

# Community Health Coalition, Inc.

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Community Health Coalition, Inc.



Healthy People  
2030

Improving the health of Durham  
& NC communities since 1989

**March 2021**

## [Nutrition, Oral Health Awareness and Kidney Disease Prevention](#)

### [How Does What You Eat Affect Your Oral Health?](#)

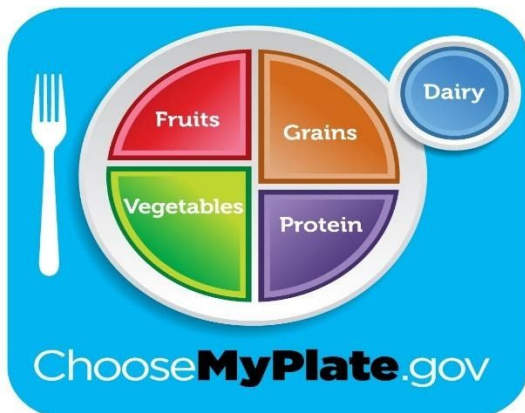


Dr. Desiree T. Palmer, DMD  
PA & Associates in Durham

**Dr. Desiree Palmer, DMD** and a CHC Board of Directors member states, **“You may prevent two of the most common diseases, tooth decay and periodontal disease, simply by improving your diet.”** Certain foods are linked to higher levels of cavity-causing bacteria. Poor nutrition does not directly cause periodontal disease; however, studies and researchers believe that the disease progresses faster and is more severe in patients whose diet does not provide the necessary nutrients.

Poor nutrition can affect your entire immune system, increasing susceptibility to many disorders, even COVID-19. People with lowered immune systems have been shown to be at higher risk for periodontal disease.

Eat a well-balanced diet, including the basic food groups. Avoid foods that cling to your teeth, that are sweet and sticky, such as candy, cakes, and dried fruits. Choose healthy snacks such as nuts, fresh fruits, raw vegetables, yogurt, cheese, and sugarless gum. Drink plenty of water and limit soft drinks and sugary drinks.



**Dr. Palmer further states, “Eating a well-balanced diet may not only improve your dental health but may reduce your risk for other diseases.”** Ask your dentist at your next visit about how your nutrition (diet) may be affecting your oral health.



<https://www.dentistcorpuschristitexas.com/nutrition-oral-health/>

## What is Kidney Disease and What are Some of the Symptoms?

Kidney disease disproportionately affects African Americans earlier in life. Major risk factors for kidney disease are diabetes, high blood pressure, and a family history of kidney failure.

Symptoms of kidney disease may include shortness of breath, feeling tired, loss of appetite and swelling in your legs and face. Since kidney disease doesn't always cause symptoms, it is important to ask your healthcare provider about the status of your kidneys during routine medical visits, especially if you have diabetes and high blood pressure.

## Ways to Prevent Kidney Disease include:

- Control your blood sugar.
- Control your blood pressure (for some people the target is less than 130/80, for others it is less than 140/90).
- Avoid potentially harmful pain medications, such as, ibuprofen (Motrin, Advil), naproxen (Aleve), Excedrin, BC powder, and Goody's powder.
- Adopt healthy lifestyle habits which include losing weight and maintaining a normal body weight; exercising; eating a low salt diet with lots of vegetables, whole grains, lean protein, some fruits, and limiting sweets and sugar-sweetened beverages; don't smoke; and don't drink alcohol in excess.

According to **Dr. Crystal Tyson, MD, MHS**, a nephrologist and hypertension specialist at Duke, **“The strongest weapon to prevent, and control kidney disease is awareness. Be aware of the risk factors for kidney disease, be aware of the status of your kidney function, and be aware that healthy behaviors are the key to keeping your kidneys healthy.”**

## COVID-19 & Kidney Disease

People with chronic medical conditions (such as kidney disease) are likely to become severely sick and experience complications if they get COVID-19. For this reason, it is especially important to socially distance, avoid crowds, wear a mask, and wash your hands often.

## Learn the ABC'S of Oral Health & Kidney Disease Prevention

- **A**lways practice good nutrition; eat a well-balanced diet
- **B**rush after every meal (especially before going to bed)
- **C**heck your blood pressure and strive to keep it below 130/80.



Dr. Crystal Tyson, MD, MHS  
Nephrologist at Duke

## For More Information, Call or Click on the Links to the following Websites

- [www.kidneyfoundation.org](http://www.kidneyfoundation.org) or call 1800-622-9010
- [www.blackdoctor.org](http://www.blackdoctor.org)
- North Carolina Dental Health Fund [www.ncdental.org](http://www.ncdental.org)

## Please Consider Giving to Community Health Coalition, Inc. through SECC or PayPal

If you are a state employee or retiree, choose Code 3770 to send your SECC gift to us!

**Please feel free to donate to Community Health Coalition through the link below.**

<https://www.chealthc.org/donate>

**Thank You.**