

Wellness Newsletter

February 2020

FEBRUARY IS HEART MONTH

Raise awareness about the importance of heart health

Did you know...

#1 Uncontrolled high blood pressure is a leading cause of heart attack and stroke

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important.

more than **67** million Americans have high blood pressure

People with high blood pressure are:

4 times more likely to die from a stroke

3 times more likely to die from a heart disease

Every year, 1 in 3 deaths are caused by heart disease in the United States

8-12 million Americans have Lower Extremity Arterial Disease which can cause ulceration and lead to amputation

600,000

people suffer from venous ulcers at any given time in the United States
Costing \$2.5 - \$3.5 billion in treatment

There are different types of vascular disease. Each has a different pathological reason for ulcer development. Treatment for one type may be detrimental to another.

HAPPY Valentine's DAY

While there are several factors that can affect wound healing, heart health is one of the most important.

love your

What is a cavity?

A cavity is a damaged area in the tooth that most of the time does not have any symptoms.

Do cavities hurt?

Cavities most of the time are a completely silent dental disease and have no symptoms.

What happens to an untreated cavity?

Every cavity grows bigger and at some point reaching a space where the nerve resides. This ends up causing toothaches and ultimately an infection also known as a dental abscess.

What causes cavities?

Cavities can be caused by bacteria, drinking pop, sport drinks, juices, and diets full of sugar. Brushing too hard could be the case as well.



February is National Children's Dental Health Month



February Awareness Dates!

Children's Dental Health Awareness MONTH

- 2020 Brushing Calendars!
- Best oral care products for kids- ADA Approved

Heart MONTH (American)

- 154, 000 have coronary heart disease in Iowa,
- 239, 000 in Minnesota
- <https://www.nhlbi.nih.gov/>

Kids ENT Health MONTH

2nd - 8th

Burn Awareness WEEK

4th

World Cancer DAY

7th - 11th

Congenital Heart Defect Awareness WEEK

1 in 100 births have a heart defect.

- Mended Little Hearts
- Go to Guides
- GET INVOLVED! Activities, Helpful Tools and Resources, and Campaigns

7th

National Wear Red DAY- Help to raise awareness to improve women's heart health

14th

National Donor DAY - raise awareness of the lifesaving benefits of organ, eye and tissue donation while reminding of the importance of discussing the topic with your loved ones. Today, nearly 120,000 patients are on the waiting list to receive a lifesaving organ transplant, and countless others need cornea, tissue, bone marrow, blood, and platelet donation.

16th - 21st

Random Acts of Kindness WEEK

- View the calendar for ways you can spread kindness!

17th

Random Acts of Kindness DAY

23rd - 29th

National Eating Disorders Awareness WEEK

