



Quail Call

Published by the Lake San Marcos Community Association
“BUILDING A BETTER COMMUNITY”

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The Quail Call is a monthly publication of the Lake San Marcos Community Association

The Quail Call accepts advertisements from local businesses who wish to use a low-cost highly-targeted publication to reach their customers.

Email: quailcall@lsmca.com for information.

Copies of the printed Quail Call are mailed to all members of the Association and include articles of past and present activities from local clubs and organizations in addition to the advertisements.

The Community Association also publishes articles of special interest to its members in health, civic activities and learning.

Our Exciting News is Here!

The office will be relocating to St Mark's Golf/Country Club later this summer. We are honored to be making this incredible move. Having been the only physical office here for many years, and the longest running Brokerage in Lake San Marcos, we want to say THANK YOU to our neighbors, friends, and clients for your support over the past 11 years. This move will only improve our service to you and to the community. With 10 active agents, we are ready to continue our professional and unparalleled real estate service. 275+ years of experience offers you the knowledge and confidence needed in the every-changing market. In the past year, with all the challenges everyone faced, we closed over \$43,000,000 in sales and over 85 individual transactions. We hope to improve on that in the next year. Stay tuned for the official "Grand Opening".



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- Jacque Baker
- Jim Nesbitt
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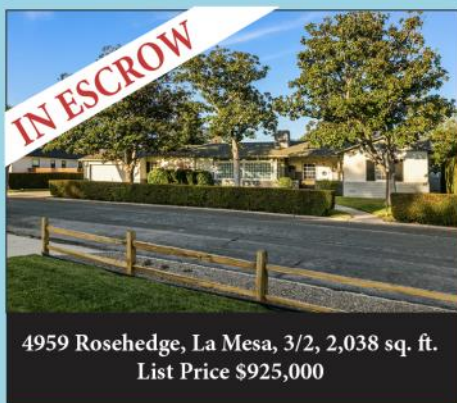
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Tooth Loss May Affect Ability to Carry Out Everyday Tasks

Older adults with more natural teeth are better able to perform everyday tasks such as cooking a meal, making a telephone call or going shopping, according to researchers from UCL and the Tokyo Medical and Dental University.

The study published in the *Journal of American Geriatrics Society*, analysed data from 5,631 adults from the English Longitudinal Study of Ageing (ELSA) aged between 50 and 70.

Previous studies have shown the link between tooth loss and reduced functional capacity but did not establish a causal link. In this study the research team wanted to investigate the causal effect of tooth loss on someone's ability to carry out daily activities. After considering factors such as participants' socioeconomic status and poor general health they still found there was an independent link between tooth loss and the ability to carry out everyday tasks.

For the study, participants were asked how many natural teeth they had, with older adults usually having up to 32 natural teeth that are lost over time. Then, using data collected in 2014-2015, the researchers measured the effect of tooth loss on people's ability to carry out key instrumental activities of daily living (IADL). The activities included preparing a hot meal, shopping for groceries, making telephone calls, taking medications, doing work around the house or garden, or managing money.

Senior author, Professor Georgios Tsakos (UCL Institute of Epidemiology and Health), explained: "We know from previous studies that tooth loss is associated with reduced functional capacity, but this study is the first to provide evidence about the causal effect of tooth loss on the instrumental activities of daily living (IADL) among older adults in England. And this effect is considerable.

"For example, older adults with 10 natural teeth are 30% more likely to have difficulties with key activities of daily living such as shopping for groceries or working around the house or garden compared to those with 20 natural teeth.

"Even after taking in factors such as participant's education qualification, self-rated health and their parent's education level for example, we still found a positive association between the number of natural teeth a person had and their functional ability."

The team of researchers note that having more natural teeth is associated with delaying the onset of disability and death and that tooth loss can also hamper social interactions which is linked to poorer quality of life. They also suggest tooth loss could be linked to having a poorer diet with less nutrients. The researchers say the results must be interpreted with caution because of the complex design and further studies are needed to investigate the casual relationship between tooth loss and functional ability.

First author, Dr Yusuke Matsuyama (Tokyo Medical and Dental University) said: "Preventing tooth loss is important for maintaining functional capacity among older adults in England. Given the high prevalence of tooth loss, this effect is considerable and maintaining good oral health throughout the life course could be one strategy to prevent or delay loss of functional competence.

"The health gain from retaining natural teeth may not be limited to oral health outcomes but have wider relevance for promoting functional capacity and improving overall quality of life."

Credit to: <https://neurosciencenews.com/tooth-loss-functional-capacity-18523/>



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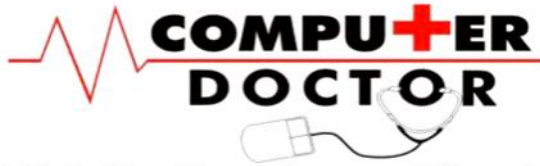
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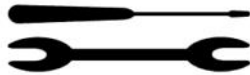
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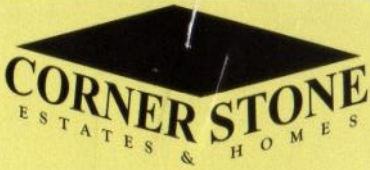
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Copy must be received by 5 PM on the 20th of the month to be published in the following month.

Dan Worrells, Editor—Adela Franco, Associate Editor—Barbara Dove—Associate Editor

JULY 2021

This Months Editor: Barb Doveo

The Lake San Marcos Community Association is a mutual benefit, non-profit corporation, established to protect and promote the interests of residents in Lake San Marcos. Our Goal: (1) To study, evaluate, inform and represent the residents in matters of regulatory control of our area with the County of San Diego...(Land Planning, Storm Drainage, Streets, Water Quality, Fire Protection), Vallecitos Water District, S. D. County Sheriff, City of San Marcos and in matters affecting the quality of life of residents with Citizens Development Corporation-"CDC". (2) To administer compliance of Architectural Controls, CC&Rs and standards under our control. (3) To publish an informative monthly newsletter, "QUAIL CALL". The Quail Call will not publish deleterious comments or comments of a Religious or Political viewpoint or endorsement, nor publish ads requesting employees for solicitation.

*The Board of Directors meet monthly on the second Thursday of each month at 3:00PM.
Minutes of the Board meetings are posted in the Association office.*

