

# TADISO TIMES

ISSUE 182

June 2017

## IMPORTANT NEWS.....



**THURSDAY, JUNE 1— THE CLINIC IS CLOSING AT 10:45AM FOR A STAFF INSERVICE.**

## Be Prepared for Ticks this Summer

**Before gardening, camping, hiking, or just playing outdoors, make preventing tick bites part of your plans.**

Lyme disease is spread by the bite of an infected tick. In the United States, an estimated 300,000 infections occur each year. If you camp, hike, work, or play in wooded or grassy places, you could be bitten by an infected tick.

Reported Cases of Lyme Disease -- United States, 2015



## MORE ON TICKS.....



### Protect Yourself from Tick Bites

**Know where to expect ticks.** Blacklegged ticks (the ticks that cause Lyme disease) live in moist and humid environments, particularly in and near wooded or grassy areas. You may get a tick on you during outdoor activities around your home or when walking through leaves and bushes. To avoid ticks, walk in the center of trails and avoid walking through tall bushes or other vegetation.

**Repel ticks on skin and clothing.** Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.

### Perform Daily Tick Checks

Check your body for ticks after being outdoors, even in your own yard. Search your entire body for ticks when you return from an area that may have ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find.

Remove an attached tick with fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely unlikely; however, other diseases may be transmitted more quickly.

Over the next few weeks, watch for signs or symptoms of Lyme disease such as rash or fever. See a healthcare provider if you have signs or symptoms.

Take special care to check these parts of your body and your child's body for ticks:

- |                                      |                        |                         |
|--------------------------------------|------------------------|-------------------------|
| Under the arms                       | In and around the ears | Inside the belly button |
| Back of the knees                    | Between the legs       | Around the waist        |
| In and around all head and body hair |                        |                         |

Check your clothing and pets for ticks because they may carry ticks into the house. Check clothes and pets carefully and remove any ticks that are found. Place clothes into a dryer on high heat to kill ticks.

Blacklegged Tick (*Ixodes scapularis*)



**PREGNANCY AFFECTS NEARLY** every aspect of your life—your lifestyle, your diet, your health, and much more! Your mouth is no exception to the changes your body may experience during pregnancy. During this special time, you'll need to pay particular attention to your oral health for both your sake and your growing baby's.



### **You May Be More Prone To Dental Problems**

**One of the main concerns we have for expectant mothers is what we call pregnancy gingivitis.** Around 40 percent of pregnant women have some form of gum disease—gingivitis being the first stage. Because of raised hormone levels during pregnancy, you may be more sensitive to dental plaque than before, causing your gums to be sensitive, swell and bleed. Studies have linked mothers with gum disease to premature delivery and lower birth weights.

In about five percent of pregnancies, **women may experience lumps along the gum line and in between teeth.** Luckily, these swellings are harmless and usually go away after baby is born. Even though these are known as “pregnancy tumors,” there is no need to be alarmed as they are not cancerous and can be easily removed by your dentist.

**Morning sickness can also cause dental woes for expectant mothers.** Pregnant women often complain of sensitive gag reflexes and even routine tasks such as brushing and flossing can induce vomiting. Exposure to acid, especially strong stomach acid, can lead to tooth enamel erosion, decay and sensitivity. After vomiting, we recommend rinsing your mouth out with a teaspoon of baking soda mixed with water to neutralize stomach acid and prevent any damage to teeth.

### **Protect Your Teeth During Pregnancy**

To protect your teeth during pregnancy, **one of your first stops should be the dentist's office.** If you are planning on getting pregnant, talk to your dentist beforehand so you can fix any dental issues before conceiving. And when you do find out that you are pregnant, don't just go to your OB/GYN, make your way to the dentist's as well!

**Routine cleanings and checkups are safe during pregnancy,** and as you may be more susceptible to certain dental problems at this time, getting frequent cleanings is a must. You will also need to be diligent about your oral hygiene at home. As always, brush at least twice a day and floss daily.

Another thing to remember is that your diet matters. **Did you know that baby's teeth start developing between the third and sixth months of pregnancy?** You will need plenty of nutrients—specifically vitamins A, C and D, protein, calcium and phosphorous—to make sure their teeth, gums and bones develop properly.



Wellness during pregnancy results in healthy babies. Tadiso's pregnant patients are required to attend maternal education groups, on a regular basis. These groups are mandated by the state Department of Drug and Alcohol Programs. The groups involve presentations from Tadiso staff and visitors from other agencies.

## **BEAT THE HEAT**



**Drink more fluids (non-alcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.**

**Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid.**

**Stay indoors and, if at all possible, stay in an air-conditioned place.**

**Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness.**

**Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.**

**Wear lightweight, light-colored, loose-fitting clothing.**

**NEVER leave anyone in a closed, parked vehicle.**

**Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on infants, young children and the elderly**