

PUBLIC HEALTH CONNECTION



Oral Health: More than Healthy Teeth

What does oral health mean to you? Is it a mouth free of pain or fresh breath? Could it be dentures that fit properly or the ability to chew your favorite foods?

While strong, healthy teeth are important, oral health includes **much** more. Did you know that oral health impacts your overall health? Gum disease can cause complications with diabetes and is also linked to an increased risk of heart and lung disease. Tender or bleeding gums, chronic bad breath, and loose teeth are common signs and symptoms of gum disease.

Scott County Health Department is home to the I-Smile™ and I-Smile™ Silver Coordinators. They are Registered Dental Hygienists who work locally to promote oral health, deliver education, and coordinate dental referrals for children, pregnant women, and adults 60 and over. Our I-Smile™ Coordinators are available to Scott County residents who need help finding a dentist or need dental care. Call or email us today!

How to Stay Healthy:

Brush your teeth twice a day with a soft toothbrush. Soft bristles are delicate enough to gently sweep underneath your gums, where plaque and germs like to hide.

Use a fluoride toothpaste. Fluoride prevents decay at every age and can also reduce tooth sensitivity.

Clean between your teeth once a day using floss or a toothpick. It is most important to find a product that is easy for you to use between your teeth.

Add a little crunch between meals. Crunchy snacks like fresh fruit and vegetables are lower in sugar and are less likely to cause tooth decay.

Visit your dentist as recommended by your provider.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy community.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, October 19, 2017*

Links

- <http://lifelongsmilescoalition.com/>
- <https://www.scottcountyiowa.com/health/oral-health/i-smile-silver>
- <https://www.cdc.gov/oralhealth/index.html>
- <https://www.cdc.gov/rabies/bats/education/index.html>
- <https://idph.iowa.gov/rabies/information-for-public>
- <https://www.scottcountyiowa.com/health/animal-bites-rabies>

Rabies

Bats and Rabies - What You Need To Know

Although rabies in humans in the United States is rare, it is almost always fatal. The few human cases that do occur come mostly from bats. That is why it is important to avoid contact with bats and keep them out of your home. If you awaken to find a bat in the room where you were sleeping you may not know whether you were bitten. If a person cannot say "I know I was not bitten," the person is considered at risk for rabies. Under these circumstances the public health recommendation is to get rabies shots. These injections are given over the course of two weeks and are very effective in preventing rabies. If you are recommended for these shots, called post exposure prophylaxis (PEP), it is important to start the shots right away and finish all doses according to schedule.

Prevent Animal Bites - Prevent Rabies - Avoid unfamiliar animals, even friendly ones. Teach children , "Love your own, leave other animals alone." Report bites to Animal Control. Keep pets' vaccinations up-to-date.

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