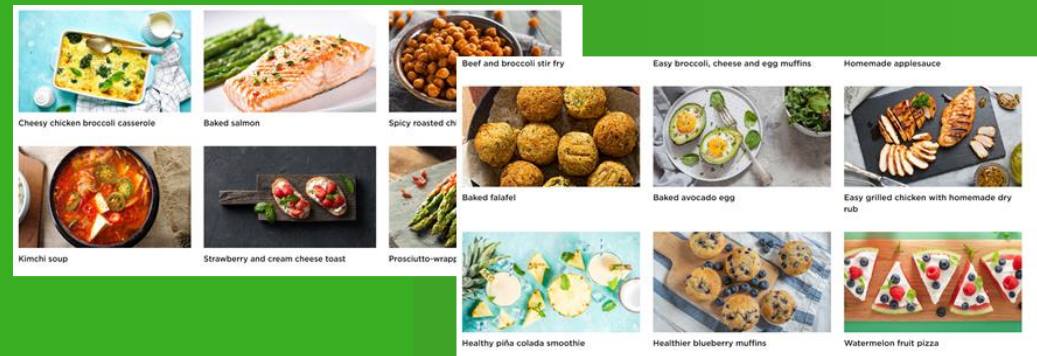
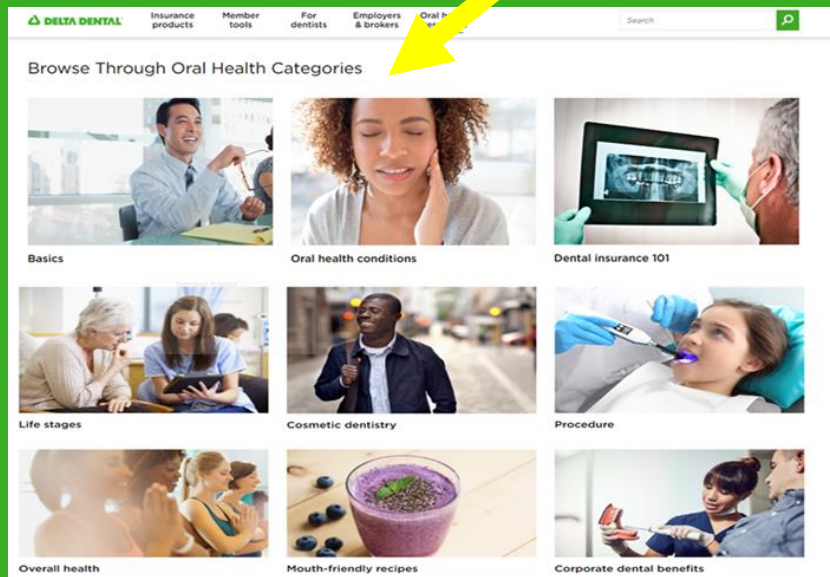
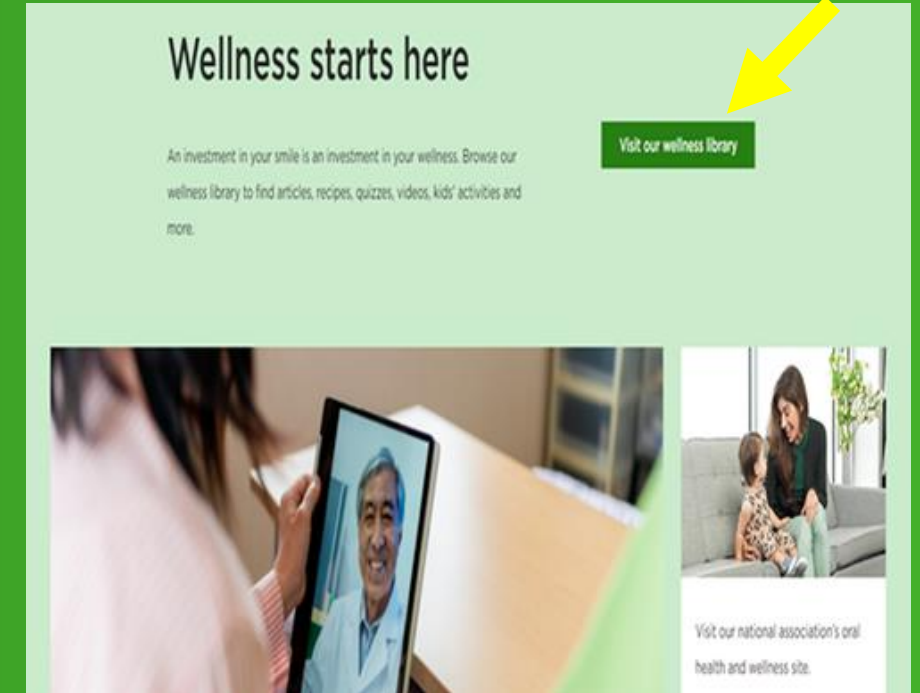
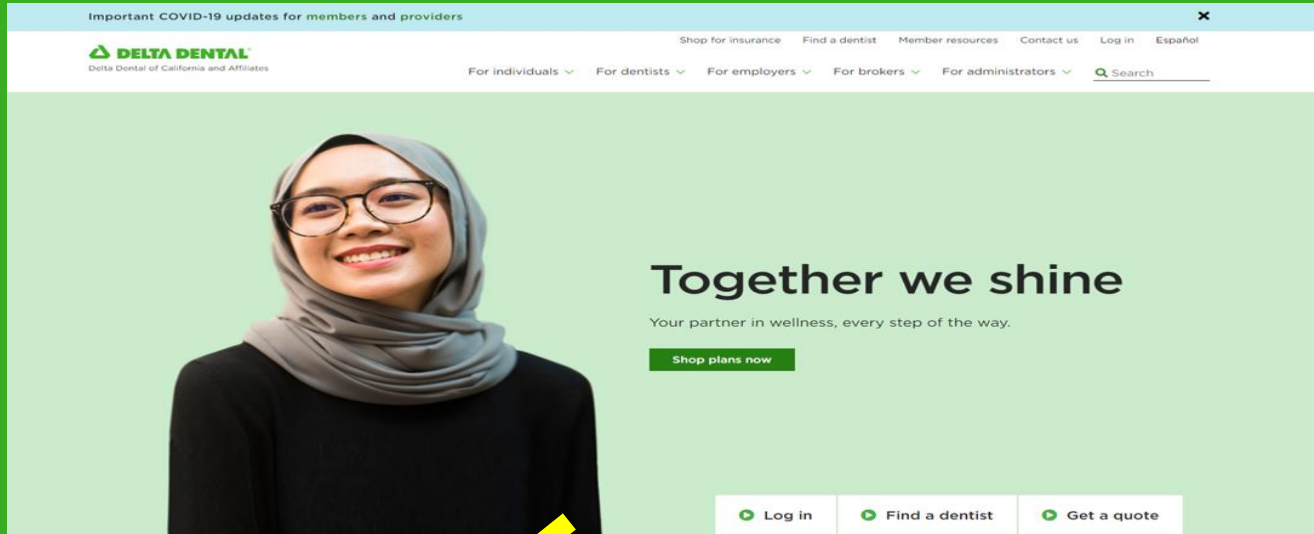




WELLNESS 2021

# Member Online Services

Check out our wellness library!



Visit our new enhanced website!

# STRESS TAKING A BITE OF PATIENTS DENTAL HEALTH

For many 2020 ushered in feelings of isolation and fear along with financial stability, safety, family and how to juggle it all from home.

- As of March, over 70% of dentist surveyed by the American Dental Association reported an increase in patients experiencing teeth grinding and clenching.
- Multiple studies have shown that emotions can play a significant role in periodontal disease.
  - Stress induced conditions can cause inflamed gums.
  - Inflamed gums can lead to gingivitis and periodontal disease.
    - ✓ Brush twice a day and floss daily
    - ✓ Avoid sugary snacks and beverages
- Working from home is not always ergonomic causing poor posture and can lead to TMJ issues.
  - ✓ Read up on proper ergonomics at home
    - ✓ <http://www.bu.edu/articles/2020/10-ergonomics-dos-and-donts-for-those-now-working-from-home/>



<https://www.ada.org/en/publications/ada-news/2020-archive/march/association-offers-resources-on-handling-stress-during-a-pandemic>



# Wellness + Nutrition



In your day-to-day life, stress can cause you to get off track with self-care. It can even lead to habits harmful to your health such as tobacco use or excessive alcohol consumption. To keep yourself well, maintain these five healthy habits:

1. Exercise 30 min. each day – walk around the neighborhood will do!
2. Go to bed at a consistent time and make time to unwind – yoga or music to relax.
3. Stock your pantry and fridge with healthy foods – see our great recipes in Grin!
4. Stay hydrated with plenty of water – decaf black/green tea!
5. Make self-care a priority – brush & gloss.



# tips for a healthier home...

While most germs are harmless, others that enter your mouth can lead to tooth decay, gum disease and other problems. Germs that can cause disease are called pathogens. You may also develop overall health issues as certain pathogens make their way into your bloodstream. So how do you

protect yourself?



So how do you protect yourself?

1. **Rinse your toothbrush before and after each use to reduce the number of germs on it.**
2. **Avoid sharing used toothbrushes, straws, utensils and cups.**
3. **Clean and disinfect items you touch frequently.**
4. **Clean your mouth guard, clear aligner, retainer or dentures daily.**
5. **Don't clean a baby's pacifier with your mouth**
6. **Wash used towels at least once a week**