



## Cleaner Teeth Can Brush Away Health Risks

Think twice the next time you're tempted to skip brushing your teeth — you might just save your life. When gums are inflamed and bleeding, it's often gingivitis; a dentist's care and good daily teeth cleaning can reverse it. But let the problem continue and the bones and tissue that hold your teeth in place begin to get damaged. That's called periodontitis.

Once it sets in, you're at risk of something much larger than a few missing teeth.

Poor dental habits can have a surprising ripple effect throughout your body.

### Sharper brain

People with severe periodontal disease were three times more likely to have Alzheimer's disease, according to a statistical review. In another study, stroke patients had higher levels of certain bacteria in their saliva, demonstrating a link between oral hygiene and stroke risk.

### Clearer lungs

If you find yourself headed to the hospital, bring your toothbrush. A recent study found that providing patients with oral care decreased instances of hospital-related pneumonia by 39 percent.

### Lower cancer risk

Postmenopausal women who've experienced periodontal disease are at increased risk for breast, esophageal, gallbladder, skin and lung cancers, according to a 2017 study.

### Healthier kidneys

The correlation between poor periodontal health and atherosclerosis has been well established. Atherosclerosis can be the root of many health problems, like chronic kidney disease.

### Stronger heart

Endocarditis is an infection or inflammation of the inner lining of the heart chambers and valves, caused by germs invading the bloodstream. The National Institutes of Health warns that "poor dental hygiene and unhealthy teeth and gums increase your risk for the infection."

### Lower blood sugar

People with diabetes and periodontal disease may have a harder time controlling their blood glucose levels, according to some studies. Let your dentist know if you have diabetes, and if you wear dentures, make sure they fit properly.

Source: [www.aarp.org](http://www.aarp.org)

## From Our Cookbook:

### Pumpkin Cookie Dough Bites

#### Ingredient List

- 1 ½ cups old fashioned rolled oats
- ½ cup ground flaxseed
- ½ cup peanut butter
- ½ cup pure pumpkin puree
- ⅓ cup honey or maple syrup
- 1 teaspoon vanilla extract
- ½ cup dark chocolate chips

Pumpkin Cookie Dough Bites - Have A Plant ([fruitsandveggies.org](http://fruitsandveggies.org))

**Note from Scheduling**  
Please be safe out there.

**Caregivers: Plan ahead for weather changes. Remember to clock in and out for your shifts using the CareTime.**

**Note from Care Services**  
Do you know someone who would benefit from FCHC personal care or companionship? Please share our information and let us know and we would be happy to reach out to them.