

>>> **Our Mission:**

*To provide superior dental care to homebound and special needs individuals in their own home or care facility.*

Issue  
**TWO**  
May-Aug  
2019



**Keeping Your Loved Ones Healthy in 2019!**

# On location



Who we are >>>

## Available Services...

Services are provided for pediatric, adult & geriatric patients that are home bound & special needs individuals

- Teeth Cleaning
- Gum Care
- Fluoride Varnish
- Silver Nitrate
- Fillings
- Extractions
- Full & Partial Denture Fabrication
- Denture Adjustment
- Education for Patients & Care Providers

## We're off to great places

*Making a good first impression counts!*

**Contact Us Today!**

**Where you can find us.**

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[www.dentalcareinyourhome.org](http://www.dentalcareinyourhome.org)

Social media:

<https://www.facebook.com/DentalCareInYourHome/>

## What's Cooking?

**Tasty and Low-Cost Recipe**



### Chicken Stir-Fry

Makes: 6 Servings



#### Ingredients:

- 2 tablespoons vegetable oil
- 1/2 cup carrots (peeled, sliced thinly, drained or 1/2 can, about 8 ounces, low-sodium carrots)
- 1/2 cup celery (sliced thin)
- 1/4 cup onion (cut into strips)
- 1 green pepper (cut into strips)
- 1 tablespoon garlic (finely chopped)
- 1-pound chicken (cooked, skin removed, sliced into strips)
- 1/2 teaspoon sugar
- 3 tablespoons soy sauce (optional)
- 3 cups cooked white rice (or brown rice)

#### Directions:

1. Heat a large pan with vegetable oil over high heat.
2. Add vegetables and garlic to the hot pan. Stir until garlic is slightly brown. If using ginger, add that too.
3. Add the chicken and sugar to the pan. If using soy sauce, add that too.
4. Stir the food for about 1 minute in the pan.
5. Serve with cooked rice.

#### Notes:

This stir-fry is delicious for lunch or dinner. It is very quick to fix. It may also be served over spaghetti, rotini, and other macaroni products. Tip for cooking chicken: The recommended safe minimum internal temperature for chicken is 165 degrees F, as measured by a food thermometer.





## 10 Bad Habits That Are Hard On Your Teeth

Your permanent adult teeth you get are supposed to last you the rest of your life. Learn about these 10 bad habits you might be doing that can be damaging to your teeth and oral health and reasons to stop them before it's too late.

### 1. Nail Biting

- Nail biting is not usually one thing you would think could have an impact on the health of your teeth.
  - Regular nail biting can cause teeth to shift, chip or crack.
- Suggestions to help with this bad habit:
  - Trim nails regularly
  - Apply bitter-tasting nail polish
  - Stress induced biting can be helped with finding a new way to relieve stress by keeping your hands busy with drawing, writing, etc.

### 2. Teeth Clenching/Grinding

- These bad habits can cause a significant amount of pressure to the gums and jaw structure causing fractures and micro-fractures putting your teeth at risk for further damage.
- Stress is often the cause; some helpful suggestions are:
  - Physical activity: yoga, running, swimming, etc.
  - Meditation

### 3. Chewing Ice Cubes

The cold temperature and the hardness of the ice cubes can cause serious damage to your teeth.

- Craving or chewing ice, also known as pagophagia, may be a sign of an iron deficiency anemia, according to the Mayo Clinic. The reason for this is unclear to professionals but it is a common side effect of iron deficiency.
- A visit to your regular physician may be in order to see if you have an iron deficiency.

### 4. Thumb/Finger Sucking

- Thumb/finger sucking is usually a common stress reliever for infant or small children. But studies have found that many adults continue to suck their thumb.
- The dangers of this habit after permanent teeth start to come in will likely cause permanent changes to jaw and teeth alignment. Which then will result in breathing and eating difficultly. This can also often turn into the next habit.

### 5. Biting a Pencil

- As a person gets older thumb/finger sucking can be substituted with actions like chewing on pencils or other objects.
- Holding a pencil, pen, eyeglasses or other objects can supply a significant amount of pressure on your teeth and gums causing cracked or loose teeth and other dental issues.

### 6. Biting into Lemons

- Lemons are a great source of vitamin C and have a number of health benefits but biting into a lemon is a bad idea.
- They are highly acidic and can quickly wear away the enamel on your teeth likely causing teeth issues like sensitivity or even cavities.
- If breaking this habit is too hard, at least swish your mouth with water and wait an hour before brushing your teeth to avoid further damage.

### 7. Brushing Too Hard

- Brushing your teeth is important to keeping healthy teeth and mouth, but if you brush too hard the enamel of your teeth will be damaged, gums will be irritated, hot and cold sensitivity of teeth, and cavities can result.
- Using an ADA-approved toothbrush with soft-bristles with just enough firmness to remove plaque and food can help prevent damage to teeth and gums.

### 8. Using Your Teeth As A Tool

- People often use their teeth to open bags or bottles, rip off price tags, even straighten objects out. This practice is a bad idea although may seem convenient at the time. This practice can cause your teeth to crack, chip or break completely.
- Avoiding this bad habit will help maintain healthy teeth, so that you don't end up having an emergency trip to your dentist.

### 9. Drinking Sodas

- Carbonated drinks can be very acidic and can cause cavities and loss of enamel. The major contributor to cavities is sugar.
- Sugar-free sodas or diet sodas may have some benefits but still contain harmful acids that still can cause tooth damage. Trying to eliminate these drinks will leave your teeth and overall body healthier.

### 10. Using Toothpicks

- Toothpicks help remove food from your teeth but if not used properly could damage your tooth enamel, lacerate gum tissue, cause an infection from a toothpick splinter, or even cause a broken tooth.
- Flossing or brushing is the best way to remove food from your teeth, but if you must use a toothpick be gentle.



## Meet One of Our Dental Assistants

**Mary Vallejos, CDA**



Mary Vallejos is my name. I am a certified Dental Assistant for "Dental Care In Your home". I have been assisting for the hygienists and the doctor now for over 3 years. I have been in the dental field for over 41 years starting in the US Navy. I was stationed in the beautiful northwest in Washington State just outside of Seattle. There I worked with and married my awesome husband Steve. Steve from the "Land of Enchantment" and I from Minnesota could be nothing but opposites. The opposites are now nearing 40 years of marriage with 3 grown children and 3 rambunctious grandsons. They are a true delight. They teach us more than what we teach them.

Prior to Dental Care in Your home I had the opportunity to work with a maverick of a dentist named Douglas Sheram He retired after working for him for over 25 years. Dr. Sheram learned and practiced all aspects of dentistry allowing his staff to grow alongside him.

My favorite part of dental assisting is serving our older community. They have the best stories. Through the years I would ask Dr. Sheram if it would be possible to enter nursing homes to help the elderly with their dentures. He never saw the opportunity to do such, but now I am doing the thing I always wanted to do. The Lord always gives us our hearts desires.

My Great-grandfather "George told me a story when I was a young girl. He had left Sweden as a teenager with his brother, crossing the Atlantic just after the turn of the 19<sup>th</sup> century. On-board ship they had bananas. Being from Sweden he had never seen bananas. He ate one and said it was the worst thing he had ever eaten. Comes to be he ate the banana with the peelings on. No one had told him how to eat it. I always wondered why they would always call themselves "Dumb Swedes" He was a swede, but he wasn't dumb; silly perhaps! I feel like I'm at home with Dental Care In Your Home. We are a family.

## Testimonials...

*Here's another happy family and patients.*

- "In the city, there are many elderly (like me) who are afraid to ask for help. We fear still another injection. You and your team came to our HUD facility for impoverished elderly. You gave me the attention I so needed. You helped me understand my need for even more dental care. I want to save my few remaining teeth from being lost. It is my hope that those who do have the means will choose to make sure that your invisible, invaluable, care for the elderly will continue." – John Whitenack
- "Thank you wonderful people for being there for the sick, the elderly, and Alan."

Please join us in this charitable effort to care for the dental needs of our mothers, fathers, brothers, sisters, children, neighbors, and friends.

**Visit**

[www.dentalcareinyourhome.org](http://www.dentalcareinyourhome.org)

**to donate today!**