

February 2021 Health Awareness



February is American Heart Month – A healthy heart is central to overall good health. Embracing a healthy lifestyle at any age can prevent heart disease and lower your risk for a heart attack or stroke. You are never too old or too young to begin taking care of your heart.

Heart Attack Symptoms:

CHEST DISCOMFORT - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY- Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH -with or without chest discomfort.

OTHER SIGNS-may include breaking out in a cold sweat, nausea or lightheadedness.

The American Heart Association offers great tools and resources to better understand the importance of a healthy heart, please click here <https://www.heart.org/>

February is National Children's Dental Health Month (NCDHM) - a great opportunity to promote the benefits of good oral health, because developing good dental health habits at an early age, including scheduling regular dental visits, helps children get a good start on a lifetime of healthy teeth and gums.

The Importance of Pediatric Dentist Visits

According to the American Academy of Pediatric Dentistry, more than 50 percent of children will be affected by tooth decay before age five.

Keep Healthy Teeth with the 2-2-2 Rule

Help keep your child's teeth healthy by using the 2-2-2 rule: visit your dentist two times a year, and brush and floss TWO times a day for TWO whole minutes!

How Do You Get Kids to Brush Their Teeth?

Our pediatric dentists recommend parents follow the "tell, show, do" model:

- **Tell:** In age-appropriate language, explain how to brush and floss and how those actions keep teeth clean and healthy
- **Show:** Let children watch when mom or dad brush and floss their own teeth
- **Do:** Help children brush and floss their teeth in the morning and before bed, and keep a regular routine so they know it's expected. Continue helping to brush a child's teeth until age 4 or 5. After that, let them do it themselves, but supervise them until age 7 or 8. Both children and adults should brush for two minutes, twice a day.



For more tips go to <https://www.dentalassociates.com/our-services/pediatric-dentistry/national-childrens-dental-health-month>



National Eating Disorder Week March 1 – March 7 Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS.

On average, 149 weeks pass before those experiencing eating disorder symptoms seek help. That's almost three years, 37 months or 1,043 days. Find out more about the signs of an eating disorder.

We know the sooner someone gets the treatment they need, the more likely they are to make a full and fast recovery. For more information and resources please go to <https://www.nationaleatingdisorders.org/get-involved/nedawareness>