

Nutrition Month 2018: Unlock the Potential in Food

Dietitians of Canada put together a campaign every year to celebrate food and nutrition and raise awareness for the role that nutrition plays in preventative health care. The theme of this year's campaign is "Unlock the Potential in Food" which is all about featuring the power of food to help us stay energized through healthy snacking, to foster healthy eating habits in young kids by teaching them to shop and cook, to help prevent chronic diseases and promote healing and finally, to help bring family and friends together. Food often plays such a big part in our lives so let's take a moment to see what it can do for us. To find out more, please ask

one of the dietitians here at the clinic or go on the Dietitians of Canada website (<https://www.dietitians.ca/your-health/nutrition-month/nutrition-month.aspx>). Also, while you're on the website, don't forget to try some of the feature recipes! (<https://www.dietitians.ca/Your-Health/Nutrition-Month/Recipe-deas.aspx>). Let's celebrate food together!



What has Diabetes got to do with Dental Health?

It is important to remember good dental health is good for everyone's overall good health. For persons living with diabetes: "People with Diabetes who keep their blood glucose levels in target range have no more dental problems than the rest of the population" according to Dr. Carol Alexopoulos, a practicing dentist in Toronto. However for people with uncontrolled diabetes, blood glucose levels above target, this can lead to dental problems. The reason is because uncontrolled Diabetes reduces the body's resistance to infection and slows down healing. Diabetes also decreases the amount of saliva produced and increases the chances of infections such as thrush.

So how can we prevent dental problems for people living with Diabetes?

- Keep blood glucose within target goals
- Take good care of your teeth by brushing twice a day and flossing daily
- For dentures and dental appliances, clean daily and as needed
- Visit your dentist regularly
- When you do visit the dentist, let them know you have diabetes and if you are taking diabetes medications
- Go for professional teeth cleaning ideally every three months



For low cost services and to find multilingual speaking dentists please refer to: <http://www.cdhbc.com/Documents/Low-cost-Dental-Care-Dec-13.aspx>