

Glaucoma

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January 2024.....

- National Glaucoma Awareness Month
- National Birth Defects Prevention Month
- Dr. Martin Luther King Day (Monday, Jan. 15)
- E.S.A.P. Ministry's first session, Saturday, Jan. 20 (Exercising Spiritually And Physically)

February 2024.....

- American Heart Month
- E.S.A.P. Monthly Session, Sat., Feb. 3
- Wear "RED" for Heart will to be observed at Trinity on Sunday, Feb.4 (Make Plans to Wear Red Attire.)
- "Loss of A Spouse", A Grief Share program will be hosted by Trinity's Life After Loss Ministry, Sunday, Feb. 4
- National Cancer Prevention Month
- National Children's Dental Health Month
- Black History Month

Overview

Glaucoma is a group of eye conditions that damage the optic nerve.

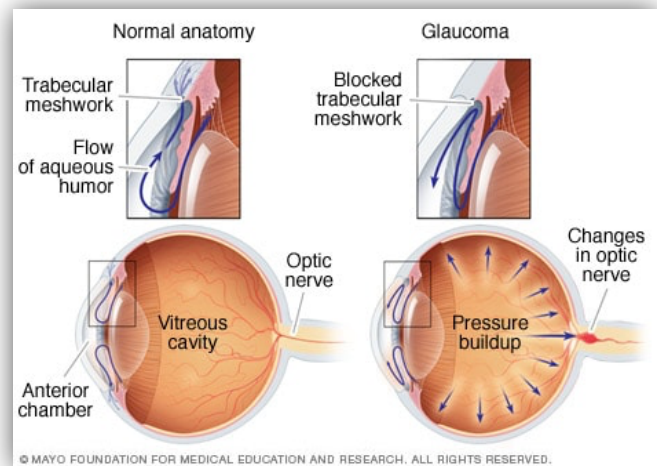
The optic nerve sends visual information from your eye to your brain

and is vital for good vision. Damage to the optic nerve is often related to high pressure in your eye. But glaucoma can happen even with normal eye pressure.

Glaucoma can occur at any age but is more common in older adults. It is one of the leading causes of blindness for people over the age of 60.

Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is in its later stages.

It's important to have regular eye exams that include measurements of your eye pressure. If glaucoma is recognized early, vision loss can be slowed or prevented. If you have glaucoma, you'll need treatment or monitoring for the rest of your life.



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Symptoms

The symptoms of glaucoma depend on the type and stage of your condition.

Open-angle glaucoma

- No symptoms in early stages
- Gradually, patchy blind spots in your side vision. Side vision also is known as peripheral vision
- In later stages, difficulty seeing things in your central vision

Acute angle-closure glaucoma

- Severe headache
- Severe eye pain
- Nausea or vomiting
- Blurred vision
- Halos or colored rings around lights
- Eye redness

Normal-tension glaucoma

- No symptoms in early stages
- Gradually, blurred vision
- In later stages, loss of side vision

Glaucoma in children

- A dull or cloudy eye (infants)
- Increased blinking (infants)
- Tears without crying (infants)
- Blurred vision
- Nearsightedness that gets worse
- Headache

Pigmentary glaucoma

- Halos around lights
- Blurred vision with exercise
- Gradual loss of side vision

When to see a doctor

If you experience symptoms that come on suddenly, you may have acute angle-closure glaucoma. Symptoms include severe headache and severe eye pain. You need treatment as soon as possible. Go to an emergency room or call an eye doctor's (ophthalmologist's) office immediately.

What Is Glaucoma?

Glaucoma is a condition that damages the eye's optic nerve. It gets worse over time and leads to vision loss if not treated. The damage from glaucoma often is linked to a buildup of pressure inside the eye.

Regular **eye exams** can help doctors find glaucoma (glau-KOH-muh) early and start treatment right away.

What Happens in Glaucoma?

Normally, a healthy eye makes clear fluid that slowly drains from the eye.

In a person with glaucoma, the eye usually either makes too much fluid too fast or the fluid drains away too slowly. This typically causes the pressure in the eye to increase, which can lead to optic nerve damage and vision problems.

What Problems Can Happen?

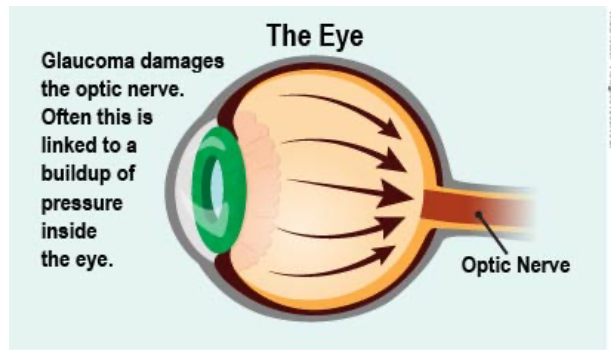
Glaucoma can make it hard for a person to see or may even cause total blindness. That's because the optic nerve is the main nerve that carries signals from the eye to the brain, allowing us to see.

If a person loses their vision due to glaucoma, their vision doesn't come back, even if the eye pressure goes back to normal.

When kids have glaucoma, vision loss usually happens more quickly and is often more severe than when adults have glaucoma.

What Are the Signs & Symptoms of Glaucoma?

Doctors may notice symptoms at birth. But glaucoma doesn't always show up right away. Children can develop it as they grow.



In babies, doctors might notice eye shape or size issues that are clues a child might have glaucoma. Babies with glaucoma may have:

- large eyes
- a dull or cloudy eye
- tears when not crying
- redness in the sclera (the white part of the eye)
- sensitivity to light
- a lot of blinking

Older children and teens may have:

- blurry vision
- nearsightedness that gets worse
- trouble seeing things off to the side
- headaches

A child also can have glaucoma with no symptoms. That's why it's important for kids to have regular eye exams as they grow up.

What Causes Glaucoma?

The cause of glaucoma can vary from child to child. Sometimes a child inherits it from a parent. Other times, doctors don't know the cause.

Other causes include:

- a change (mutation) in a child's DNA
- a medical condition, disease, or eye injury
- eye surgery or other surgery
- medicine (like a steroid)

How Is Glaucoma Diagnosed?

A pediatric eye specialist (**ophthalmologist** or **optometrist**) will do a glaucoma test and a full eye exam. They check the pressure in the eyes and look inside the eyes for any damage to the optic nerve. Sometimes doctors get an optical coherence tomography (OCT) test to look for early damage to the optic nerve.

In older kids, the doctor will check the child's eyesight and how well they can see above, below, and to the sides when looking straight ahead (visual fields).

How Is Glaucoma Treated?

An eye surgeon (pediatric ophthalmologist) usually treats children who have glaucoma. Depending on the child's age, the cause of the glaucoma, and other things, treatment may include:

- making changes to medicines taken for another problem
- eye drops or medicines taken by mouth
- surgery, including laser treatments

Surgery is usually the best treatment for babies or young kids. The goal is to fix the eye so that more fluid drains out or it makes less fluid.

After treatment, the eye doctor will check the pressure and do other tests regularly to make sure the glaucoma does not return. Some kids may need more than one treatment to keep the pressure down and prevent worse damage.

How Can Parents Help?

Eye pressure can change during puberty and at other times in a person's life. So kids and teens should get their eyes checked during childhood *and* throughout adulthood.

If your child has glaucoma, here's how you can help:

- Take your child to all follow-up doctor visits.
- Give your child eye drops or medicines as prescribed.
- Ask your child's care team about support groups and other resources in your community. For example, assistive tools and low-vision services can help kids with vision loss.

Join Trinity member and Fitness Expert / Personal Trainer, Sis. Qyneathia Lipscomb, on Saturday, January 20 @ 9:00 a.m., Trinity M.B Church's First Level to begin the journey of improving / upgrading your body's spiritual and physical condition. The "once a month class" is free and open to the general



public, so register ALL members of your family!! Pick up an interest form in the church vestibule OR Call:

256-642-6607

OR

256-710-1194

“Think of your workouts as important meetings you schedule with yourself. Bosses don’t cancel!!”
Unknown



daily habits that will keep your heart healthy

We all know it’s important to look after our hearts, but how do we do that? Here are 10 simple daily habits you can adopt to keep your heart healthy.

Heart and circulatory disease is one of the UK’s biggest killers despite related deaths falling faster than those of other diseases. If you want to keep your heart in great shape, here are 10 things you can do:

1. cut down on your sugar and salt intake

If your diet is high in salt, it’s likely that your blood pressure could be high, too - which means you have an increased risk of suffering from heart disease or stroke.

The recommended maximum daily intake of salt is just 6g for adults and 3g for children (2.5g of salt is the equivalent of 1g of sodium).

Cut down by trying not to use salt at the table and reducing how much you use in cooking.

Also, keep an eye on food labels to see how much salt you’re eating in processed foods.

Foods with over 1.5g salt or 0.6g sodium per 100g are high, so avoid them wherever possible.

Too much sugar, meanwhile, could lead to weight gain, which can raise your blood pressure and cause diabetes and heart disease.

If you have a sweet tooth, try switching to fresh fruit with yoghurt instead of sweetened puddings and cakes. Our guide on combatting sweet cravings will also give you more ideas.

2. limit saturated fat

Eating too much saturated fat - found in butter, ghee, margarine, fatty meats, dairy, and processed foods such as pies, pastries, and cakes - is believed to increase cholesterol levels.

So, switch to semi-skimmed milk and low-fat dairy foods instead of full-fat ones, choose lean cuts of meats, and steam or grill instead of frying.

The more white you see on a cut of meat, the higher in saturated fat it is.

3. eat heart healthy

Potassium can help to lower your blood pressure, so aim to increase how much of it is in your diet by eating at least five portions of fruit and veg a day.

The vitamins, minerals, and fibre in fruit and veg may also help keep your heart healthy.

Fruits and vegetables that are high in soluble fibre may lower your cholesterol. This includes citrus fruits, sweet potato, aubergine, mango, and most beans and pulses.

Plant-based proteins are good for you and also good for the planet. If you only eat plant-based proteins, make sure to mix up your protein sources as much as possible. Soy-based proteins like tofu are the only vegan sources to contain all the essential amino acids we need.

Wholegrain foods will also help to fill you up for longer and are better for your heart because they're less processed.

4. eat oily fish

Oily fish such as pilchards, sardines, mackerel, salmon, and fresh tuna are rich in omega-3 fatty acids. These are thought to be particularly beneficial for your heart because they improve your cholesterol levels.

If you're a vegetarian, you can get omega-3 fats from spinach, wheat germ, walnuts, flaxseed and flaxseed oil, soya, canola oil, and pumpkin seeds.

5. quit smoking

Smoking is one of the main causes of cardiovascular disease. Smokers are almost twice as likely to have a heart attack compared to those who've never smoked.

It not only damages the lining of your arteries but reduces the amount of oxygen in your blood and raises your blood pressure.

If you've struggled with giving up smoking before, ask your GP about NHS Stop Smoking services in your local area.

6. cut back on alcohol

Alcohol can cause high blood pressure, abnormal heart rhythms, and damage to the heart muscle.

You don't have to give it up completely. Just follow the guidelines, which are two to three units a day for women and three to four for men. Find out more by visiting the Drinkaware Website.

7. get moving

Studies show that inactive people are more likely to have a heart attack than those who are active.

Aim to get at least 150 minutes of moderate-intensity activity a week to lower your risk of developing coronary heart disease.

You can split up the 150 minutes any way you like. For instance, have a brisk 30-minute walk every lunchtime during the week.

The longer you sit for, the more detrimental it can be for your heart. Try to get up and move at least once an hour, to boost your circulation and improve your heart health.

8. keep your weight down

If you're heavier than you should be, your risk of high blood pressure, high cholesterol, and type 2 diabetes is above normal.

Eating less sugar and saturated fat, while cutting back on alcohol, eating more fruit and veg and getting more exercise, can all help you lose excess pounds - and keep those pounds off in the long term.

9. floss

There's a strong link between your gum health and your heart health. Flossing helps to remove plaque from your teeth, which, if not removed, can lead to tooth decay and tooth loss.

A recent study showed that periodontal disease can almost double your risk of developing heart disease.

10. keep stress under control

If you're under a lot of stress, you may be more likely to smoke, exercise less, and drink more than a moderate amount of alcohol - all of which are linked with heart problems.

Commit to Healthy Choices to Help Prevent Birth Defects

We know that not all birth defects can be prevented. But, we also know that women can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant.

1. Plan ahead.

- Get 400 micrograms (mcg) of folic acid every day. Folic acid is a B vitamin. If a woman has enough folic acid in her body at least one month before and during pregnancy, it can help prevent major birth defects of the developing brain and spine (anencephaly and spina bifida). Women can get folic acid from fortified foods or supplements, or a combination of the two, in addition to a varied diet rich in folate.
- See a healthcare professional regularly. A woman should be sure to see her doctor when planning a pregnancy and start prenatal care as soon as she thinks that she is pregnant. It is important to see the doctor regularly throughout pregnancy, so a woman should keep all her prenatal care appointments. If you are trying to have a baby or are just thinking about it, it is not too early to start getting ready for pregnancy. Use these checklists to help you write down your goals, whether you are planning a pregnancy or trying to get and stay healthy overall.

2. Avoid harmful substances.

- Avoid alcohol at any time during pregnancy. Alcohol in a woman's bloodstream passes to the developing baby through the umbilical cord. There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. There is also no safe time during pregnancy to drink. All types of alcohol are equally harmful, including wine and beer. Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral, and intellectual disabilities. These disabilities in the child, which occur because the mother drank alcohol during the pregnancy, are known as fetal alcohol spectrum disorders (FASDs). The best advice for women is to stop drinking alcohol when trying to get pregnant.
- Avoid smoking cigarettes. The dangers of smoking during pregnancy include preterm birth, certain birth defects (cleft lip or cleft palate), and infant death. Even being around tobacco smoke puts a woman and her pregnancy at risk for problems. Quitting smoking before getting pregnant is best. For a woman who is already pregnant, quitting as early as possible can still help protect against some

health problems for the baby, such as low birth weight. It's never too late to quit smoking.

- Avoid marijuana and other drugs. A woman who uses marijuana or other drugs during pregnancy can have a baby who is born preterm, of low birth weight, or has other health problems, such as birth defects. Since we know of no safe level of marijuana use during pregnancy, women who are pregnant, or considering becoming pregnant, should not use marijuana, even in states where marijuana is legal. Women using marijuana for medical reasons should speak with their doctor about an alternative therapy with pregnancy-specific safety data.
- Prevent infections. Some infections that a woman can get during pregnancy can be harmful to the developing baby and can even cause birth defects. Check out our 10 tips for preventing infections before and during pregnancy.
- Avoid overheating and treat fever promptly. During pregnancy, overheating should be avoided and fever treated promptly. Overheating can be caused by a fever or exposure to high temperatures (like getting in a hot tub) that increases the body's core temperature. Overheating can increase the chances of having a baby with certain birth defects.

3. Choose a healthy lifestyle.

- Keep diabetes under control. Poor control of diabetes during pregnancy increases the chances for birth defects and other problems for the pregnancy. It can also cause serious complications for the woman. Proper healthcare before and during pregnancy can help prevent birth defects and other poor outcomes.
- Strive to reach and maintain a healthy weight. A woman who is obese (a body mass index [BMI] of 30 or higher) before pregnancy is at a higher risk for complications during pregnancy. Obesity also increases a pregnant woman's risk of several serious birth defects. Even if a woman is not actively planning a pregnancy, getting healthy can help boost her health and her mood. If a woman is overweight or obese, she should talk with her doctor about ways to reach a healthy weight before she gets pregnant.

4. Talk with your healthcare provider.

- Talk to a healthcare provider about taking any medications. We know that certain medications can cause serious birth defects if they are taken during pregnancy. For many medications taken by pregnant women, the safety has been difficult to determine. Despite the limited safety data, some medications are needed to treat serious conditions. If a woman is pregnant or planning a pregnancy, she should not stop taking medications she needs or begin taking new medications without first talking with her healthcare provider. This includes prescription and over-the-counter medications and dietary or herbal products.
- Talk to a healthcare provider about vaccinations (shots). Most vaccinations are safe during pregnancy and some vaccinations, such as the flu vaccine and the Tdap vaccine (adult tetanus, diphtheria and acellular pertussis vaccine), are

specifically recommended during pregnancy. Some vaccines protect women against infections that can cause birth defects. Having the right vaccinations at the right time can help keep a woman and her baby healthy. She should talk to her doctor about which vaccines are recommended for her during pregnancy

- Pregnant women are more prone to severe illness from the flu, including hospitalizations and even death, when compared to women who are not pregnant. Pregnant women with flu also have an increased risk of serious problems for their pregnancy, including preterm birth. Getting a flu shot is the first and most important step in protecting against flu. The flu shot given during pregnancy has been shown to protect both the mother and her baby (for up to 6 months after delivery) from the flu.

Pregnancy is an exciting time, but it also can be stressful. Knowing that you are doing all that you can to get ready for pregnancy, staying healthy during pregnancy, and giving your baby a healthy start in life will help you to have peace of mind.

National Wear Red Day® and American Heart Month

*****Be sure to wear your RED for heart on Sunday February 4th.*****

National Wear Red Day is Friday, February 2, 2024. Together, we can continue to wear red, share and rock our red, all to help save more lives. Check back for more resources to help you celebrate all Heart Month long.





Know the warning signs of heart attack and stroke

You could save your life



Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  • Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  • Other signs may include breaking out in a cold sweat, nausea or lightheadedness.


As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke.

The letters stand for:

-  • **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  • **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

[GoRedForWomen.org](https://www.GoRedForWomen.org)

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Life After Loss Program

“LOSS Of A Spouse”, a Grief Share Program w/ emphasis on giving participants the tools to cope with the death of a spouse. Trinity’s Life After Loss Ministry will host this program. The two hour session will be held at Trinity MB Church on Sunday, February 4, 3:00-5:00 p.m. Be on the lookout for information leading up to February 4.



8IGHTWAYS[®]

TOSTAYHEALTHYANDPREVENTCANCER

Eight healthy behaviors can go a long way toward improving your health and lowering your risk of many cancers – as well as heart disease, stroke, diabetes and osteoporosis. And even small changes can have a big impact.

So take control of your health, and encourage your friends and family to do the same. Choose one or two behaviors to start with. Once you've got those down, move on to the others.

1. Maintain A Healthy Weight

Keeping weight in check can be hard, but it has amazing health benefits, including lowering the risk of 13 different cancers. A few simple tips can help. First off, if you're overweight, focus on not gaining any more weight. This by itself has real benefit. Then, when you're ready, try to take off some extra pounds for an even greater health boost.

Tips:

- Fit physical activity and movement into your life each day.
- Limit time in front of the TV and computer, and try to stand more.
- Eat a diet rich in fruits, vegetables and whole grains.
- Choose smaller portions, eat more slowly and limit sugary drinks.

2. Exercise Regularly

Few things are as good for you as regular physical activity. While it's not always easy to find the time, it's important to fit in at least 30 minutes of activity every day. More is even better, but any amount is better than none.

Tips:

- Choose activities you enjoy. Many things count as exercise, like walking, gardening and dancing.
- Make exercise a habit by setting aside the same time for it each day. Go to the gym at lunchtime or take a walk after dinner.
- Keep it fun and stay motivated by exercising with someone.
- Be active as a family – go to the park, take walks and play active games.

3. Don't Smoke Or Use Smokeless Tobacco

Tobacco causes many types of cancer, along with other serious problems. So, stay tobacco-free. If you smoke or use smokeless tobacco (like chewing tobacco, snuff or snus), quitting is one of the best things you can do for your health. Yes, it's hard, but you can do it.

Tips:

- Keep trying! It often takes many attempts before you quit for good.
- Talk to a doctor about quitting, which can double the chances of success.
- Call 800-QUIT-NOW (866-QUIT-YES in Illinois) or visit smokefree.gov for help.
- Talk to your kids about the dangers of smoking, vaping and using smokeless tobacco. The best message to kids is being tobacco-free yourself.

4. Eat A Healthy Diet

The basics of healthy eating are pretty simple. Focus on fruits, vegetables and whole grains, and keep red meat and processed meat to a minimum. It's also important to cut back on bad fats (saturated and trans fats), and choose healthy fats (polyunsaturated and monounsaturated fats) more often.

Tips:

- Make fruits and vegetables a part of every meal. Put fruit on your cereal. Eat vegetables as a snack.
- Choose chicken, fish or beans instead of red and processed meat.
- Choose whole-grain cereal and whole-wheat bread instead of sugary cereal and white bread.
- Choose dishes made with olive or canola oil, which are high in healthy fats.
- Cut back on fast food and store-bought snacks (like cookies).
- Eating a healthy diet is best – but consider a standard multivitamin if you regularly fall short.



5. Limit Alcohol – Zero Is Best

Drinking alcohol can increase the chances of developing six different types of cancer. And just ½ to 1 drink a day can increase the risk of breast and colon cancer. While moderate drinking may be good for the heart in older adults, zero alcohol is the healthiest choice overall.

Tips:

- Choose nonalcoholic beverages at meals and parties.
- Avoid occasions centered around alcohol.
- Talk to a healthcare professional if you feel you have a problem with alcohol.
- When appropriate, discuss the dangers of drugs and alcohol with children.

6. Protect Yourself From The Sun And Avoid Tanning Beds

While the warm sun can feel great, too much exposure to it can lead to skin cancer, including melanoma. And tanning beds can be just as harmful. Skin damage starts early in childhood, so it's especially important to protect children.

Tips:

- If possible, steer clear of direct sunlight between 10 a.m. and 4 p.m. (peak burning hours). It's the best way to protect yourself.
- Use hats, long-sleeve shirts and sunscreens with SPF 30 or higher.
- Don't use tanning beds or tanning booths.
- Protect kids first, and set a good example by always wearing sunscreen and the right clothing.

7. Protect Against Sexually Transmitted Infections

Sexually transmitted infections – like human papillomavirus (HPV), hepatitis and HIV – can cause a number of different cancers. Protecting against these infections can lower risk. Try to always practice safer sex, which lowers the chance of getting a sexually transmitted infection. It's also important to follow HPV vaccine recommendations for children and adults. Boys and girls should get vaccinated at 9 to 12 years old, which helps prevent cancer later in life. But the vaccine is recommended up to age 26, and can be given up to age 45. Talk to a healthcare provider or visit cdc.gov/HPV for more information.

Tips:

- Make sure your healthcare provider includes the HPV vaccine as part of your child's regular vaccinations. If not, ask for it.
- If you're an adult and haven't had the HPV vaccine, talk to a provider about getting it. If you're not sure if you've had the vaccine, ask your parents or try to find a copy of your vaccine record.
- Visit cdc.gov/sexualhealth for more information on safer sex and sexual health.
- When appropriate, discuss with children the importance of sexual responsibility and safer sex.

8. Get Screening Tests

There are a number of important screening tests that can help protect against cancer. Some of these tests find cancer early when it is more treatable, while others can actually help keep cancer from developing in the first place.

Guidelines can vary, but talk with your healthcare provider about screening at these ages:

Age 21:

- Cervical cancer

Age 40:

- Breast cancer
- Prostate cancer (For African American men and others at highest risk, discuss benefits and risks of screening with a healthcare provider)

Age 45:

- Colon cancer
- Prostate cancer (For average-risk men, discuss benefits and risks of screening with a healthcare provider)

Age 50:

- Lung cancer (For people who smoke or used to smoke)

If you have a family history of cancer, you may need to get tests at a younger age.

Know Your Risk. Change Your Future

Visit siteman.wustl.edu/YDR and, with just a few clicks or taps, get a personal estimate of your cancer risk and custom prevention tips.



10 Facts for Children's Dental Health Month

February is the perfect time for kids and parents to learn about oral health. Why? Because February is National Children's Dental Health

1. Nearly 1 in 5 kids have untreated cavities

About 20 percent of kids between the ages of 5 and 11 have at least untreated decayed tooth, according to the Centers for Disease Control and Prevention (CDC), and 13 percent of 12- to 19-year-olds have untreated cavities. Untreated cavities are more than just unsightly – they can lead to tooth infections, known as abscesses, which can destroy the pulp inside the tooth. In time, these deep infections can even cause a child to lose a tooth.

2. Untreated cavities are more than just a dental problem

Untreated cavities can interfere with a child's everyday life too. Cavity pain can make it hard to eat and speak, and the pain from tooth decay can prevent a child from playing and learning. In fact, research shows that kids who have dental problems miss more school and get lower grades than do children without oral health problems. Tooth fillings and other treatments can stop tooth decay.

3. Fluoridated water helps strengthen teeth

Tooth decay occurs when acids in food and saliva eat away at the enamel, which contains calcium and phosphate. Fluoride can strengthen teeth to reduce enamel erosion.

Fluoride is a naturally occurring mineral – rocks release fluoride into water, soil, and the air. Nearly all water contains some amount of fluoride, but it is not usually enough to prevent tooth decay, so many communities add fluoride to their drinking water. Drinking fluoridated water increases the amount of fluoride in saliva and tooth enamel absorbs fluoride from saliva. Once inside tooth enamel, fluoride combines with calcium and phosphate to strengthen tooth enamel.

4. Some kids need fluoride treatments from their dentists

While many communities add fluoride to their water, fluoridated water may not be enough to protect a child's teeth. Brushing with fluoride toothpaste or using a fluoride rinse can help strengthen tooth enamel. Dentists can apply fluoride varnishes to teeth, which can prevent about a third of cavities in baby teeth, also known as primary teeth. Dental sealants applied to the chewing surfaces of back teeth can prevent 80 percent of cavities.

5. Tooth decay can start early in life

A poor diet and inadequate tooth brushing during the first two years of a child's life can increase their risk of cavities. In fact, cavities can even begin in baby's first tooth! Tooth decay in baby teeth can also increase the risk of cavities in permanent teeth.

6. Healthy dental habits also develop early in life

Wiping an infant's gums with a soft, clean cloth after the morning feeding and before bed removes the bacteria, sugars and acid that can cause cavities. As soon as baby teeth appear, parents can start brushing their little one's teeth with a soft toothbrush and plain water twice a day. Kids can start brushing their own teeth with supervision at about the age of three.

7. Sports are a major cause of dental injuries

Sports injuries are responsible for 13 to 39 percent of all dental injuries in children. Wearing a mouth guard and other sports gear can reduce the risk of sport-related dental injuries.

8. Regular dental checkups are important for kids

Early detection and treatment of tooth decay and other oral health problems is essential for healthy teeth. Going to the dentist for dental exams and hygiene at a young age also helps children feel more comfortable and less stressed out about visiting the dentist.

9. You should take your child to the dentist on his or her first birthday – or sooner

Children should make their introductory trip to the dentist when their first tooth appears or on their first birthday, whichever comes first. After that, kids should go to the dentist about once every six months or as often as recommended by their dentist.

10. February is a great time to schedule a dental appointment for your child

Cedar Walk Dentistry is always glad to provide great dental care for children and families in Charlotte, North Carolina. Contact our team at Cedar Walk Dentistry [online](#) or by calling 704-542-9923.

The infographic is a 3x2 grid of colored boxes. The top row has a green box on the left and a grey box on the right. The middle row has a teal box on the left and a teal box on the right. The bottom row has a grey box on the left and a grey box on the right. The bottom-right cell of the grid is split into two horizontal sections: a teal section on top and a teal section on the bottom.

FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH	5x MORE COMMON THAN ASTHMA.
TOOTH DECAY IS THE <i>most common</i> CHILDHOOD DISEASE	57 million school hours missed due to oral disease.
Every 1\$ spend on prevention in oral care can save you \$8-\$50 on restorative and emergency procedures.	TOOTH DECAY IS ALMOST ENTIRELY PREVENTABLE 3 out of 5 children are affected

Black History Month

A Commemorative Observances Legal Research Guide

History and Overview

National Black History Month has its origins in 1915, when historian and author Dr. Carter G. Woodson founded the Association for the Study of Negro Life and History. This organization is now known as the Association for the Study of African American Life and History External (ASALH). Through this organization, Dr. Woodson initiated the first Negro History Week in February 1926. Dr. Woodson selected the week in February that included the birthdays of Abraham Lincoln and Frederick Douglass, two key figures in the history of Black Americans.



Carol M. Highsmith, photographer. The African American History Monument, completed in 2001 on the state capitol grounds in Columbia, the capital city of South Carolina. 2007. Library of Congress Prints & Photographs Division.

In 1975, President Ford issued a Message on the Observance of Black History Week External urging all Americans to "recognize the important contribution made to our nation's life and culture by black citizens." In 1976, ASALH expanded this commemoration of Black history in the United States from a week-long observance to Black History Month, which also has been known as African American History Month. In the same year, President Ford issued a Message on the Observance of Black History Month External. In subsequent years, presidents continued to issue messages External honoring Black History Month.

In 1986, Congress passed Public Law 99-244, which designated February 1986 as "National Black (Afro-American) History Month." This law noted that February 1, 1986 would "mark the beginning of the sixtieth annual public and private salute to Black History." The law further directed the president to issue a proclamation calling on the people of the United States to

observe February 1986 as Black History Month with the appropriate ceremonies and activities. President Reagan issued Presidential Proclamation 5443 External, which proclaimed that “the foremost purpose of Black History Month is to make all Americans aware of this struggle for freedom and equal opportunity.” This proclamation stated further that this month was a time “to celebrate the many achievements of African Americans in every field from science and the arts to politics and religion.”

Since 1996, presidents have issued annual proclamations for National Black History Month. In January 1996, President Clinton issued Presidential Proclamation 6863 External for “National African American History Month.” The proclamation emphasized the theme for that year, the achievements of Black women from Sojourner Truth to Mary McLeod Bethune and Toni Morrison. Since 1996, Congress has regularly passed resolutions honoring Black History Month. In February 1996, the Senate passed Senate Resolution 229 commemorating Black History Month and the contributions of Black American U.S. Senators.



Black History Month Quotes

Top 10 Best Black History Month Quotes:

"I have learned over the years that when one's mind is made up, this diminishes fear."

- *Rosa Parks, activist and "the mother of the freedom movement"*

"Have a vision. Be demanding."

- *Colin Powell, the first African American appointed as the U.S. Secretary of State*

"Never be limited by other people's limited imaginations."

- *Dr. Mae Jemison, first African American female astronaut*

"The battles that count aren't the ones for gold medals. The struggles within yourself--the invisible, inevitable battles inside all of us--that's where it's at."

- *Jesse Owens, U.S. track and field athlete*

"The cost of liberty is less than the price of repression."

- *W.E.B. Du Bois, author and activist*

"In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute."

- *Thurgood Marshall, first African American on the U.S. Supreme Court*

"Whatever we believe about ourselves and our ability comes true for us."

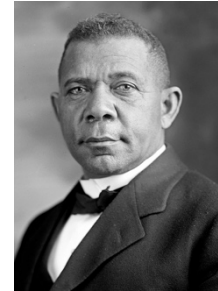
- *Susan L. Taylor, journalist*

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us."

- *Wilma Rudolph, U.S. track and field athlete*

"Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed."

- *Booker T. Washington, author and politician*



Resources:

<https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20372839>

<https://kidshealth.org/en/parents/glaucoma.html>

<https://www.caba.org.uk/physical-health/looking-after-your-health/keep-your-heart-healthy.html>

<https://www.cdc.gov/ncbddd/birthdefects/prevention.html>

<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>

<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>

<https://www.goredforwomen.org/en/about-heart-disease-in-women/signs-and-symptoms-in-women>

<https://siteman.wustl.edu/prevention/8-ways/8-ways-to-stay-healthy-and-prevent-cancer/>

<https://www.cedarwalkdentistry.com/blog/2021/02/15/10-facts-for-childrens-dental-health-month/>

<https://guides.loc.gov/black-history-month-legal-resources/history-and->

[overview#:~:text=National%20Black%20History%20Month%20has,Life%20and%20History%20\(ASALH\)](https://guides.loc.gov/black-history-month-legal-resources/history-and-overview#:~:text=National%20Black%20History%20Month%20has,Life%20and%20History%20(ASALH))

<https://www.xavier.edu/jesuitresource/online-resources/quote-archive1/black-history-month-quotes>