

The Catholic Women's League of Canada
Alberta Mackenzie Provincial Council
Education and Health Communiqué #8 (May 2015)

Judy L.

"This is the day the Lord has made; let us rejoice and be glad in it"
One Heart One Voice, One Mission

He Has Risen! ... Alleluia

We now bring this hope to everything we do. We are the bearers of good news and we do this through information, enlightenment and being faith-filled **women**.

HEALTH

Oral Health

We all know the importance of good oral health and we all brush our teeth twice a day (the prescribed amount for good oral health) and floss regularly. As well, we use the proper technique for brushing ... toothbrush at an angle, up-and-down strokes and we replace our tooth brush every three to four months. We also know that without good oral health we are prone to bacteria growth in our mouths which can cause tooth decay. But here are a few things that we might not know ...

[adapted from the Mayo Clinic's Healthy Lifestyle-Adult Health page at <mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>].

Medications such as decongestants, antihistamines, painkillers and diuretics can reduce saliva flow. Saliva not only washes away food, it neutralizes acids produced by the bacteria in the mouth and helps prevent disease.

Some studies suggest that oral bacteria and the inflammation associated with periodontitis might play a role in diseases. As well, diabetes and HIV/AIDS can lower the body's resistance to infection and make oral health problems more severe.

The following conditions may be linked to oral health [quoted from the Mayo Clinic's Healthy Lifestyle-Adult Health page <mayoclinic.org>].

- **Endocarditis.** Endocarditis is an infection of the inner lining of your heart (endocardium). Endocarditis typically occurs when bacteria or other germs from another part of your body, such as your mouth, spread through your bloodstream and attach to damaged areas in your heart.
- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
- **Pregnancy and birth.** Periodontitis has been linked to premature birth and low birth weight.

- **Diabetes.** Diabetes reduces the body's resistance to infection – putting the gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes. Research shows that people who have gum disease have a harder time controlling their blood sugar levels.
- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.
 - **Osteoporosis.** Osteoporosis – which causes bones to become weak and brittle – might be linked with periodontal bone loss and tooth loss.
- **Alzheimer's disease.** Tooth loss before age 35 might be a risk factor for Alzheimer's disease.
 - **Other conditions.** Other conditions that might be linked to oral health include Sjogren's syndrome – an immune system disorder that causes dry mouth – and eating disorders.

It becomes very important for all of us to stay healthy and “oral health” is no exception. Don't think that brushing and flossing just gives you a bright smile; it also helps to keep your whole body healthy.

[All information taken from the Mayo Clinic website <mayoclinic.org>.]

Lyme Disease

As we are preparing to work in our gardens, hike in the mountains and just enjoy the great outdoors, don't forget about that pesky little tick that has the potential to give you LYME DISEASE. The following is a review of what you should be aware of :

How to spot a tick bite

A large, "bull's eye" shaped skin rash is usually a sign of Lyme disease and requires medical attention, but sometimes it is not present.

How to remove a tick

Remove with tweezers

Grasp it near its head or mouth

Gently pull it out ... do not squeeze or crush; dispose of it

Apply antiseptic to the bite area

Some symptoms of Lyme Disease

Swollen bite mark

Flu like symptoms

Rapid heart beat

Palsies

As this is my last communiqué as provincial Education and Health Chair, I want to thank all Education and Health Chairs at all levels for your dedication and hard work. As this was my first go at this committee, I found I was on a steep learning curve, but then I thought that is what life-long learning is all about. It is venturing into the unknown, learning new things, sharing them with others, and then the unknown becomes the known. So often we hold ourselves back because of fear ... fear that we will make a mistake, fear of what people will think, fear of not knowing. When we let fear be the determiner of all our actions, we limit ourselves to the point of not growing; and, when we reach the end of our lives, we will have lived the exact same experience each day. What a waste of opportunities and joy.

**Be healthy, be learned and remember:
this is the day the Lord has made;
let us rejoice and be glad in it.
Go out and make someone happy and
in doing that you will be rewarded
with great happiness.**

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