



# Quail Call

Published by the Lake San Marcos  
Community Association  
*"BUILDING A BETTER COMMUNITY"*

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February 2026

**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@ismca.com](mailto:quailcall@ismca.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.**

## The Connection Between Oral Health and Heart Health

**Mouth germs and gum inflammation can enter the bloodstream and is linked to inflammation in the body. Gum disease is linked to higher risk for heart and blood vessel disease and high blood pressure.**



### **Your dentist is part of your overall health care team**

Along with caring for your teeth and gums, your dental team can screen for health concerns like high blood pressure (hypertension). If your reading is high, they can refer you to a primary care professional to recheck it and make a diagnosis. Your dentist can also help you understand how healthy gums support your overall health.

### **Your dentist may start checking your blood pressure**

Your dentist may start giving different health screenings – like checking your blood pressure – to help you improve your overall health.

Taking care of your heart means that you are taking care of your whole body (or your whole health). Follow the steps below to improve your health!

- Brush at least twice a day and floss at least once a day to remove plaque-forming bacteria.
- Eat a healthy diet rich in essential nutrients and reduce intake of refined carbohydrates like added sugars and processed grain foods.
- Avoid smoking and tobacco use, such as dipping and chewing tobacco, cigarettes, vaping or hookah, as they can affect gums and increase the risk of heart disease.
- Talk with your dentist about recommendations to ensure your care is tailored to your health needs.
- Talk to your dentist and doctor or other health care professionals (your total health care team) about the connection between oral health and the health of your body.
- Share your medical history with your dentist, including current conditions and any recent behavior changes in oral health care routines or new oral health symptoms.
- Take your medications as prescribed and discuss the side effects of any medications, over the counter or prescribed, with your total health care team.

Credit to: [Oral Health | American Heart Association](#)



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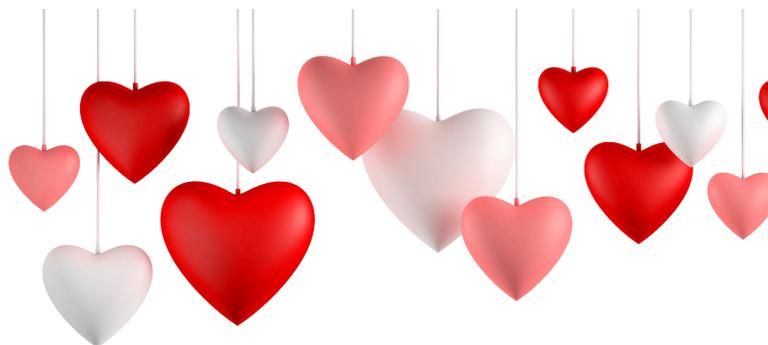
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## Real Estate Market Update:

Mortgage rates sink to lowest average in more than  
3 years, sparking sellers and buyers to move.

## December 2025 Stats-92078

**Detached SFH-** Average Sales Price: \$1,117,548.  
+4.2% equity last 12 months.

**Attached Home:** Average Sales Price: \$780,217.  
-3.7% equity last 12 months.

## Buyers Wants and Needs for LSM

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**The Fairways:** 2 buyers. Quiet location, view, remodeled.

**Cash buyers:** Looking for 2 Single family homes, no HOA, fixer ok.  
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FOR SALE - \$1,095,000



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FOR SALE - \$1,050,000



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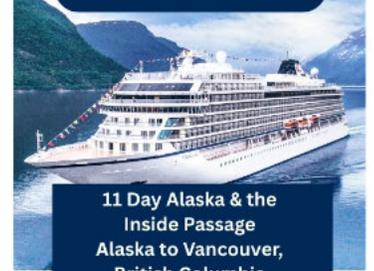
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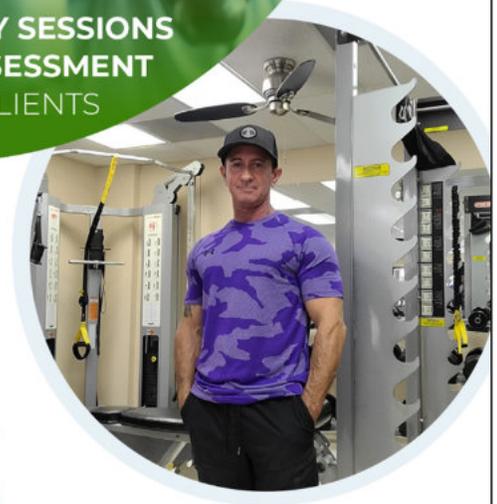


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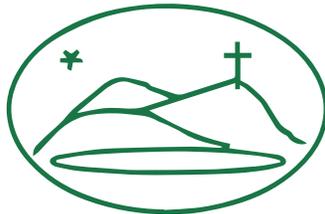


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# Quail Call

alphagraphics

February 2026 | Volume 22, Issue 2

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**Maria Brown, Associate Editor**  
**Sherri Sumner, Team Member**  
**Ken Seals, Team Member & Photography**  
**Matt Marshall, Photography**

**This Month's Editor**



*Maria Brown*

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