



# Northern Dental Access Center Healthy Smiles, Healthy Communities

Mino-Zhoomingweniwinan, Mino-Wiiji'idiwinan

Issue 3

## April is National Child Abuse Prevention Month

The future success of our communities depends on our ability to cultivate the health and well-being of our children. After passing the first Federal child protection act, the Child Abuse Prevention and Treatment Act, in 1974, congress recognized the need for innovative programs to prevent child abuse and neglect and to support parents and



families. And so, April 1983 was declared the first National Child

Abuse Prevention Month. Since then, child abuse and neglect awareness activities have been promoted across the country every April.

Here in Beltrami County, the Child Abuse Prevention Council has joined forces with schools, clinics, government, businesses, and non-profits to raise awareness about child abuse and neglect and to support programs that focus on families and building a strong foundation for healthy childhood development. Healthy development requires environments free of what experts call toxic stress. These chronically stressful environments, such as exposure to family violence or neglect, actually harm children's

developing brains. That is why it's so important that when you suspect abuse, you call your local county child protective services to connect families to supports.

Our community has the opportunity to work together to support families and children through prevention and awareness activities, community programs, and by helping our friends, families, and neighbors in times of stress or crisis.

When children do not have equal opportunity for healthy growth and development, we put our future at risk. Join the effort to support families and help end child abuse.

### Inside this issue:

A Harmful Habit: Nail Biting	2
A Healthful Habit: Eating a Balanced Diet	2
Puzzle Page	
Asthma—What you Need to Know	3
Meet the Staff	4

## Anishinabe Arts Initiative

Northern Dental Access Center has received some amazing artist submissions for our Anishinabe Art Initiative grant, but we still need more. The next round will close in June, so if you or anyone you know would like to participate, please get submissions to us before June 30<sup>th</sup>. The artist call is for anyone of Native American heritage, and encompasses any type of artwork or craft that can be mounted on a wall. Reimbursements are offered and all purchased works will be prominently displayed with a nameplate identifying the artist. Please contact Jessica at the Access Center for more information.



## A Harmful Habit

Can biting your nails be harmful to your teeth?

Yes! Onychophagia, or nail biting, is a very common compulsive oral habit seen in both children and adults. It is estimated that about 30% of kids ages 7-10 and 45% of teens have a nail biting habit.

Nail biting can be very painful to fingers and gums. Bleeding, swelling and infection often result from this habit.

According to the Academy of General Dentistry, nail biters have an increased risk of cracking, chipping and wearing down their front teeth. They also are more likely to develop bruxism, which is the clinical term for

clenching and grinding of teeth. Another major oral health risk associated with nail biting is bacterial infection. Bacteria from underneath fingernails or from mouth infections can be spread to the bloodstream through torn, ripped gums and nailbeds.



If boredom is the cause, find something to occupy your time. If you are biting due to stress, identify the main stressors in your life and a few strategies that could help lower your stress level.

For more information, please visit the American Dental Association website: [www.ada.org](http://www.ada.org)

Causes of nail biting include stress, anxiety, hunger and boredom.

If you find yourself biting your nail, try to identify the cause. Are you bored or anxious?

## A Healthful Habit

In order to achieve a healthy diet follow these tips:

Choose foods and beverages in amounts that help achieve and maintain a healthy weight.

Pay attention to standard serving sizes (see table below), and read food labels to become more aware of the number of actual servings you eat.

Eat smaller portions of high-calorie foods. Be aware that "low-fat" or "nonfat" does not mean "low-calorie" and that low-fat cakes, low-fat cookies, and other low-fat foods are often high in calories.

Switch to vegetables, fruits, and other low-calorie foods and beverages to replace calorie-dense foods and beverages such as French fries, cheeseburgers, pizza, ice cream, doughnuts and other sweets, and regular sodas.

Eat 5 or more servings of vegetables and fruits each day.

Include vegetables and fruits at every meal and for snacks.

Eat a variety of vegetables and fruits each day.

Limit French fries, snack chips, and other fried vegetable products.

Choose 100% juice if you drink vegetable or fruit juices.

Choose whole grains over processed (refined) grains and sugars.

Choose whole grain rice, bread, pasta, and cereals.

Limit intake of refined carbohydrates (starches), such as pastries, sweetened cereals, and other high-sugar foods.

Limit intake of processed meats and red meats.

Choose fish, poultry, or beans instead of beef, pork, and lamb.

When you eat meat, choose lean cuts and eat smaller portions.

### Quick meal that can be a family fun activity!

English muffin pizza can be made with pizza or spaghetti sauce, reduced-fat mozzarella cheese and topped with vegetables of your choice such as tomatoes, onions, mushrooms, green pepper or any other vegetable that you enjoy.

Arrange the ingredients you chose so that your child can spoon sauce onto the English muffin, and choose toppings to build/decorate their own pizza! Bake at 350° for 8-10 minutes or until cheese melts and serve. This allows the child the opportunity to take pride in what they did, maybe try a vegetable they normally would not, and a chance to be complimented on their creativity!

Prepare meat by baking, broiling, or poaching, rather than by frying or charbroiling.

Fruits	1 medium raw, whole fruit	½ cup of chopped, cooked, or canned fruit	¾ cup of 100% fruit juice
Vegetables	1 cup of raw, leafy vegetables	½ cup of cooked or chopped vegetables	¾ cup of vegetable juice
Grains	1 slice of bread	1 ounce of dry cereal	½ cup of cooked cereal, rice, or pasta
Beans and Nuts	½ cup of cooked beans	2 Tablespoons of peanut butter	1/3 cup of nuts
Dairy	1 cup of milk or yogurt	1 ½ ounces of natural cheese	2 ounces of processed cheese
Meats and eggs	2-3 ounces of cooked lean meat, poultry, or fish	1 egg	

# Asthma—What you need to know

Asthma is a chronic inflammatory disorder of the airways that causes three primary changes in the lungs:

- Inflammation of the lining of the airways
- Bronchoconstriction (tightening of the bands of smooth muscles surrounding the airways) which reduces the width of the airways
- Excess mucous production that further narrows the airways

## Diagnosis of Asthma

A diagnosis of asthma can be made by a health care professional through assessments of symptoms, medical history, physical examination and spirometry- a simple breathing test.

Diagnosing asthma in infants is often difficult, yet under-diagnosis and under-treatment are key problems in this age group. A detailed history of symptoms and physical exam is a vital and important part of diagnosing asthma at any age.

## Symptoms include:

- Wheeze
- Cough
- Shortness of breath
- Chest tightness
- Retractions

Remember, all symptoms should be taken seriously. Please note that cough may be the only symptom. Some people with asthma may never wheeze.

## Common Asthma Triggers- Control Strategies

### Infections

- Wash hands often.
- Use paper towels during cold and flu season.
- Don't share cups, toothbrushes, towels, or tissues.
- Keep hands away from face.
- Get an influenza shot yearly.



### Smoke

- Quit smoking
- Do not allow anyone to smoke in the house, garage, car, or near an open window.
- If you must smoke, wear the same jacket each time you smoke, and leave the jacket outside.
- Avoid wood smoke.

### Animals

- The best option is to find a new home for family pets.
- If there is a pet in the home, keep pets out of the bedrooms and keep the doors closed.
- Keep pets off furniture and beds.
- Vacuum and dust weekly.

### Dust Mites

- Wash bedding weekly in hot water.
- Use mattress and pillow covers where the person with asthma sleeps.
- Do not sleep on upholstered furniture.
- Limit stuffed animals in child's bedroom.

### Cockroaches

- Fix leaks.
- Store garbage in outside trash containers.
- Put food away.

### Emotions

- Strong emotions may bring on rapid breathing. This may cause asthma symptoms.
- The key to managing asthma when emotions are the trigger is to keep everyone calm.

### Food

- Be aware of ingredients in processed and homemade foods.
- Common food allergies include peanuts and shellfish.

### Mold

- Repair leaks
- Clean visible mold with a stiff brush, hot water, and non-ammonia soap.
- Run the dehumidifier 24 hours a day and empty collection bucket daily.
- Use the exhaust fan in the bathroom when bathing and above the stove when cooking.
- Throw away moldy items.

### Pollen

- Limit time outside during high pollen season.
- Keep windows closed and run air conditioner.
- Shower and wash hair before going to bed.
- Take allergy medications.
- Use air cleaner 24 hours-a- day in the bedroom.

### Exercise

- Use reliever medication before exercise, if directed by a health care provider.
- Warm up before and cool down after exercise.
- Monitor air quality.
- Only exercise outside when air quality is good.

### Strong Odors

- Avoid or limit use of perfumes, deodorants, hairsprays, cleaning products, chemicals, candles, and incense.

For more information visit the Center for Disease Control and Prevention web site: <http://www.cdc.gov/asthma>

### Weather

- Cover face with a scarf or wear a medical mask during weather changes or on days with poor air quality.

It is important for someone with asthma to see his/her health care provider regularly. Your provider can help identify triggers and work to find the right medicines to control symptoms. Someone with asthma should see their health care provider every 3-12 months, even when they are feeling well, and more often when experiencing breathing problems.



Northern Dental Access Center  
1405 Anne Street NW  
Bemidji, MN 56601  
218-444-9646  
1-888-678-3033  
[www.northerndentalaccess.org](http://www.northerndentalaccess.org)

Northern Dental Access Center is a non-profit, community agency operated by the Mississippi Headwaters Area Dental Health Center—a consortium of community stakeholders who share a commitment to assuring access to oral health by children and families in northern Minnesota.

Northern Dental Access Center’s vision is to be a non-profit, non-competitive dental service for the underprivileged and underinsured

## Meet the Staff: Jessica, Programs Director

Hi, my name is Jessica, and I am the Programs Director at the Northern Dental Access Center. My job is to oversee the daily operations of the clinic and its projects, as well as provide Human Resources management to the staff. I often attend community events, and really enjoy meeting and hearing from our patients and their families. I am always available to the folks NDAC serves, so if you have any questions, concerns or ideas about our clinic please don’t hesitate to ask for me.

I spent my childhood helping out at the Paul Bunyan Amusement Park on the Lakefront, which my family operated for almost 50 years. I graduated from Bemidji High School, and later went to BSU and Northwest Tech. I have been at the Access Center since the day it opened, and I love working for something so important.

