

TADISO TIMES

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IMPORTANT NEWS

Tadiso will celebrate Columbus Day on Monday, October 8. Clinic hours will be 6am-1:45pm.

Tadiso is recognizing BREAST CANCER AWARENESS month. Please watch for free gifts from Tadiso staff as we promote Breast Cancer Awareness.



The Squirrel Hill Health Center Mobile Unit is at Tadiso every other Wednesday. Please contact Adriana at extension 188 for more information.



Appointments are not necessary.

CHILD CARE ON THE WEEKEND

Effective immediately, child care services are available on the weekends.

Please note, these services are only available 7am-12 noon.

These services are now provided based on our concern for you child's safety. For the protection of your children, please arrive between 7am and 12 noon. If you arrive outside this time period, we can not tend to your children and provide security for the other patients. In addition, please do not leave your children in the parking lot or lobby, with patients that you do not know. We added this service and want your children to be safe during your visit to Tadiso.



Tadiso Incorporated celebrated the 50th anniversary of the founding of the organization at a recent gala on the Gateway Clipper in Pittsburgh. Tadiso was founded in 1968 by concerned residents in the Manchester and Northside neighborhoods, in response to the increased heroin overdoses.

Soon after, Tadiso physicians, under the direction Charles J. Burks, MD, began prescribing methadone for the treatment of opiate use disorder. The use of medication as a treatment was very controversial and had not been widely accepted. However, Dr. Burks, and others, including Wilbert Nixon Sr., knew the people were suffering, and took action.

On September 13, 2018, Tadiso honored the founding fathers including Wilbert Nixon, Sr. Edmund Effort, DDS, Chairman of Tadiso's Board of Directors, presented Mr. Nixon with an award, recognizing his contribution to the organization. In addition, Kristina DelPrincipe, Tadiso's Chief Administrative Officer, congratulated the staff members for their continued efforts to combat the opioid epidemic. "Dedicating part of your life to Tadiso's mission, is a commitment that cannot be measured."

Laura Drogowski from the Office of Mayor William Peduto, read a Proclamation declaring September 13, 2018 as "Tadiso 50th Anniversary Day." In addition, Kathy Smithley, Tadiso's Operations Director read a letter from Governor Tom Wolf, applauding the employees' contributions and service.

NAIL BITING

Nail biting is a habit shared by between a quarter and a third of children and nearly half of teenagers. Compulsive behaviors don't always have negative effects on a person's physical health, but this one definitely does. In addition to leaving the nails torn and uneven and doing damage to the nail beds, nail biting can lead to a variety of oral health complications.



Nail Biting Versus Teeth And Gums

You might think that your teeth are much tougher than your fingernails, but over time, nail biting can cause significant damage to both teeth and gums. Here are some of the biggest ways this happens:

Erosion, chipping, and cracking: the grinding friction of teeth against nails can gradually wear the enamel away, or even cause teeth to chip or crack.

Malocclusion and gaps: biting nails doesn't just damage the teeth, it can also cause them to move, leading to malocclusions (problems with the bite) and gaps.

Root resorption: possibly the scariest thing nail biting can do to teeth is cause the jaw bone to reabsorb the roots, weakening them and leaving them more vulnerable to falling out. This is an even greater risk for people with wire braces.

Gingivitis: a lot of dirt and germs get trapped under our fingernails, and when we chew on them, that all gets transferred to our mouths, which can result in gum disease.

Bruxism: a nail biting habit can increase a person's risk of developing a chronic teeth-grinding habit, which comes with even more oral health problems, along with headaches and soreness.

Tips To Help Break The Habit

Until more is known about nail biting and what causes it, it can be difficult to know the best things to do to break the habit, but here are a few strategies that can help:

Trim your nails regularly so you don't have anything to bite.

Paint your nails with bitter-tasting polish so biting becomes associated with a nasty taste.

Get a manicure! If your nails are pretty, you'll be more motivated to keep them that way.

Swap the nail biting habit with a more harmless way to fidget, like silly putty or a stress ball.

Figure out your triggers. When you know what sets off the nail biting, you can plan ahead and do something different.

Make stopping a gradual process. Choose one nail at a time to stop biting, and maybe cover it so you physically can't bite it. Add more fingernails to the bite ban until there aren't any left!



Tadiso's construction process is coming to an end. Please look for signs on when we will open the rear parking and entry for patients. The lobby will include several scanners for patient use, to check their services for the day. Patients will be able to go directly to the Medical Department and UA Testing, without escorts. Since the Coffee House has been eliminated, a Coffee Bar, in the new lobby will be open for FREE COFFEE.

GET YOUR FAMILY
VACCINATED

FIGHT FLU

cdc.gov/FightFlu

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

HELP PREVENT THE FLU

Avoid close contact.

Stay home when you are sick.

Cover your mouth and nose.

Clean your hands.

Avoid touching your eyes, nose or mouth.

Practice other good health habits.