

HEALTH

February is National Children's Dental Health Month

By Camm Ashford

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health.

Dental check-ups for kids are one of many aspects of people's lives that have been interrupted during the ongoing covid pandemic. However, experts warn that instilling good dental hygiene habits early is still critical in helping ensure long-lasting oral health for your child.

"Children who experience tooth decay are more likely to miss school, have lower academic success, experience nutritional and speech development issues... and over time, become more susceptible to systemic inflammation, which may limit growth and development," explained Abbie Goudarzi, DDS, a licensed dentist and Delta Dental consultant. "It can also result in an increased risk for lifelong dental problems."

Goudarzi added that tooth decay is the most common chronic disease in children over six years old.

But the good news is...there

are safe and effective preventive measures that can protect teeth in children.

Nevertheless, for a lot of parents, getting kids to brush and floss their teeth is like...well, like pulling teeth. But if you want to protect your kids from having their teeth actually pulled at some point in their lives, you've got to show them the ins and outs of proper dental health.

Managing children's oral health in a pandemic can be tough, but if you are able and comfortable, a visit to your dental provider can help. Most dental plans cover children starting at birth. (A child should see a dentist by the eruption of the first tooth or at one year of age.) In addition, there are plenty of ways to maintain proper oral health at home.

Perhaps one of the benefits of spending more time at home during the pandemic is the ease of access for kids to brush their teeth after each meal, thus reducing bacteria and helping protect their enamel from damage.

Make it a bonding activity--after each meal, brush your teeth with your children or send them with their siblings to help establish



Brush and floss your teeth with your children so they learn good habits. Dental hygiene is one of the most important things parents can teach their children.

the habit.

Watching you floss your teeth is one of the best ways for kids to learn how to floss their own. If done correctly, flossing is incredibly important to oral health, which is why it's imperative to establish its importance for children at a young age.

Distance learning has many students visiting their pantry at home as often as they would their locker

in school. Make it easier for your children to make healthy choices by stocking the pantry with healthy options such as prepped fruits and veggies, granola or roasted chickpeas.

This will have a positive effect not only on their oral health, but also their overall health.

Hamilton County Tops Over 1,000 COVID Deaths, Has 1,012 New Cases

CNC Staff Reports

The Hamilton County Health Department on Wednesday reported 1,012 new positive COVID-19 cases, up from 878 on Tuesday. The total number of cases in the county now stands at 90,890.

There were six more deaths from the virus in Hamilton County reported on Wednesday, for a total of 1,005.

It is reported the deaths were five males and one female; three white and three black; one age 51-60, one age 61-70, three age 71-80 and one age 81 or older.

The number of COVID-19 hospitalizations is 274 in Hamilton County, down from 278 on Tuesday. Three more are hospitalized with suspected COVID. There are 96 Hamilton County inpatients and 50 patients are in ICU, up from 48 from Tuesday.

The number of those who have recovered from coronavirus in Hamilton County is 83,740, which is 92 percent. There are 6,145 active cases, compared to 6,227 on Tuesday.

Health Department officials said, "As the Health Department and the community continue to fight against the COVID pandemic, it wants to take this time to reflect and acknowledge several milestones reached in the community.

"As of today, the Hamilton County Health Department has distributed over 60,000 at-home, test kits to the community, including an additional 140,000 PCR tests administered and resulted out by Health Department staff. More recently, the Health Department crossed the milestone of having given over 200,000 doses of the COVID vaccine here in Hamilton County."

"At times, this hurdle seemed so very far away but was something that we kept chipping away at, day by day," said Sabrina Novak, Hamilton County Health Department administrator. "Despite all of the hard work being done in the community to fight this virus, this has not come without immense hardship and loss.

"As of today, our community has reached the sobering milestone of 1,000 COVID deaths, since the start of the pandemic. Each one of these deaths was an individual; they were someone's mother, father, sister, brother, or friend. Our deepest sympathies and condolences to all those who have lost loved ones; they leave a hole in our community that cannot be replaced. Grief is natural after such a loss and there are resources in the community that can help. Please visit the CDC's webpage at [https://bit.ly/3IX-](https://bit.ly/3IX-zSQ2)

zSQ2 to learn more about the common reactions of grief and to find resources that can help better manage it.

"This statistic is a reminder that this pandemic is not over and that COVID is still here and thriving in our community. As a reminder, the Health Department operates our COVID hotline, which is a resource for the community to access for help answering any COVID questions and to find other resources available that can help. Please call us at 209-8383 with any questions."

11 Powerful Uses For Baking Soda In and On Your Body

Baking soda is 100% sodium bicarbonate, which can be used as a leavening agent in baked goods. When mixed with an acid, baking soda reacts, making bubbles and giving off carbon dioxide gas, which causes dough to rise.

Anecdotal reports throughout history suggest that many civilizations used forms of baking soda when making bread and other foods that required rising.

In its natural form, baking soda is known as nahcolite, which is part of the natural mineral natron.

Natron, which contains large amounts of sodium bicarbonate, has been used since ancient times. And many of the benefits still can be used today. Here's a few below:

1. Pedicure Provider

Just soak 1 1/2 tablespoons of baking soda in 1 1/2 cups of water and put your fingers (up to the cuticles) in the mixture for 7-10 minutes. Rinse thoroughly afterward and you'll see the thin layers of dead skin come off. Also, after continued use, you'll see how healthy your cuticles will look.

2. Deodorant That Works!

Some people will just sprinkle on baking soda as a natural deodorant. For sensitive skin, try mixing

a tablespoon of baking soda with water until it forms a paste then apply paste underarms. It lasts for at least 8 – 10 hours!

3. Exfoliate Your Skin

Here's a simple way to gently get rid of dead skin: Mix 3 parts of baking soda to 1 part water. Rub gently in a circular motion and then rinse clean.

4. Freshen your breath

Mix 1 tsp of baking soda in a glass of water. Swish, spit, and rinse. Easy mouth wash that neutralizes odors.

5. Relieve Skin Irritation

Add a cup of baking soda to bathwater to soften your skin and relieve many skin irritations such as dry skin associated with eczema.

6. Relieve heartburn

Baking soda is a safe antacid. Add ½ teaspoon to ½ glass (4 fl. oz.) of water every 2 hours, or as directed by a physician. Dissolve completely in water — heartburn is gone!

7. Relieve insect bites

Make a simple paste of water and baking soda and apply as a salve onto affected skin.

8. Feet Soother

Soaking your feet in a baking



soda solution will help soothe and soften tired feet. Mix 3 tablespoons of baking soda into a small tub of warm water and soak.

9. Sunburn Remedy

Add ½ cup of baking soda to lukewarm bathwater, then soak in the tub for natural relief. When you get out, let your skin air dry, rather than toweling off the excess baking soda, for extra relief. You can also add a mixture of baking soda and water to a cool compress and apply it to the sunburn directly.

10. Keep your brushes and

combs clean

Baking soda is great to help naturally remove oils, build-up, and residue on your combs and brushes. Simply soak in a solution of water and baking soda (about 1 tsp of baking soda to a cup of water). Rinse and dry thoroughly.

11. Fruit and Vegetable Scrub

Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse. (Black-Doctor.org by Phil PJ Johnson)