

The UCONN Buzz



MATTERS OF THE MOUTH

According to the CDC, half of American adults aged 30 and over have some form of periodontal disease, also known as gum disease. It can simply cause swollen gums or give you bad breath. It can also ruin your smile or even make you lose your teeth. The good news is that gum disease can be prevented with daily dental care.

The problem begins when bacteria combines with mucus and other particles to form a sticky, colorless film (plaque) on our teeth. Brushing and flossing can get rid of some plaque. But any that remains can harden and form tartar (or calculus), a yellowish deposit that can become rock-hard. Tartar collects along your gum line & can lead to gum disease. Once tartar forms, only your dentist can remove it.

The most common and mild type of gum disease is called gingivitis. The gums become red and swollen, and they can bleed easily. Daily brushing and flossing and regular cleanings by dental professionals can usually clear up gingivitis.

Symptoms of gum disease include:

- Gums that are red, swollen & bleed easily
- Gums that seem to have pulled away from the teeth
- Constant bad breath
- Pus between your teeth & gums
- Teeth that seem to be loose or moving away from one another
- Change in the way your teeth fit together when you bite
- Change in the way your partial dentures fit.

If gingivitis is not treated, it can become a more severe type of gum disease called periodontitis. In periodontitis, the gums pull away from the teeth and form "pockets" that become infected. Bacterial toxins and your body's natural response to infection start to break down the bone and soft tissues that hold teeth

in place. If not treated, the tissues will be destroyed. Your teeth may eventually become loose and have to be removed. If you have periodontitis, your dentist may recommend a deep-cleaning method called scaling & root planing. In more severe cases, you may need surgery.

Best way to prevent gum disease is daily dental care & regular visits to your dentist.

You can keep gums & teeth healthy by:

- Brushing your teeth twice a day
- Using a fluoride toothpaste.
- Flossing regularly to remove plaque from between teeth.
- Visiting the dentist routinely for a check-up and professional cleaning.
- Quitting smoking.

Flossing is a great way to clean between your teeth and is one of the best things you can do for yourself. The American Dental Association (ADA) states that interdental cleaning (flossing) can help to prevent cavities and gum disease. Learn how to floss - [click here](#)

To benefits from flossing, use the following technique:

- Start with about 18 inches of floss & wind most of the floss around each middle finger, leaving an inch or two of floss to work with
- Hold the floss tautly between your thumbs & index fingers & slide it gently up-and-down between your teeth
- Gently curve the floss around the base of each tooth, making sure you go beneath the gumline. Never force the floss, as this may cut or bruise delicate gum tissue
- Use clean sections of floss as you move from tooth to tooth
- To remove the floss, use the same back-and-forth motion to bring the floss up and away from the teeth

Source: NIH News in Health, American Dental Assoc., Center for Disease Control and Prevention

Brushing your teeth is an important part of your dental care routine.

For a healthy mouth and smile the ADA recommends you:

- Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
- Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Make sure to use an [ADA-accepted](#) fluoride toothpaste.

The proper brushing technique is to:

- Place your toothbrush at a 45-degree angle to the gums.
- Gently move the brush back and forth in short (tooth-wide) strokes
- Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.

Regular dental visits are important because they can help spot dental health problems early on when treatment is likely to be simpler and more affordable. They also help prevent many problems from developing in the first place. Visiting your dentist regularly is important because some diseases or medical conditions have symptoms that can appear in the mouth. This is also an opportunity to have your teeth cleaned. Regular cleaning appointments, two a year, can help maintain oral health, detect oral cancer, prevent bad breath, and give you a brighter smile.



HAPPENINGS AROUND TOWN

Summertime is Fireworks Season! The safest way to view fireworks is when they are put on by professionals.

FIRWORK DISPLAYS

[Concert & Fireworks Display](#) – Sun, July 1st in Putnam at Rotary Park, Kennedy Drive (Concert at 7 PM, Fireworks at Dusk). Rain Date: 7/8/2018

[Independence Day Celebration w/Fireworks](#) – Fri, July 6th at Stafford Motor Speedway, Stafford Springs (After Feature Event). Rain Date: None

[James "Dutch" Fogarty 4th of July Celebration](#) – Sat, July 7th, Manchester Band Shell (Dusk). Rain Date: 7/8/2018

[July in the Sky Fireworks & Funzone](#) – Tues, July 10th at Henry Park, Vernon (Festival starts at 4 p.m., fireworks at dusk). Rain Date: 7/11/2018

[Columbia July 4th Parade](#) – Wed, July 4th at 10am. The Columbia Lions Club will be organizing the parade festivities.

[Willington Public Library Game Night](#) - is a recurring event that takes place on the second Thursday evening of each month, from 6:30 p.m. - 7:30 p.m. It's free to attend and no registration is required. Kids and adults of all ages are encouraged to come.

[Free Smoke Alarms](#) from the Red Cross Home Fire Preparedness Campaign. They will demonstrate some simple changes in the home that will help you protect your family against fire & install a FREE smoke alarm.

[Until Help Arrives](#) - Thurs, August 2nd, 6-8pm at Mill Brook Place, Coventry. This **FREE** class will teach basic skills to keep people with life-threatening injuries alive until professional help arrives.

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Cantaloupe Spinach Salad

makes 4 servings

INGREDIENTS

- 5 cups fresh spinach leaves
- 2 cups sliced cantaloupe
- 1 cup sliced avocado
- 1/2 cup diced red bell pepper
- 3 tablespoons chopped fresh mint leaves
- 3 teaspoons white wine vinegar
- 1 tablespoon mint apple jelly
- 1 tablespoon olive oil
- 1 clove garlic, minced

DIRECTIONS

1. Divide spinach between 4 serving plates.
2. Arrange half of the cantaloupe and half of the avocado in a circular pattern over the spinach on each plate. Sprinkle with diced red pepper and fresh mint.
3. Mix together the mint jelly, white wine vinegar, oil and garlic. Drizzle over the salads. Serve.



Firework Safety



According to the U.S. Consumer Product Safety Commission in 2016 at least [four people died and about 11,100 were injured](#) badly enough to require medical treatment after fireworks-related incidents. The majority of these incidents were due to amateurs attempting to use professional-grade, homemade or other illegal fireworks. But **thousands** were from less powerful devices like small firecrackers & sparklers..

Just Because They Are Legal, Doesn't Mean They Are Safe!

Some types fireworks are legal to buy in CT. If you choose to use them be sure to follow the following safety tips:

- Never use fireworks while impaired by drugs or alcohol

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never light them indoors
- Use them away from people, houses & flammable material
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak unused fireworks in water a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire

The best way to view fireworks is to grab a blanket and a patch of lawn, kick back and let the experts handle the show.

[Watch the Alliance for Consumer Fireworks and National Fire Protection Association highlight the dangers of fireworks in a demonstration.](#)

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

