



## Exercise - Not Just for Muscles

Regular exercise may not just keep you physically fit, but mentally sharp as well. A study of nearly 6,000 elderly women published in the July 23, 2001, issue of the Archives of Internal Medicine reported that those women who exercised the most had the least amount of mental decline during the six to eight years that they were followed. The authors stated that even moderate activity showed benefit. So, get out there and exercise for your mind! Just don't forget to see your physician before starting any exercise regimen.

Source: [www.emazing.com](http://www.emazing.com)



## Help for Leg Cramps or Charley Horses

If you've never had one of those late-night cramps in the calf that send you shooting out of bed, consider yourself lucky. This kind of cramp, inexplicably called a charley horse, usually lasts for a few excruciating moments and then subsides.

Some charley horses may be caused by low electrolyte levels. If you work out and sweat excessively, this can cause a depletion in necessary electrolytes. Sometimes replacement of electrolytes (perhaps with a sport drink such as Gatorade) can do the trick.

For immediate relief when one of these spasms hits, you might try extending your leg straight out while pushing your heel out. This helps elongate the muscle and relax the spasm. If your charley horses become persistent and frequent, see your doctor. There may be an underlying problem.

Source: <http://www.topica.com/tipworld>

## Men and Nutrition

Whether you're male or female, the nutrition message is still the same. For optimal nutrition, eat a balanced, varied diet that includes plenty of fruits, vegetables, and fiber, and minimizes saturated fats, cholesterol, and sodium. But some of you men may still have questions specifically related to your own health and lifestyle.

Most men tend to gain weight around the middle section, the stomach. Excess weight, especially in the stomach, has been linked to a higher risk of heart disease, stroke, and diabetes. Exercise, along with a slight change in your diet, can gradually help you minimize that spare tire.

Try making the following "slight" dietary revisions:

- ✓ Eat more fresh fruits and vegetables.
- ✓ Choose foods that are lower in fat and higher in fiber and whole grains.
- ✓ Limit your alcohol intake to one or two drinks a day. Alcohol is packed with "empty" calories and contains few nutrients. One drink is considered to be one 12-ounce beer, a five-ounce glass of wine, or one-and-a-half ounces of liquor.

Source: <http://www.topica.com/tipworld>



## Tooth Talk

by Linda Kreutzer, RDH

### February is Children's Dental Health Month

The American Dental Association (ADA) began this national observance in February 1949 to help the American public understand how important early dental care is to a child's overall health.

The annual event began as a one-day affair in Cleveland, Ohio, on Feb. 3, 1941. This single-day observance became a week-long event in 1955. In 1981, the program was extended to a month-long celebration known today as Children's Dental Health Month.

Since 1941, the observance has grown from a two-city event into a nationwide program with dental health messages that reach millions of people in communities across the country and at numerous armed service bases abroad. In larger cities, observances often include poster, coloring, and essay contests; health fairs; free dental screenings; classroom presentations; and dental office tours. The main idea is to draw attention to the very important topic of dental health for children.

The Siletz Community Health Clinic conducts a free sealant project through Siletz School every April. Sealants are a protective coating that can prevent decay and tooth loss for children. The Siletz Clinic will soon offer special fluoride "varnish" services to prevent decay in baby teeth, focusing on infants and toddlers.

At the clinic, dental care and dental education are provided daily to children and their parents. Special dental health classroom presentations are given monthly for all grades at Siletz School. Dental health education for Head Start children is a priority. For those of us here at the dental clinic, every month is Children's Dental Health Month.

The goal of the ADA is to urge parents to take an active role in ensuring the health of their children's teeth. Attitudes and habits established at an early age are critical to maintaining good oral health throughout life.

Children should get their first dental checkup before age 2. Children should be encouraged to stay away from candy and pop. It's important that children brush twice daily, beginning when teeth first appear. Fluoride is very important in preventing decay in the developing teeth. If fluoride is not in drinking water, a dentist can prescribe daily fluoride tablets, ensuring strong, healthy permanent teeth.

Sealants can be placed in the child's permanent molars beginning at age 6. Thumb sucking can be a problem for erupting teeth if it continues when permanent teeth begin to come in and causes improper growth of the mouth and tooth misalignment. A dentist can tell if this is a problem and give ideas to help control it.

There are many good reasons why it's important to get children an early start at good dental health. February is a great month to be reminded of that. If you haven't done so already, pick up the phone and make an appointment for your child at your dental office or clinic. Children's Dental Health Month is a time to celebrate a healthy, decay- and pain-free mouth for every child.

