



We would like to take this opportunity to share the loss of a valued employee who recently passed away from cancer.

In memory of Marlene VanNoy
1940-2007

Nothing Passive About Secondhand Smoke

Smoking is the single greatest avoidable cause of disease and death. In this report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*,¹ the surgeon general has concluded that:

Many millions of Americans, both children and adults, are still exposed to secondhand smoke in their homes and workplaces despite substantial progress in tobacco control.

1. Secondhand smoke exposure causes disease and premature death in children and adults who do not smoke.
 - Secondhand smoke contains hundreds of chemicals known to be toxic or carcinogenic (cancer-causing), including formaldehyde, benzene, vinyl chloride, arsenic, ammonia and hydrogen cyanide.
 - Secondhand smoke has been designated as a known human carcinogen (cancer-causing agent) by the U.S. Environmental Protection Agency.
2. Exposure of adults to secondhand smoke has immediate adverse effects on the cardiovascular system and causes coronary heart disease and lung cancer.
 - Concentrations of many cancer-causing and toxic chemicals are higher in secondhand smoke than in the smoke inhaled by smokers.

- Breathing secondhand smoke for even a short time can have immediate adverse effects on the cardiovascular system and interferes with the normal functioning of the heart, blood and vascular systems in ways that increase the risk of a heart attack.
 - Non-smokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25 percent to 30 percent.
 - Non-smokers who are exposed to secondhand smoke at home or at work increase their risk of developing lung cancer by 20 percent to 30 percent.
3. Secondhand smoke causes approximately 3,400 lung cancer deaths and 46,000 heart disease deaths in adult non-smokers in the United States each year.² Most of these non-smoking children and adults **never** have picked up a cigarette.

The scientific evidence indicates there is no risk-free level of exposure to secondhand smoke. If you are a smoker, the single best way to protect your family from secondhand smoke is to quit smoking. In the meantime, you can protect your family by making your home and vehicles smoke-free and only smoking outside. A smoke-free home rule also can help you quit smoking.

For more information on the effects of secondhand smoke or to quit smoking, contact DeAnna Pearl, Tobacco Prevention, 541-444-9659 or 800-648-0449, ext. 1659; your provider; or call the Oregon Quit Line at 877-270-7867 (toll free).

1 U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

2 California Environmental Protection Agency. *Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant*. Executive Summary. June 2005.

Good Morning, Dental Patients!

Are you an early riser? Then you'll be glad to know that the Dental Clinic now schedules appointments for 8 a.m., an additional hour each day for you to have access to dental care.

To schedule a dental appointment, call 541-444-1030 or 1-800-648-0449.

Tooth Talk

by Mary Ellen Volansky, RDH, MS

Adolescent Oral Health Care

Current research suggests that the overall cavities rate is declining.¹ Yet adolescents have the highest cavities rate, "78% by age 17."²

To make matters worse for 13- to 17-year-olds, and their parents, current data further suggests that irreversible tissue damage from periodontal disease begins in late adolescence and early adulthood.¹

If you are in this age group or older, you can improve your chances of keeping your teeth and keeping them healthier if you follow some of the suggestions listed below.

So as you meet with friends for meals or Starbucks coffee drinks or sodas and candy bars, there are ways you can enjoy yourself and decrease the risk of doing damage to your teeth. If you and your friends are more active – skate boarding, football playing, bicycling – you will find helpful suggestions here as well.

Mouth Art/Piercings

The dental profession wants you to be aware of "surgical grade stainless steel jewelry (other materials can lead to infections or allergic reactions)," cleaning the sight after eating (food and bacteria can grow in the opening), and not playing with the jewelry against your teeth and gums (you risk chipping of teeth and the loss of gum and bone that holds teeth).¹

The State of Oregon has set up a campaign called "Piercing Thoughts," at www.oregon.gov/OHLA/BP/PiercingThoughts.shtml. You also can find information on licensing the artist and the facility and locating a licensed individual or facility.

"Think Before You Ink" is a downloadable brochure that provides a consumer Bill of Rights and other information to know before you have a piercing or tattoo. Another brochure called "Be Aware ... of Aftercare" discusses the steps to take once you have a piercing or tattoo. Both can be downloaded at the Web page listed above.

Mouthguards

Virtually all contact sports should require a mouthguard. This plastic device is designed to absorb energy during an impact, thus decreasing the likelihood of trauma to the oral cavity and brain.¹

Typically, three types of mouthguards are available: stock, boil-n-bite and custom-made. The stock mouthguards are available in different sizes, but because it's not a customized fit it may have a poor fit.

Boil-n-bite mouthguards are heated in water and placed in the mouth to mold

to the shape of the mouth and teeth. These tend to be more comfortable to wear.

Custom-made mouthguards are made on actual models of a person's teeth and are most comfortable and effective. They also are the most expensive.¹

The Dental Hygienists Association recommends using mouthguards in any contact sports for their ability to prevent dental trauma and traumatic brain injury. Ask your dentist for the right mouthguard for you.

Sugary Sodas

Although many people choose artificially sweetened sodas over sugary sodas, the risk to teeth is no less profound. All sodas contain a great deal of phosphoric acid, which interferes with the body's ability to absorb calcium, essential for strong teeth and bones.

Drinking soda through a straw, rinsing the mouth before and after drinking, and limiting how much soda you drink can all help minimize the effects on teeth ... on all our teeth.³

The clinic has a poster that compares the acid in soda to water and battery acid.⁴ When you come into the clinic, ask us to show you the poster and you can have a smaller copy.

Caught Without a Toothbrush?

If you are worried about your breath, use products that are sugarless and alcohol-free and contain antibacterial agents noted for their effectiveness at controlling bad breath. Substances such as chlorine dioxide, zinc chloride and essential oils like eucalyptol, menthol, methyl salicylate and thymol have shown to fight bad breath.³

Other tips for keeping your breath fresh include⁵ rinsing your mouth with water after eating; chewing a piece of sugarless gum to stimulate saliva flow; and snacking on celery, carrots, or apples as they tend to clear away loose food and debris during the chewing process.

1 American Dental Hygienists' Association, *Want Some Life Saving Advice? Ask Your Dental Hygienist about Proper Oral Health Care for Adolescents*, p. 1, at www.adha.org.

2 TEACH: *Teaching Early Awareness of Child Health, New Parent Kit Pilot Study 2007-2008*, by American Academy of Pediatric Dentistry Foundation, underwritten by Henry Schein, Inc., p. 2

3 American Dental Hygienists' Association, *Want Some Life Saving Advice? Ask Your Dental Hygienist about Proper Oral Health Care for Adolescents*, p. 2, at www.adha.org.

4 *Sip All Day, Get Decay*, Minnesota Dental Association, 2002 at www.mndental.org.

5 American Dental Hygienists' Association, *Want Some Life Saving Advice? Ask Your Dental Hygienist About Understanding and Eliminating Bad Breath*, at www.adha.org.

Siletz Community Cancer Support Group



Time: 12:00-1:00 pm

Location: Siletz Library Community Room

Day: Third Tuesday of Month
Dec. 18th

Who: Community members are invited to attend whom are affected directly or indirectly with cancer. Cancer patients, survivors, family members, support people and care providers are encouraged to attend.

Contact: Lin Rasar
Cancer Navigator Program
Siletz Community Health Clinic
1-800-648-0449, ext. 1627;
or 541-444-9627