Healthy Fall

As the days get shorter and cooler and the leaves change color, "fall" into these 11 healthy habits that help prevent chronic diseases like type 2 diabetes, heart disease, and cancer.



Quit Smoking

You can quit today!
Call 1-800-QUIT-NOW
for free support.



Eat Healthy

Delicious fruits and veggies
make meals healthier.



Get Active

Adults need at least 150 minutes of
moderate-intensity aerobic activity
every week, plus muscle-strengthening
activities at least 2 days a week.



Be Sun Safe

Wear long shirts and pants, a wide-brimmed
hat, and sunglasses and use broad spectrum
sunscreen with at least SPF 15.



Rethink Your Drink

Substitute water for sugary
or alcoholic drinks to reduce
calories and stay safe.



TIP Even if the weather is cooler, the sun can still damage
your skin. UV rays, not the temperature, do the damage.



Brush Your Teeth

Brush twice a day with
fluoride toothpaste.



Sleep

Get at least 7 hours of
sleep every night.



Learn Your Family Health History

Talk to your family and your doctor
about your family health history.



Get Your Screenings

Visit your doctor regularly for preventive services like cancer and diabetes screenings.

Wash Your Hands

Wash your hands with soap and clean running water for 20 seconds.



DID YOU KNOW? Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.



Get Your Flu Shot

An annual flu vaccine is the best way to help protect against flu.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit [cdc.gov/chronicdisease](https://www.cdc.gov/chronicdisease).



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Fluoride Varnish for Healthy Teeth

What is Fluoride Varnish?

A coating that can be painted on a child's teeth.

What does Fluoride Varnish do?

Fluoride varnish makes teeth stronger and helps prevent tooth decay. It is safe, even for babies.

Where can my child get Fluoride Varnish?

Get fluoride varnish from the Dental Department, local healthcare workers, or at school.

When can my child get Fluoride Varnish?

As soon as your child gets his or her first baby tooth.



To receive fluoride varnish, your child can be laid on the exam table or on your lap.



The teeth will be dried with soft cotton.



The teeth will be painted with varnish.



Fluoride varnish is good for your kids and does not hurt.

For healthy teeth, your child should receive fluoride varnish at least three times a year.

If you have any questions, please ask your dentist, health worker, or your student's teacher.



Head Start

What Parents Need to Know About Fluoride Varnish

Healthy gums and teeth are important to your child's overall health. This is why your child's doctor will talk with you about [good dental habits](#) even before your child's first tooth appears.

Once your child has a tooth, your doctor may recommend that your child receive fluoride varnish treatments in the pediatrician's office to help [prevent tooth decay](#). This can be done 2 to 4 times per year. The number of treatments depends on how likely it is that your child may get a cavity.

Pediatricians are trained to apply fluoride varnish because many young children do not see or have access to a dentist until they are older. If your child is seeing a dentist at a young age, as recommended by the American Academy of Pediatrics, fluoride varnish may be applied in a dental office instead.

Read on for more information from the American Academy of Pediatrics about fluoride varnish.

What is Fluoride Varnish?

Fluoride varnish is a dental treatment that can help prevent tooth decay, slow it down, or stop it from getting worse. Fluoride varnish is made with fluoride, a mineral that can strengthen tooth enamel (outer coating on teeth).

Keep in mind that fluoride varnish treatments cannot completely prevent cavities. Fluoride varnish treatments can best help prevent decay when a child is also brushing using the right amount of toothpaste with fluoride, flossing regularly, getting regular dental care, and eating a healthy diet.

Is Fluoride Varnish Safe?

Fluoride varnish is safe and used by dentists and doctors all over the world to help prevent tooth decay in children. Only a small amount is used, and hardly any fluoride is swallowed. It is quickly applied and hardens. Then it is brushed off after 4 to 12 hours.

Some brands of fluoride varnish make teeth look yellow. Other brands make teeth look dull. However, the color of your child's teeth will return to normal after the fluoride varnish is brushed off. Most children like the taste.

How is Fluoride Varnish Put on the Teeth?

Fluoride varnish is painted on the top and sides of each tooth with a small brush. It is sticky but hardens once it comes in contact with saliva. Your child may feel the hardened varnish with his tongue but will not be able to lick the varnish off.

It does not hurt when the varnish is applied. However, young children may still cry before or during the procedure. Fortunately, brushing on the varnish takes only a few minutes. Also, applying the varnish may be easier when a child is crying because his mouth will be slightly open.

You may be asked to hold your child in your lap while you are placed knee-to-knee with the person applying the varnish.

How Do I Care for My Child's Teeth After Fluoride Varnish is Applied?

Here are general guidelines on how to care for your child's teeth after fluoride varnish is applied. Check with your child's doctor for any other special instructions.

- Your child can eat and drink right after the fluoride varnish is applied. But only give your child soft foods and cold or warm (not hot) foods or liquids.
- Do not brush or floss teeth for at least 4 to 6 hours. Your child's doctor may tell you to wait until the next morning to brush or floss. Remind your child to spit when rinsing, if he knows how to spit.

Remember:

Steps to good dental health include:

- Regular care by a [dentist trained to treat young children](#)
- Getting enough fluoride
- [Regular brushing](#) and flossing
- Eating right

The American Academy of Pediatrics recommends that all infants receive oral health risk assessments by 6 months of age. Infants at higher risk of early dental caries should be referred to a dentist as early as 6 months of age and no later than 6 months after the first tooth erupts or 12 months of age (whichever comes first) to establish their [dental home](#). Every child should have a dental home established by 12 months of age.

Last Updated

5/15/2015

Source

Fluoride Varnish Can Help Prevent Tooth Decay (Copyright © 2015 American Academy of Pediatrics)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.



- **Don't forget basic hygiene habits!** Tissues, hand sanitizer and encourage frequent hand washing are simple measures prevent germs spreading
- **Posture** – Align your shoulders, straight back and neck when sitting or standing. The slouch not only impairs spinal health but also prevents the feel-good hormone, like serotonin, from energizing you. Good posture improves your mood.

Thank You for viewing this month's Health Newsletter. If you have questions, suggestions for future newsletters, or would like to join the NCWVCAA Health Advisory

Committee, contact Tiffany Pigott, Health Program Specialist at the below contact information or tiffanypigott@ncwvcaa.org.



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