

American Heart Month

Heart Disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease. In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about every minute, one person will die from a coronary event. February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Educate yourself on the dangers of heart disease and get on track to better heart health.



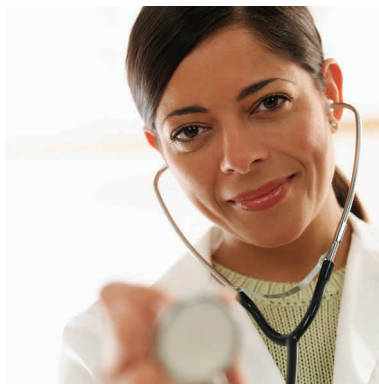
Common signs and symptoms of heart attack include:

1. Chest pain. Chest pain or discomfort (angina) is the main sign of a heart attack. It can feel like pressure, squeezing, fullness, or pain in the center of the chest. Patients with coronary artery disease who have stable angina often experience chest pain that lasts for a few minutes and then goes away. With heart attack, the pain usually lasts for more than a few minutes and the feeling may go away but then come back.
2. Discomfort in the upper body. People having a heart attack may feel discomfort in the arms, neck, back, jaw, or stomach.
3. Shortness of breath can occur with or without chest pain.
4. Nausea and vomiting
5. Breaking out in a cold sweat
6. Dizziness or fainting

Risk Factors

Nine out of 10 heart disease patients have at least one risk factor. Several medical conditions and lifestyle choices can put people at a higher risk for heart disease, including:

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight and obesity
- Poor diet
- Physical inactivity
- Alcohol use



Questions to ask your doctor about your heart disease risk:

1. What is my risk for heart disease?
2. What screening or diagnostic test for heart disease do I need?
3. What are my numbers and what do they mean?
 - a. Blood Pressure
 - b. Cholesterol
 - c. Body Mass Index and waist circumference
 - d. Blood sugar level
4. What can you do to help me quit smoking?
5. How much physical activity do I need to help protect my heart?
6. What is a heart-healthy eating plan for me?

For more information, call the CCBOH Hypertension Clinic at (678) 610-6532

National Wear Red Day February 3, 2012

National Wear Red Day is a day when Americans nationwide wear red to show their support for women's heart disease awareness. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.

Join CCBOH and the national awareness movement by wearing red on February 3, and encourage your family, friends and coworkers to do the same.



For more information, visit www.heart.org or www.goredforwomen.org

National Children's Dental Health Month

February is National Children's Dental Health Month. During this time, you can encourage kids to have good oral hygiene all year long. The following tips can help children maintain a healthy smile:

- Brush at least twice a day to remove plaque. If plaque is not removed, it can lead to cavities.
- Floss daily. Flossing helps to remove food debris from in between the teeth that a toothbrush can't reach.
- Eat healthy and nutritious foods and limit the intake of sugary carbonated drinks.
- Visit your dentist for regular check ups and cleaning.
- Fluoride treatments twice a year are very beneficial in preventing tooth decay.
- Sealants can be applied to the chewing surfaces of the back teeth and premolars. Sealants help to prevent tooth decay.
- Wear a mouth guard during sports. Mouth guards can greatly reduce injuries to the mouth and teeth.



How to care for your child's teeth

A child's primary teeth, sometimes called "baby teeth," are as important as permanent, adult teeth. Primary teeth typically begin to appear when a baby is between age six months and one-year old and help children chew and speak. Primary teeth also hold space in the jaws for permanent teeth that are developing under the gums.

The ADA recommends that a dentist perform a "well baby checkup" on a child within six months of the eruption of the first tooth and no later than the first birthday. Besides checking for tooth decay and other problems, the dentist can demonstrate how to clean the child's teeth properly and how to evaluate any adverse habits such as thumb sucking.

Give a Kid a Smile Day February 3, 2012



Each year on the first Friday in February, thousands of dentists and dental technicians across the country take time from their practices to help children who lack access to dental care get the treatment they need. This year, the CCBOH is highlighting its Child Health Dental Service program in observance of Give a Kid a Smile Day. The CCBOH Dental Clinic provides comprehensive oral health care for all children ages 1-18 years old. The clinic cares for Clay-

ton County residents and offers an array of preventive and restorative services including:

- Oral examinations • Intra-oral and panoramic radiographs (X-rays) • Cleanings
- Dental pulp treatment • Fluoride treatments • Sealants • Oral hygiene • Fillings
- Space maintainers • Stainless steel crowns

Dental Clinic services are provided at a discounted fee or sliding scale. We accept Medicaid, PeachCare, Cigna and United Concordia. Our hours of operation are Monday – Thursday, 8:30 a.m. to 5:00 p.m. For more information about the dental program or to schedule an appointment, please call (678) 610-7421.