



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

Volume 3, Issue 2

February 2011: National Children's Dental Health Month

February is... National Children's Dental Health Month

The importance of good oral habits is the goal of the American Dental Association (ADA). They are sponsoring February as the National Children's Dental Health Month.

5 Rules for Good Dental Health

1. Brush teeth at least twice a day
2. Floss teeth at least once a day
3. Eat foods from the five food groups (grains, fruits, vegetables, meat/poultry, dairy)
4. Limit the amount of sugary drinks and snacks
5. Visit the dentist twice a year

Private Well Water and Fluoride

According to the Center for Disease Control and Prevention (CDC), there is fluoride present in most water supply's, including wells. It is important to know how much fluoride is present in your well water, especially if you have children. It is recommended to have your well water tested once every three years. This can be done through the Portage County Health Department for a cost. After you know your fluoride levels, check with your dentist to find out if fluoride treatment is necessary. This recommendation will depend on the levels of fluoride in your well water and exposures to other fluoride sources such as drinking water at school or daycare and fluoride toothpaste.

Learn more at: www.ada.org/2714.aspx and www.cdc.gov/fluoridation/fact_sheets/wellwater.htm

Questions or Comments?

Contact Us!

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<http://www.co.portage.oh.us/healthdepartment.htm>

Did you know...?

There are two federally qualified health centers available in our area to provide diagnosis, treatment, and preventative health services for both dental and medical care.

Portage Community Health Resources

Location: 1993 State Route 59
Kent, OH 44240
Phone: 330-673-1016
Dental Clinic: Monday-Friday, 3:00-8:00pm
Saturday, 7:30am-3:00pm
Medical Clinic: Monday-Friday 7:30am-8:00pm
Saturday, 7:30am-3:00pm
Cost: Medicaid, Medicare, Private Insurance, and Income Sliding Scale accepted

Akron Community Health Resources

Location: 1400 S. Arlington St., Suite 38
Akron, OH 44306
Phone: 330-724-5471
Times: Monday-Friday, 7:30am-5:00pm
Saturday, 7:30am-2:00pm
Cost: Medicaid, Medicare, Private Insurance, and Income Sliding Scale accepted



Give a Kid a Smile Day

**Portage Community Health Resources
and
Akron Community Health Resources**

Services: Dental Exam, Cleaning, Fluoride treatment
Who: All kids through age 14
Where: Both Portage and Akron Community Clinics
Date: Friday, February 4, 2011
Time: 8:00am-4:00pm
Cost: **FREE**, Private insurances will be billed
Walk-in, No appointment necessary