



Public Health
Prevent. Promote. Protect.

Meeker McLeod Sibley
Community Health Services

Meeker-McLeod-Sibley Community Health Services

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FOR IMMEDIATE RELEASE

TO: All newspapers and radio stations in Meeker, McLeod and Sibley Counties

FROM: Allie Freidrichs, CHS Director

February is Dental Health Month

“Your Mouth, the Gateway to Your Body”

Did you know that 75% of adults have dental disease? These bacteria not only cause cavities but can cause problems with other parts of your body.

Bacteria naturally live in the mouth. When we eat the bacteria eat the sugars, causing acid. The acid can create holes in the teeth and is related to issues with heart disease, lung conditions, kidney problems, weak bones and low birth-weight for babies.

To combat these potential problems, it is important to brush the teeth to remove the bacteria. A plan for dental plus overall health should include:

- Brushing your teeth at least twice a day. You can carry a toothbrush and easily “dry brush” between times.
- Use fluoride toothpaste or varnish to strengthen your teeth and prevent cavities.
- Replace your toothbrush every three months — or sooner if the bristles become bent.
- Establish a “dental home” and schedule regular dental checkups and cleanings.
- Choose healthy foods with less sugar, snacking less often to protect teeth.
- Drink water rather than sweet drinks such as juice, pop or energy drinks.

Brush your teeth for overall health!

This message is brought to you by Meeker-McLeod-Sibley Community Health Service in conjunction with and Child and Teen Checkups (C&TC), Minnesota’s Early and Periodic Screening, Diagnosis, and Treatment Program.

C&TC is a comprehensive child health program provided to children and teens (newborn through the age of 20 years) enrolled in Medical Assistance (MA) or MinnesotaCare. The purpose of the program is to reduce the impact of childhood health problems by identifying, diagnosing, and treating health problems EARLY, and to encourage the development of good health habits. To Health! For more information, contact your local public health office. Meeker County Public Health – 320-693-5370; McLeod County Public Health – 320-864-3185; Sibley County Public Health – 507-237-4000.

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