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Fresno County Wellness August 2016 Dental and Vision Care



Sun	Mon	Tue	Wed	Thu	Fri	Sat
The muscles that control the eyes are the most active muscles of the body.	1 DELTACARE DENTAL DHMO DELTA DENTAL DPPO	2	3 Weight Watchers OPEN HOUSE 12-1pm Plaza Bldg 21st Floor Training Rm	4	5	6
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21	22 EYE EXERCISES	23	24 Mood Food: Live Wellness Webinar 11 am-12 pm	25	26	27
28 Tooth enamel is the hardest substance of the human body. Protect it!	29	30	31 Weight Watchers @ Work 12-1pm Plaza Bldg 21st Floor Training Rm	Employee Benefits - Wellness Phone: 600-1810 Email: wellness@co.fresno.ca.us Wellness Resources Webpage		

New: Live Wellness Webinars

Attend training from the convenience of your workstation.

*August Wellness Webinar: **Mood Food***



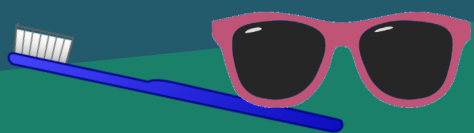
Date/Time: Wednesday, August 24, 2016, 11 a.m. to 12 p.m.

Description: Leaning on food as a reward, boredom fighter, stress reliever or even a friend could signal a food addiction. This class explores how to break the cycle when your emotions control what, when and how much you eat.

How to register for this training: Ask your supervisor to email HR-Training with your name, employee ID, and County email address.

Live webinar presented by: ACI Specialty Benefits

Contact: HRTraining@co.fresno.ca.us



Dental and Vision Care



Message from Dr. Ken Bird, Health Officer



We've all heard advertisements for dental care that tell us that a healthy mouth is more than an attractive smile. The fact is oral health is an issue of huge significance to our personal and public health. Not only is our mouth the portal to our digestive system, it serves a key role in our personal interactions and socialization, and is a major point of introduction of infection and chronic inflammation.

Poor oral health, in the primary forms of dental caries (tooth decay or cavities) and periodontitis (gum disease) can affect our individual and collective well-being in an astounding variety of ways.

Dental caries is a communicable disease to which all ages are susceptible. Dental caries occur when bacteria residing in plaque, which has developed on tooth surfaces, convert carbohydrates to acidic by-products. The result is a lower local pH which causes, over extended periods, the leeching of important minerals from the tooth and subsequent collapse of the enamel substructure known as cavities.

Periodontal disease occurs when infection in the gums surrounding teeth results in inflammation of the gums and bone that surround and support the teeth. It progresses from gingivitis in its early stage, where the gums are swollen and red (and may bleed) to periodontitis where the gums can pull away from the tooth, bone can be lost, and the teeth can become loose and fall out.

Dental caries cause pain and discomfort that affect nutrition, communication, socialization, and sleeping, all of which affect our overall health and well-being. Additionally, dental caries can result in absence from work and school leading to reduced income and lower academic performance. In children, particularly, caries can lead to psychological, learning, and self-esteem difficulties which severely impact their social development. Finally, dental caries can lead to infection and abscess formation that can be life threatening.

The inflammation from periodontitis, in addition to the nutrition, communication, and socialization problems that come with loss of teeth, can cause problems in the rest of the body. Gum disease is associated with other chronic inflammation diseases such as diabetes, cardiovascular disease, and rheumatoid arthritis. In a recent study, individuals with serious gum disease were 40 percent more likely to have another chronic medical condition as well. There is also a possible association between periodontitis and bacterial pneumonia, stroke, preterm birth and low birth weight, and pancreatic cancer.

It is essential that you know the risk factors for [dental caries](#) and [periodontal disease](#). It is also critical that you take steps to avoid these illnesses. Brush at least twice a day and floss at least once. It's important, also, to make regular visits to a dental provider for cleaning and examination (at least once a year).

Taking good care of your teeth and gums can really help you live well longer. "You cannot be healthy with an unhealthy mouth any more than one can be healthy with an infected foot," says Richard H. Price, DMD, spokesperson for the American Dental Association (ADA) and a former clinical instructor at the Boston University Dental School.

Learning Resources

To learn more about dental and vision care, review the [August wellness calendar](#) for links to helpful articles and health tools. A special thanks to the [Department of Public Health](#) staff for their collaboration in providing wellness content.

Wellness News

The next [Weight Watchers at Work Open House](#) is Wednesday, August 3, 2016 from 12 to 1 p.m. at the Plaza Building, 21st Floor Training Room.

[Mood Food: Live Wellness Webinar](#) on Emotional Eating. Participate in this training on Wednesday, August 24, 2016 from 11 a.m. to 12 p.m.



Relax with This Deep Breathing Exercise

Sometimes we simply cannot control the chaos of life. But we can take charge of how we respond by learning to tap into our own internal “relaxation response.” What does this mean? It means setting aside about five to ten minutes (daily if possible) to practice deep breathing.

1. Find a comfortable and quiet place to sit or lie down. If this is not possible, close your eyes and imagine yourself somewhere relaxing such as lying on the beach listening to ocean waves.
2. Close and relax your eyes and relax your facial muscles, jaw, neck and shoulders. Gently place one hand on your chest and the other hand on your belly button.
3. As you breathe in, allow the breath to expand the body including the belly, chest, and lungs. As you breathe out, gently press your hands against the chest and belly a bit more to encourage full release of the breath.
4. Focus on developing a steady breathing rhythm by making the inhale and exhale equal in length. Silently repeat to yourself, “Breathing in” while inhaling and “Breathing out” while exhaling.
5. Be patient with the process. With practice, you can do this more easily and might not even need to place your hands on your belly and chest.

No time to sit and breathe? No problem; take your breathing practice with you! Deep conscious breathing can also be done with the eyes open wherever you happen to be—simply pause and take two to three full deep breaths (inhale deeply and exhale completely). Taking a few moments when you start to feel stressed can keep stress in check.

Courtesy of women.smokefree.gov

Wellness Recipe: Grilled Lime Chicken Fajitas

This Recipe Serves 10

Ingredients

Marinade

- 1 large lime, juiced
- 1 tsp. lime zest
- 1 Tbs. honey
- 2 Tbs. cilantro, chopped
- ½ tsp. cumin
- 1 tsp. chili powder
- ¼ tsp. garlic powder
- ¼ tsp. ground black pepper

Fajitas

- 2 green bell peppers, seeded and sliced into strips
- 1 large onion, sliced into strips
- 1 ¼ pounds chicken breast tenderloins
- 10 (6-inch) corn tortillas (or low-carb tortillas)
- 10 tablespoons salsa
- Freshly ground black pepper, to taste

Instructions

1. In a medium bowl, mix together the marinade ingredients. Add the chicken breast tenderloins and marinate in the refrigerator for 20-60 minutes.
2. Preheat a grill to medium heat. Place the onions and green peppers in a grill basket. Grill the vegetables in the basket, stirring occasionally, about 15-20 minutes.
3. Add the chicken directly to the grill and cook 10-12 minutes, until done, turning once.
4. Divide the chicken, green peppers and onions evenly among 10 tortillas. Top each fajita with 1 tablespoon salsa.



For more recipes like this one visit: diabetes.org/recipes

Stability Ball Exercises

Improve core stability, muscular strength, balance, and flexibility using a stability ball. Learn more about the benefits of using a stability ball [here](#). You should consult your physician before starting any exercise program.

Ball Supported Dumbbell Row

Using the ball as the support for your hand, bend at the waist so that your upper body is nearly parallel to the ground. Feet should be slightly wider than shoulder-width apart. Your back should be flat, abdominal muscles tight. Hold the dumbbell so that the weight is directly under your shoulder. Keeping your elbow close to your body, pull the dumbbell to your shoulder, and squeeze your shoulder blades together. Return to the starting position.



Bridge/Leg Curls

Lie on your back with the ball under your ankles. With your arms out to your sides (easier) or on your chest (harder), raise your hips off of the floor so that your

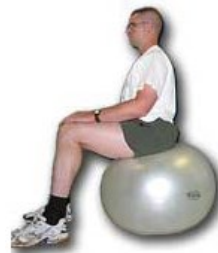


shoulders are the only part of your back touching the floor. To work your hamstrings, keep your hips elevated, and bend your knees so that the ball rolls toward your hips. Return to the straight leg position, and then lower your hips.



Pelvic Tilt

Sit on the ball so that your knees are over your ankles. Sit up as tall as you can, trying to touch your head to the ceiling. Think about how this posture feels. This is the position your back should be in during any exercise. Now round your back out and slouch. Next, arch your back. Move between arching and rounding your back to start working on the core muscles.



Rollout

Place your knees on a secure, padded, non-skid surface. Ensure your knees are over your ankles to start. With the ball directly in front of you, place your forearms so that they are resting on the ball. Most important: Keep your back straight at all times! Roll the



ball forward so that your hips and knees extend. Keep your abdominal muscles tight. Under control, and without bending your back, return to the starting position.

Jackknife

This is an advanced move. Start with your hands on the floor and the ball under your legs at about your knees. The wider your legs are on the ball, the easier this is. Keeping your neck in line with your spine, tighten your abdominals and lift your hips into the air. You can also bring your knees to your chest for a little more work.



Marching

Sit on the ball, and find your center of balance. Keep one foot on the ground while lifting the other knee as high as you can without losing your posture and balance. This may not be very far. Alternate legs.

Circles

Work on your balance by sitting on the ball and drawing circles with your hips. The ball will roll in a circle around your body. Keep your posture tall.

Courtesy of checkyourhealth.org