

PUBLIC HEALTH CONNECTION



Don't Retire Your Dental Care:

Planning for Dental Care During Retirement

Did you know that Original Medicare Parts A and B do NOT cover standard dental care? Here are a few things to remember that could help keep you out of a terrible dental dilemma after you retire:

Your mouth affects your whole body. A healthy mouth lets you eat the foods you like while speaking and smiling with confidence. However, poor oral health may lead to complications with health conditions such as respiratory disease, heart disease, and diabetes. Having good oral health is an important part of staying healthy in retirement.

Create a Plan for Your Dental Care. Consider the benefits of keeping dental insurance through your employer after retirement (if available). Assess the cost of different plans and the cost of paying for treatment out-of-pocket to determine the best route for you. In Iowa, the average cost of a dental cleaning, x-rays and exam is roughly \$200 twice per year.

Talk with your dentist. Discuss your future dental needs and estimated treatment costs down the road. Ask your dental office with which insurance companies they work and if they offer financing or discounts for dental care.

Do your daily care. What you do every day at home to take care of your oral health matters. Make sure you are brushing your teeth and gums at least two times per day. Cleaning the space between your teeth daily is also critical; there are many options for this including traditional floss, floss picks, soft picks, tooth picks and even a water flosser works very well. Finally, brush your tongue every day.

Be aware of dry mouth. As we age, our mouths can become dry particularly when we take daily medications. Without enough saliva, you could have problems with digestion, cavities, gum disease, speech and even the comfort of your dentures can be affected. Your dentist and hygienist can recommend good dry mouth products to help with these side effects.



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 Health Department will be closed Monday, November 12th in observance of Veterans' Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, Room #605; 12:00 PM, Thursday, November 15, 2018.*
- *Scott County Health Department will be closed Thursday, November 22nd and Friday, November 23rd in observance of the Thanksgiving holiday.*

Links

- **SCHD I-Smile™ Silver Program:**
<https://www.scottcountyiowa.com/health/oral-health/i-smile-silver>
- **Food Safety:**
<https://www.scottcountyiowa.com/health/food/food-safety>

Thanksgiving Food Safety

Thaw, Separate, Cook & Chill

As soon as a turkey begins to thaw, bacteria that may have been present prior to freezing will begin to grow again. Be sure to use only safe thawing practices with your bird. The USDA recommends thawing in the refrigerator 1-2 days before cooking. Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils. Be sure to wash your hands thoroughly with soap and water for at least 20 seconds after handling raw turkey.

Bacteria that can be present on the outside or inside of your turkey cannot be washed away. The potentially hazardous bacteria can only be destroyed through the cooking process. Do not wash your turkey! Cook your turkey until all parts reach 165° for at least 15 seconds. You cannot tell by the color that the turkey is done. Be sure to take temperatures in 3 parts of the turkey: the thickest part of the breast, the innermost part of wing, and the innermost part of thigh. Also ensure that any stuffing inside of the turkey reaches 165°.

Refrigerate all leftovers within 2 hours. If traveling, be sure to use a cooler to transport. Turkey should be cut into small pieces and stored in small containers. Leftovers should be good for 3-4 days.

Scott County Health Department
Scott County Administrative Center, 4th Floor
600 West 4th Street
Davenport, Iowa 52801-1030
Phone: 563-326-8618
Fax: 563-326-8774
Email: health@scottcountyiowa.com
Website: www.scottcountyiowa.com/health



If you would like to receive this newsletter electronically, please subscribe to the Public Health Connection at www.scottcountyiowa.com/health/connection or email health@scottcountyiowa.com or call 563-326-8618.

