

# More than Just Teeth and Gums

By Dr. Chris Scheuerman, D.M.D.

Most Americans today enjoy excellent oral health and are keeping their natural teeth throughout their lives. But this is not the case for everyone. Cavities are still the most prevalent chronic disease of childhood. Further, about 100 million Americans did not see a dentist in 2010, even though regular dental examinations and good oral hygiene can prevent most dental disease.

Too many people mistakenly believe that they need to see a dentist only if they are in pain or think something is wrong, but they're missing the bigger picture. A dental visit means being examined by a doctor of oral health capable of diagnosing and treating conditions that can range from routine to extremely complex.

Numerous recent scientific studies indicate associations between oral health and a variety of

general health conditions—including diabetes and heart disease. In response, the World Health Organization has integrated oral health into its chronic disease prevention efforts "as the risks to health are linked."

The American Dental Association recommends that dental visits begin no later than a child's first birthday to establish a "dental home." Dentists can provide guidance to children and parents, deliver preventive oral health services, and diagnose and treat dental disease in its earliest stages. This ongoing dental care will help both children and adults maintain optimal oral health throughout their lifetimes.

Dentists' areas of care include not only their patients' teeth and gums but also the muscles of the head, neck and jaw, the tongue, salivary glands, the nervous system of the head and neck and other areas. During a comprehensive exam, dentists examine the teeth and gums, but

they also look for lumps, swellings, discolorations, ulcerations—any abnormality. When appropriate, they perform procedures such as biopsies, diagnostic tests for chronic or infectious diseases, salivary gland function, and screening tests for oral cancer.

In addition, dentists can spot early warning signs in the mouth that may indicate disease elsewhere in the body. Dentists' training also enables them to recognize situations that warrant referring patients for care by dental specialists or physicians.

Despite all we know about the importance of oral health to overall health, a healthy mouth makes a person smile. Have you smiled today?

*Dr. Scheuerman is the owner of Vernonia Dental at 622 Bridge Street. You can reach him at 503-429-0880.*

## On the Shelves: What's Happening at the Vernonia Library

**Reading Is a Family Affair**--One great way to keep your children reading is to have them join the One World, Many Stories Summer Reading Program at The Vernonia Public Library

Readers of all ages will travel the globe this summer as Vernonia Public Library presents "One World, Many Stories" during their summer reading program. Children will explore places from Oceania to Russia through stories, crafts, music, dance, and other activities.

The 2011 Summer Reading Program is open to young people, aged 1 through 13, with programs, prize drawing, story hours, movie matinees and more. Families are invited to join the Read-to-Me portion of the program. Registration

for "One World, Many Stories" has begun. Registration forms are located at the Vernonia Public Library, Washington Grade School office, or Vernonia City Hall.

All programs are free of charge. For more information, call the library at 503-429-1818.

**Novel Destinations Program**--Adults in the community are invited to enjoy the following "Novel Destinations" this summer:

Wednesday, June 15—1:00 PM--Tour of the City Water Plant followed by a visit to Neil Lloyd's Rock Shop & Absolute Marble & Granite.

Wednesday, June 29—7:00 PM --Movie set in Australia based on Raymond Carver's short story, *So Much Water So Close to Home*--Jindabyne.

Wednesday, July 13—1:00 PM--Rice Rock Museum.

Wednesday, July 27—1:00 PM--Scavenger Hunt, revisiting Vernonia's history.

Wednesday, August 10—7:00 PM--Movie *Chocolat* will be shown with participants bringing favorite chocolate treats to share.

Wednesday, August 24—1:00 PM--Forest Grove's Valley Art Gallery where blown glass, acrylic paintings & collages will be featured.

Registration and release forms are available in the library where all participants will meet prior to journeying on these "Novel Destinations". For more information, call 503-429-1818.

## Senior Center Activities

**5-Area Luncheon:** Monday, June 27th at the Scappoose Senior Center at 9:00, but the side parking lot door opens at 7:00. Ah, sweet treats!

**Connie's Fabulous Breakfasts:** Fabulous breakfasts are available to the public on Fridays for a cost of only \$3.50. The event happens at the Senior Center (446 Bridge Street) from 7:30 to 9:00 AM each Friday. Meal price includes a beverage, too. Enter through the side, parking lot door. What a deal!

**Week Day Lunches:** The Vernonia Senior Center offers nutritious and tasty lunches each weekday for only \$4. These are available to the public, not just Senior Citizens. (Mealtime is noon; late arrivals may not be served.) You can reserve your lunch by calling by 11:15 AM, or further in advance if possible, to assist the cooks as they prepare the day's meals.

**Maple Bars available locally!** Connie King, the cook at the Senior Center, is making maple bars each day. The maple bars are available to the public, too, and only cost \$1 each. Availability is subject to quantity on hand. You can assure yourself of a good supply by pre-ordering them directly from Connie by calling the Senior Center (503-429-3912) any week day, from 7:00 AM-3:00 PM. Please allow one day lead time for larger orders. The Center's front door opens

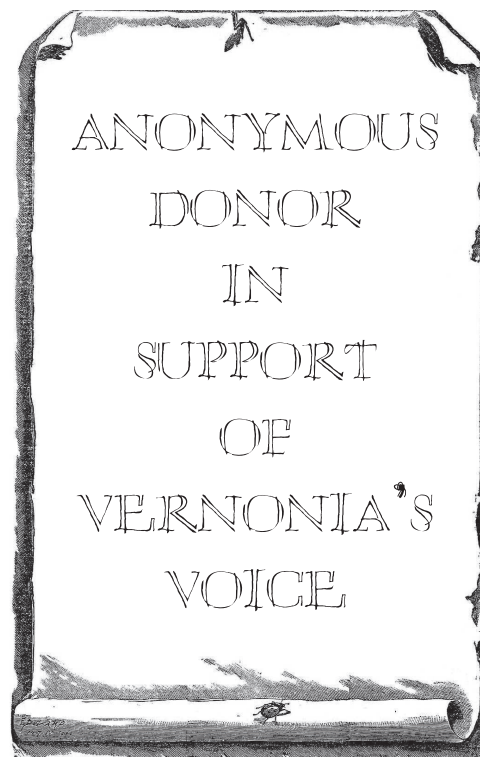
**Thrift Store:** Bargain prices can be found in Vernonia's Senior Center in their Thrift Store. The retail store is open Monday through Friday, from 9:00 AM until 3:00 PM. The Thrift Store provides funds for the Senior Center's facility and its many activities. Donations can also be dropped off during those same hours, and donated clothes need to be clean and in good condition so they are "sales ready". We are offering half off during the first week of each month. Buy locally and support your local Senior Center.

**For after hours drop-offs please contact Pauline 503-429-5810.**

**Special Days:** On the last Wednesday of the month Wauna Credit Union will be serving ice cream. On the last Friday of the month we will serve birthday cake and ice cream to celebrate that month's birthdays.

**Membership Dues:** Another way to support Vernonia's Senior Center is to pay the \$15 annual membership dues. Checks may be mailed or dropped off at the Senior Center. Anyone 50 and older may join.

**Questions? Call: (503) 429-3912**



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