

# MEN'S HEALTH LETTER

A newsletter by the Men's Health & Education Center

## October is Dental Hygiene Month

By Alekses Clifton

Proper dental hygiene is important not only for the health of your mouth but also to prevent bacteria in your mouth from causing infections in other parts of your body, especially your heart. Here are some tips to make sure you have excellent dental hygiene:

Brush at a 45 degree angle to the teeth so that the bristles clean under the gums.

When flossing, make sure the floss wraps around the tooth to form a "C" shape. Slide it slightly under the gums and then scrape up the side of the tooth. The repeat on the other side. "If the floss ain't bendin', you're just pretendin'!"

If you have partials or dentures, make sure to take them out every night. Brush them with soft bristled brush (denture brush or toothbrush), soap and water. Plain liquid soap works best! NO toothpaste because this can wear down the surface over time. Store in cup of water or denture cleaner solution. It needs to stay wet to prevent shrinkage of the acrylic over time.

Bleeding when you brush and floss is a sign that your gums are inflamed. Sticking with a good routine of brushing and flossing consistently for a few weeks will halt the disease process and you won't bleed anymore. BUT if it doesn't get better, make sure to see your dentist because this could be a sign of periodontal disease.

**A healthy mouth is a healthy you!**



## Staying Fit in Fall

By Ninah Divine

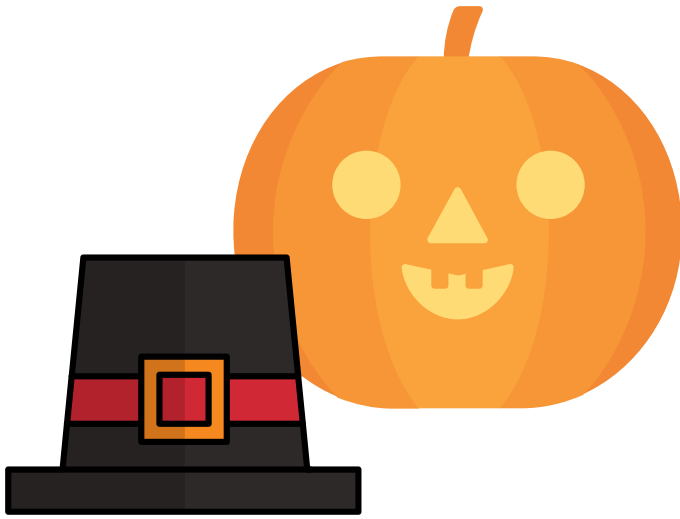
It can be hard to motivate yourself to exercise when the weather starts to turn cold, it gets dark outside earlier and your favorite holiday specials are on TV. On the other hand, fall is a great time to stay fit or start to get fit. Exercise during this season can help keep up your energy as the days get shorter and fight off weight gain during the holidays.

What does "fit" look like? The Department of Health and Human Services recommends 2.5 hours a week of moderate aerobic exercise every week for most adults. It also recommends periodic muscle and bone strengthening work outs.

How can you make this happen? Incorporate exercise into your daily routine. Rake leaves, shovel snow, or go for walks with family or pets. Your heart needs to exercise just like the other muscles in your body to prevent chronic diseases. Add exercise to your schedule as if it were brushing your teeth. Try morning stretches, squats or jumping jacks before bed. Start building exercise into your normal routine and it will do you good year-round.

For more information, visit [www.hhs.gov/fitness](http://www.hhs.gov/fitness)





# Why You Should Get the Flu Shot

By Chris Glover

The leaves are changing, the weather is getting cooler, and the Badgers and Packers fill up our weekends with great football! Fall in Wisconsin is great, but this time of year also means that the flu is back.

However, do not fear, because a simple vaccine decreases your risk of contracting the flu. Getting a flu vaccine is one of the most important steps you can take to keep yourself, your loved ones, and your neighbors from getting sick this season.

Yes, by getting the vaccine, you are helping yourself and others in your community stay healthy! Children, the elderly, and those with cancer are just a few populations who are at an increased risk of contracting the flu. By getting your flu vaccine, you decrease the chance that you will become sick and decrease the chance of spreading the flu to others.

You can get a flu shot at most pharmacies or your primary care doctor. Also, the Men's Health and Education Center will be having flu clinics on the following Tuesdays:

**October 30th**

**November 6th**

**November 13**

**November 20th**

**November 27th**

## Save the Date!

### Father-Son Health Night Out



Enjoy some dinner and a movie with your loved ones!

More information to come!

**Palace Cinema Sun Prairie**

**Friday, November 16th**

**Friday, December 14th**

