

PUBLIC HEALTH CONNECTION



Oral Healthcare for Seniors

I-Smile™ Silver

Scott County has been given the opportunity to prevent dental disease, improve access to dental care, and impact overall health and wellbeing for our residents ages 60 and over. The pilot project, entitled I-Smile™ Silver, emphasizes completion of a community needs assessment around existing health delivery systems and feedback from the community on how to better those systems, as well as older Iowan's utilization of those systems and their perspective on preventive dental care and treatment. The I-Smile™ Silver Coordinator, a dental hygienist, is not only responsible for the community needs assessment, but is also a resource for the community to promote oral health; deliver education for seniors, their caregivers and their health care professionals; and to provide care coordination to help older adults access dental care.

I-Smile™ Silver is guided by the Lifelong Smiles Coalition and the Iowa Department of Public Health and funded by the Delta Dental of Iowa Foundation and the Centers for Disease Prevention and Control. Questions or comments about I-Smile™ Silver may be directed to the Scott County Health Department: 563-326-8618 or health@scottcountyiowa.com.

Why is oral health important?

Oral health is important at any age because your teeth allow you eat nutritiously as well as speak and smile with confidence. The health of your mouth impacts the rest of your body. Bacteria from an unclean mouth can enter the bloodstream through infected gums affecting other organ systems; it can also enter the airway directly from the mouth affecting the lungs. Numerous studies have shown that poor oral health increases the risk and complications for heart disease, stroke, Diabetes, and even arthritis.

Thorough daily oral hygiene and 6-month maintenance visits (at a minimum) to your dentist make a huge difference in the health of your teeth and gums as well as the rest of your body. Take an active part in your health and well-being today!



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.



Public Health
Prevent. Promote. Protect.

SPECIAL EVENTS

- *Scott County Health Department will be closed Wednesday, November 11, 2015 in observation of Veteran's Day.*
- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, November 19, 2015.*
- *Scott County Health Department will be closed November 26-27, 2015 in observation of Thanksgiving.*

Links

The Great American Smokeout

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>

Lifelong Smiles Coalition:

<http://lifelongsmilescoalition.com/>

Tooth Wisdom: Health Resources for Older Adults:

<http://toothwisdom.org/>

American Dental Association:

<http://www.ada.org/en/>

The Great American Smokeout is November 20th

We all know that quitting tobacco can be hard. If you smoke cigarettes or use chewing tobacco, quitting is the single most important thing you can do to protect your health and the health of those you love. Tobacco use causes damage to your body and the long-term effects may be devastating. By using tobacco, you increase your risk for cancer, heart failure, lung disease, and even death. Every year on the third Thursday in November, the American Cancer Society sponsors the Great American Smokeout and it is another opportunity to quit.

Here are some things to do to prepare: set a quit date, tell your family and friends you plan to quit; prepare for any foreseeable challenges; remove cigarettes and other tobacco from your home and car; and talk to your doctor, pharmacist or a Quitline coach about medications to help you quit. A Quitline coach is available by phone and is a trained cessation expert. They will help you develop your quit plan, give you strategies and support, and check your progress. The service is free of charge at 1-800-QUIT-NOW (1-800-784-8669). You can also enroll in the program by going to www.quitnow.net. If you have any questions, please contact the Community Tobacco Consultant at 563-326-8618 ext. 8985 or you can email your question to kim.mills@scottcountyiowa.com.

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