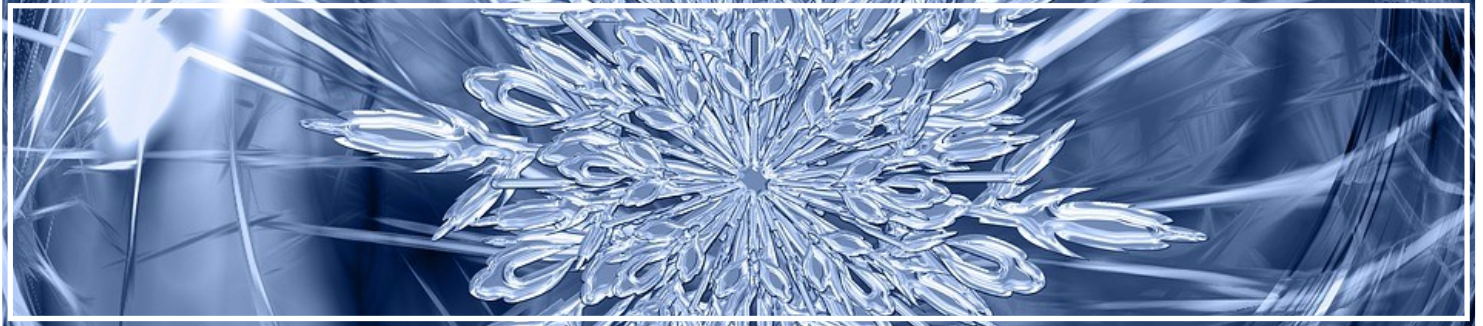


PUBLIC HEALTH CONNECTION



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.

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 Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, December 16, 2021.*
- *The SCHD will be closed on Thursday, December 23 and Friday, December 24, 2021 in observation of Christmas.*

Links

- [I-Smile™ Silver](#)
- [Review the “Ending the HIV Epidemic” plan](#)

Get a HIV Test!

Call 563-326-8618 to make an appointment at our sexual health clinic. Appointments are available:

- Tuesdays between 12:30-3:30pm
- Fridays between 8:15-11:15am

Learn more here: <https://>

www.scottcountyiowa.gov/health/hiv-testing

World AIDS Day 2021

Ending the HIV Epidemic: Equitable Access. Everyone’s Voice.

World AIDS Day has been observed each year on December 1st since 1988. This year, we celebrate the development of the “Ending the HIV Epidemic” plan aimed at increasing access to HIV testing, the preventive medication PrEP, and HIV treatment to reduce new HIV diagnoses 75% by 2025 and 90% by 2030. At current rates, that would account for over 250,000 new HIV infections averted. Despite the game-changing developments in HIV prevention and treatment tools, not everyone is benefiting equally from these advances. Effective HIV prevention requires attention to health equity and the social determinants of health and an active approach to dismantling barriers facing populations most impacted by HIV infection.

Scott County Health Department is dedicated to providing equitable access to HIV testing and referral to care services for all who need it, regardless of income or insurance status. With continued investments in public health and strong community partnerships, we can end the HIV Epidemic.



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