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SEPTEMBER + OCTOBER 2017

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HEALTH

IN TOUCH
WITH YOUR
HEALTH
Matters™

Vision and Dental Care Are Vital to Overall Health

Wynter Rice, O.D. (left)
Brenda Bohaty, D.D.S., M.S.D., Ph.D.



Have you checked us out online? If you haven't, you will be pleasantly surprised. *Our Health Matters'* new website allows you to be more interactive with us. We know you'll like the new look and timely local and national health news and information. We are populating the site with more content, including these stories that you will want to read online.

ORAL HEALTH: A WINDOW TO YOUR OVERALL HEALTH

Your oral health is more important than you may realize. Get the facts at kcourhealthmatters.com to learn how the health of your mouth, teeth and gums can affect your general health.

DENTAL IMPLANTS ARE A POPULAR CHOICE TO REPLACE MISSING TEETH (A PATIENT'S STORY)

Ever wonder how well people do after getting implants? How painful it is or how much it costs? Don't miss reading this insightful story about an implant patient's experience at kcourhealthmatters.com.

YOUR HEALTH — IS IT GENETICS OR YOUR LIFESTYLE?

Is it possible to avoid disease and conditions that seem so prevalent in our families? Just how much does our lifestyle impact our health outcomes? Here is one viewpoint to take into consideration. Read what Janice Love, author and certified coach has to say about it.

Increase your market reach with *Our Health Matters*. Our audience is looking for quality-minded health care providers and services to support their health and wellness goals. They're open to learning about local health care providers and services available in their community.

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Janice R. Love, MS

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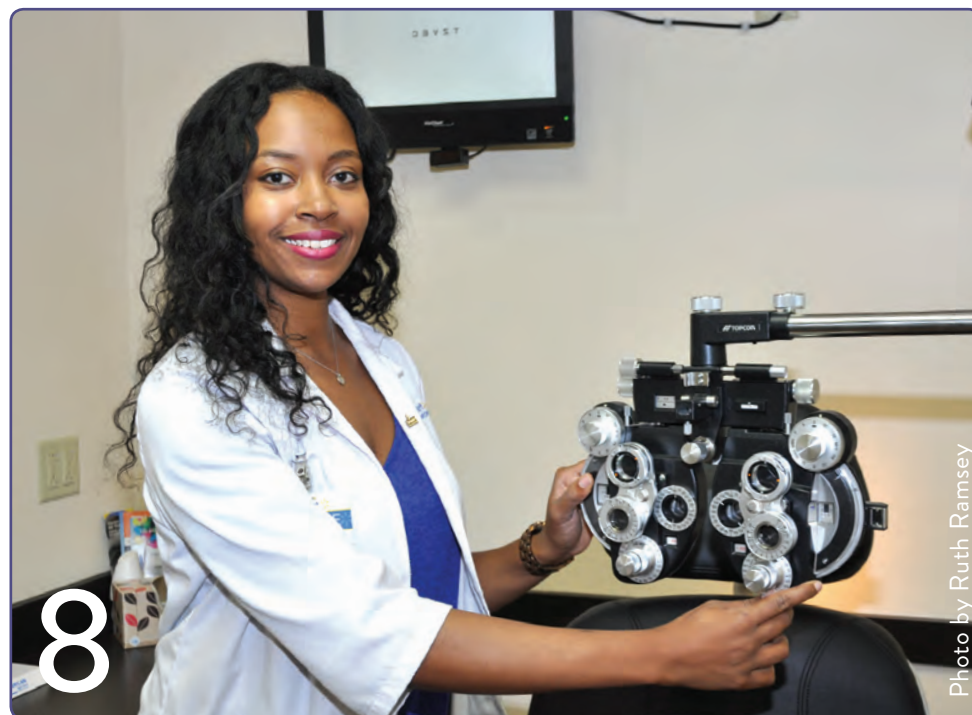


Photo by Ruth Ramsey

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Be Sure to Check Out These Stories and Video at kcourhealthmatters.com


Oral Health: A Window to Your Overall Health

Dental Implants are a Popular Choice to Replace Missing Teeth

Your Health — Is it Genetics or Your Lifestyle?

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Your Eyes and Teeth are Important, Too...

Good eyesight, healthy teeth and gums contribute to our overall health. Never neglect getting annual eye exams that measure your visual accuracy and dental exams, and cleanings that detect cavities and gum disease. I'm always puzzled to find these two vitally important health exams are either not paid for by some health plans or receive at best minimal coverage. It seems as if eye and dental care are considered luxuries. That is far from the truth. Yet, it's no secret that poor oral health contributes to heart disease, diabetes and a weakened immune system, to name a few. According to the Mayo Clinic, diabetes reduces the body's resistance to infection — putting the gums at risk. Gum disease appears to be more frequent and severe among people who have diabetes. Research shows that people who have gum disease have a harder time controlling their blood sugar levels and that regular periodontal care can improve diabetes control.

In this edition of *Our Health Matters*, optometrist Dr. Wynter Rice encourages us to get comprehensive eye exams to detect poor vision which could interfere with one's ability to drive safely, or contribute to a child's poor performance in school. Pediatric dentist Dr. Brenda Bohaty, reminds parents to start dental care as early as 12 months of age, or no later than 6 months after the eruption of the first tooth. Many of us 'don't know what we don't know,' so let's listen, learn and act to ensure that individuals and families benefit from better health.

Also in this edition, a dental implant patient shares her experience. Read about the process she followed to get implants and an explanation on the costs associated with her care and treatment.

After that amazing total eclipse we witnessed August 21st, let's endeavor to stop anything that prevents us from living healthier lives well into the future.

Be happy and healthy!



Editor's note: My dear mom Melzena Stovall passed away on August 8th, leaving a void in our hearts. She is at peace now and her presence shines brightly each day. On behalf of my family, thank you for your messages of sympathy and hope.

Ruth Ramsey, Publisher and CEO



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THE VISUALLY IMPAIRED GET A CHANCE AT SECOND SIGHT



Sharon Fitzgerald's eyesight had gotten so bad that she didn't feel safe cooking by herself. She couldn't keep in touch with relatives using her computer, and she had difficulty even using her telephone. Once outgoing and confident, she no longer felt like the woman she once was.

Then, physicians at the KC Eye Clinic in Kansas City, Missouri, referred her to Alphapointe's Low Vision Clinic. Almost immediately, things changed for the better. Alphapointe gave her techniques and equipment that helped her regain her confidence to live independently.

ALPHAPOINTE— A LONG HISTORY OF LEADERSHIP

Sharon's situation is hardly unique. It is estimated that 62,300 Kansans and 157,000 Missourians experienced a visual disability.

Alphapointe has served its clients for 100 years and is the

region's leader in vision rehabilitation, education, advocacy and employment. Today, Alphapointe has attained national leadership in:

- Employment of people who are blind.
- Vision rehabilitation, providing training designed to assist clients in regaining independence lost because of vision loss.

HOW TO SUPPORT ALPHAPOINTE

To help Alphapointe further its mission of helping people with vision loss recover their independence and rebuild their confidence:

- Make a financial gift
- Serve as a volunteer
- Refer someone with vision loss

Supporting Alphapointe means more people like Sharon Fitzgerald will be able to say, "I am finally feeling like me again." More information is available at www.alphapointe.org.

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www.alphapointe.org

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Keep Your Family Healthy

Eat More Fruits and Veggies.

September is Fruits and Veggies — More Matters Month. If you are looking to eat a healthier diet, more fruit and veggies should be on your menu. Increasing your physical activity and healthy eating go hand in hand. Here are some tips to help you incorporate more fruits and veggies into your diet.

> Eating and drinking colorful fruits and veggies provide a natural variety of vitamins, minerals and nutrients, like fiber and potassium.

> If you are looking to maintain or achieve a healthy weight, eating fruits and veggies may help to reduce the risk of many diseases.

> Canned, frozen, fresh or dried — all forms count. When buying juice, check the label to make sure the product contains 100% juice.

> Fruits and veggies come in an array of colors and flavors, and textures.

> Make fruits and veggies about half of what you eat, every time you eat.

DON'T KNOW WHERE TO START? CHECK OUT THIS RECIPE.

AUTUMN APPLE SALAD **Prep Time: 10 mins | Serves: 4**

A sweet, tart, crunchy side dish that is perfect served with fall meals or as a snack.
Cups of Fruits & Vegetables per Serving:

INGREDIENTS

- > 4 Granny Smith apples, cored and chopped
- > 1/4 cup blanched slivered almonds, toasted
- > 1/4 cup dried cranberries
- > 1/4 cup chopped dried cherries
- > 1 (8 ounce) container of vanilla low-fat yogurt or Greek yogurt

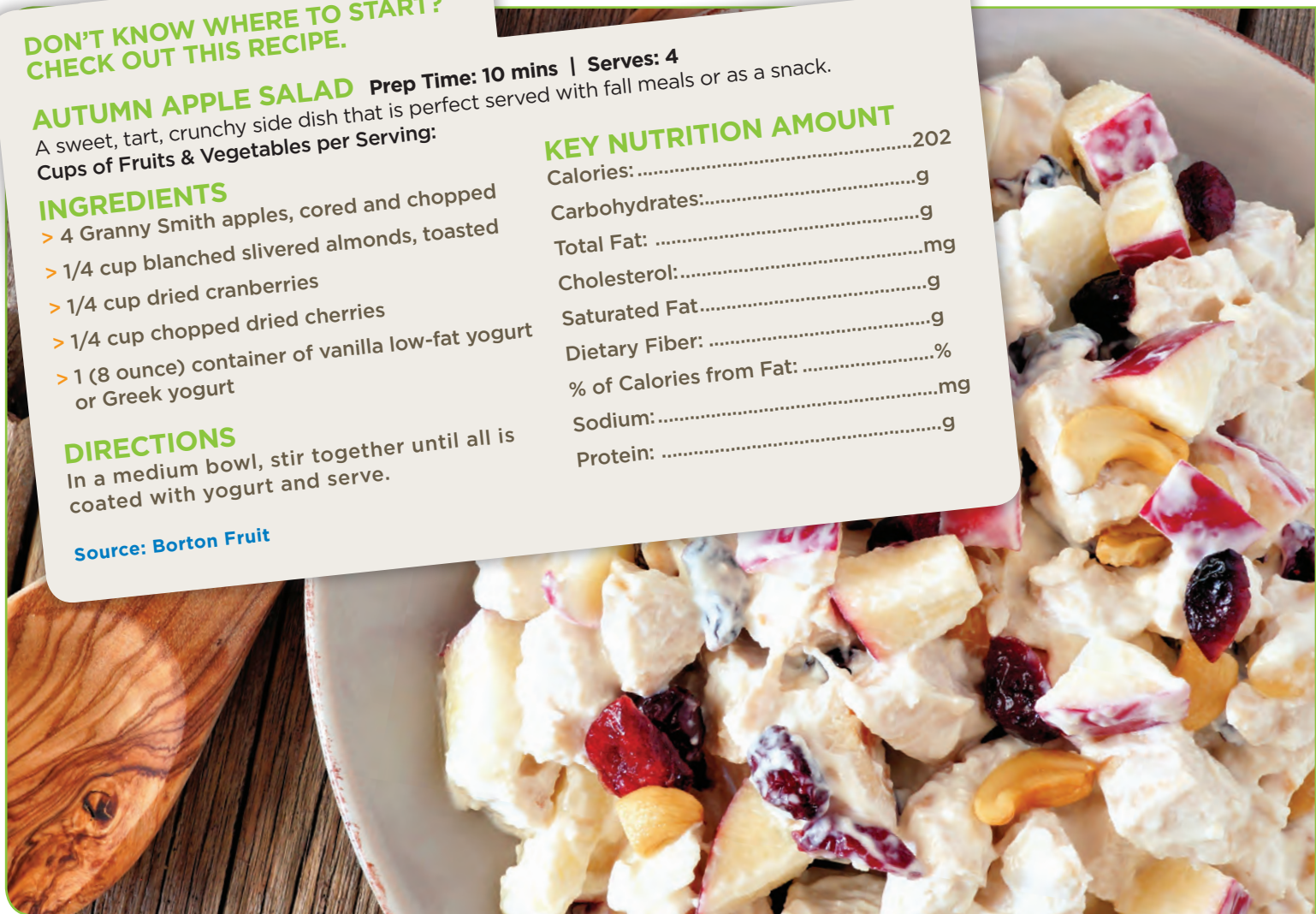
DIRECTIONS

In a medium bowl, stir together until all is coated with yogurt and serve.

Source: **Borton Fruit**

KEY NUTRITION AMOUNT

Calories:	202
Carbohydrates:	g
Total Fat:	g
Cholesterol:	mg
Saturated Fat:	g
Dietary Fiber:	g
% of Calories from Fat:	%
Sodium:	mg
Protein:	g



Mammograms

EARLY DETECTION CAN SAVE LIVES.

Nearly all breast cancers can be treated successfully if detected early. Mammography can detect breast cancer about two years before physical symptoms develop. Studies have shown that early detection, followed by prompt, appropriate treatment, saves lives and increases treatment options.

The Show Me Healthy Women program at the Missouri Department of Health and Senior Services offers free breast and cervical cancer screenings to thousands of Missouri women who meet specific income and age guidelines.

Women who are uninsured and those with incomes up to 200 percent of the federal poverty level are eligible to participate in the Show Me Healthy Women program. Services available may vary by program year, based on available program funding.

- Women age 35-64, or older without Medicare Part B,

are eligible for free Pap tests, pelvic exams and clinical breast exams.

- Women age 40-64 are also eligible for free mammograms based on available funding.
- Treatment is also available to women diagnosed with cancer through this program.

Now is the time to join the thousands of women who have received annual breast and cervical cancer screenings through the Show Me Healthy Women program. According to the state health department, over 93,000 women are eligible for the free cancer screening services.

Are you, or someone you know, eligible for these free screening services? To find out more, call the National Cancer Institute Cancer Information Service at 800-422-6237 and press option 1. You can also call the Show Me Healthy Women program at 573-522-2840, or visit health.mo.gov/smhw.



866-726-9926

health.mo.gov/smhw

FREE!

Breast and Cervical Cancer Screenings

Call today for age
and income guidelines.



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Services provided on a nondiscriminatory basis.

SHOW ME HEALTHY WOMEN Making you stronger.



The Importance of Regular Eye Exams

By Wynter Rice, OD

As a practicing optometrist, I tell people to never neglect their eyes, but include it as part of their annual health exams. Our goal is to always help individuals and families maintain their healthiest possible vision. Here are a few questions I often get from patients and others:

How often should I get my eyes checked?

Generally, adults between the ages of 18-60 should have their eyes examined every 1-2 years. If there are risk factors present such as high blood pressure, diabetes, high refractive error and a family history of ocular diseases should receive a yearly, comprehensive eye exam, including a dilation. A dilation allows the doctor to view the full retina, or back of the eye. Routine eye exams allow for early detection of diseases and can detect conditions before vision is threatened.

How often should my child get their eyes checked?

The American Optometric Association (AOA) recommends a comprehensive eye exam every 1-2 years, depending on a person's age and certain risk factors.

For example, children should receive an eye exam at 6 months, 3 years of age, and before they start school. It is estimated that over 80% of what a child learns is processed visually. Once your children reach school age, annual eye exams are just as important as pediatrician visits. An eye exam can detect eye turns (strabismus) or lazy eye (amblyopia). It can also correct refractive error (blurred vision) with glasses or contact lenses, and help ensure success for your child.

Does my child need an eye exam even if they are not complaining or squinting?

Yes, an eye exam can detect if the eye is developing properly, as well as check for strabismus (eye turn) and amblyopia (lazy eye). A screening conducted at a pediatrician's office or performed by a school nurse does not take the place of a comprehensive eye exam. Routine exams will help ensure your

child has the best chance of being successful.

What does an eye exam even check for?

Routine eye exams can help solve common conditions such as nearsightedness, farsightedness, dry eye or eye fatigue (eye strain). Also, common medical diseases such as high blood pressure and diabetes can affect your vision. Having yearly eye exams allow the eye doctor to collaborate with your primary care physician to monitor these diseases, as well as ocular conditions like glaucoma and cataracts.

An eye exam can detect if the eye is developing properly, as well as check for strabismus (eye turn) and amblyopia (lazy eye).

Should I get an exam from an optometrist or an ophthalmologist?

An eye exam can be performed by an optometrist or ophthalmologist.

What is the difference between the two?

An optometrist, Doctor of Optometry (OD), is specifically trained on the overall health of the eyes. Some optometrists who complete additional training specialize in low vision, contact lenses, pediatrics or ocular diseases such as glaucoma and cataracts.

An ophthalmologist is a medical doctor who specializes in treating disorders and diseases of the eye. Their training includes every aspect of eye care.

"I strongly recommend that everyone make eye exams a part of annual health screenings for themselves and their families." •

ABOUT DR. RICE

Dr. Wynter Rice holds a BS in Biology and a Doctorate of Optometry. She is an optometrist at the vision care center in Wal-Mart located in Lee's Summit, MO. Dr. Rice sees patients of all ages.



Dr. Brenda Baty

Photo by Ruth Ramsey

Start Dental Care Early

Learn how to properly care for your child's teeth.

By **Brenda Bohaty, DDS, MSD, Ph.D.**

University of Missouri-Kansas City School of Dentistry

According to the United States Centers for Disease Control and Prevention, approximately 37% of children (ages 2-8 years) have dental cavities in primary (baby) teeth. Although dental caries (cavities) is preventable, it remains the most prevalent chronic disease in children and adults. Providing proper oral health care is an important part of caring for young children.

The American Academy of Pediatric Dentistry recommends that children be seen for a dental examination by 12 months of age or no later than 6 months after the eruption of the first tooth. The goal of beginning dental care early is to give parents/caregivers important information about caring for their child's teeth, including ways to minimize decay. During this examination, the dentist can:

- Detect early signs of decay.
- Determine the fluoride needs of the child, and
- Educate caregivers about what can be expected in the future.

It also allows your child to start becoming familiar with going to the dentist. Your child's dental team will recommend follow-up visits appropriate for your child's needs. Keeping this schedule will help ensure proper development and maintenance of your child's teeth.

Baby teeth typically begin to erupt between 4 and 15 months of age, and help children in several different ways:

- They assist in obtaining good nutrition through proper food chewing.
- Aid in developing appropriate speech sounds.
- Hold space so that the adult teeth can come into the mouth correctly.

Baby teeth are more likely to get cavities because they have thinner enamel (outside tooth wall) than adult teeth and this can allow cavities to progress quicker. Untreated dental cavities can limit children's eating ability and can result in children missing school because of tooth pain.

Having untreated dental cavities can also lead to dental infections and the need to have teeth removed prematurely.

Having untreated dental cavities can also lead to dental infections and the need to have teeth removed prematurely.

Take care of gums before teeth come in

Start wiping the gums of infant children before teeth erupt and once teeth erupt, they should be brushed at least twice daily with a soft toothbrush. Brushing the child's teeth well before bedtime is particularly important. Avoid fluoridated toothpaste until your child can rinse and spit out the excess. If a fluoridated toothpaste is used, use only a pea-sized amount for children ages 3 to 6 years. Most young children lack the manual dexterity to effectively brush without help from an adult until they are about 6 years old.

It is important to remember that the bacteria that causes tooth decay can be passed from adults to children, so parents and caregivers should also take good care of their own teeth.

Get additional info

You can learn more about taking care of your child's dental health through these resources:

American Academy of Pediatric Dentistry - www.aapd.org
American Academy of Pediatrics - www.aap.org
American Dental Association - www.ADA.org

ABOUT DR. BOHATY

Brenda Bohaty, DDS, MSD, Ph.D. is Nelson Professor and Chair-Department of Pediatric Dentistry at the University of Missouri-Kansas City School of Dentistry.

Understanding Glaucoma and LASIK Eye Surgery

Have you had your eyes checked lately?



Joseph Parelman, MD
Mid-America Eye Center

Our *Health Matters* visited with ophthalmologist, Joseph L. Parelman, MD, to answer questions about glaucoma disease and LASIK, a popular vision correction surgery.

According to the American Academy of Ophthalmology, glaucoma is the leading cause of blindness in people over age 60.

What is glaucoma?

Glaucoma is a disease that damages the eye's optic nerve, and can cause significant vision loss if

not diagnosed and treated early. Elevated eye pressure occurs when the eye does not drain fluid as well as it should. Over time, this can cause damage to the blood vessel system that provides nourishment to the optic nerve. There are two types of glaucoma; primary open-angle, which is the most common, and angle-closure.

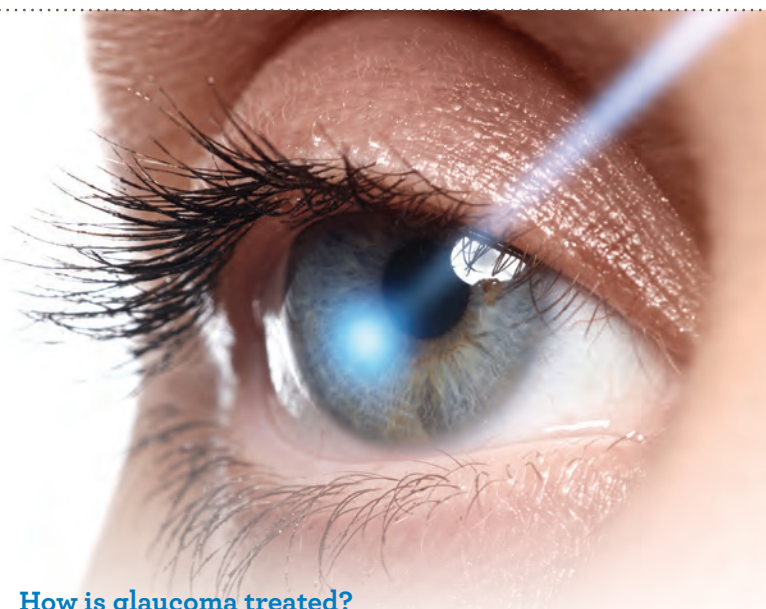
Who gets glaucoma?

Anyone of any age can get glaucoma, but the main risk factors are:

- Age – everyone over 40 years of age
- Race – African-Americans and Hispanics
- Family history
- Eye wall thickness
- Eye pressure

Is glaucoma preventable?

We can't prevent the disease, but we can treat the consequences of the disease. Early detection is key. That is why it is so important to get annual eye exams, especially for people 40 and over. Glaucoma can be detected through routine screening.



How is glaucoma treated?

- Eye drops
- Laser
- Surgery

These treatments work to keep the eye pressure levels stable. Patients whose glaucoma is controlled are generally seen by their doctor twice yearly as a follow-up.

Is it true that marijuana can be used to treat glaucoma?

This information has been around for quite a few years. The effects of marijuana for treating glaucoma and maintaining stable eye pressure have not been fully studied. If you have been diagnosed with glaucoma, talk to your doctor about what treatment option will work best for you. Only your doctor can assess the progression of the disease and recommend appropriate treatment.

It is important to note that once vision has been lost to glaucoma, it is permanent.

Even if you don't think you have a problem with your vision, it is always important to have a once yearly eye exam.

LASIK surgery is a popular option for people seeking to permanently correct vision conditions such as nearsightedness, farsightedness and astigmatism. As always, you should consult your eye doctor.

Dr. Parelman answers some commonly asked questions about LASIK surgery.

What is LASIK surgery?

LASIK (laser-assisted in situ kerotomileusis) is a surgical procedure used to correct common vision problems.

Who gets LASIK surgery?

You should consult your eye doctor to determine if you are a suitable candidate for the procedure. According to FDA and American Academy of Ophthalmology guidelines:

- Candidates should be at least 18 years old (21 in some cases, depending on the type of laser used)
- Your eyes must be healthy and your prescription stable.
- Your prescription must be in the range that can be corrected with LASIK
- You should be in good general health. LASIK may not be recommended for patients with certain chronic diseases such as diabetes, rheumatoid arthritis, lupus, glaucoma, herpes infections of the eye, or cataracts.
- Women should not be pregnant or nursing.

How does it work?

LASIK is an outpatient procedure that takes about 10 to 15 minutes to perform on each eye. You are awake during the procedure, as the only anesthetic used is a topical that numbs the eye. Some patients may be given medicine to help them to relax.

The surgeon creates a flap of thin corneal tissue. The flap is then lifted and folded back, while the laser is centered

above your eye. After the laser has reshaped the cornea, the doctor will place the flap in position and smooth the edges without any stitching. During the healing process (about 24 hours), the flap will re-adhere to the surface of the eye.

How soon can patients see results?

Blurriness should improve the next day. However, your doctor will examine your eye and assess your vision during your follow-up visit, which is usually 24-48 hours after the surgery.

It is important to keep those additional follow-up appointments with your doctor to ensure that your eyes heal as they should, you see your best and that there are no complications.

Will I need additional surgery?

Some patients may need a second surgery

to achieve best results, but most people enjoy lasting improvement to their vision.

Does insurance cover LASIK?

Contact your insurance company. LASIK is considered elective surgery, because there are other non-surgical and cost-effective options to correct vision: glasses and contact lenses.

How much does LASIK cost?

It varies by practice, but the cost can range between \$1,000 and \$2,500 per eye.

Whether you are dealing with a disease like glaucoma, or seeking to improve your vision, remember to make eye exams a priority.

ABOUT DR. PARELMAN

Dr. Parelman is a board certified ophthalmologist with Mid American Eye Center in Prairie Village, Kansas.



We'll help you find resources to stay healthy and in your community.

marc.org/caring

Mid-America Regional Council Dept. of Aging and Adult Services

ENDING HOMELESSNESS IN KANSAS CITY: PIPE DREAM OR POSSIBILITY?

IT IS EASY TO CATEGORIZE THE HOMELESS. They're those men and women trying to collect money from drivers and passersby. But it's estimated that there are more than 1,600 homeless people in the Kansas City area and more than 50 percent are families. Others include youth who have aged out of foster care, unaccompanied youth and young adults, pregnant teens, people living with HIV/AIDS, veterans and LGBTQ persons.

WHERE CAN ALL THESE PEOPLE TURN FOR HELP?

One place is reStart Inc. Founded in 1981, reStart has an ambitious goal: to end homelessness in the Kansas City community. In the Kansas City area, it is the only organization of its kind serving all homeless people. To help people escape homelessness, reStart provides:

- Temporary and permanent housing.
- Food, clothing and shelter.
- Job search and application assistance.
- Help with utility and other housing-related payments.
- Assistance applying for benefits.
- Health and mental health services, including substance abuse programs.
- Education to help with budgeting, nutrition, parenting and life skills.
- Children's programs.
- Youth anti-violence education.

To provide these services, reStart has enjoyed a long history of partnerships with public and private collaborators, including government agencies, businesses, religious groups, schools and universities. Many partners offer health-care, advocacy, legal and housing services.

This way of working together is working wonders for homeless people. For example, a young man recently entered reStart's transitional housing program for unaccompanied youth. He worked with the reStart staff to find a job and also learned how to budget. By putting aside part of each paycheck, he saved enough to move into permanent housing.

It is a success story that has been and will be repeated as long as the Kansas City community continues to support reStart with in-kind donations of personal and household items. Volunteers are also needed, as are businesses willing to "adopt" reStart.

The end of homelessness in the Kansas City area is anything but a pipe dream. Working with its community, reStart can achieve its goal.



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For more information or to volunteer or contribute in other ways to reStart, contact Evelyn E. Craig
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What's Next November + December 2017 Edition

Make Annual Physicals a Priority!

We close out 2017 by encouraging you to get an annual physical. Take that “me time” to schedule appointments with your doctor to discuss screenings and exams you need and when to get them. Learn whether you are predisposed or at risk for certain diseases and conditions such as diabetes, heart disease, stroke, cancers and high blood pressure, to name a few. Learn the importance of talking openly about your family medical history. Remember, regular health exams and tests can find problems before they start, when chances for treatment and cure are better. As we head into the holidays we wish you healthier and happier lives!

Looking to increase your audience reach? **Our Health Matters** can help. Our ever-expanding readership consists of everyday people wanting to know how to lead healthier lives, health care providers, decision-makers and stakeholders who are interested in health and wellness issues.

— Let us introduce you. —

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