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Health & Well-Being

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Pregnancy and Oral Health: Why does it matter?

You should take special care of your teeth and gums during pregnancy. This topic often doesn't get the attention it deserves, but there is a crucial connection between oral health and pregnancy.

Hormonal changes during pregnancy can increase the risk of gum diseases and cause flare-ups of existing dental issues. More than 60% of pregnant patients have gum diseases. Research suggests a link between poor gum health in expectant mothers and adverse pregnancy outcomes, including preterm birth and low birth weight. Even if you don't believe you have any oral problems, it's always good to get a preventive visit to the dentist in early pregnancy. Your dentist can find issues you aren't aware of. If dental problems are left untreated there can be risks to the overall health of the patient.

Is it safe to get dental care during pregnancy?

Yes, seeking dental care and getting treatment is safe for you unless otherwise determined by your dental professional. Modern dental x-rays do not expose you to a lot of radiation. Please seek oral care as early as possible. If treatments are needed, your dentist can plan those for the second trimester.

You're covered!

Did you know that pregnant women are covered for most dental procedures for one year after delivering, irrespective of the outcome of delivery? Contact your dental clinic for more information.

Oral Health Tips for Expectant Mothers: A Healthy Smile for a Healthy Start

- 1. Regular Dental Check-ups:** Schedule dental appointments during pregnancy for professional cleanings and routine check-ups. Inform your dentist about your pregnancy for tailored care.
- 2. Oral Hygiene Practices:** Brush and floss regularly to prevent gum disease. Use fluoride toothpaste and rinse your mouth after eating any meals to keep bacteria at bay.
- 3. Balanced Nutrition:** A well-balanced diet rich in vitamins and minerals, particularly calcium and vitamin D, contributes to strong teeth and bones for both mom and baby. Avoid sugary food or sugar-sweetened beverages.
- 4. Stay Hydrated:** Drinking plenty of water helps combat dry mouth, a common issue during pregnancy. It also aids in flushing away bacteria.
- 5. Morning Sickness:** Avoid brushing immediately after any episodes of throwing up.

Spread the word!

Share this with your friends, family, and anyone expecting a bundle of joy. Let's join hands in nurturing smiles and ensuring a healthier start for the newest members of our community. Here's to radiant smiles, healthy pregnancies, and a brighter, cavity-free future!

Dr. Richa Singhania, Dentist
Mountain Community Health



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Leicester man trains to become an 'American Ninja Warrior'

By MEGAN JAMES

LEICESTER — David Allan Rose was watching a 65-year-old athlete compete on the TV show “American Ninja Warrior” several years ago, when he had a realization. The senior contestant in the sports reality show didn’t make it very far across the obstacle course, yet everyone made a big fuss over his performance. That’s when Rose, 70 at the time, thought to himself, I can do that.

And he began to train.

Rose, now 76 and living in Leicester, is a natural-born risk taker. At age 20, he

dropped out of college in California, where he was studying engineering, to try his hand at become a jockey. He had never ridden a horse before. He’d never played sports. “My natural skills are building things,” he explained

inside the immaculate Airbnb cabin he built on his Route 7 property and which now serves as his primary source of income.

But back then Rose’s friends teased him about his height, saying he’d make a great jockey. Rose stands 5 foot, 4 inches, “which is actually very tall for a jockey,” he explained. Most jockeys are closer to 5 feet, and they can’t weigh more than 112 pounds. Rose’s healthy weight is closer to 130. When he retired from being a jockey, it was in part because “I was tired of being hungry all the time,” he recalled.

To become a jockey, he spent four and a half years living in a stable in Chino, Calif., exercising the racehorses and training to race himself. Two years into that experience, he was kicked by a horse and sustained several broken ribs and a punctured kidney.

Horse racing is one of the world’s most dangerous sports — for horses and jockeys. But Rose was committed. He spent 21 days recovering in the hospital and returned to work at the stable. When he completed his training, he went on to race professionally all around the East Coast — at places like

Hialeah Park in Florida — for three years.

He loved it.

“That incredible feeling of competing,” he mused while pointing to a newspaper clipping he has framed on the wall of his Airbnb: a photo of himself racing, breaking out from a pack of horses thundering toward a finish line.

“I don’t know what it is inside some people that makes them willing to take risks,” he said.

The next risk Rose took was going back to school at 30 to finish what he’d started. After graduating, he started his own

construction company in California, where he spent the next few decades building houses. But in the 2008 housing crisis, he lost everything — including his own home. “I had to shut

down my company because there was no work,” he said. “It was a very sad time in my life. Everything I’d worked for had disappeared.”

Eventually Rose picked up and drove east, looking for a fresh start. He found himself on Church Street in Burlington and, feeling that Vermont was the most beautiful place, decided to stay. When the Leicester property came up for sale, he bought it, renovating a falling-down shack into a living space for himself, and building the additional cabin to rent out to vacationers.

“It’s taken me 10 years to get my life back,” he said.

Despite Rose’s risk taking — or perhaps because of it? — he has one primary goal in life: to live to be a “healthy 100.” “I just love life and I want to be here as long as I can,” he said. In service of that goal, he has never let up on maintaining his physical fitness.

After he retired from horse racing, Rose continued to exercise regularly. He did aerobics and weightlifting at the gym and started dancing, which he loves. He has taught swing dance all over the area,

“The most successful contestants tend to be small, gymnastics types. Big football player types can’t hold themselves up.”

— David Allan Rose



DAVID ALLAN ROSE exercises regularly, including lifting weights. Part of his regimen entails jumping on his trampoline while lifting 5-pound weights in each hand ... for over an hour.

Independent photo/Steve James

Natural Beginnings

Vicki is a board certified registered lactation consultant that offers home, phone, or telemedicine visits for mothers who are facing a variety of breastfeeding challenges in Addison and Rutland counties, and some areas in New York State. She also has a prenatal monthly breastfeeding class available on Zoom. Mothers can feel overwhelmed when trying to balance milk production, latching issues, nipple soreness, engorgement, pumping and returning to work, and much more. Vicki is available to help mothers during this transitional period — you are not alone.

Vicki is a provider for BCBS, CBA Blue, Tricare and Vermont Medicaid for home consultations and personal use breast pumps. She also sells Medela and Spectra breast pumps and products.



VICKI KIRBY RN, IBCLC, RLC

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AFTER HE STARTED training to become a contestant on “American Ninja Warrior,” David Allan Rose built an outdoor gym where he works out for two hours every day jumping rope, doing crunches, lifting weights and bouncing on his trampoline.

Independent photo/Steve James

including at Middlebury and St. Michael’s colleges.

Since setting his sights on “American Ninja Warrior,” Rose has built an outdoor gym, complete with trampoline and monkey bars, on his property. He works out for two hours every day. “I want to inspire older people that they can do things like this,” he said.

But “mental belief” is just as important to Rose.

“If you set a goal, the universe will tell you what to do,” he said.

Right now the universe is telling him to jump on his trampoline while lifting 5-pound weights in each hand for over an hour, and to do 100 consecutive leg lifts. He is working toward being able to do 30 pull-ups in a row.

The key to the American Ninja Warrior obstacle courses, Rose said, is upper body strength. He will have to be able to grip on and hang from things while propelling his body forward. It helps that he’s slight of build. “The most successful contestants tend to be small, gymnastics types,” he said. “Big football player types can’t hold themselves up.”

The other key to the competition is mental: Folks are often too nervous in front of the camera to keep their cool. Rose feels confident performing, dancing and racing in front of a crowd. “Visualization is the

key,” he said.

Rose is taking his time submitting his application to the TV show. He applied once before the pandemic, and producers contacted him for a follow-up. “But everything fell apart with COVID,” he said.

The application is long.

“They want to know everything about you,” Rose said. “They want to know what challenges you have overcome in your life and why you want to be on the show. I spent five hours answering all their questions on the application.” And then you have to submit photos and videos.

Rose is working with a film student from Middlebury College to prepare his audition video, but he suspects it won’t be ready until next year. But that’s OK with Rose, who is focused on the process at the moment. “It’s a way to set a goal,” he said. “To keep

“If you set a goal, the universe will tell you what to do.”

— David Allan Rose

me occupied. Why not?”

When he’s not training his body or swing dancing, Rose is often coordinating host families for the international students he brings to the area through ASSE International Student Exchange Program. “I want to be an example to the students to follow their dreams,” he said after leaping down from the monkey bars above his trampoline. “I’m pretty proud that I’m 76 and still following mine.”



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Nine steps to a healthier life and a healthier weight

This coming week, Jan. 21-27, is National Healthy Weight Week. During this week, health professionals encourage those trying to lose weight to stay off fad diets, and instead take steps to eat well and live actively, not only to shed pounds now but also to sustain a wellness lifestyle for years to come.

The National Foundation for Cancer Research, which believes that the best way to fight cancer is to prevent it in the first place by living a healthier lifestyle, encourages people to celebrate National Healthy Weight Week in eight simple steps.

1. Make exercise fun again

For children, exercise is as natural as breathing. Racing to the bottom of the hill or climbing trees are seen as fun and games rather than an exercise routine. To get into the habit of movement as an adult, find out which kind of exercise is enjoyable. Some people may find a game of basketball to be the motivation needed, while others will find walking outdoors to be a refreshing change of pace. For those who crave a social workout, invite some friends along and make the exercise a social gathering and celebration.

The U.S. Centers for Disease Control

recommends 150 minutes of exercise a week — so you might as well spend that time doing something you like. Give dancing, swimming, lifting weights, walking, playing sports or joining a fitness class a chance. You might find yourself looking forward to moving your body.

2. Take small steps

Incorporating physical activity doesn't need to be a massive grand gesture. Running a marathon is great, but not if it comes at the cost of your sanity. Adding any sort of movement to one's day is an excellent starting point. Try to walk or bike instead of drive when possible, and opt for the staircase instead of the elevator. Make it a habit to incorporate movement into your day.

3. Drink more water

Thirst is often misinterpreted as hunger, causing many people to overeat. Ensuring that one's body is getting enough fluid is hugely important to maintaining a healthy body and weight. Keeping hydrated also helps the body regulate temperature, rid itself of waste, and even keeps the brain more focused. Most adults should be drinking approximately two liters of water a day.

4. Get plenty of quality sleep

Sleep helps the body prepare for another day ahead as well as recover from the day passed. Ensuring at least eight hours of sleep each night can even reduce one's risk of many diseases. It can help lower blood pressure and reduce stress levels.

5. Relax

Speaking of stress, individuals who battle constant stress may find it difficult to lose weight or even maintain a healthy weight. Practicing yoga or meditation can help relieve stress and make it possible to maintain a healthy weight. For those experiencing chronic stress, speaking to a doctor may be necessary.

6. Cut back on alcohol

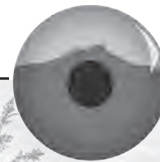
Alcohol is one of the unhealthiest things people can consume. Not only is it typically full of calories with zero nutritional value, but it also increases one's risk of cancer. People who drink alcohol should limit their intake to no more than two drinks a day for men and one drink a day for women. When pouring

a drink, it is important to note exactly how much of the beverage is considered one standard drink.

7. Eat more fruits and vegetables

Adults are recommended to eat 2.5 cups of fruits and vegetables each day. This ensures that the body is receiving all of the nutrients and vitamins it needs. To meet this recommendation, fruits and vegetables should be had at every meal and snack. In incorporating fruits and vegetables, it is also recommended to have a variety of each. Different colored plants have unique nutrients, meaning that eating only strawberries won't give the body what it needs. The increase of

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DAVID ALLAN ROSE built an outdoor gym at his Leicester home where he can hop onto a mini-trampoline then land on a full-size tramp and bop up to some monkey bars, where he swings, climbs and builds upper-body strength. Rose will need that strength when he one day competes on "American Ninja Warrior." He is proud that at 76 years old, he can follow his dreams.

Independent photos/Steve James

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Why knowing how to ride a bike is *important*



cycle exploring your local landscapes, or helping you reduce carbon emissions on a daily work commute. Riding a bike can take you places quicker than your feet can and show you more in less time.

Modern cycling has been around for around 130 years, and bikes keep evolving as

our needs change and technology advances. Due to climate change, it's imperative we use green transport where we can, and with modern life involving a more sedentary lifestyle, it's more important than ever to get outside and use your body — and

riding a bike conquers all three of these points.

As well as limiting your fitness, travel and adventure opportunities, not being able to ride a bike could even limit your love life. Our survey found that 18% of adults claim they'd find it unattractive if a potential partner could not ride a bike, believe it or not.

James Adkin, Explore Worldwide's Cycling Program manager, reiterates that riding a bike is an environmentally friendly way to travel that is positive for your health and your local community.

"Travelling by bike is good for nature and good for your own health," Adkins says. "So many short journeys can be made by bike and so many short car journeys are therefore avoidable. Once learned, you never forget how to ride a bike and it enables you to have so much freedom to explore your local area, make low-impact journeys and enjoy yourself."

Riding a bike opens up a whole world of adventure and opportunities, says U.K. company Explore Worldwide in its new "Learn To Ride" report. In day-to-day life, knowing how to ride a bike can help you stay active and fit, whether it's a leisurely

Want to be healthier and feel better? My Health Vermont can help

The My Health Vermont website is the result of a partnership of Vermont organizations dedicated to helping Vermonters get the support they need to take control of their health. It is a partnership led by the state Department of Health and the Vermont Blueprint for Health. Among the partners is Porter Medical Center in Middlebury.

Go online to MyHealthyVT.org to find a list of health support programs that are offered 100% free for everyone.

The organization's local coordinators can connect you with workshops right in your community. These are led by trained facilitators who understand your needs because many have faced similar health challenges. From building healthy behaviors to quitting smoking to managing pain and other long-term health problems, Vermonters who complete our workshops see big improvements in their health and in their overall well-being.

MyHealthyVT.org provides access to multiple tools such as workshops on a variety of health topics, including an online Diabetes Prevention Workshop.

Online workshops are available to any Vermonter from any location. A computer or smartphone with a reliable internet connection is required. An up-to-date web browser is also recommended.

In addition to workshops, MyHealthyVT.org has other resources, like links to find healthy and affordable foods. Read more about the programs online at MyHealthyVT.org.

Weight

(Continued from Page 5A)

fruits and vegetables on the plate can help reduce the amount of processed and red meat at mealtime. These foods have been found to increase the risk of heart disease and premature death.

8. Set a goal

Making the mindful decision to incorporate strength training twice a week

helps to hold individuals accountable for their activity. Knowing what is expected from oneself can be the greatest motivation in maintaining a healthy weight. Many people find motivation by setting a future goal. This can mean signing up for a 5K run a few months in advance to kickstart training. It doesn't matter what the goal is, whether it is being able to do a sit-up by the end of the year or if it is to drop 15 pounds. The most important thing is that health is prioritized.

But that's not all you can do. TOPS Club Inc., a nonprofit weight-loss support organization, offers another important step to achieving and maintaining a healthy weight:

9. Find your support system

Life is better with friends. Grab some pals and establish a healthy routine together. Tell each other your goals, hold one another accountable, exercise together, share healthy recipes, and encourage each other along the way.



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A Guide to Finding the Right Care

Porter Medical Center, a part of the University of Vermont Health Network, provides a variety of health care options to help our local residents find the right level of care in the most appropriate setting.




Local options at Porter include primary care, urgent care and emergency care – all reinforced by a network of providers and specialty services across our region. It's not always obvious where to go for care, or when, so please refer to this guide to understand the best place to get health care.

If you're still not sure what to do, call your primary care provider. Even when the office is closed, there is always someone on call who can direct you to the care you need.

In case of a life threatening emergency, dial 9-1-1.

Think you may have COVID-19?

Visit uvmhealth.org/coronavirus for more information.

Where	Primary Care 	Porter Express Care 	Emergency Room 
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Why	<ul style="list-style-type: none"> Your provider knows you and your medical history You're seen by appointment so there is generally less waiting You'll pay the lowest co-pay Same- and next-day appointments are available for injuries or illnesses that don't require urgent or emergency care 	<ul style="list-style-type: none"> Shorter wait times than the ER, as you're seen in the order you arrive Access to advanced diagnostic imaging like X-ray machines and lab capabilities to assess your illness or injury onsite. Urgent care providers can prescribe medications No appointment Necessary 	<ul style="list-style-type: none"> Equipped with life-saving equipment and providers trained to treat life-threatening illnesses or injuries It is always open You are seen based on how sick or injured you are. The most serious cases jump to the front of the line, even if they arrive later than everyone else. This will increase wait times for others.
Symptoms & Conditions	<ul style="list-style-type: none"> Cough, cold, flu Ear infections and sore throat Minor injuries like sprains, bumps and bruises Rashes Urinary tract infections Chronic conditions such as diabetes, high blood pressure, COPD, asthma and allergies Immunizations 	<ul style="list-style-type: none"> Cold or mild flu symptoms Sore throat Fever without a rash Non-life threatening allergic reactions Ear pain Painful urination Sprains and strains Small cuts that may require stitches Mild asthma attacks Tick bites Eye Irritation Rashes without fever Minor Burns Evaluation for Rabies prophylaxis Simple foreign body removal Ingrown toenails 	<ul style="list-style-type: none"> Abdominal Pain Chest pain Difficulty breathing Weakness/numbness on one side Slurred speech Fainting/change in mental state/confusion Serious burns Head or eye injury Broken bones, dislocated joints Fever with a rash Seizures Severe cuts that may require stitches Severe cold or flu symptoms Vaginal bleeding with pregnancy Uncontrollable bleeding Severe asthma attack Severe allergic reaction Poisoning Animal bites Nausea/Vomiting/Diarrhea Dehydration Headache Bloody bowel movements
Important to Note	<ul style="list-style-type: none"> It is recommended to have a primary care provider to monitor your health, schedule regular check-ups and preventative screenings to keep you as healthy as possible. Porter Primary Care offices are accepting new pediatric and primary care patients. 	<ul style="list-style-type: none"> Porter Express Care is equipped to handle medical problems that need same-day attention but are not life-threatening. If your urgent care provider determines that you need a higher level of care, you will be transferred to the Emergency Department. 	<ul style="list-style-type: none"> Always follow-up with your primary care provider after a visit to the Emergency Room to continue to monitor your health / condition.

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