

Healthy teeth: more than just a pretty smile

Head to toe health care starts at the top, so let's talk about taking good care of your teeth. Did you know that good oral care lowers your risk for getting sick from germs? Brushing your teeth at least two times a day helps get rid of germs so they don't make you sick. The American Dental Association (ADA) offers these tips on the right way to brush:



- Use a fluoride toothpaste approved by the ADA.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to use and gets to all parts of your mouth.
 - You might like a power toothbrush. The handle is large to grip, it's easy for a caregiver to use if you need help, and some have a 2-minute timer.
- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. Self flossers are easier to use than thread floss. Or, try a water flosser.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your amyotrophic lateral sclerosis (ALS) and treatment. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Wondering if you need to replace your silver fillings? The silver has mercury in it. While some nerve diseases are linked with high levels of mercury, there is nothing to suggest that silver fillings cause ALS.

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, and those with ALS. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Are normal hand-held utensils (forks, knives) hard to pick up or hold? Try utensils and cups with special grips to help you eat and drink with less strain.
- Be smart about drinks—some are better for you than others (water beats soda).
- Have trouble when you chew or swallow? Blended foods, soups, and smoothies are great for getting the nutrients you need.

To maintain your weight:

- Make sure you get enough calories and protein.
- Add shakes, smoothies, and supplements.
- Need extra calories? Add olive oil, cheese, or avocado to food after cooking. Also, try adding nut butters into shakes.
- Shorten your mealtimes so you don't get tired.
- Take your medicines one a time with pudding, applesauce, or yogurt.

Not sure where to find special eating utensils or cups? Talk to an occupational therapist. Your doctor or program nurse can also help. Give your nurse a call today.

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- Pick a brush size and shape that is easy to handle and gets to all parts of your mouth.
 - You might like a power toothbrush. The handle is large to grip, it's easy for a caregiver to use if you need help, and some have a 2-minute timer.
- Use good technique:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes, twice a day.
- To keep gums healthy, floss once a day. Self flossers are easier to use than thread floss. Or, try a water flosser.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your chronic inflammatory demyelinating polyneuropathy (CIDP) and treatment. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

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Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with CIDP. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Are normal hand-held utensils (forks, knives) hard to pick up or hold? Try utensils and cups with special grips to help you eat and drink with less strain.
- Be smart about drinks—some are better for you than others (water beats soda).
- Have trouble when you chew or swallow? Blended foods, soups, and smoothies are great for getting the nutrients you need.
- To stay at a healthy weight while taking steroids, watch how much you eat (see list below). Also, try to get regular exercise.

Watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

Not sure where to find special eating utensils or cups? Talk to an occupational therapist. Your doctor or program nurse can also help. Give your nurse a call today.

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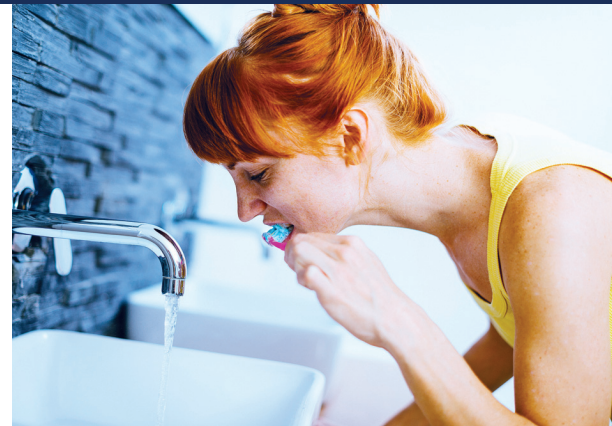
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 - You might like using a power toothbrush. Some have a 2-minute timer.
- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day.
- Replace your brush three or four times a year; more often if the bristles are worn.

Because of your cystic fibrosis (CF), you might breathe better if you sit more upright in the dentist chair.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your CF and treatment. He might want to check for yeast infection and gum disease, which can happen when you have CF. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

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Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with CF. What and how you eat affects many things, like healing, energy, immune health, lung function, and bone loss.

No foods or diet can cure illness. Sometimes, though, food can help lessen some symptoms. The first step is talking with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Need extra calories? Add olive oil, cheese, or avocado to food after cooking. Try adding nut butters into shakes. Also, take your medicines one a time with pudding, applesauce, or yogurt.
- Make sure you eat enough protein, fats, and salt. With CF you lose a lot of salt through sweat.
- Be smart about drinks—some are better for you than others (water beats soda).

Along with eating healthy, take your pancreatic enzymes and CF vitamins as prescribed. This will help make sure you meet your nutrition goals.

Not sure how to plan your diet? Talk to a dietician. Your doctor or program nurse can also help. Give your nurse a call today.

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 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your Gaucher disease and treatment. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

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No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats soda).
- Limit salt (too much can be bad for your blood pressure heart health).
- Limit sugars (less than 10% of your calories per day). Try stevia, raw honey (for ages 2 and older), maple syrup, and monk fruit.
- Use healthy oils such as olive oil and avocado oil. Avoid margarine, shortening, and any spreads that have trans fats.

Not sure how to plan your diet? Talk to a dietician. Your doctor or program nurse can also help. Give your nurse a call today.

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- Use a fluoride toothpaste approved by the ADA.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to use and gets to all parts of your mouth.
- Brush well:
 - Place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser better than cotton floss.
- Do not stop brushing or flossing if light bleeding happens. If bleeding goes on for more than 20 minutes, contact your doctor or hemophilia treatment center.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist, just to make sure you don't need a change in medicine before your visit. Also plan to talk to your hematologist if your visit is for dental surgery or a tooth extraction. You might need a fibrinolytic medicine or infusion of clotting factor before the procedure.

Make sure your dentist knows about your hemophilia and treatment. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Talk to your hematologist before having dental surgery or a tooth taken out. You might need a fibrinolytic medicine or infusion of clotting factor before the procedure.

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No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Talk to your doctor about vitamin E supplements.
- Keep iron levels up with lean red meat, liver, poultry, leafy vegetables, beans, and raisins.
- Be smart about drinks—some are better for you than others (water beats soda).
- Limit salt (too much can be bad for your blood pressure and heart health).
- Limit animal fats like butter and tropical oils like coconut and palm (less than 10% of your calories per day; choose olive and canola oil instead).
- Limit sugars (less than 10% of your calories per day).

Not sure how to plan your diet? Talk to a dietician. Your doctor or program nurse can also help. Give your nurse a call today.

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 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day or try a water flosser instead.
- Replace your brush three or four times a year; more often if the bristles are worn.
- If you have dry mouth, ask your dentist about a fluoride rinse.

Always talk with your doctor before seeing your dentist. Also, make sure your dentist knows about your lupus and treatment. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

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Eating the right way

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No foods or diet can cure illness. But it's a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Eat a lot of different vegetables—dark green, red, and orange.
- Be smart about drinks—some are better for you than others (water beats soda).
- Eat whole fruits.
- Choose fat-free or low fats dairy products.
- Switch up your proteins. These include seafood, lean meats, poultry, eggs, nuts, seeds, and soy products. Try beans and peas as well.

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

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 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. Try a single-hand flosser or water flosser.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a medicine change before the visit. Also, tell your dentist about your multiple sclerosis (MS) and treatment. This helps your dentist check for changes related to MS, like face pain or numbness. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

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Here are some tips to help you make the right choices when eating:

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- Sugars (limit to less than 10% of your calories per day)

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Healthy teeth: more than just a pretty smile

Head to toe health care starts at the top, so let's talk about taking good care of your teeth. Did you know that good oral care lowers your risk for getting sick from germs? Brushing your teeth at least two times a day helps get rid of germs so they don't make you sick. The American Dental Association (ADA) offers these tips on the right way to brush:



- Use a fluoride toothpaste approved by the ADA.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to use and that reaches all parts of your mouth.
- Brush well:
 - Place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day or try a water flosser instead.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. Also, make sure your dentist knows about your myasthenia gravis (MG) and treatment. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with MG. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Are normal hand-held utensils (forks, knives) hard to pick up or hold? Try utensils and cups with special grips to help you eat and drink with less strain.
- Be smart about drinks—some are better for you than others (water beats soda).
- Have trouble when you chew or swallow? Blended foods, soups, and smoothies are great for getting the nutrients you need.

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

Not sure where to find special eating utensils or cups? Talk to an occupational therapist. Your doctor or program nurse can also help. Give your nurse a call today.

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- Use a fluoride toothpaste approved by the ADA.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to use and that reaches all parts of your mouth.
- Brush well:
 - Place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner surfaces, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day or try a water flosser instead.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your myositis and treatment. That way, they can be sure to check for problems like dry mouth and oral yeast infection, which can happen more in myositis. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with myositis. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Are normal hand-held utensils (forks, knives) hard to pick up or hold? Try utensils and cups with special grips to help you eat and drink with less strain.
- Be smart about drinks—some are better for you than others (water beats soda).
- Have trouble when you chew or swallow? Blended foods, soups, and smoothies are great for getting the nutrients you need.
- To stay a healthy weight while taking steroids, watch how much you eat (see list below). Also, try to get regular exercise.

Watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

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Healthy teeth: more than just a pretty smile

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- Use a fluoride toothpaste approved by the ADA. A pump might be easier to use than a squeeze tube.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to use and that reaches all parts of your mouth.
 - Try placing the handle of the toothbrush inside a bike handlebar grip or tennis ball. This makes it easier to hold.
 - A power toothbrush might also be a good option. The handle is large and easy to hold, it's easier for a caregiver to use if you need help, and some have a 2-minute timer.
- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. Try a single-hand flosser or water flosser. You might need help from a caregiver.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a medicine change before the visit. Also, tell your dentist about your Parkinson's disease (PD) and treatment. This helps them check for changes related to PD, like teeth grinding. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Want to know more? Call your program nurse.

Here are some tips for seeing your dentist:

- Schedule your visit 60 to 90 minutes after you take levodopa.
- Sit more upright to lower your risk for choking.
- Make sure to tell your dentist if you are taking rasagiline or selegiline, which can interact with anesthetics.
- If you know you are going to need a lot of work, try to do that before your PD progresses too much.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with Parkinson's. What and how you eat affects many things, from healing, to energy, to immune health, and even your medicines.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Are normal hand-held utensils (forks, knives) hard to pick up or hold? Try utensils and cups with special grips to help you eat and drink with less strain.
- Are your dishes slipping when eating? Place them on a rubber mat to help them stay put.
- Be smart about drinks—some are better for you than others (water beats soda).
- Have trouble when you chew or swallow? Blended foods, soups, and smoothies are great for getting the nutrients you need.
- Talk to your doctor about how the protein you eat may interact with your medicines.

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

Not sure where to find special eating utensils or cups? Talk to an occupational therapist. Your doctor or program nurse can also help. Give your nurse a call today.

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Healthy teeth: more than just a pretty smile

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- Use a fluoride toothpaste approved by the ADA. A pump style might be easier to use than a squeeze tube.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to use and that reaches all parts of your mouth.
 - A power toothbrush might be a good option. The handle is large and easy to hold, it's easier for a caregiver to use if you need help, and some have a 2-minute timer.
- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day or try a water flosser instead.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your rheumatoid arthritis (RA) and treatment. This way, they can make sure to check you for jaw problems, dry mouth, and gum disease, which happens more with RA. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Want to know more? Call your program nurse.



Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with RA. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- For some of you, normal hand-held utensils (forks, knives) can be hard to pick up or hold. Try utensils and cups with special grips to help you eat and drink with less strain.
- Be smart about drinks—some are better for you than others (water beats soda).

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

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Healthy teeth: more than just a pretty smile

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- Pick a brush size and shape that is easy to use and that reaches all parts of your mouth.
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- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser more than thread.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your scleroderma and treatment. That way, he can be sure to check for problems like loose teeth, dry mouth, and gum disease, which can happen more with scleroderma. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

For help with dry mouth, try having a lot of water. A dry mouth oral rinse can help as well. You might also try sucking on sugar-free hard candies.

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with scleroderma. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Are normal hand-held utensils (forks, knives) hard to pick up or hold? Try utensils and cups with special grips to help you eat and drink with less strain.
- Be smart about drinks—some are better for you than others (water beats soda).
- Have trouble when you chew or swallow? Blended foods, soups, and smoothies are great for getting the nutrients you need.

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

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Healthy teeth: more than just a pretty smile

Head to toe health care starts at the top, so let's talk about taking good care of your teeth. Did you know that a program of good oral care lowers your risk for getting sick from germs? It also helps keep your gums healthy. Having healthy gums lowers your risk for gum bleeding and tooth loss. The American Dental Association (ADA) offers these tips on the right way to brush:



- Use a fluoride toothpaste approved by the ADA.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to handle and that reaches all parts of your mouth.
- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser better than cotton floss.
- Replace your brush three or four times a year; sooner if the bristles are worn.

Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your sickle cell disease and treatment. See your dentist twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Always talk to your hematologist before scheduling a dental extraction or surgery. Your plan for pain control should only use acetaminophen, not aspirin or opioids. Also, be sure to drink plenty of water before seeing your dentist.

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with sickle cell. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. But it's still a good idea to talk with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- There are five major food groups. They are grains, vegetables, fruits, milk, meats and beans, and oils. Try to have foods from at least 3-4 of these food groups. This will help you eat a balanced diet each day.
- Be smart about drinks—some are better for you than others (water beats soda).
- Keep a healthy snack with you when you are away from home.

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
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 - You might like a power toothbrush. Some have a 2-minute timer.
- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser.
- Replace your brush three or four times a year; more often if the bristles are worn.



Always talk with your doctor before seeing your dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your epilepsy. This includes seizure type and treatment. Have your teeth examined twice a year; more often if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Before a dental visit, be sure to avoid seizure triggers. This might mean getting plenty of sleep, eating well, lowering stress, and avoiding alcohol. Also make sure you are current with all anti-seizure medicines.

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with epilepsy. What and how you eat affects many things, from healing, to energy, to immune health.

The first step is talking with your doctor about a plan for your diet. Here are some tips to help you make the right choices when eating:

- Are you on a special diet for your epilepsy? Make sure you follow it exactly as outlined by your doctor over the advice of others.
- Be smart about drinks—some are better for you than others (water beats soda).
- Blended foods, soups, and smoothies are great for getting the nutrients you need.

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

Not sure how to plan your diet? Talk to a dietician. Your doctor or program nurse can also help. Give your nurse a call today.

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Healthy teeth: more than just a pretty smile

Head to toe health care starts at the top, so let's talk about taking good care of your teeth. Did you know that a program of good oral care lowers your risk for getting sick from germs? Brushing your teeth at least two times a day helps get rid of germs so they don't make you sick. The American Dental Association (ADA) offers these tips on the right way to brush:



- Use a fluoride toothpaste approved by the ADA.
- Use a brush with soft bristles.
- Pick a brush size and shape that is easy to use and that reaches all parts of your mouth.
 - You might like a power toothbrush. Some have a 2-minute timer.
- Brush well:
 - If you can, place your toothbrush at an angle to your gums.
 - Gently move the brush back and forth in across your teeth.
 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser.
- Replace your brush three or four times a year; sooner if the bristles are worn.

Always talk with your doctor before seeing the dentist. You might need an antibiotic or a change in your medicine before your visit. Also, make sure your dentist knows about your Crohn's disease (CD) and treatment. Have your teeth examined twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with Crohn's. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. Sometimes, though, food can help lessen some symptoms. The first step is talking with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Start a food diary to track foods that upset your stomach (such as spicy foods, coffee, or milk). Let your doctor know if any of these foods cause bleeding, pain, or changes in your bowel movements.
- Be smart about drinks—some are better for you than others (water beats soda).
- Blended foods, soups, and smoothies are great for getting the nutrients you need.

Also, watch out for these foods and ingredients:

- Salt (with Crohn's, too much salt can lead to poor gut health and inflammation, and can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

Not sure how to plan your diet? Talk to a dietician. Your doctor or program nurse can also help. Give your nurse a call today.

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Healthy teeth: more than just a pretty smile

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 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing the dentist. Also, make sure your dentist knows about your ulcerative colitis (UC) and treatment. Have your teeth examined twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

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Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with UC. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. Sometimes, though, food can help lessen some symptoms. The first step is talking with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Start a food diary to track foods that upset your stomach (such as spicy foods, coffee, or milk). Let your doctor know if any of these foods cause bleeding, pain, or changes in your bowel movements.
- Be smart about drinks—some are better for you than others (water beats soda).
- Blended foods, soups, and smoothies are great for getting the nutrients you need.

Also, watch out for these foods and ingredients:

- Salt (with UC, too much salt can lead to poor gut health and inflammation, and can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
- Sugars (limit to less than 10% of your calories per day)

Not sure how to plan your diet? Talk to a dietician. Your doctor or program nurse can also help. Give your nurse a call today.

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Healthy teeth: more than just a pretty smile

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 - Brush the outer, inner, and chewing surfaces of your teeth.
 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser.
- Replace your brush three or four times a year; sooner if the bristles are worn.

Always talk with your doctor before seeing your dentist. Also, make sure your dentist knows about your human immunodeficiency virus (HIV) and treatment. Talk with your doctor and dentist about how often to have oral checkups. Call your dentist right away if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

If you need to have oral surgery or a tooth taken out, you might do well to have a deep cleaning first. This can lower your risk for infection related to the procedure. **Talk with your doctor and dentist about this.**

Want to know more? Call your program nurse.

Eating the right way

Eating the right things the right way is a key part of your total health. This is true for all people, but even more so for those with HIV. What and how you eat affects many things, from healing, to energy, to immune health.

No foods or diet can cure illness. Sometimes, though, food can help lessen some symptoms. The first step is talking with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Need extra calories? Add olive oil, cheese, or avocado to food after cooking. Try adding nut butters into shakes. Also, take your medicines one a time with pudding, applesauce, or yogurt.
- Be smart about drinks—some are better for you than others (water beats soda).
- Blended foods, soups, and smoothies are great for getting the nutrients you need.

Also, watch out for these foods and ingredients:

- Salt (too much can be bad for your blood pressure and heart health)
- Animal fats like butter and tropical oils like coconut and palm (limit to less than 10% of your calories per day; choose olive and canola oil instead)
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 - To clean the inside of your front teeth, tilt the brush vertically and move it straight up and down.
- Brush for 2 minutes each time.
- To keep gums healthy, floss once a day. You might like a water flosser.
- Replace your brush three or four times a year; more often if the bristles are worn.

Always talk with your doctor before seeing the dentist. You might need an antibiotic or a change in your medicine before the visit. Also, make sure your dentist knows about your hereditary angioedema (HAE) and treatment. This is key before a dental procedure because of the risk for swelling. Have your teeth checked twice a year; sooner if you have bleeding gums, pain or swelling in your mouth or neck, dry mouth, mouth sores, bad breath, or pain/popping in your jaw.

Want to know more? Call your program nurse.

Eating the right way

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No foods or diet can cure illness. Sometimes, though, food can help lessen some symptoms. The first step is talking with your doctor about a plan for your diet.

Here are some tips to help you make the right choices when eating:

- Be smart about drinks—some are better for you than others (water beats soda).
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