

WHAT THE HEALTH!?

February is Heart Health Month

Heart Disease is the leading cause of death for men and women in Tioga County. 610,000 Americans die from heart disease every year!



Lower your risk for heart disease by making healthy changes to your life style!

Women Don't Experience Heart Attacks Like Men - Know The Symptoms!

- ♥ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- ♥ Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ♥ Shortness of breath with or without chest discomfort.
- ♥ Nausea or lightheadedness, or breaking out in a cold sweat.
- ♥ Fatigue - feeling extremely tired.

Women often misdiagnose these signs of a heart attack thinking it's the flu!

Children's Dental Health Month

tooth decay is the most common childhood disease

3 out of every 5 children are affected by tooth decay

2 is too late!
Take your child to see a dentist before age 1

51 million school hours missed due to oral disease

5x more common than asthma

tooth decay is almost entirely preventable!

Mobile Dental Schedule

- **1/21-2/14** Owego Elementary
- **2/15-3/6** Owego MS/HS
- **3/7-3/15** Newark Valley High School
- **3/18-4/5** Newark Valley Middle School
- **4/8-4/26** Nathan T. Hall Elementary
- **4/29-5/22** Candor School District
- **5/23-6/21** Van Etten Elementary

TI GA
Smiles
DENTAL SERVICES



February 2019