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SPECIAL ONLINE ISSUE



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## Dental Hygiene is About More Than Just Your Teeth



make it more difficult for people with diabetes to control their blood sugar, making dental hygiene an especially vital component of routine healthcare for people with diabetes.

### Heart disease

The AAP notes that research indicates periodontal disease increases a person's risk for heart disease, with the inflammation caused by the former leading to the latter. People with existing heart conditions also may find that periodontal disease exacerbates those conditions. The Mayo Clinic notes that the link between heart disease and periodontal disease is not fully understood, but enough studies have been conducted for scientists to support the notion that the two are connected.

Individuals tend to learn about dental hygiene at an early age. On the recommendation of their children's pediatricians, parents may begin brushing their youngsters' teeth the moment the first tooth breaks through the gums. While proper dental hygiene is vital to oral health, it also can have a profound effect on the rest of the body.

According to the Mayo Clinic, poor oral health might contribute to various diseases and conditions. Periodontitis is a severe yet preventable gum infection that can lead to tooth loss if left untreated, but the threat of periodontitis doesn't end in the mouth. The American Academy of Periodontology notes there's a connection between periodontitis and several other diseases.

While bacteria was long suspected to be the link between periodontitis and other diseases in the body, the AAP notes that recent research points to inflammation as the culprit that connects periodontitis with diseases such as diabetes and heart disease.

### Diabetes

The AAP notes that people with diabetes are at increased risk for periodontal disease, speculating that diabetes patients' risk is higher because people with diabetes are more vulnerable to infections than those without diabetes. While that suggests periodontal disease is a byproduct of diabetes, the AAP notes that research points to the relationship between periodontitis and being a two-way street. Periodontal disease may

### Can periodontal disease be prevented?

Periodontal disease is preventable. A daily dental hygiene regimen that includes brushing after meals, flossing at least once per day and swishing with mouthwash are some simple, healthy habits that can prevent periodontal disease. In addition, the AAP recommends that people at increased risk for periodontal disease, including the elderly and smokers, should discuss their risk with their dental professionals.

Dental hygiene can do more for individuals than produce a mouthful of pearly white teeth. In fact, people who prioritize dental hygiene may lower their risks for various diseases.

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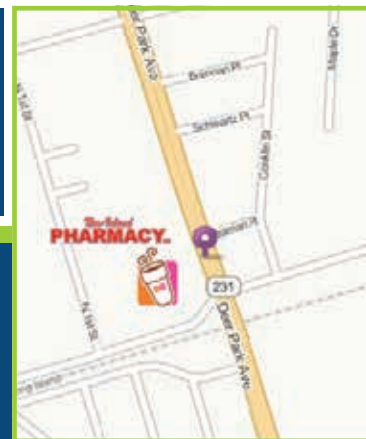
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Health & Wellness

## Why The Flu Shot is So Important in 2020



Millions of people across the globe get flu shots each year. Flu shots protect people against influenza, but they might provide even greater benefits in 2020.

As the world continues to confront the outbreak of the COVID-19 virus, it's imperative that people everywhere take every step necessary to protect themselves and others. The Centers for Disease Control and Prevention notes that a flu vaccine will not protect people against COVID-19. However, flu vaccines have been shown to reduce the risk of illness related to the flu. Those illnesses weaken people's immune systems, making them more vulnerable to other viruses, including COVID-19.

Flu vaccines have also

been shown to reduce the risk of hospitalization. That's a significant benefit of being vaccinated, as people who get their flu shots can indirectly help hospitals conserve potentially scarce resources. As the COVID-19 virus rapidly spread late in the winter of 2019-20, many hospitals across the country and even the globe were stretched incredibly thin. So anything ordinary citizens can do to alleviate such burdens can help save lives while also making hospital workers' jobs easier and less stressful.

Many people may be concerned about going out and getting a flu shot in 2020. That's especially likely for people who live in communities where

the COVID-19 virus is spreading. However, the CDC notes that getting a flu shot in 2020 is an essential part of protecting your health and the health of your family. Many doctor's offices are now insisting patients wait in their cars until doctors are ready to see them, and masks may be required when entering the doctor's office. Such measures can reduce the risk of getting the COVID-19 virus when visiting a doctor's office for a flu shot or another visit, so patients should not be hesitant to receive their vaccinations in 2020. Patients can follow such protocols even if their doctors are not insisting they do so. The same safety measures can be followed by people who intend to get their flu shots from neighborhood pharmacies.

Flu shots are vital to individual and public health every year, but the importance of being vaccinated against influenza in 2020 is heightened as the world continues to confront the outbreak of the COVID-19 virus.







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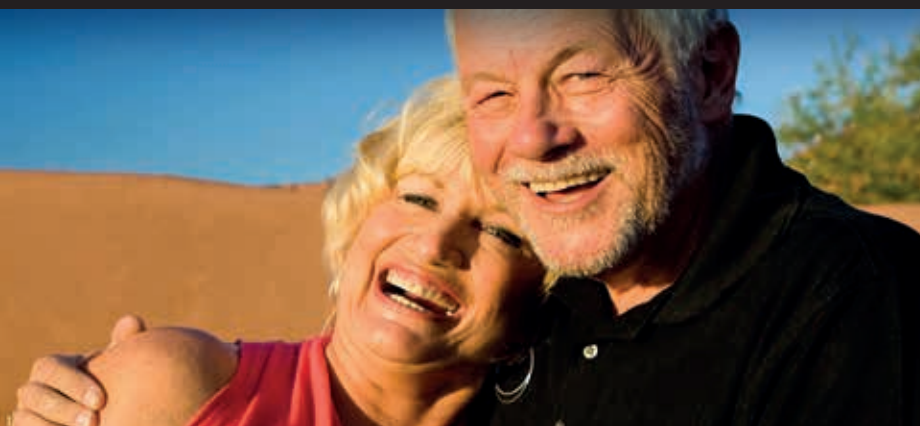
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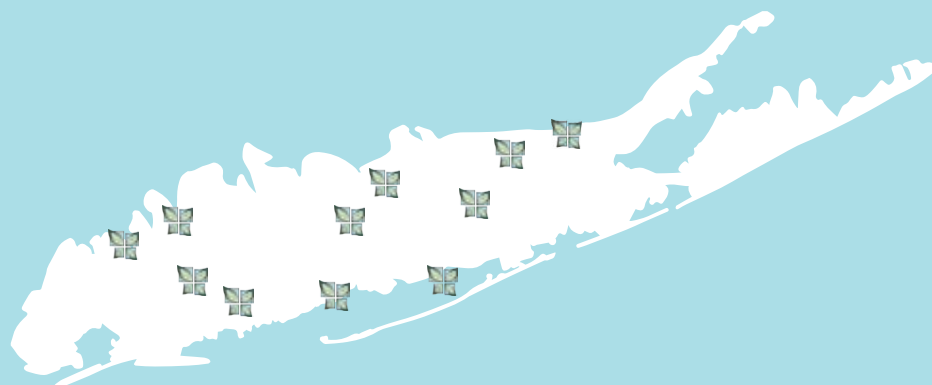
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## -Health &amp; Wellness

## Eye Exam Recommendation Schedules



Routine eye exams should be a vital component of everyone's healthcare routine. Such examinations can help people learn if they need prescription eyeglasses and if their existing prescriptions need to be updated, and they also can uncover other serious health issues.

According to the American Academy of Ophthalmology® a comprehensive eye exam can uncover such problems as aneurysms, brain tumors, diabetes, high blood pressure, and assorted cancers, including those of the blood, tissue or skin. That means routine eye exams can be as effective at safeguarding your overall health as they can at protecting your vision.

The recommended frequency with which people should receive eye exams is based largely on age, though

no one should hesitate to schedule an exam if their eyes are bothering them or if they are experiencing any abnormalities with their eyes. In addition, some people may need more frequent eye exams depending on their medical histories, which should be discussed at length with a physician.

Children and adults without preexisting conditions and those not experiencing any abnormal vision problems can adhere to this eye examination schedule, courtesy of the American Optometric Association.

- **Birth to two years:** Children in this age group should receive eye exams between six to 12 months of age.

- **Age three to five:** Children in this age group should receive at least one eye exam

between their third and fifth birthdays.

- **Age six to 17 years:** Children in this age group should receive one eye exam prior to beginning first grade and then an annual exam thereafter.

- **Age 18 to 64:** Adults between the ages of 18 and 64 should receive an eye exam at least once every two years.

- **Age 65 and older:** Annual eye exams are recommended for men and women age 65 and older.

Eye examinations help people preserve and improve their vision while also promoting long-term overall health. These vital components of healthy lifestyles should not be overlooked.



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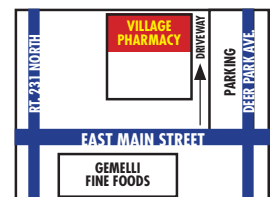
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## Fall And Winter Skincare Tips

Many changes take place in the fall. In addition to changing landscapes, men and women may need to adapt their health and wellness habits to ensure that they stay healthy and happy. Part of that daily regimen includes how to care for skin as the seasons change.

Just as skin requires certain protection from the sun and heat in the summer, skin has special needs in the fall and winter. Fall and winter are often characterized by cold, dry weather, which can make these times of year particularly challenging for people with dry or sensitive skin. These tips can help people maintain their skin's appearance and health.

• **Don't skip the sunscreen.** Sunscreen is not a summer-only requirement. UV rays can damage the skin any time of year, even if the rays are not as strong as during the summer. UV radiation accelerates and increases the risk of skin cancer. It also can lead to premature aging. Utilize a sunscreen with an SPF of 30 or higher every day.

• **Invest in a humidifier.** Dry, cold temperatures can rob the skin of essential moisture, even indoors. Dermatologists suggest using a



humidifier at home to boost the amount of moisture in the air. This can make skin more comfortable and can have other health benefits as well.

• **Skip hot showers.** It can be tempting to sit under a hot stream of water to warm up. However, hot water dries out the skin by depleting its stores of natural oils, says Glacier Med Spa. Take warm showers instead and

don't stay in for longer than 15 minutes.

• **Limit exfoliation.** While exfoliation can remove dead skin, overdoing it can make already sensitive skin more raw. Increase the time between exfoliation treatments. Consult with a dermatologist for more advice about dealing with flaky skin.

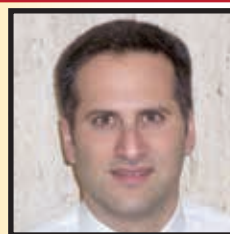
• **Don't forget your lips.** Using a thicker moisturizer on the body and face can help add and retain moisture, but pay attention to your lips and eyes as well. Something as simple as petroleum jelly on the lips can help prevent chapping. Invest in a quality eye cream to help the delicate skin around the eyes as well.

Modifications must be made to skincare routines in anticipation of seasonal weather changes.



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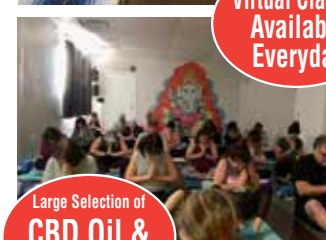
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The Babylon Breast Cancer Coalition (BBCC) is a grassroots non-profit serving your Babylon Community (Babylon Village, Amityville, Copiague, Deer Park, East Farmingdale, Lindenhurst, North Babylon, Oak Beach, West Babylon, West Gilgo, Wheatley Heights, Wyandanch) since 1993. Our premier program, Lend a Helping Hand, provides support and services for women in active treatment for breast and/or gynecological cancer. Services include transportation to medical appointments and therapy, prepared food, housecleaning, financial assistance and more. Our goal is to remove some of the stress a woman faces while undergoing treatment for breast and/or gynecological cancer. While COVID-19 has shutdown major fundraising efforts for 2020, BBCC is not shutdown. Despite 2020's greatly reduced revenues, we will seek to provide needed services and financial assistance for our cancer clients who are not only suffering with their frightening diagnosis and its dreadful treatment, but the stress knowing that their weakened immune systems place them at high risk for a serious outcome should they contract COVID-19.



Upcoming Event!

Our annual Tanger Fit 5K will be virtual this year! Register by October 10th at 11:59pm. (<https://runsignup.com/Race/Events/NY/DeerPark/TangerFITVirtual5KDeerPark>). Join the #TangerFIT 5K Community on Facebook for tips from pros, connecting participants across the country and chances to win Tanger Gift Cards! Visit Tanger Outlets Deer Park to pick up your FREE Under Armour shirt and race packet during the week of October 3 – 10. Run or Walk! Choose your course and mark your calendars. Complete your 5K anytime during the week of October 11-18. All proceeds benefit the BBCC.



Help Needed for Annual Turkeys Against Cancer event! For the past 10 years the BBCC has been working with the BBQ Brethren to provide Thanksgiving Meals for BBCC families dealing with cancer and at-risk homeless veterans.

Things will look a little different this year as we are requesting boxed and canned goods due to the pandemic. We are also in need of delivery drivers on Wednesday evening, November 25th.

Because Cancer does not take a break...we are here to help.  
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### How to Take a More Active Role in Your Personal Health

The role individuals play in their own health care became more prominent in 2020. As a global pandemic forced people from all walks of life to prioritize their personal health each time they left their homes, many individuals sought ways to take a more active role in their health care.

Proactive health care has long been touted by medical professionals, though many people still don't take such recommendations to heart. In fact, a recent report from the Centers for Disease Control and Prevention estimated that as much as 75 percent of health care spending in the United States is reactive in nature, meaning that money is going toward treating conditions and diseases rather than preventing them from occurring in the first place.

Taking an active role in your own health care is easier than people may think. And the benefits of such a proactive approach are numerous, including a reduced risk for various diseases.

• **Schedule annual physicals.** Annual physicals are one of the simplest and most effective ways for individuals to take active roles in their personal health. Many health insurance plans cover annual physical exams at no cost to policy holders, and these examinations can uncover issues even when individuals are not feeling any symptoms. Annual physicals also provide great opportunities for individuals to discuss diet and healthy lifestyle choices with their physicians in relaxed settings.

• **Learn about the preventive services that are right for you.** Individuals should speak with their physicians about which services are recommended for individuals in their situations. Screening guidelines are often age-based, but they also take personal history and family history into account. For example, the U.S. Department of Health and Human Services recommends all adults between the ages

of 50 and 75 be screened for colorectal cancer, but the frequency of those screenings will depend on each individual's personal risk and which screening test they choose.

• **Embrace physical activity.** The DHHS notes that regular physical activity increases a person's chances of living a longer, healthier life. In addition, the CDC says regular physical activity reduces a person's risk for chronic conditions, including type 2 diabetes, heart disease, various types of cancer, and even mood disorders like depression and anxiety. Access to fitness facilities may be limited or unavailable during the pandemic, but that should not deter people from exercising regularly. Walking, jogging, hiking, and cycling are great forms of cardiovascular exercise that have been linked to a host of health benefits.

A proactive approach to personal health is simple and effective, potentially helping people reduce their risk for a variety of diseases and conditions.





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## Coping With Stress During Uncertain Times

Stress can affect people's lives at any moment. Some say that a certain measure of stress can be a good thing that pushes individuals to try their best to overcome obstacles.

However, chronic stress is potentially dangerous for the mind and body.

2020 has been a stressful year for many people. A global pandemic that emerged in late 2019 and continued into the new year brought with it many changes — some of which are unprecedented. Concerns about the COVID-19 virus, unemployment, reduced wages, and uncertainty about the future has left many people feeling adrift.

According to the American Psychological Association's Stress in America survey, the average reported stress level for

adults in the United States related to the coronavirus pandemic is 5.9. When asked to rate their stress level in general, the average reported stress for American adults is 5.4. This is higher than the average stress level reported in 2019, which was 4.9, and marks the first significant increase in average reported stress since the survey began in 2007.

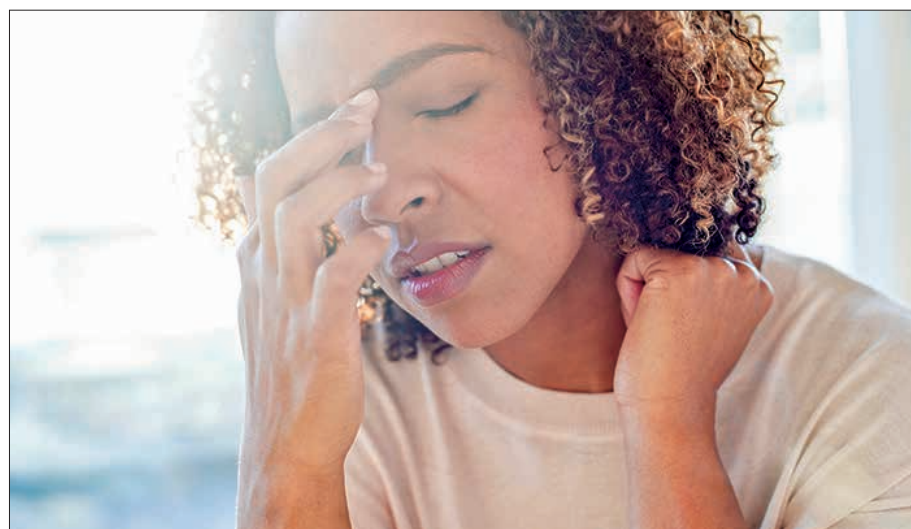
Pandemic stress mixed with existing stress may require additional coping techniques.

• **Turn negative thinking into positive thinking.** The occasional pep talk can help people manage their stress. Rather than saying "Everything is going wrong," tell yourself "I can handle this, I have done it before." Find the silver lining in situations and they may not feel so stressful.

• **Take things one step at a time.** Getting ahead of yourself by looking too far into the future can compound stress. Focus on the here and now. Make to-do lists and take situations as they come day by day or hour by hour. Situations are often fluid, so worrying about something that is weeks away is often fruitless.

• **Exercise regularly.** Find opportunities to exercise. The Mayo Clinic says exercise in almost any form can act as a stress reliever. Physical activity can release your feel-good endorphins and distract you from daily worries. Exercise also can mimic the effects of stress, helping to condition the body to its effects and buffer the cardiovascular, digestive and immune systems from negative effects.

• **Seek out social support.**



Chances are someone you know also is experiencing increased stress loads. Find the time for conversation, video chats or safe, socially distanced meet-ups with friends. Each person can share their unique frustrations and collectively you can work through the stress.

• **Don't drown in perfectionism.** Trying to be mistake-free can trigger anxiety and stress. Being perfect is impossible and everyone makes mistakes. According to Psych Central, mistake-making can lead to growth and experience, while perfectionism may staunch growth because

a person is too afraid to take chances. Not every decision you make will be ideal, but each is a learning experience.

Stress is something most people come up against in their daily lives, perhaps more so than ever this year, but stress can be wrangled and minimized.

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## Shop Smart This October to Benefit Breast Cancer Patients



PHOTO SOURCE: Courtesy of Susan G. Komen

(StatePoint) It is not always easy to tell how your charitable dollars are going to be used, especially during National Breast Cancer Awareness Month.

Honored every October, this is a time of year when many companies use pink logos on product packaging to symbolize support for breast cancer-related charities. Unfortunately, these symbols are not always backed by a promise that proceeds will directly support research or those living with breast cancer.

In the case of Susan G. Komen and its Live Pink program, the organization works closely with all its partners to ensure program details are transparent to consumers. And this year, 18 companies are donating a percentage of the proceeds from the sale of select products to Komen. As many consumers are doing much of their shopping online these days, Komen has created a site

that makes it easy and safe to shop for a cause. Visit [livepink.org](http://livepink.org) to shop and learn more.

"It just takes a moment to get involved and make a difference in the fight against breast cancer," says Sarah Rosales, vice president of Corporate Partnerships, Susan G. Komen. "We're honored to have so many partners giving consumers an opportunity to support breast cancer patients and fund lifesaving research."

Want to ensure you are making the biggest impact possible? Before making any purchase you assume benefits the fight against breast cancer, Susan G. Komen recommends asking the following questions:

**1. Who is the program supporting?** Is it clear what charity is benefiting from the program? Susan G. Komen, for example, requires all of its partners to clearly state that their program benefits the organization. In many cases, they will include Komen's iconic logo on

their packaging.

**2. How will the charity use the donation?** It should be clear where the proceeds go. Look for programs that support organizations which take a 360-degree approach to fighting the disease by funding breakthrough research, supporting compassionate public policy and providing patient support.

**3. How is the program structured?** Transparency is key. Is the company clearly stating how the money is raised and how much will be going to charity? For example, if it's a donation per purchase structure, ask how much of the purchase price benefits the charity. Is there is a minimum or maximum contribution? Is it a flat donation regardless of sale?

By shopping savvy this National Breast Cancer Awareness Month, you can ensure your purchases are making the biggest impact possible.

## Easy Ways to Keep Your Immune System Strong

The immune system is a powerful component of the human body. The immune system recognizes when viruses, bacteria and other foreign invaders enter or compromise the body, and then takes action to prevent illnesses from taking over. The average person can help his or her immune system do its job more effectively by making the immune system as strong as it can be.

Harvard Medical School says that diet, exercise, age, and psychological stress may affect immune system response. Certain lifestyle choices can promote a strong immune system.

**• Get adequate sleep.** Doctors believe sleep and immunity are closely tied. A study of 164 healthy adults published by the National Institutes of Health found those who slept fewer than six hours each night were more likely to catch a cold than people who slept for more than six hours. Aim for adequate rest each night to keep your body in top form.

**• Increase your intake of fruits and vegetables.** Fruits and vegetables supply the powerhouse antioxidants that are essential for protecting a body against free radicals. Free radicals may play a role in heart disease, cancer and other diseases. Serve fruits and/or vegetables with every meal to ensure you're getting enough antioxidant-rich foods.

**• Consume fiber and fermented foods.** Fiber can help feed the gut microbiome, which is linked to a robust immune system. The microbiome also

may prevent harmful pathogens from entering the body through the digestive tract. Data also suggests that eating more fermented foods can further strengthen and populate healthy bacteria in the gut.

**• Exercise regularly.** Aim for 30 minutes of moderate exercise per day, advises the American Heart Association. Thirty minutes of exercise each day can go a long way toward keeping the body healthy. The U.S. National Library of Medicine says physical activity may help flush bacteria out of the lungs and airways. Exercise causes changes in antibodies and white blood cells. These antibodies and white blood cells circulate rapidly, so they may

detect illnesses earlier than they would if you do not exercise. Body temperature also rises during exercise, which could naturally prevent bacteria from growing.

**• Try to minimize stress.** According to Simply Psychology, when people are stressed, the immune system's ability to fight off antigens is reduced, making people more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system. Limiting stress through meditation and breathing exercises, or trying to remove stressors from one's life, may help.

A healthy immune system is vital to fending off or recovering from illness.





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