

FIND YOUR **Healthy Way** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

JUNE IS NATIONAL ORAL HEALTH MONTH

Keep brushing. Keep smiling!



Did you know you should brush your teeth with a soft-bristled brush? Softer bristles are gentler on your teeth and gums, and less likely to cause damage. Each brushing should last around two minutes to maintain good oral hygiene.

Make your pearly whites a priority. Brush twice a day, floss like a boss, and keep up with those regular dentist appointments. Your smile is a big deal, and so is your well-being! Your loved ones will thank you. And with **Men's Health Week from June 10-16**, Jessica Yanez, our senior Health Education manager, is shining a spotlight on the importance of men's oral hygiene habits.



Jessica Yanez, MS, RDN, CHES
Sr. Health Education Manager
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Jessica Yanez holds a bachelor's degree in Dietetics and a master's in Health Promotion and Health Education from the University of Connecticut. She serves as the Senior Health Education Manager for Regal, Lakeside, and ADOC, leading a diverse team of health educators, registered dietitian nutritionists, certified diabetes educators, health education specialists, and fitness coaches. Jessica spearheads efforts to transform the health and lives of Southern Californians through tailored individual and group health education programs, specifically designed for Regal, Lakeside, and ADOC members.



Are there oral health issues more prevalent or unique to men, and, if so, what steps can they take to prevent or address them?

Yes, men are more prone to certain oral health issues such as periodontal (gum) disease and oral cancer. To help prevent these conditions, men should have regular dental check-ups, keep good oral hygiene practices, including brushing and flossing, avoiding tobacco products, limiting alcohol intake, and eating a balanced diet rich in fruits and vegetables. They should also stay alert for any changes or growths in their mouth, seeking prompt dental care at the earliest signs.



How do conditions like heart disease or diabetes impact men's oral health, and what can they do to manage both their overall and oral health?

Poor oral health, like gum disease, can worsen conditions such as heart disease and diabetes. To manage both oral and overall health, men should brush and floss regularly, visit the dentist often, control conditions like diabetes through lifestyle changes and medication, and live a healthier lifestyle with good diet and exercise habits. Working with a dentist and a doctor can help ensure better health all around.

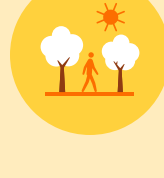
For more information, check out *Men and Oral Health: A Review of Sex and Gender Differences on the National Institutes of Health (NIH) website: ncbi.nlm.nih.gov/pmc/articles/PMC8127762/*



Tips for staying cool & healthy

Southern California might be beautiful, but temperatures can climb into triple digits in the summer. That's why it's important you know how to stay cool and hydrated. **Getting too hot can make you sick if your body can't properly cool down.**

Here are some tips for staying cool when the summer temperatures start to climb:



Get out of the sun

Schedule outdoor activities carefully. If you must be outdoors, try to limit your activity to morning and evening hours when the sun isn't as strong.



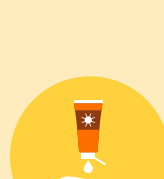
Stay hydrated

Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol.



Use air conditioning

Air conditioning is your friend! Spend as much time as possible in air conditioned spaces. Taking a cool shower, bath, or moving to an air conditioned area is a much better way to cool off. Call 211 for a list of local cooling centers or visit 211la.org/cooling-centers-2022.



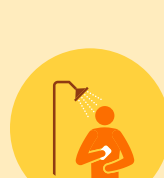
Say no to sunburns

When outdoors, make sure to use broad spectrum sunscreen with sun protection factor (SPF) of 30 or higher. Apply every couple of hours as needed. And remember, you can still get sunburned on a cloudy day.



Dress appropriately

Try wearing loose-fitting and light-colored clothing (dark-colored clothes absorb more heat). You also might consider wearing a brimmed hat to protect your scalp from sunburns and overexposure.



Cool down

Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm.

NEW RECIPE!

Satisfy your hunger and your health!

Chipotle Salmon (or Tofu) with Watermelon Mango Salsa



Get ready to fire up your grill for this chipotle salmon with mango recipe, perfect for men's health and muscle-building goals. Packed with Omega-3 fatty acids, this dish not only promotes heart health but also aids in reducing the risk of arthritis and cancer. For those who don't eat salmon, try substituting with roasted tofu seasoned with chipotle over a bed of lettuce and seaweed. This delicious alternative is high in Omega-3 and protein for a well-rounded meal. Whether it's cold-water fish or tofu, both options provide essential nutrients vital for overall well-being and strength.

Get the full recipe here!

www.diabetesfoodhub.org/recipes/chipotle-salmon-with-watermelon-mango-salsa