

Oral Health WELLNESS

Share a smile! Celebrate Dental Hygiene Month!

LiveWELL
October 2019



Take charge of your health to put yourself on the path to wellness. Health and wellness means living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

October is recognized as National Dental Hygiene Month. A healthy mouth is more than brushing and flossing. Check out this month's newsletter to learn how general lifestyle habits affect your dental health.

www.WellnessAtoZ.org

LiveWELL

Getting the most out of your dental insurance

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When it comes to the health of your teeth and gums, preventive dental care is key. Brushing and flossing help to remove plaque from teeth and a healthy diet keeps your whole body—including your teeth and gums—in good shape. But it's the routine dental exams and regular cleanings that help to reduce the likelihood you'll need higher-cost treatments such as periodontal surgery, root canals, extractions, and fillings.

Most dental plans pay all or most of the cost for preventive care like cleanings and examinations. But it's up to the member—you—to use your preventive benefits.

Here are a few points to remember when making the most of your dental insurance.

See your dentist regularly. Most plans cover dental exams and cleanings every six months. This allows the dentist to check your mouth's health on a routine basis. During this exam, you may also receive X-rays. Typically, you'll receive a full mouth X-ray once every three years and bitewing X-rays annually.

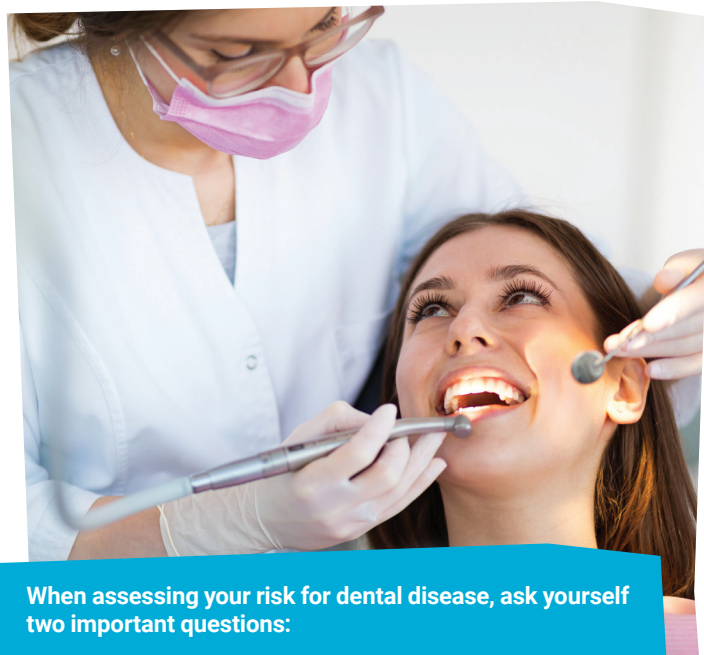
Seal out decay. If you have children, ask your dentist about a kid-specific preventive procedure — sealants. Sealants act as a barrier to prevent cavities and are placed on the chewing surfaces of the molars.

Ask for fluoride treatments. Another wonderful preventive treatment for kids is fluoride. Generally applied as a gel or varnish, fluoride is often called "Nature's Cavity Fighter".

Assess your risk for dental disease. Oral health risk is a combination of genetics, personal habits, and diet. Past history of oral disease is also a factor in risk for future dental health issues. Be open and talk with your dentist to learn exactly where you stand for risk of tooth decay, gum disease, and oral cancer.

It's important to take good care of your teeth. Regular preventive care, early diagnosis, and treatment can help you avoid more costly dental problems that may develop or be worsened by lack of basic preventive care. Keeping your teeth and gums healthy can help you avoid more serious oral health problems down the road.

**This LiveWell article is shared courtesy of Wellness AtoZ sponsor, Delta Dental of Arizona.*



When assessing your risk for dental disease, ask yourself two important questions:

1. Have I had a cavity filled in the past three years?
2. Have I had periodontal maintenance treatment in the past two years?



PlayWELL

Exercise to reduce your risk of gum disease

LiveWELL
October 2019



Daily exercise really does improve overall health and wellbeing. Research from the National Health and Nutrition Examination Survey found that non-smoking adults who exercised at least 30 minutes per day, five days per week, were less likely to have gum disease than those who do not exercise.

As we kick off the Wellness Wonders of AZ this month, it's time to get moving! Head on over to the Wellness Wonders of AZ website to see what challenges you can complete and have fun getting in your 30 minutes of activity. Not only will you be improving your physical, mental, and dental health, but you'll also be entered to win great prizes! Everybody wins with the Wellness Wonders of AZ!



Join the challenge today! Sign up for free at
wondersaz.wellnessatoz.org



WorkWELL

What does wellness mean to you?

LiveWELL
October 2019



Become our next Wellness AtoZ Ambassador and make Arizona known as a healthy place to live, work, and play!

Visit www.wellnessatoz.org/wellness-atoz-ambassador
to learn more and fill out the application.

What does wellness mean to you?

Wellness is not just physical health, but also includes mental health. It means taking care of myself, maintaining a nutritious diet, and trying to stay active. It also means being responsible for my mental health and happiness by taking time to focus on my needs.

How long have you been at Delta Dental of Arizona?

I have been with Delta Dental of Arizona for ten years.

Do you have a wellness goal?

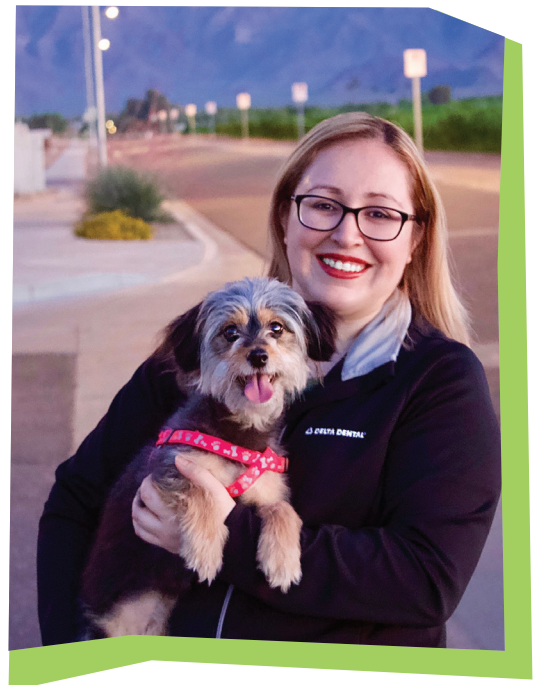
I would like to improve my overall health. I recently started attending a CrossFit gym, and I absolutely love it. I never realized how good it can feel to be strong. I also never pictured myself lifting weights! In my short time of CrossFit training I have already seen an improvement in my body and health.

Which challenges do you face in achieving your goal?

Some days it's difficult to find time to work on my fitness goals. Life can easily get in the way. I have built a new routine where I head to the gym at 5 a.m. so that my workout is complete before I go to work.

How has your workplace helped you in achieving your goal?

Delta Dental promotes a healthy workplace and environment for their employees. They hold workshops, share articles, and provide resources to support our wellness goals.



Espie Jauregui,
Assistant Accountant,
Delta Dental of Arizona

www.WellnessAtoZ.org/WorkWell



Filled with fiber, zucchini contains 95% water, making it a great choice for your body and smile. This crunchy green vegetable also contains calcium and vitamin C, which strengthen tooth enamel and promote healthy gums.

CHICKEN ZOODLE PARMESAN

INGREDIENTS:

- ½ cup gluten-free breadcrumbs
- ¼ cup Parmesan cheese
- 1 teaspoon dried Italian herbs
- Salt and pepper
- 2 tablespoons high-burning oil
- 4 boneless, skinless chicken breasts (about 1 pound)
- 2 cups low sodium, gluten-free pasta sauce
- 4 slices mozzarella cheese
- 2 zucchinis

DIRECTIONS:

1. Preheat the oven to 425 degrees.
2. Toss Parmesan in a shallow bowl with Italian herbs, salt, and pepper.
3. Heat oil in a medium ovenproof skillet over medium heat.
4. Cut chicken breasts into a total of four pieces and dip in cheese/herb mixture.
5. Add chicken to hot skillet and cook for 3-4 minutes on each side. The inside can finish cooking in the oven.
6. Transfer skillet to oven and bake for 5-10 minutes or until chicken is fully cooked.



NUTRITION INFORMATION

Total calories: 358
Protein: 36g
Carbs: 22g
Fiber: 3g
Total Fat: 16g
Sodium: 863mg

7. Add sauce and place a slice of mozzarella cheese on top of each piece of chicken.
8. Return to oven for a few more minutes or until cheese is bubbling and lightly browned.
9. While the chicken finishes, cut zucchini into thin shreds or use a spiralizer to create "zoodles".
10. Serve chicken and sauce over raw zucchini noodles and sprinkle with Parmesan and parsley.

**Recipe and photo courtesy of www.deltadentalazblog.com*

WELLCommunity Unique skills to help our community thrive



Do you have a unique skill? What talent can you share that will help others in need? Valley non-profits are always looking for craftspeople, tradespeople, artists, office assistants, mentors, and many other talented individuals. Wellness AtoZ employer, Living Hope Centers, is just one of many local non-profits always looking for assistance to continue providing services to women in our community. Contact them, or check out volunteermatch.com for a non-profit that speaks to you.

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever." — Kofi Annan