

TADISO TIMES

ISSUE 176

December 2016

IMPORTANT NEWS.....

Special holiday hours:

6am—1:45pm

Upcoming Holidays:

Sunday, December 25

Monday, December 26 (observed)

Sunday, January 1

Monday, January 2 (observed)

REMINDER

Dispensing Hours:

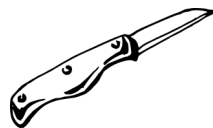
Monday-Friday 6am-4:15pm

Saturday, Sunday & Holidays

6am-1:45pm

DO NOT ENTER THE BUILDING WITH KNIVES, TOOLS, OR ANY SHARP OBJECTS.

ANY OF THESE ITEMS WILL BE CONFISCATED AND YOU WILL BE DISCHARGED FROM THE PROGRAM.



“Post-truth” has

been named as the word of the year for 2016 by Oxford Dictionaries. It is an adjective defined as “relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief.”

Holiday Blues....Depression and Stress

Feeling down during the holidays can be tough, especially since you seem so out of step with the world. Everyone else seems to be bursting with holiday spirit. You're feeling wretched and exhausted.

“I think a lot of people would say that the holidays are the worst time of the year,” says Ken Duckworth, MD, medical director of the National Alliance on Mental Illness. “They're just straight up miserable, and that's not only for people with clinical depression.”

So if the family gatherings, the endless parties, and the shopping get you down, you're hardly alone. But people with depression -- or who have had depression in the past -- need to be especially careful when coping with holiday stress. While it might take some conscious effort on your part, you can reduce stress -- and maybe even find some holiday joy, too.

Healthy Ways to Cope with Stress

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Engaging in healthy activities and getting the right care and support can put problems in perspective and help stressful feelings subside in a few days or weeks. Some tips for beginning to feel better are:

- Take care of yourself.
Eat healthy, well-balanced, meals
Exercise on a regular basis
Get plenty of sleep
Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol. Drugs and alcohol may seem to help with the stress. In the long run, they create additional problems and increase the stress you are already feeling.
- Take a break. If your stress is caused by a national or local event, take breaks from listening to the news stories, which can increase your stress.



Recognize when you need help. Contact your counselor and schedule an additional session.

Remember: Christmas is a time of love, giving and being with the people important in your life. Remember this and don't get too worried about having the neatest house, the fanciest meal, sending out record numbers of Christmas cards or other little details. It is more important that your home is welcoming and your Christmas spirit shows in your happiness. Keep things simple and friendly to save you stress and give everyone a good time!

DID YOU KNOW that smoking is the leading preventable cause of death and disease in the United States? It's well known that smoking can lead to a number of lung-related diseases but in reality, the negative effects of smoking can be seen in almost every part of the body, especially the mouth.

Smoking Compromises Your Oral Health

Among other cancers, smoking puts you at a much higher risk of developing oral cancer. In fact, approximately eight out of 10 patients with oral cancer are smokers. Smoking remains the biggest controllable risk factor for this deadly disease.

Tobacco use is also related to severe gum disease. Because smoking weakens your body's ability to fight infection, bacteria build up more easily in your mouth in the form of plaque and tartar. Bacteria in plaque irritate the gums and cause them to pull away from your teeth, resulting in bleeding and sensitivity. This can ultimately lead to tooth and bone loss. Those who smoke are two times more likely to develop gum disease than a nonsmoker.

Other dental problems that can be caused by smoking include:

Bad breath

Tooth discoloration

Coated or black hairy tongue

Tooth decay

Dulled sense of taste and smell

Dry mouth

Slowed healing after tooth extraction or other surgery

Lower success rate of cosmetic dental procedures



A Note About Electronic Cigarettes

Within the past couple of years, electronic cigarettes have gained popularity, especially as a “safer” alternative to smoking. Since e-cigarettes are relatively new, not much research has yet been published about their long-term health effects. What we do know is that **while e-cigarettes don't contain tobacco, most contain nicotine, which is known to cause damage to the mouth.**

Because nicotine is a vasoconstrictor, it reduces the amount of blood that can flow to your gums. This means that the **gums don't get the oxygen and nutrients they need, causing gum recession and tooth sensitivity as well as putting you at a higher risk of cavities.** The reduced blood flow to the gums caused by nicotine use can also mask the signs of gum disease, making it harder to detect and diagnose. This delays treatment and allows the disease to progress.

Until further research is done, we can't really know how safe e-cigarettes are. **As health care professionals, we advise you to avoid them until their long-term effects are known.**

STOP OVERDOSE.

SPREAD THE WORD ABOUT TREATMENT.

TADISO IS ACCEPTING NEW PATIENTS.

PLEASE TELL ANY ONE IN NEED.

Individuals seeking treatment at Tadis0 should report to the clinic's rear entrance at 6am, Monday through Friday.

Prevent Death

Expand access to and the use of naloxone – a life-saving drug that can reverse the effects of an opioid overdose when administered in time. Naloxone is non-addictive, and expanding training on how to administer the drug can help basic emergency medical service staff reverse an opioid overdose and save more lives.

