

WESTERN NEW YORK'S #1 HEALTH HOME

National Children's Dental Health Month



HOW DO I CARE FOR MY CHILD'S TEETH?

Good oral care begins before a baby's first tooth. Babies are born with all their teeth. You can't see them because they are hidden in the gums. Baby teeth start to break through the gums around 6 months. But it is important to start good oral care even before the first tooth comes in. From healthy gums come healthy teeth.

Bottle Tooth Decay can be a serious problem.

Bottle Tooth Decay can happen if babies drink milk, formula, or juice out of bottles over long periods of time. To avoid it:

- Take the bottle away after your baby is done drinking.
- Don't put your baby to bed with a bottle.

HERE ARE SOME TIPS TO KEEP KIDS' TEETH HEALTHY AND STRONG

0-2 years

- Wipe gums with a washcloth after feeding. This will help get rid of the sticky coating called plaque that can cause tooth decay.
- Brush teeth twice a day with water and a soft-bristle toothbrush.
- Schedule first dental appointment before first birthday.

3-5 Years

- Start using fluoride toothpaste at age 3
- Use only a pea-sized amount. Make sure your child spits it out after brushing.
- Try to break thumb-sucking and pacifier habits by age 4.
- Start visiting your dental team every 6 months.



6-9 years

- Begin flossing as soon as teeth touch.
- Let your child know that it's normal for baby teeth to fall out. That's how "grown-up" teeth come in.
- Until children are able to practice proper oral health habits alone, parents should help their child brush and floss twice a day.
- Always pay special attention to the back teeth, which may have more plaque.



10-12 years

- Require children who play sports to wear a mouth guard to protect their smile.

13+ years

- Suggest that teens carry a toothbrush, toothpaste, and floss in their purse or gym bag for use during the day.

Some other tips for better oral health for kids

- Parents should schedule their child's first dental appointment before the first birthday and every 6 months starting at age 3.
- It is important that children brush twice a day with a fluoride toothpaste and begin flossing as soon as two teeth touch.
- Children should limit sugary and sticky foods and drinks to protect against tooth decay.

For more oral care tips for kids, talk to your dental team or visit www.oralb.com.

Courtesy of dentalcare.com



Prenatal Infection Prevention Month: Protect Your Baby

February is International Prenatal Infection Prevention Month, a time when attention is focused on the health of expectant mothers and their unborn or newborn children.

During pregnancy, health problems may result from infections that are passed from a mother to her unborn or newborn child through the blood, placenta, or both – or even during the birth process. These prenatal infections include: Group B Strep, cytomegalovirus, listeriosis, and human immunodeficiency virus (HIV).



While HIV infection is incurable and can lead to the final stage of acquired immune deficiency syndrome (AIDS), the other

infections may also have harmful, even life-threatening consequences for both mother and baby, if left untreated.

Evidence suggests that prenatal viral infections can cause birth defects. Some of the birth defects that can result from these infections include hearing or vision loss, mental disabilities, cleft lip or palate, and heart malformations. The American Pregnancy Association says that at least 150,000 births are affected by birth defects each year.

Prenatal Infection Exposure through Daily Activities

Simple daily activities can leave expectant mothers vulnerable to exposure. Often these infections are transmitted through contact with an infected person's bodily fluids, i.e., blood, saliva, mucus, urine, vaginal secretions or semen. This exposure can take many forms. Among the typical ways pregnant women come into contact with these infections is through sexual activity or simply by caring for children and other family members.

To help prevent infections, wash your hands with soap and water after changing a diaper or wiping a child's nose or mouth. Never use someone else's toothbrush or share food and drinks. Likewise, use disinfectant to clean all surfaces where bodily fluids may have been spilled.

Prenatal screening for infections is recommended, especially if you are over 35 years of age or have a family history of birth defects. Do not hesitate to

discuss with your doctor when, during your pregnancy, is the best time to have prenatal blood tests to screen for infections.

Pregnancy and Depression

Pregnancy is a life situation that intensifies hormone changes. Due to hormone fluctuations and other conditions, pregnant mothers are more susceptible to depression.

According to the American Pregnancy Association, depression is a mood disorder. Symptoms of this disorder affect 14 to 23 percent of expectant mothers. Depression is a serious illness where hormone changes affect the chemicals of the brain, causing anxiety and depression.

Untreated depression can have negative effects on your baby because you may engage in bad habits such as not eating properly, excessive alcohol or caffeine consumption, smoking or exhibiting suicidal behavior. Engaging in any of these may result in miscarriage or premature birth, low birth weight, developmental complications and birth defects.



Treatment options for depression during pregnancy range from exercise and relaxation techniques, to light therapy and support groups, to psychotherapy and medication.

Depression Medications May Cause Birth Defects

Medications frequently prescribed for depression and anxiety may include Paxil or Zoloft, which are selective serotonin reuptake inhibitors (SSRIs) — a class of drugs that increase levels of the neurotransmitter serotonin.

As with all medications, there can be serious side effects or complications, including birth defects. Be sure to discuss all of your medications with your doctor and ask questions about their impact on your baby.

Courtesy of recallcenter.com

FEATURED RECIPE Bistro Roast Chicken (serves 2)



This recipe makes roast chicken surprisingly easy and delicious! Serve the roasted heads of garlic as a side dish. You can also squeeze out the pulp and use it as a spread on baguette slices or as a condiment for the chicken.

Ingredients

- *2 chicken leg quarters (about 1 1/2 pounds)
- *1 tablespoon chopped fresh or 1 teaspoon dried basil
- *1 tablespoon chopped fresh or 1 teaspoon dried thyme
- *1 tablespoon chopped fresh or 1 teaspoon dried rosemary, crushed
- *2 teaspoons olive oil
- *1/2 teaspoon salt
- *1/4 teaspoon black pepper
- *2 whole garlic heads

Preparation

1. Preheat oven to 375°.
- Rinse chicken with cold water; pat dry.
2. Trim excess fat.
3. Loosen skin from thigh and leg by inserting fingers, gently pushing between skin and meat.
4. Combine basil and next 5 ingredients (basil through pepper).
5. Rub herb mixture under loosened skin.
6. Place chicken on a broiler pan. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.
7. Remove white papery skin from garlic heads (do not peel or separate the cloves).
8. Wrap each head separately in foil; place on broiler pan with chicken.
9. Bake at 375° for 45 minutes.
10. Increase oven temperature to 450° (do not remove chicken from oven). Bake 30 minutes or until thermometer registers 180°.
11. Cover chicken loosely with foil; let stand 10 minutes. Discard skin.

Nutritional Information

Calories 358
Fat: 15.2 g
Protein: 33.7 g
Carbohydrate: 22.4 g
Sodium: 682 mg

Courtesy of Myrecipes.com

Healthy Dining Restaurant of the Month: Joe's Crab Shack

If you think you have to give up your favorite restaurants to lose weight, think again! Restaurants like this month's Healthy Dining Restaurant of the Month, Joe's Crab Shack, make eating out on a diet EASY.



*Dungeness Crab from
Joe's Crab Shack*

With a long list of tempting, dietician-recommended picks that are packed with flavor and feature a variety of fresh seafood, you may just forget you're even watching what you eat.

Dungeness Crab (480 calories, 3.5 g fat, 2.5 cups fruits and vegetables) If you're headed to Joe's Crab Shack, you have to try, well... the crab! It's mild, tender and easy to eat; plus, as a lean protein, it's sure to keep cravings at bay. This "Sodium Savvy" Dungeness Crab is served with new potatoes and corn on the cob to round out the meal. Request the butter and your choice of seasoning on the side. You won't miss the added calories and sodium, and the friendly servers are happy to help.

Chipotle Chicken Caesar Salad (490 calories, 19 g fat, 3.25 cups fruits and vegetables) One of your best friends in the weight loss journey is fruits and veggies, and this salad has 3 1/4 cups of those veggies to help fill you up without using up all your calories for the day. Crisp Romaine lettuce is topped with juicy grilled chicken, black bean corn relish and tortilla strips. Request the dressing served on the side to save on added calories and fat (not included in the analysis listed above).

Lobster Daddy Feast, Steamed (580 calories, 4.5 g fat, 2.5 cups f/v) For those days when you can't decide what to order with so many tasty choices, this feast piles together sweet snow crab AND a whole lobster along with a fresh ear of corn and red potatoes. And if you think there's no way this would fit into your meal plan for the day, think again! When you request butter served on the side, it can be a great way to add extra lean protein and veggies to your day. Go ahead. You're totally worth it!



To see all of Joe's Crab Shack's Healthy Dining choices with nutrition information like calories, fat, sodium and fiber, visit HealthyDiningFinder.com.

Courtesy of ediets.com

The 12 Most Important Ways to Let People Know They Matter

When I think of people who made the biggest impact in my life, it was not their expertise or accomplishments that provided me with the direction, guidance and reassurance I needed to accomplish my goals. It was their sincere belief in me. They let me know through their words and actions that I mattered.

The people in your life want that same validation. In fact, every single person you will ever meet shares this common desire. They want to know they matter.

1. Begin and End your sentences with "YOU"

- *I believe in you
- *I hear you
- *I understand you
- *You were awesome
- *You amaze me

2. Acknowledge Everyone

When you acknowledge someone, you recognize their value and importance. How about starting the day with a "Good Morning" email or Tweet? Or smiling at each and every co-workers as you pass by them by on way to the office? Or reaching out to a new acquaintance you see in a crowd? Go out of your way to acknowledge people. Make an effort to believe and acknowledge there is something marvelous in everyone you meet.



3. Listen with Interest

There is a difference between simply listening to people and listening with interest. This kind of listening requires your ears and heart. Listening with deep interest signifies that you really care about what someone is saying in contrast to simply listening because it is the nice thing to do.

4. Ask Mattering NOT Matter-of-Fact Questions

Question are a window into our minds and intentions. We show people how much they matter by the questions we ask. How important do these questions make you feel?

- *What rocked your world today?
- *Whose world did YOU rock today?
- *How can I make your day?
- *What can I do to make it better?

5. Be Present

The ultimate present you can give another is your PRESENCE. How many times have you been in a conversation with someone, and you know their mind is in another place? You do not have to be available for everyone in every moment ... but when you have someone's time and attention honor it with your presence.

6. Encourage and Reassure Confidence

If you've had the pleasure of teaching a classroom full of young children, you know how much encouragement matters. Children ask out loud, "Is this ok? Did I do it right? Do you like what I did?" When you encourage others, you communicate that you care and you add fuel to their motivational fire. Perhaps more than anything else, you give them hope and inspiration.

7. Deliver Happiness

Cynicism sucks. It sucks the life out of work, business, and people. Life and work are hard enough without situations that tear us down. People want and need to be inspired. When people are inspired, they are lifted above their circumstances and are allowed to see the upside of what they can achieve or become.

8. Talk about Others

No one likes the person in the family, at work, or at the party who only talks about themselves, their interests, their accomplishments and their importance, right? You become far more interesting and important when you talk about the exciting things other people are doing, trying, creating, writing, and sharing. Doing so gives you the opportunity to learn and grow from others.

9. Offer Hope

At every moment of the day, we are either making the world a better place or making it worse. Our thoughts spread out, and either positively or negatively affect others. We have the power to help lift someone up or to bring them down. How we interact with those we meet may be the catalyst that provides them with encouragement and HOPE for a better day... or maybe even a better life.

10. Sweat the Small Stuff

It doesn't take much to make someone's day. It could be a smile, wink, or tweet. It could be an email of praise or a pat on the back for encouragement. Or, a call to say, "hi - how are you, you were on my mind." It's something small that makes a big difference. So, do sweat the small stuff.

11. Tell the people in your life how you feel about them

If it doesn't come natural to you, all the more reason to do it more often. It will begin to feel natural soon. Of course, "You matter" is what everyone wants to hear, but other phrases work just as well: "I'm happy to see you. You mean so much to me. You're contribution to the team is immeasurable. I so appreciate you." Tell people often how much they matter!

12. Make the Choice

Mattering is a choice. Give yourself that option every day. You can say it, write it, tweet it, or deliver the message in person. Make the choice every day to tell, offer, thank, encourage, inspire, and let others know you notice and believe in them. It could be and often will be the most powerful thing you do all day.

I know this simple, clear message of "YOU MATTER" has the power to change lives and change the world.

Courtesy of angelamaiers.com



From our GBUAHN family to yours:



Happy Valentine's Day

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**GBUAHN's Independent Providers Association
doctors are here for you!**

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*Do you know someone who receives
Medicaid and who could use extra
help coordinating their health care
social service needs? If so, please
visit www.gbuahn.org or call us at
(716) 247-5282 for more
information.*



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Since Rapha Family Medicine opened its doors in 2007, Dr. Ilozue and staff have provided quality family and pediatric care to families in the Buffalo area.

Some of the services offered at Rapha Family Medicine include:

- Adolescent Care
- Allergy Shots
- Asthma Treatment
- Workplace Injuries
- Diabetes Care
- Geriatric Care
- Gynecological Care
- Hypertension Care
- Immunizations
- Pediatric Care
- Sports Injuries
- Women's Health

