

TADISO TIMES

ISSUE 189

January 2019

IMPORTANT NEWS.....

Martin Luther King Day is January 15. Tadiso clinic hours will be 6am-1:45pm.



Please do not trespass on our neighbors property.
Do not park, wait, or walk through the neighbors parking lot. Please be respectful of others. Failure to comply may result in discharge.



REMINDERS

- **Do not try to skip your services. A new group has been started for those dodging their counseling appointments. The group will begin at 4:15pm.**
- **During our construction, we do not want you to miss your counseling. In addition, we will not risk receiving a citation from the state. You will be receiving ALL OF YOUR SERVICES.**

WINNERS OF THE \$25 GIANT EAGLE GIFT CARDS:

October: 7641, 4235, 5773, 793, 7280

November: 5696, 924, 7227, 3847, 4429

December: 7631, 7257, 7401, 6988, 7051

See Nikki in Fiscal for your card. Five winners are drawn randomly, from all Tadiso patients who complete their required services for the month.

SMOKING AND ORAL HEALTH

Live. Life. Healthy

THE DISEASE WE USUALLY think of when we hear “health risks of smoking” is lung cancer, but the damage smoking can cause isn’t limited to the lungs. A smoking habit can do a lot of harm to oral health as well, far beyond merely staining the teeth and causing bad breath. Let’s take a look at some of the more common ways this can happen.

Smoking Harms The Gums

Periodontal disease, commonly known as gum disease, begins with inflammation of the gums. If untreated, it can lead to extensive damage to gum and supporting bone tissue, and it enables bacteria to spread from the mouth all through the bloodstream. **Smoking introduces hundreds of toxins into the mouth**, which not only doubles the risk of developing gum disease, it makes it harder to treat.

Whitening Of The Oral Mucosa

Stomatitis Nicotina, or smoker’s keratosis, is the inflammatory swelling of mucous glands in the mouth. This shows up as thick, whitish patches on the roof of the mouth. While it is usually not painful, smoker’s keratosis can be pre-cancerous.

Increased Risk Of Oral Cancer

A staggering 80 percent of people diagnosed with oral cancer are smokers. Oral cancer affects the lips, tongue, cheeks, and throat. Early symptoms include persistent mouth sores or pain, unusual white patches in the mouth, difficulty chewing or swallowing, numbness, swelling, and a sensation of something caught in the throat that won’t go away. Because many of these symptoms can be caught early at a regular dental exam, **the dentist is your first line of defense against oral cancer.**

The Harm Isn’t Limited To The Smoker

Secondhand smoke combines the smoke from the end of the cigarette with the smoke exhaled by the smoker. Not only does smoking affect the oral health of the smoker, **it can put the oral health of everyone around them at increased risk too**, in addition to many other negative health effects. Infants and young children are most likely to suffer from this smoke with asthma attacks, infections, and even SIDS.

Breaking The Habit

The good news is that **smoking is the most preventable cause** of all of these dental health problems, because we can either quit smoking or never start. Even someone with a long history of smoking can significantly reduce their risk of health complications by quitting, so don’t assume there’s nothing to be gained by kicking the habit.

Make The Right Choice For Your Oral Health

If you want help to quit smoking, there are resources all around you. Support from friends, family, and even counselors can be the best help in quitting. You can also check out the CDC’s website for tips and information.

MORE FREE AND SPECIAL SERVICES OFFERED BY TADISO

SQUIRREL HILL FAMILY HEALTH CENTER MOBILE UNIT IS AVAILABLE FOR YOUR PRIMARY HEALTH CARE NEEDS. THE UNIT IS PARKED NEXT TO THE CLINIC ON PENNSYLVANIA AVENUE ON EVERY OTHER WEDNESDAY. PLEASE CHECK IT OUT. IT WILL BE HELPFUL AND CONVENIENT TO ALL YOUR MEDICAL NEEDS.



Weather Closings.....

Tadiso is open 365 days per year. In the event of an extreme weather emergency, Tadiso will be open unless you see it listed on the TV stations WPXI and KDKA.