



Grandparents Corner

October 2017

National Dental Hygiene Month

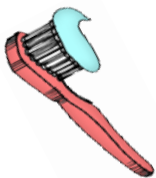
Dental Hygiene is an Important Part of Everyone's Daily Routine!

Taking proper care of your teeth can prevent bad breath, tooth decay and gum disease. It is important to have proper dental hygiene as a child because it will help your teeth to last for your lifetime!

Good oral hygiene looks like:

- Clean teeth that are free of debris
- Pink gums that don't hurt when flossing
- Bad breath is not a constant problem

The American Dental Hygienists' Association recommends that all people do the "Daily 4."



1. Brush - Two is the magic number! Brush for

2. Floss - Floss to remove food and other particles that your toothbrush can't reach.

3. Rinse - Did you know your teeth make up less than half of your mouth? Rinse with an antimicrobial mouth wash to attack the germs that brushing and flossing

4. Chew - Chew sugar-free gum after snacks and meals to help clean out food particles and neutralize acids.

Dental hygiene is not only important so that you look good and have clean teeth—having healthy teeth also allows you to speak and eat properly.

For more information about proper dental hygiene visit:

American Dental Hygienists' Association - <http://www.adha.org>

Colgate Oral Care Center - <http://www.colgate.com/en/us/oc/oral-health>

Case management is an important resource for families living with chronic illness. It is easy to become stressed with the demands of the disease and working through the healthcare and social services network. Case managers need to have a basic understanding of the special needs of people with chronic illness.

1. Accidents can happen, but with a little planning, falls can be prevented. T F
2. Once the person in your care has become used to where the furniture is, do not change it. T F
3. Using a carpenter to install railings in a place where a person might need extra support can ensure that railings can bear a person's full weight and will not give way. T F
4. Generally, accidents don't happen in bathrooms. T F
5. According to federal law, a hospital must release patients in a reasonable manner for safety or else must keep them in the hospital. T F
6. It is important to provide smoke alarms on every floor and inside every bedroom. T F
7. Hot water thermostats should be set below 120° F. T F
8. The home should be evaluated to remove all hazards that might lead to tripping. T F
9. Lights in the medicine cabinet can help prevent mistakes when taking medications. T F
10. Using backing tape under throw rugs is a guarantee of safety. T F

KEY: 1. T 2. T 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. F