

Community Health Coalition, Inc. (CHC)

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March 2019

SUNDAY HEALTH TOPICS: ORAL HEALTH, COLON CANCER & PREVENTION & KIDNEY HEALTH & PREVENTION

Oral Health



Desiree T. Palmer, DMD

According to **Desiree T. Palmer, DMD** and CHC Board of Directors Member. **“A healthy lifestyle includes your oral health. Brushing, flossing, seeing a dentist regularly, eating healthy snacks and avoiding sugar are effective ways to take care of your oral health and ultimately your overall health. Your mouth is the gateway to your body and a healthy lifestyle includes good oral health!”**

Gum disease (periodontitis) is the main reason for tooth loss in adults. However, the connection between gum disease and your general health is equally as important. People with gum disease are 1.5-2 times more likely to have a fatal heart attack and 3 times more likely to suffer a stroke. Patients with severe gum disease have difficulty maintaining normal blood sugar levels. There is a correlation between untreated gum disease and pre-mature births, rheumatoid arthritis and Alzheimer's.

Colon Cancer

Colon cancer ranks third in cancer deaths and is 90% preventable. **Julius Wilder, MD, PhD.,** Gastroenterologist and Transplant Hepatologist at Duke Cancer Institute states, **“In our community, minorities and the medically under-served have the lowest colon cancer screening rates. *Colon Cancer Symptoms* include blood in the stool, unexplained weight loss, and/or abdominal pain. Colonoscopies, the screening for colon cancer decreases mortality from the disease by 50%. Screening allows for removal of polyps and early detection of cancer, thus improving both incidence and mortality rates.”**



Julius Wilder, MD, PhD

Ways to Decrease Risk of Cancer

- Exercise regularly
- Control Your Weight
- Eat Healthy and add fiber
- Don't Smoke
- Drink Alcohol in Moderation
- Get Recommended Screenings
- Get Regular Check-Ups
- Protect Your Skin from Direct Sun Rays

Kidney Health & Disease Prevention



Crystal Tyson, MD

According to **Crystal Tyson, MD** - a nephrologist and hypertension specialist at Duke University Medical Center, **“The best way to protect your kidneys is to prevent or control high blood pressure and diabetes. Improve your diet by eating less salt and eating more vegetables, fruit, whole grains and nuts. Exercise regularly.”**

African Americans are 3 times more likely than White Americans to develop kidney failure requiring dialysis or a kidney transplant. Risk factors include obesity, older age, and a family history of kidney disease. Because kidney

disease often has no symptoms, it is important that kidney function be evaluated by a health care professional, especially for individuals with diabetes and high blood pressure. It is also important for kidney disease to be detected early so that steps can be taken to protect the kidneys and prevent kidney failure and the need for dialysis or a transplant.

Symptoms of Kidney Disease

It is important to be aware that a person can still have kidney disease even if they do not have symptoms. Patients with kidney disease often complain of:

- Fatigue and weakness
- Shortness of breath
- Swelling in the legs, ankles, face, and hands
- Loss of appetite
- Nausea and vomiting
- Itching
- Bad breath or metal taste in the mouth
- Change in urine appearance or amount
- Back pain

Prevention of Kidney Disease

- Keep blood pressure below 130/80 mm/Hg, but check with your healthcare provider for your appropriate target.
- Control your blood sugars and blood pressure
- Avoid potentially harmful pain medications such as ibuprofen (Motrin, Advil), naproxen (Aleve), BC powder and Goody's powder.
- Lose weight if you are overweight or obese
- Lower the salt in your diet and a heart-healthy diet
- Exercise on a regular basis
- Quit smoking

**Kidney Health
is in YOUR hands!**



ABC's Toward Good Health

Always the right nutrition, **B**rush after every meal, but especially before going to bed! **B**e active and exercise regularly, and **C**heck your blood pressure and aim to keep it below 130/80 mmHg

For More Information:

www.kidneyfoundation.org or call 1800-622-9010

www.blackdoctor.org

North Carolina Dental Health Fund www.ncdental.org

Please Donate: Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!



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Thank you.

Health Tip is a message from Community Health Coalition

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!