



# Nurses Newsletter

Center for Applied Behavioral  
Instruction

NOVEMBER

## Just a few reminders.....

Please send in your child’s updated annual physical form after their appointment.

Proof of Flu vaccination administration or a letter of religious or medical exemption is due to the school nurse by December 31, 2020.

CABI must receive the completed daily student attestation form upon the student’s arrival for the day.

Caregivers must be available for pickup within **one hour** if called due to a student experiencing symptoms.

## Office Housekeeping

All medication orders must be renewed each school year. Medication orders can be sent in with your student, emailed or faxed from the prescribing physician. The actual medication cannot be transported in the student’s backpack. Please plan to bring the medication to the nurse prior to the start of the order.

***\*After the start of the medication order, monthly refills may be sent in to school secured in a lock box/lock bag. Please contact Nurse Courtney to discuss this option. \****





# Dental Health!

Halloween is over and we all have a large amount of candy and sweets lying around the house. What a great time to talk about your family's dental health!

## What is Dental Health?

Dental or oral health is concerned with your teeth, gums and mouth.

The goal is to prevent complications such as tooth decay (cavities), gum disease and to maintain the overall health of your mouth.

## Why is Dental Health such a concern?

Disease and other conditions can affect your dental health.

Dental problems can affect other parts of your body.

Failing to properly care for your oral health may lead to other health problems.

## Health problems caused by poor dental health:

### Cardiovascular Disease

If the gums are inflamed due to the bacteria that causes periodontal disease, that same bacteria can get into the bloodstream causing the arteries to build up plaque and harden. This hardening of the arteries is called atherosclerosis, and it is very serious. It leads to blood flow problems and heart blockages, and it increases the likelihood of having a heart attack. The damaging impact on the arteries and blood vessels can lead to hypertension and increase the risk for strokes. Endocarditis can also develop, which is an often fatal condition that occurs when the lining of the heart becomes infected.

### Respiratory Infections

Bacteria in the mouth from infected teeth and swollen gums can be breathed into the lungs or travel there through the bloodstream. Once there the bacteria can lead to respiratory infections, pneumonia, acute bronchitis, and even COPD.

### Diabetes

Not only are diabetics already more susceptible to infection such as infected gums that lead to periodontal disease, but periodontal disease can in turn make diabetes more difficult to control. Symptoms can worsen as blood sugar levels go haywire because of gum disease. It is especially important for diabetics to take good care of their oral health to prevent complications with their disease. Because gum disease can lead to higher than normal blood sugar levels, a person with poor oral health is at an increased risk of developing diabetes.

### Rheumatoid Arthritis

According to the National Rheumatoid Arthritis Society, people with gum disease were four times more likely to have Rheumatoid Arthritis. Both diseases have inflammation in common. The oral bacteria from gingivitis can increase inflammation throughout the body. This makes the risk for developing rheumatoid arthritis, a painful and debilitating inflammatory disease, much higher.

## Prevention

The best way to prevent serious health issues caused by bad oral health is to practice good oral hygiene and schedule regular visits with your dentist.

*To practice good oral hygiene:*

- **Brush the teeth and gums for two minutes at least twice a day.**
- **Floss the teeth daily.**
- **Avoid smoking cigarettes or chewing tobacco products.**
- **Use toothpaste and mouthwash products that contain fluoride.**
- **Limit sugary foods and drinks.**
- **Eat a well-balanced diet for optimum nutrition.**

***HAVE A WONDERFUL AND SAFE THANKSGIVING!***

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