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Community Health Coalition Board Member

March 2022

Nutrition, Oral and Colon Health!

Nutrition and Oral Health

March is National Nutrition Month – a time to focus on making healthy food choices while considering your oral health. Your mouth is a window into the health of your body. It can show signs of nutritional deficiencies or general infection. Systemic diseases, those that affect the entire body, may first become apparent in your mouth affecting your teeth and gums. Whether you are 8 or 80, your oral health is important!

Eating foods that are high in dietary fiber can help prevent tooth decay and gum disease. Dietary fiber requires healthy chewing which stimulates your mouth's production of saliva. Saliva has natural antibacterial properties that fight the bacteria that cause tooth decay and gum disease. Remember, healthy nutritional habits include good oral hygiene.

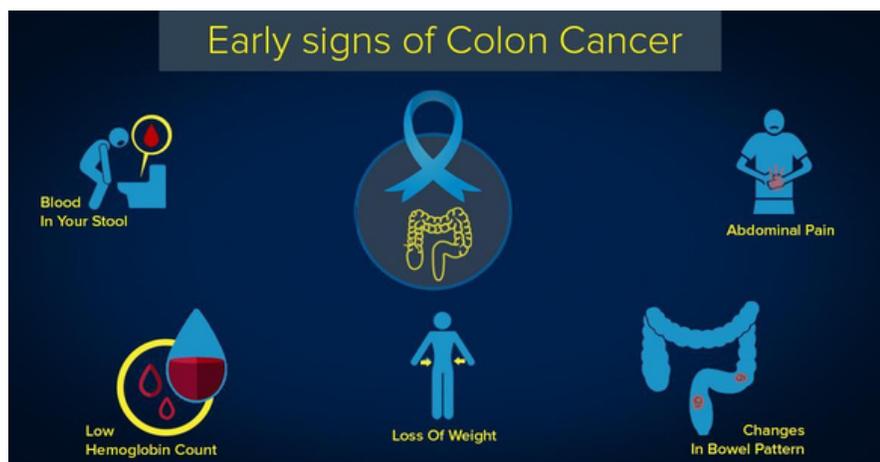
Practice Good Oral Hygiene By:

- Brushing twice a day for at least two minutes, using fluoridated toothpaste.
- Flossing daily to remove plaque
- Eating a healthy diet (vitamins A and C, in particular) to prevent gum disease.
- Avoiding cigarettes and smokeless tobacco, which are known to contribute to gum disease and oral cancer.
- Visiting the dentist regularly for cleanings and exams.



Colorectal Health & Cancer Awareness

March is also National Colorectal Cancer Awareness Month. The American Cancer Society estimates there will be 151,030 new cases of colon cancer in the year 2022. They also estimate that colon cancer will account for 52,580 deaths this year. Data shows that 1 in 23 people will develop colon cancer at some point in their life. According to the American Cancer Society, colorectal cancer disproportionately affects the Black community, where the rates are the highest of any racial/ethnic group in the US. African Americans are about 20% more likely to get colorectal cancer and about 40% more likely to die from it than most other groups.



The best way to protect yourself from colon cancer is to live healthy and undergo the appropriate screening. Eating a healthy diet and avoiding alcohol and cigarettes can protect you from developing polyps that can one day become cancer. Undergoing appropriate screening, including colonoscopy, significantly reduces your risk of colon cancer.

Free Colorectal Screening Kits Available on March 19, 2022

A Gut Patrol Event – Saturday, March 19, 2022, from 12noon to 3 pm at Life Enrichment Center, 3805 Tarheel Club Road, Raleigh, NC 27602.

The event is FREE and open to the public.

For More Information:

NC Dental Health Fund. www.ncdental.org

www.health.gov/our-work/nutrition-physical-activity/dietary-guidelines

American Cancer Society www.cancer.org 1-800-227-2345

Community Health Coalition Information:

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