

— EL AVISO —

December 2008



Periodontal Disease?

(This is not a Christmas Story)

If your hands bled when you washed them, you would be concerned. Yet, many people think its normal if their gums bleed when they brush or floss. In a 1999 study, researchers at the U.S. National Institutes of Health (NIH) found that half of Americans over 30 had bleeding gums.

Swollen and bleeding gums are early signs that your gums are infected with bacteria. If nothing is done, the infection can spread and destroy the structures that support your teeth in your jawbone. Eventually, your teeth can become so loose that they have to be extracted.

"Perio" means *around*, and "dental" refers to *teeth*. Periodontal diseases are infections of the structures *around the teeth*, which include the gums, periodontal ligament and alveolar bone. In the earliest stage of periodontal disease — gingivitis — the infection affects the gums. In more severe forms of the disease, all of the tissues are involved.

For many years scientists have been trying to figure out what causes periodontal disease. It is now well accepted that various types of bacteria in dental plaque are the major villains. Researchers also are learning more about how an infection in your gums can affect your overall health.

In recent years gum disease have been linked to a number of other health issues. This is a new and exciting area of research, but it remains controversial. Studies have produced varying answers about the extent of the connection between gum disease and other medical problems, and more research is needed. Researchers are studying possible connections between gum disease and:

Atherosclerosis and heart disease — Gum disease may increase the risk of clogged arteries and heart disease, although the extent of this connection is unclear. Gum disease also is believed to worsen existing heart disease.

Stroke — Gum disease may increase the risk of the type of stroke that is caused by blocked arteries.

Diabetes — people with diabetes and periodontal disease may be more likely to have trouble controlling their blood sugar than diabetics with healthy gums

Premature births — A woman who has gum diseases during pregnancy may be more likely to deliver her baby too early and the infant may be more likely to be of low birth weight. One study showed that up to 18% of premature, low-birth-weight babies might be linked to maternal gum disease.

Respiratory disease — Gum disease may cause lung infections and worsen existing lung conditions when bacteria from the mouth reach the lungs. ▶

LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas, Vallecitos, Youngsville

► What Causes Periodontal Disease?

Periodontal disease is caused by bacteria in dental plaque, the sticky substance that forms on your teeth a couple of hours after you have brushed. Interestingly, it is your body's response to the bacterial infection that causes most of the problems. In an effort to eliminate the bacteria, the cells of your immune system release substances that cause inflammation and destruction of the gums, periodontal ligament or alveolar bone. This leads to swollen, bleeding gums, signs of gingivitis (the earliest stage of periodontal disease), and loosening of the teeth, a sign of severe periodontitis (the advanced stage of disease).

Practicing good oral hygiene and visiting your dentist regularly (about once every six months, or more often if you have gum disease) can prevent periodontal disease. Daily brushing and flossing, when done correctly, help remove most of the plaque from your teeth. Professional cleanings by your dentist or dental hygienist will keep plaque under control in places that are harder for a toothbrush or floss to reach.

If oral hygiene slips or dental visits become irregular, plaque builds up on the teeth and eventually spreads below the gum line. There, the bacteria are protected because your toothbrush can't reach them. Good flossing may help dislodge the plaque; but if not removed, the bacteria will continue to multiply, causing a more serious infection. The buildup of plaque below the gum line leads to inflammation of the gums. As the gum tissues become more swollen, they detach from the tooth forming a space, or "pocket," between the tooth and gums. In a snowball effect, the pockets encourage further plaque accumulation since it becomes more difficult to remove plaque. If left untreated, the inflammatory response to the plaque bacteria may spread to the periodontal ligament and alveolar bone, causing these structures to be destroyed.

Another problem is that if plaque is allowed to build up on teeth, over time it becomes calcified, or hardened, and turns into calculus (commonly called tartar). Since calculus is rougher than tooth enamel or cementum (a layer that covers the tooth root), even more plaque attaches to it, continuing this downward spiral. Using a tartar-control toothpaste may help slow accumulation of calculus around your teeth, but it can't affect the tartar that has already formed below the gum line.

Together we can fight gum disease. Please call for an appointment now - 575-581-0028.

(Las Clinicas Del Norte Dental Program Manager)

Announcements

Welcome to - Deborah Arraj, LISW, who has been hired as a Counselor to work at the Ojo Caliente clinic three days a week.

Charlene Martinez, Accounts Payable Assistant, transferred to Abiquiu where **Karen Martinez** had resigned.

Positions now open are:

- **Full-time Accounts Payable Assistant**

A mature, self-motivated person with at least 5 years work experience in a not-for-profit health care clinic, to assist with processing of general ledger, payroll, A/P, A/R and grants management for both federal and state agencies.

- **Full-time Float Medical Assistant**

To work in 5 clinic sites, including Mesa Vista and Pojoaque School Based Clinics. A 9 month per year position with some opportunity for limited summer work. Able to work independently with good organizational, communication and computer skills. Must have at least 5 years of nursing experience. Complete salary and fringe benefits. EOE.



Peace and Joy to All



*Have a safe and
Happy New Year*

⊗ Community Events ⊗

Contact: Joan Tollefson 1-505-323-1519/ 581-4728 x255/ email: joan@lcdn.org

For Health Advise when we are closed, call Nurse Advise New Mexico 877-725-2552 open 24 hours.

El Rito

Las Clinicas del Norte Board Meeting - every 4th Monday, 6 pm, El Rito clinic Community Room

El Rito Library- Tues, Wed, Thurs, Fri, 11 am – 6 pm, Sat, 11 am – 5 pm

El Rito Library Board Mtgs. - every 2nd Wednesday, 6:30 pm at Library

AA Meetings El Rito - Sun, 5 -6 pm, at El Rito Library. Open discussion.

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the El Rito Fire Station, open to the public

Tutoring - El Rito Save the Children Ctr, contact # 581-4516

Recycling - NEW LOCATION: Tues, Thurs, Sat. 8am -4pm
Recycling Station at the old El Rito Dump. Look for flyer or call for information, Joseph Lewandski of North Central Solid Waste 747-8459.

Abiquiu

Abiquiu Fire Dept. Mtg. - every 2nd Thursday, 7:30 pm, Fire Dept.

AA Meeting - Saturday, 10am, Abiquiu Library

Al-Anon Mtg. - Every Mon. 5:30-6:30, Abiquiu Clinic rear bldg.
For info call Jean 685-4490

Abiquiu Library - Mon, Tues, Wed, Thurs, 12:00 pm – 6 pm and Sunday, 9 am - 12 noon, located on the Plaza

Recycling - NEW LOCATION: Tues.- Sat. 8am to 4 m. Garbage & Recycling at the new El Prado Convenience Station at the Rural Events Center. Look for flyer or call for information, Joseph Lewandski of North Central Solid Waste 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7 pm, Ojo Caliente Fire Dept.

EL RITO LIBRARY

*Happy Holidays
from the Staff and Board
of the El Rito Library.
See you next year.*

EL RITO LIBRARY 581-4608

Tuesday, Wednesday, Thursday, Friday
11am - 6 pm,
Saturday 11 am - 5 pm

PUEBLO DE ABIQUIU LIBRARY AND CULTURAL CENTER

*HERMANOS Y HERMANAS!
CELEBRATE WITH US!*

Music! Delicious Food! Holiday Gifts!

HOLIDAY SEASON PARTY

Sunday, December 14th from 4 to 6 PM

\$15 donation includes music & dinner

Meet your friends and neighbors and support the Library at our Annual HOLIDAY PARTY.

Enjoy a home-cooked buffet dinner while listening to the music of *Lorenzo Gonzales and Company*.

After eating, browse at our Gift Table for books, artist-made ornaments and other holiday items.

Each ornament is designed and *hand-painted by local artists* in support of the library.

For advance tickets and information, please contact Librarian Sandi Martinez at 505 568 4884 or abiquiupl@gmail.com.

IN THE SPIRIT OF THE HOLIDAYS

You may have noticed the beautiful **penny pots** at businesses throughout the valley created by Board member and artist Iren Schio. Attendance has never been higher with a record number of community members using the computers, reading books and magazines, looking at our art and other cultural exhibitions, and participating in special library programs like readings, book signings, and this Summer's *Catch the Reading Bug* program for teens and children.

The Library's programs are thriving but this Fall we experienced a severe shortfall in legislative funding, as did all the independent Rural Rio Arriba Libraries. Help us to continue to provide educational and youth services to the community.

EVERY PENNY COUNTS! Please give whatever you can. **NO DONATION IS TOO SMALL!**

We thank you for your support throughout the year and hope that you will open your heart and give generously!

*Pueblo de Abiquiu Library and Cultural Center
685 4884 / abiquiupl@gmail.com*

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: 581-4728
1-800-869-7624

OJO CALIENTE CLINIC
PO Box 307, Ojo Caliente 87549
Phone: 583-2191
1-866-665-6832

ABIQUIU CLINIC
PO Box 757, Abiquiu 87510
Phone: 685-4479
1-866-578-1662

MEDICAL:

MON thru FRI 8 am- 6:30pm
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232

Call to schedule, Monday thru Friday
Spanish speaking on Friday

DENTAL SERVICES: 581-0028

MON thru FRI 8 am- 6:00pm

MEDICAL:

TUES thru FRI 8 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 583-2191

Call to schedule, Monday thru Thursday
Spanish speaking on Tuesday thru Thursday

NO DENTAL SERVICES

MEDICAL:

MON thru FRI 8 am- 6:30 pm
Confidential Family Planning Title X Services available

COUNSELING: 685-4479

Call to schedule, Wednesday & Friday

NO DENTAL SERVICES

LCDN BOARD OF DIRECTORS

President, Gary Salazar; Vice-President, Marcos Garcia; Treasurer, (open); Secretary, Pauline Varoz. Members, Tony Chacon, Erma Crim, Trudy Drake, George Flores, Gilbert Ferran, Lillian Gallegos, Peter Hansen. Honorary Member, Jeremias Archuleta

DONATIONS – will be listed for one year

Las Clinicas would like to thank the following 2007 and 2008 contributors

For Abiquiu Health Fair in August 08 -

\$100 and Under - Abiquiu Studio Tour; El Valle Insurance Agency, Inc (6/08); Elipio's Blue Spruce Bar; Cerro Perdenal Heritage Assoc.
\$ 500 - Wal-Mart, Espanola

\$ 200 - Wimett Revocable Trust Thomas or Genevieve Wimett (2/08)

\$ 500 - The New York Community Trust James Talcott Fund (1/08)
Andy R. Lopez (1/08); Helen Hunt (2/08); Ann Norton (12/07)

\$ 1,000 - Sam R. & Isabel E. Jewell, Abiquiu (11/07)

\$ 1,200 - Dr. Anthony David Garcia (4/08)

\$ 3,293 - Dr. El Trujillo (1/08)

\$ 25,000 - An Anonymous Donor (7/08)

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