



# NEWSLETTER

WINTER 2024



Photographer: Bảo Uyên Châu

## VAHPAG SCHOLARSHIP 2024 ANNUAL GALA

On Saturday, October 12th, VAHPAG Gala brought together its community of healthcare providers, corporate executives, patients, families, students, nonprofit partners, and supporters in a singular celebration of the Vietnamese American healthcare heroes & scholars.



VAHPAG Heroes Awards  
Photographer: Mr. Tu Ho (Tre Magazine)

## CREATING HOPE

Since 2018, VAHPAG has awarded more than \$60,000 in scholarships to the Vietnamese American outstanding health professional students for their exceptional academic performance, leadership, and commitment to caring for Vietnamese American community. We believe they are the future Vietnamese American leaders of our nation!



2023 & 2024 Scholarship winners & sponsors  
Photographer: Mr. Tu Ho (Tre Magazine)

# Nutrition Impact On Oral Health

Source: American Dental Association

Reviewed by: Vinh Huynh, DMD, MS

The food you eat directly affects your general health and your oral health. A diet low in important nutrients can make it hard for the body's immune system to fight off infection. According to the World Health Organization, diet and nutrition influence head/face development, oral cancer and oral diseases development. Dental diseases related to diet include cavities, developmental defects of enamel, dental erosion and periodontal (gum) disease.

Eating patterns and food choices are important factors that affect the development of tooth decay. Bacteria stick to the film on your teeth called plaque. Bacteria feed on what you eat, especially sugars (including fruit) and cooked starch (bread, potatoes, rice, pasta, etc.). About 5 minutes after you eat, or drink, the bacteria begin making acids as they digest your food. These acids can break down the tooth's outer surface and dissolve valuable minerals, resulting in cavities. Children and adults consume record amounts of sugar-filled sodas, sweetened fruit drinks, and non-nutritious snacks that affect their teeth. These items generally have little, if any nutritional value and over time take a toll on teeth. Although a well-rounded diet including all the nutrients for healthy gum is important for keeping oral health in good condition, receiving professional follow-up every 6 months and early treatment is just as essential.



We are writing to express our deepest gratitude for your invaluable support during VAHPAG scholarship Gala. Your commitment and generosity played a pivotal role in making the event a resounding success, and we are truly grateful for your contribution.

As we reflect on the achievements and memorable moments from VAHPAG Scholarship Gala, we cannot help but recognize the integral role you played in bringing our vision to life. Your support has left a lasting impression, and we are incredibly thankful for the positive impact you've made on our organization and the community we serve.

Once again, thank you for being an indispensable part of VAHPAG Gala. We are immensely grateful for your support and look forward to see you again at next year's VAHPAG Scholarship Gala 2025 or one of the upcoming seminars listed on our website! VAHPAG Scholarship Gala 2024 Chairs & Gala Subcommittee .



*Thank you*



Photographer: Mr. Tu Ho  
(Tre Magazine)

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