

WHAT THE HEALTH!?

Children's Dental Health Month



In the United States, tooth decay (cavities) is one of the most common chronic conditions among children. If left untreated, it can cause pain and infection, leading to problems with eating, speaking, playing, and learning. Children who have poor oral health tend to miss more school days and get lower grades.

Statistics:

- About 1 in 5 kids ages 5-11 have at least one untreated decayed tooth
- About 1 in 7 kids ages 12-19 have at least one untreated decayed tooth
- The percentage of children with untreated tooth decay is twice as high for children from low-income families

What Can Parents & Caregivers Do?

- Begin visiting a dentist by age 1
- Protect kid's teeth with fluoride by using toothpaste, varnish, and oral supplements
- Talk to the dentist about using sealants to prevent tooth decay

Tioga County Public Health offers Mobile Dental Services through our traveling mobile unit as well as the Fluoride Varnish Program in Tioga County Elementary Schools. Contact 687-8600 for more information!



February 2018

February is Heart Health Month

Heart Disease is the leading cause of death for men & women in the United States, killing 610,000 Americans every year!

Risk Factors for Heart Disease:

- ♥ High Blood Pressure
- ♥ High Cholesterol
- ♥ Smoking
- ♥ Diabetes
- ♥ Overweight or Obese
- ♥ Physical Inactivity
- ♥ Excessive Alcohol Use



Know The Warning Signs of a Heart Attack:

- ♥ Chest pain or discomfort
- ♥ Upper body pain or discomfort in arms, back, neck, jaw, or upper stomach
- ♥ Shortness of breath
- ♥ Nausea, lightheadedness, or cold sweats

Prevent Heart Disease!

- ♥ Exercise regularly
- ♥ Eat plenty of fruits and vegetables
- ♥ Don't smoke
- ♥ Maintain a healthy weight
- ♥ Control you blood pressure, diabetes, and cholesterol



February 14th is National Condom Day!

- There are 65 million people in the US living with an incurable Sexual Transmitted Infection
- There are 3.2 million unintended pregnancies each year in the US
- 2 out of 3 sex acts between single adults do not involve a condom
- ☑ Condoms are the only form of birth control that protect against STIs like HIV, gonorrhea and chlamydia
- ☑ When used correctly, condoms are 98% effective in preventing unintended pregnancy
- ☑ Many of today's condoms are designed to increase pleasure and provide protection for both partners

Tioga Opportunities, Inc. Family Planning has condoms FREE of charge! Call 687-5333 or visit them on Facebook for more information!

