

TADiSO TIMES

ISSUE 180

April 2017

IMPORTANT NEWS.....

All patients must provide an EMERGENCY CONTACT phone number. This number is only used if you should become sick or injured while you are at the clinic. Tadiso is not permitted to discuss your treatment with your designated emergency contact person. This is only for medical emergencies.



If you are in need of a naloxone kit, please see our Medical Department.

**YOU CAN
STOP
OVERDOSE
DEATH**

Interested in Suboxone Treatment?

Tadiso is now providing Suboxone treatment. If you are interested, please see Margaret in the Medical Department or call 412-322-8415 ext. 112.

Methadone does not mix with other prescribed drugs, such as benzodiazepines. If you are taking Xanax, Klonopin, Ativan or any other benzodiazepine, you may be at risk for overdose.



Tadiso is re-evaluating our take home medication policy to prevent patients from overdosing.

In addition, we need to coordinate care with the doctor that prescribes this medication to you. Please note that you will be asked to sign a release, allowing Dr. Reese to call your physician. Your safety is our priority.

SPRING TIME FUN

Easter Bunny Visits

- Through April 15, 2017
- Recurring daily

Venue: Ross Park Mall And South Hills Village Mall
Ice Station Zebra

- Through May 28, 2017
- Recurring daily

Venue: Children's Museum of Pittsburgh
Address: 10 Children's Way, Pittsburgh, PA 15212
Measurement

- Through May 07, 2017
- Recurring daily

Venue: Children's Museum of Pittsburgh
Address: 10 Children's Way, Pittsburgh, PA 15212

Spring Flower Show: Enchanted Forest

- Through April 16, 2017
- Recurring daily

Venue: Phipps Conservatory and Botanical Gardens
Address: One Schenley Park, Pittsburgh, PA 15213



Healthy Eating Tip for the Month—courtesy of the CDC Cut the Salt

It can sometimes feel as if we're bombarded with information about the latest eating trend or buzzworthy ingredient. But good nutrition is really about having a balanced diet, and it's easier to do than you may think. In fact, living a healthy lifestyle can be easy and fun.



Nutrition is about more than vitamins—it also includes fiber and healthy fats. Tadiso is dedicated to improving your total health. This is the perfect time to learn simple ways to help your whole family eat healthier.

Good nutrition is about balance, and that means not getting too much of certain ingredients, such as sodium (salt). Sodium increases blood pressure, which raises the risk for heart disease and stroke. Most Americans consume about 3,400 milligrams (mg) of sodium each day. This is much more than the recommended amount of 2,300 mg per day.

Try this:

Avoid processed and prepackaged food, which can be full of hidden sodium. Many common foods including breads, pizza, and deli meats, can be sources of hidden sodium.

At the grocery store, look for products that say "low sodium."

At restaurants, ask for sauces and dressings on the side.

Instead of using salt, add delicious flavor to your meals with a squeeze of fresh lemon juice, a dash of no-salt spice blends, or fresh herbs.

SENSITIVE TEETH



DO YOU EVER cringe when you watch someone bite into ice cream? Are you sometimes fearful of that first sip of hot soup or drink of tea? You're not alone. Tooth sensitivity is one of the most common complaints we hear about!

Teeth Feel Sensitive When Nerves Are Exposed

On the outside of each tooth is a protective layer of enamel. Over time, the enamel can wear away leaving an inner layer, called the dentin, exposed. This occurs due to normal wear and tear, poor dental hygiene or certain lifestyle choices.

Dentin contains fluid-filled tubules that reach into the innermost part of the tooth where all the nerves reside. **Because the nerves inside the tooth are exposed when the enamel is eroded away, sensitivity is the result.**

Another form of tooth sensitivity develops when gum recession leaves the root of the tooth exposed to food, drink and air.



Desensitizing Toothpaste Can Help

Desensitizing toothpastes are a great way to ease tooth sensitivity. They are specially formulated to either block the tubules in the dentin, protecting the nerves in the tooth from exposure, or numb your teeth, in a manner of speaking, so you don't register the pain of sensitivity.

It's important to remember, however, that **if your teeth are at all sensitive, your first stop should be your dentist's office.** Some problems that cause teeth to be sensitive can be quite serious and may require more extensive treatment than desensitizing toothpaste can provide.

Follow These Helpful Tips To Avoid Sensitive Teeth

Sensitive teeth can range from mildly annoying to severely painful. To prevent further damage to your teeth, or any sensitivity in the first place, follow the suggestions below:

Practice proper oral hygiene. Gum disease and tooth decay are frequently the cause of tooth sensitivity. In addition, avoid smoking or any form of tobacco use.

Don't brush so hard. Aggressive brushing or brushing with a hard-bristled toothbrush can cause gum recession and enamel erosion. Brush with a soft-bristled toothbrush and don't apply too much force. Plaque comes off easier than you think!

Protect your teeth. If you clench your teeth frequently or have been diagnosed with bruxism (teeth grinding), make sure you protect your teeth with a nightguard provided to you by your dentist and try to be conscious of your clenching habits during the day.

Make sure your diet is healthy. Eat sugar and carbohydrates in moderation. Drink plenty of water and eat foods that are good for your teeth such as dairy products and vegetables.

Nobody Should Live With Tooth Pain

No matter what your level of discomfort, it's our belief that nobody should have to live with tooth pain. **If you experience any kind of sensitivity in your teeth, see your dentist.**

DRINKING FOR YOUR HEALTH

Drinking enough water every day is good for overall health. Plain drinking water has zero calories, it can also help with managing body weight and reducing caloric intake when substituted for drinks with calories, like regular soda.

Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, constipation, and kidney stones.



Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- Running a fever
- Having diarrhea or vomiting

courtesy of the CDC

