

SPECIAL POINTS OF INTEREST:

- Losing Winter Weight
- Diabetes Awareness
- Dental Hygienist
- March Calendar of Events

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Tips from Tracey:

- Floss daily: this prevents gingivitis and disease. Floss before brushing your teeth so that when you brush, you get rid of the bacteria.
- Brush for two minutes twice a day.
- Sonic or electric toothbrushes: Walmart offers some for as low as \$20.

Free Clinic of the New River Valley

SARAH KILBOURNE

MARCH 2010

American Diabetes Association Alert Day

On Tuesday March 23, 2010, the American Diabetes Association (ADA) will kick-off American Diabetes Association Alert Day in hopes of spreading awareness about the seriousness of diabetes. The ADA wishes to encourage Americans to join the Stop Diabetes movement and to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes.

The Diabetes Risk Test is a free online risk calculator that helps you determine your risk for pre-diabetes and diabetes. The risk calculator, which can be found at www.diabetes.org/alert, asks general questions such as gender, ethnicity and age, and

more detailed ones such as family history of diabetes, blood pressure levels and



ADA urges Americans to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes

amount of physical activity.

Diabetes is a serious issue affecting more than 23.6 million children and adults in

the United States. Risk factors for diabetes include low level of physical activity, having a family history of diabetes, or being over the age of 45.

Another risk factor is having a high body mass index. Body mass index is measured by your weight compared to your height. For example, someone who is 5' 2" and weighs 130 lbs has a body mass index of 23.8, which is considered normal. A normal body mass index is between the range of 18.5 and 24.9, while underweight is under 18.5 and overweight is 25 and higher. If you wish to find out your body mass index, **Story continued on page 2.**

Meet New Employee Tracey Crigger

After working as a clinical instructor in the dental hygiene department at Wytheville Community College (WCC), Tracey Crigger decided she was tired of teaching and wanted to do something different.

She learned about the

dental hygienist opening at the Free Clinic of New River Valley from a former student who was a volunteer there at the time and was drawn to the fact that working at a free clinic would be a meaningful experience. She says she likes the fact that she is helping people in need to learn

better oral health.

Tracey started her career by obtaining her degree in Business Management from Emory & Henry College in Emory, Va.

Story continued on page 3.

**57 million people
in the United
States are at risk
for Diabetes that
don't even know it**



Symptoms of Diabetes:

- Urinating often
- Often feeling very thirsty/hungry
- More tired than usual
- Unusual weight loss
- Blurry vision

Exercising is important, not only for your physical health, but your mental health as well



Diabetes Alert Day, continued

ask one of the doctors on your next visit to the clinic.

There are two different types of diabetes. Type 1, sometimes known as juvenile diabetes, is most common among children and young adults. Type 2 diabetes is the most common form for adults and found more frequently in African Americans, Latinos, Native Americans and Asian Americans. In both types of diabetes, the body does not produce enough insulin, a hormone needed to convert sugar and other foods into energy for daily life. Not having enough insulin prevents sugar from leaving the bloodstream, resulting in high blood glucose levels.

Diabetes is not a condition to be taken lightly. Having diabetes can lead to other problems resulting in further health-related complications. When you have diabetes you are more at risk to develop illnesses such as heart disease, stroke, kidney problems, depression, blindness, skin problems, and nerve damage (tingling, pain, numbness or weakness in feet and hands).

You may not think you are at risk for diabetes, but statistics have shown

that almost 57 million people in the United States are at risk for prediabetes and don't know it. The American Diabetes Association strongly encourages all Americans to test themselves for diabetes in celebration of American Diabetes Association Alert Day.

To take the Diabetes Risk Test, simply go online to www.diabetes.org/alert. Don't own a computer? Montgomery-Floyd Regional Libraries have computers for use to those owning a library card. If you don't already have a library card, they are free for full and part year residents. Visit one of the library branches located in Blacksburg, Christiansburg, Floyd, or Shawsville.

5 Tips for Diabetes Prevention: (from Mayo Clinic)

- Get more physical activity
- Get plenty of fiber (fruits, vegetables, beans, whole grains, nuts and seeds)
- Go for whole grains versus white breads
- Lose extra weight
- Skip crash diets and make healthier choices (after you stop dieting you gain the weight back)

Losing Winter Weight

Now that the snow is finally starting to melt, it's time to melt off some of those pounds!

The healthiest way to lose weight is to lose one to two pounds per week. According to the

Health Status website, to lose one pound you must burn 3500 calories. To lose one pound per a week, this means eating 250 calories less than what you normally eat per day, and burning 250 more calories. For those of you who are McDonald's lovers, this is

as easy as switching from a Big Mac to a regular cheeseburger per day. To get more information on McDonald's nutrition, ask an employee for a nutrition pamphlet next time you are there.

Story continued on next page.

Losing Winter Weight, continued



Eating healthy is an important part of a healthy lifestyle

Keeping a journal makes it easier to track the amount of calories you consume per day and you can see your progress over time. Packaged foods are required to print nutritional data on their packaging, so make sure you look at the nutrition label and write it down.

If you forget, or if you are buying a product with no label, websites such as the Calorie Counter, can help you determine how many calories you consumed based on what you ate.

The amount of calories burned during exercise varies depending on your weight; the heavier you are, the more easily you burn calories because it takes more energy to do so. Someone who weighs 120 pounds would burn about 54 percent fewer calories than someone weighing 220 pounds. For people who like to jog, this means that someone

weighing 120 pounds would burn 270 calories in 30 minutes, whereas someone who weighed 220 pounds would burn 495 calories for the same amount of time.

Burning calories doesn't have to feel like a chore: you can even burn calories while brushing your teeth. If you brush your teeth for two minutes, you can burn between five and nine calories. Brushing twice a day helps you burn twice as much. Other routine activities such as grocery shopping can help you burn calories **Continued on back page.**

Tracey Crigger, continued

Tracey then worked in the Financial Aid Office at WCC where she became interested in the dental hygiene field and decided to enroll in WCC's program. After graduating in 2001, she went to work for dentists in private practices in Blacksburg. Tracey then began working as an instructor at WCC and decided to work toward her Masters of Science in Education in Health Education Promotion.

Since starting at the clinic in August, Tracey does procedures such as cleaning teeth, which is also known as a prophylaxis and includes taking x-rays of the mouth. Another procedure Tracey performs is removing plaque and tartar from the teeth to prevent cavities and gum disease

Tracey says the most important time to brush is at

night: if you don't, "you lay there all night as germs accumulate." Because your mouth is connected to the rest of your body, she says your overall health is related to your mouth. "You can tell a lot about a person's health by looking into their mouth," said Tracey, who urges people to brush and floss daily to keep your mouth healthy and prevent infections or diseases that could lead to other health complications.

According to a recent study from the University of Bristol in England, not brushing your teeth may increase the risk of heart attack and stroke. Led by a professor at the university, the study found that some bacteria stick to cells in the mouth causing them to clump together and encase the bacteria, creating blood clots.

If you are not taking good

care of your mouth, gum disease is another concern. Factors that increase risk of gum disease include tobacco, diabetes, steroids, crooked teeth, defective fillings and pregnancy. Warning signs of gum disease consist of gums that bleed easily, swollen or tender gums, persistent bad breath or taste, teeth that are loose or separating, change in the way your teeth fit together when you bite, or gums that have pulled away from the teeth. If you are experiencing any of the above symptoms, schedule an appointment with the dental office in the Free Clinic.

"You can tell a lot about a person's health by looking into their mouth."

Flossing





It's hard to find a job that offers insurance these days. And insurance is expensive if you have to pay for it yourself - too expensive for a lot of families in our area. Still, no one can afford to be without health care, and that's why we're here.

NRV Free Clinic

NRV Free Clinic
215 Roanoke St.
Christiansburg, VA
24073
Phone: 540-381-0820
Fax: 540-382-3391

The Free Clinic is a medical facility for adult residents of the New River Valley who are uninsured and are low-income. Our program provides medical and dental care as well as pharmacy services to eligible patients living in Montgomery, Floyd, Pulaski, and Giles counties and the City of Radford.

Our health care services are provided by more than 450 physicians, nurse practitioners, nurses, specialists, dentists and local citizens who volunteer their time at the Free Clinic. We coordinate our services through relationships with the area hospitals, pharmacies, physician specialty offices and outpatient facilities.

Working to Build a Healthier Community

Visit us online! nrvfreeclinic.org

March Events

March 2: Dr. Seuss's Birthday.

March 7: National Cereal Day

March 10: National Women and Girls HIV/AIDS awareness Day

March 11: World Kidney Day

March 15-21: Brain Awareness Week

March 17: St. Patrick's Day



March 23: American Diabetes Alert Day
March 24: World Tuberculosis Day

Weight, Continued

by walking around the store, or even watching TV can burn you a calorie or two per minute. However, brushing your teeth or watching TV doesn't burn enough calories per day to lose those pounds, so the best thing to go is to get outside!

The best part about exercising is that there is no cost! All you need to do is put on your shoes and go outside. If you are not a fan of jogging, briskly walking twice a day for 30 minutes will burn those 250 calories you need to lose per day. If you do like to jog, you can burn more than twice as much as walking in a 30 minute session.

Swimming is another good way to exercise as it gives your

entire body a workout. Daily admission to the Blacksburg Aquatic Center is \$3.50 and recreational swim takes place from 11 am - 3 pm Mondays through Fridays, 7:30 pm on Mondays, 8:30 pm Tuesdays-Fridays and starting at 12 pm on Saturdays and 1 pm on Sundays.



*The calories burned are estimates from About.com, it varies depending on weight.