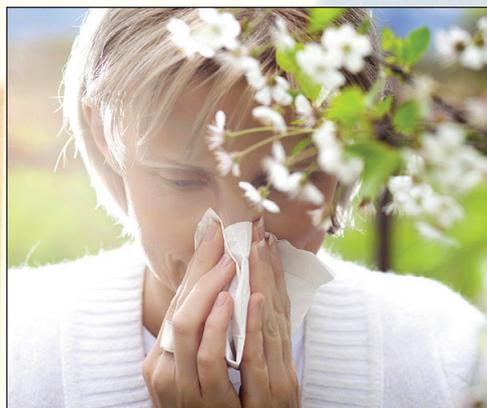


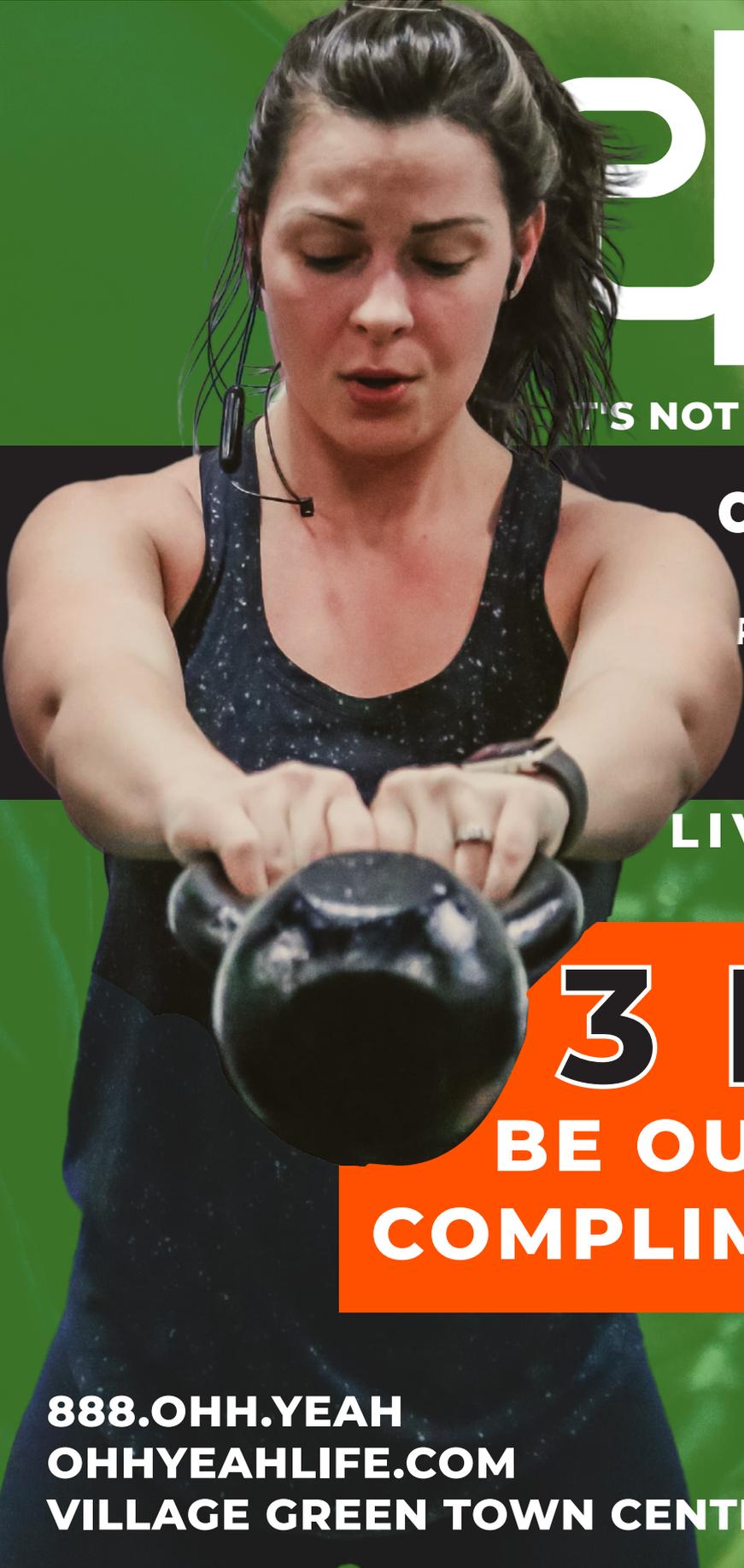
Health, Mind & Body



Banner photo, DANIEL GUY

AMBER CAUSEY reads to her son, Aslan Causey, during a recent Baby BookWorms Story Time at Cleveland Bradley County Public Library.

A special supplement to the *Cleveland Daily Banner*



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Oral health screenings are early defense against cancer

By ANNA SHAND
Banner Correspondent

April is Oral Cancer Awareness Month, which serves as an opportunity to highlight the importance of early detection and encourage oral cancer screenings. Oral cancer is a significant threat across the globe; data from the World Health Organization shows more than 450,000 new cases of oral cancer are diagnosed each year.

Oral cancers are part of a group of cancers referred to as head and neck cancers, according to the Oral Cancer Foundation. All cancers in this group are potentially dangerous, with oral cancers accounting for roughly 85% of all head and neck cancer diagnoses.

The Moffitt Cancer Center in Florida notes many dentists perform oral cancer screenings during routine checkups, which dispels the notion that checkups are unnecessary for individuals who practice proper dental hygiene every day.

Locally, Robbins Family Dental at 2545 Business Park Drive NE, has uploaded videos to its website in order for patrons to better educate themselves on dental hygiene.

“No treatment will be effective unless you follow it up with routine and proper home care,” the dental office’s website stated. “This means you should brush and floss regularly after every meal, and at a minimum twice a day. The key is not only to do it regularly but also to do it right.”

For more information on proper dental hygiene at home, visit robbinsfamilydental.com.

The American Dental Association



Photo courtesy of
Metro Creative Graphics

REGULAR DENTAL CHECKS are among the most effective ways to guard against oral cancer. Many dentists perform oral cancer screenings during routine checkups.

says there is not a one-size-fits-all regimen for dental health. However, at least two visits to a dentist per year can ensure teeth stay clean and provide dentists opportunities to screen for oral cancers and detect other issues, including gingivitis.

In addition to scheduling routine checkups, individuals can learn to spot the common symptoms of oral cancer. The Moffitt Cancer Center urges individuals to seek medical attention if any of these signs persist for more than

two weeks:

- A sore, irritation or thickness in the mouth or throat;
- A white or red patch on the inside of the mouth;
- A feeling that something is caught in the throat;
- Hoarseness or other vocal changes;
- Persistent coughing;
- Difficulty chewing, swallowing or speaking;
- Difficulty moving the jaw or tongue;
- Numbness in the mouth;

- Swelling in the jaw or neck;
- Frequent nosebleeds;
- Ear pain that does not affect your hearing; and
- Unexplained weight loss.

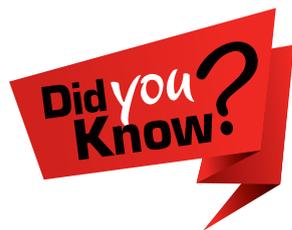
These symptoms are not necessarily indicative of oral cancer, but they could indicate the presence of other issues requiring medical attention.

To learn more about oral cancers and early detection opportunities, visit the American Dental Association website at ada.org.

Brushing and flossing ensures the removal of plaque and bacteria, which are culprits in tooth decay and gum disease.

Periodontal disease is caused by a buildup of such bacteria and plaque. Brushing removes materials from the surface of the teeth, while floss gets in between teeth where toothbrush bristles cannot reach.

The American Dental Association says that a combination of brushing and flossing is the key to good oral health. While both brushing and flossing are



necessary, some oral health experts says that, if done correctly, flossing actually may be slightly

more important since it gets to hard-to-reach spots where the most destructive microbes live.

Oral hygiene does not just keep the

mouth clean; it also can prevent serious disease. The Centers for Disease Control and Prevention says extensive research shows that the bacteria that flourish in an unhealthy mouth can harm the rest of the body, potentially contributing to diabetes, respiratory illness and heart disease, which is the leading cause of death in the United States.

Brushing and flossing also can make dental cleanings and examinations go smoothly. Plaque is the precursor to tartar and is sticky, but soft and pliable.

Tartar forms when plaque has been left undisturbed. Once on teeth, tartar can't be removed without professional help. By removing plaque before it's had a chance to harden into tartar, people can reduce time spent in the dentist's chair. Furthermore, those who clean their teeth and gums regularly will have a lower risk for gingivitis, which is inflammation and bleeding in the gums.

Flossing and brushing are important components of oral hygiene and also are vital to overall health.

Protecting all ages – including teens – from hearing loss

From STAFF REPORTS

The saying “you don’t know what you’ve got ‘til it’s gone” is never more true than in regard to hearing. It’s easy to take hearing for granted, but even momentary hearing loss can highlight how vital it is to protect hearing.

People rely on headphones or earbuds to listen to music, stream movies or participate in work-related meetings more than ever before. Having the volume too loud can contribute to hearing loss over time.

The Centers for Disease Control and Prevention says five in 10 young people listen to their music or other audio too loudly.

According to the American Osteopathic Association, one in five teenagers will now experience some form of hearing loss. That rate is roughly 30% higher than it was 20 years ago. Though various factors have contributed to that increase, the AOA notes that many experts believe an increased use of headphones among teenagers is partly to blame.

Listening to headphones at high volumes for extended periods of time can lead to lifelong hearing loss for children and teens. Parents can encourage children and teenagers to listen to music at reasonable levels when using their headphones, and one effective way to control volume without sacrificing sound is to use over-the-ear head-



Dr. Tiffany Ahlberg

phones instead of earbuds.

The Cleveland Clinic notes that over-the-ear headphones are generally more effective than earbuds at cancelling outside noise. That allows over-the-ear headphone users to listen to music at lower volumes, which can significantly reduce their risk for noise-induced hearing loss.

Overall, 48 million people in the United States have trouble hearing in one or both of their ears. Johns Hopkins Medical Center reports approximately 15% of adults 18 years of age or older report some trouble hearing, and the risk of hearing problems increases with age.

“It’s time to normalize hearing loss and hearing protection,” says Dr. Tiffany Ahlberg, owner of Ahlberg Audiology & Hearing Aid Services. “Hearing loss is far more common than people realize. And it may come as a surprise to many, but hearing health is a big part of overall health.”

Once it’s gone, hearing cannot be restored in many cases. To protect hearing and guard against future hearing loss, consider these recommendations.

- **Ask for a baseline hearing test.**

It’s easier to measure hearing loss if there is a baseline by which it can be measured. During your annual physical, ask for a hearing test or a referral to an audiologist. This can set the course for monitoring progression of any future hearing loss.

- **Wear hearing protection.** There are various types of hearing protection that can filter out certain levels of sound. Many earplugs, like the ones musicians wear or those worn when attending rock concerts, can reduce the sound by approximately 25 dB. Custom fit ear plugs provide more noise



Photo courtesy of Metro Creative Graphics

TEENAGERS are susceptible to hearing loss if they listen to their music or other audio too loudly.

reduction, in upwards of 35 to 40 dB. They are optimal for high-noise environments, such as when mowing lawns or operating machinery, according to the hearing loss resource Hearts for Hearing.

- **Turn down the volume.** Experts recommend adhering to the 60/60 rule when enjoying audio through headphones. This suggestion is to listen with the headphones at no more than 60% volume for no more than 60 minutes a day. Earbuds fit directly next to the eardrum and can be harmful to your hearing. If possible, choose over-the-ear headphones instead.

- **Have custom molds made.** Rather than turning up the volume,

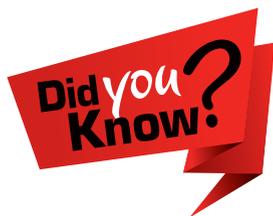
people can have custom ear molds made for use with earphones, suggests Johns Hopkins. The custom ear molds will block outside noise, allowing for higher quality listening.

- **Keep your ears dry.** Moisture in the ear can cause bacteria to grow and potentially lead to infections. Towel-dry ears gently after showering or swimming. Avoid the temptation to use cotton swabs to dry the ears. For the most part, ears are self-cleaning, and using a cotton swab can push wax and cause it to become compacted in the ear canal.

In addition to these tips, discussing hearing health with a doctor is a wise idea.

The Environmental Protection Agency notes that noise is often expressed in decibels, a unit of measurement that indicates the volume of sound. The greater the number of decibels, the louder the noise and the more harmful that noise is to a person’s ears.

And no one is immune to the side effects of exposure to excessive levels of noise, which include hearing loss.



The Hearing Loss Association of America estimates that one in five teenagers in the United States experience some degree of hearing loss. And even mild hearing loss can cause a child to miss as much as 50% of classroom discussion. The long-term consequences also are significant, especially for those who don’t seek treatment for hearing loss.

The experts at Johns Hopkins Medicine report that normal conversation is usually around 60 decibels. These noises often measure at much higher decibels than normal conversation, potentially putting people’s hearing in jeopardy:

- **Jet plane, siren, jackhammer:** Jackhammers measure at roughly 120 to 130 decibels, putting them on par with noises made by jet planes and sirens.

- **Personal music players:** Maximum volume on some personal music players, including smartphones, is 10 times as loud as recommended listening settings. Decibel levels on personal music players at their loudest levels average around 110, putting them on par with chain saws and radio-controlled airplanes.

- **Motorcycle:** The sound from motorcycles averages about 90 decibels.

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Reading to children boosts their vocabularies

By **DANIEL GUY**
Staff Writer

On a recent Thursday morning, a roomful of children and engaged parents sang along, wiggled and listened to specifically curated stories about penguins, and then broke into groups during the Cleveland Bradley County Public Library's Baby BookWorms Story Time event.

The event was centered around penguins. So, the books were specifically chosen about penguins; there was a take-home activity about penguins; and the kids were even treated to shaved ice to add a tactile element to the activity for ages 3 and under.

The aim of the activity is to engage with kids from an early age "when their synapses are still learning to fire. They are learning basic memory and motor skills," according to Isaiah Bayliss, a youth service aide at the library.

The youngsters read two or three books a week, sing and then transition to "sensory play and social interaction," Bayliss said.

According to a recent study, researchers at The Ohio State University found that the disparity between the number of words young children who are frequently read to have heard compared to those who have not been read to is significant.

The study first appeared online in the Journal of Development and Behavioral Pediatrics and found that

Young children whose parents read them five books a day entered kindergarten having heard roughly 1.48 million words.

— According to a study by researchers at The Ohio State University

that young children whose parents read them five books a day entered kindergarten having heard roughly 1.48 million words. By comparison, children whose parents never read to them had heard just over 4,600 words by the time they entered kindergarten. Even children



Banner photo, DANIEL GUY

EMERY MEN-JIVAR, left, enjoys playtime during the recent Baby BookWorms Story Time event at Cleveland Bradley County Public Library. Also shown are Kelsey Menjivar and Tracy Harmon, right.

who are read to daily hear significantly fewer words than children whose parents read them five books a day. Such children hear just under 300,000 words prior to entering kindergarten.

Amber Causey and her son, Aslan Causey, were among the Baby BookWorms crowd. Causey believes that reading to him from an early age has led the 6-year-old to have an accelerated advantage in vocabulary over other kids his age.

The effects that reading to young children can have on the relationship between parent and child should also not be overlooked. A recent study, authored by researchers at the University of Wollongong in Australia and Boston University and published in the journal Archives of Disease in Childhood, found that reading to young children supports a strong relationship between parent and child.

The Ohio State University study also explained how exposure to a larger vocabulary is not the only benefit youngsters reap from being read to. Reach Out and Read, a national nonprofit that champions the positive effects of reading daily and engaging in addition-

See **LIBRARY**, Page 10



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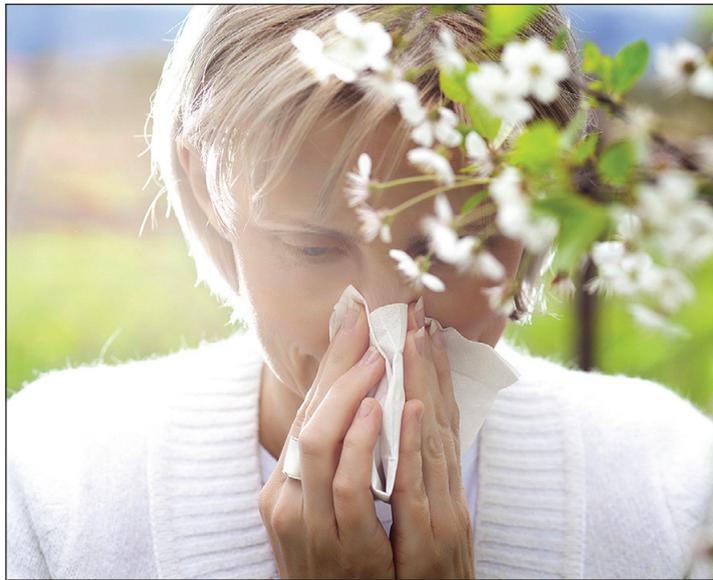
Tools to help allergy sufferers deal with symptoms

Does every spring really bring the worst pollen season ever?

From **STAFF REPORTS**

Spring is synonymous with rebirth. Each spring, flowers begin to bloom again, grass starts to grow and people from all walks of life rekindle their love affair with the great outdoors. Spring also marks the return of a familiar foe: allergies.

Seasonal allergies can put a damper on even the most welcoming spring day. After all, a day soaking up the sun isn't so relaxing when it's also spent sneezing and confronting allergy symptoms like congestion, runny nose and watery eyes.



"Unfortunately, it's true that in the past few years, the amount of pollen in the air during spring allergy season

seems to have gotten worse," said allergist Dr. Curt Chaffin of The Allergy Asthma Group of Galen. "Longer grow-

Photo courtesy of Metro Creative Graphics

ITCHY, WATERY EYES, sneezing and general misery don't have to be part of the daily routine for allergy sufferers. There are treatment options available that offer relief from seasonal allergies.



Dr. Curt Chaffin

ing seasons have a positive effect on pollen production. That means a negative effect on those suffering from pollen allergens."

Chaffin offered four tips from the American College of Allergy, Asthma and Immunology on coping with pollen and other allergens:

Don't self-medicate

You may think "I got this covered" when it comes to treating symptoms, but a recent study shows most allergy sufferers find prescription medication

See AH-CHOO, Page 9

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Beware of hidden sources of caffeine

From STAFF REPORTS

Caffeine is a stimulant that untold millions, if not billions, of people across the globe insist they cannot go without. Whether it's in a morning cup of coffee or a midday energy drink, caffeine serves as a vital kickstart for individuals whose energy levels could use a boost.

The Mayo Clinic notes that up to 400 milligrams of caffeine per day appears to be safe for most healthy

adults. Coffee drinkers know that certain cups of coffee are stronger than others, but the U.S. National Library of Medicine indicates that a typical eight-ounce cup of coffee contains between 95 and 200 mg of caffeine, while a 12-ounce soda typically includes between 35 and 45 mg of caffeine.

Manufacturers are not required by the U.S. Food and Drug Administration to cite caffeine content on nutrition labels, so consumers are on

their own to determine how much caffeine they're consuming each day:

- **Decaffeinated coffee/tea:** The terms "decaffeinated" and "caffeine-free" are not interchangeable. That's because the process of decaffeination leaves trace amounts of caffeine, meaning decaffeinated coffees and teas contain a small amount of the stimulant.

- **Chocolate:** Consumers may or may not be surprised to learn that cocoa beans

naturally contain caffeine. As a result, products that contain chocolate, which is made from cocoa beans, also contain caffeine. Dark chocolate generally contains more caffeine than light chocolate.

- **Headache treatments:** Certain products that treat headaches contain caffeine. The manufacturers of two of the more popular pain relief products, Advil and Tylenol, assure consumers that their products do not contain caffeine.



Photo courtesy of Metro Creative Graphics

DECAF DEVOTEES may be surprised to learn that decaf coffee contains small amounts of caffeine.

AH-CHOO: Tools to help allergy sufferers deal with symptoms

From Page 8

more effective than over-the-counter cures. Yet most people don't seek the help of an allergist who is trained to identify exactly what they are allergic to and prescribe the most appropriate medication to treat their symptoms.

Get ahead of symptoms

A fact many allergy sufferers may not be aware of is that if you start taking your allergy medications before the worst symptoms hit, your suffering will be greatly alleviated. Although people think spring starts in April or May, spring allergy symptoms begin earlier, so start taking your prescription allergy medications two to three weeks before your symptoms normally appear.

Most effective — and natural — treatment for allergies

Many people in search of "natural" allergy treatments don't realize that immunotherapy — allergy shots — are the most natural treatment of all. Immunotherapy involves giving gradually increasing doses of the substances you're allergic to. The incremental increases of the allergens cause the immune system to become less sensitive, which reduces allergy symptoms in the future. Immunotherapy is also effective in treating allergic asthma. Allergy shots help relieve the allergic reactions that trigger asthma episodes

and decrease the need for asthma medications.

Easy is good

While you're battling those terrible allergens, keep in mind that you can affect change at home.

- Monitor pollen and mold counts. Weather reports often include this information.

- Keep windows and doors shut at home and in your car during allergy season.

- Stay inside midday and during the afternoon when pollen counts are highest.

- Take a shower, wash your hair, and change your clothes after you've been working or playing outdoors.

- Wear a NIOSH-rated 95 filter mask when mowing the lawn or doing other chores outdoors and take appropriate medication beforehand.

Other allergy-friendly tips include:

- **Pay attention to seasonal allergy trackers.** Seasonal allergies are now easier to track than ever. For example, Pollen.com is an easily accessible and free site that allows visitors to type in their ZIP codes and access daily allergy reports for their towns and cities. Visitors also can see five-day forecasts that can help them plan trips and other outdoor excursions. Weather.com also offers free allergy reports and

forecasts.

- **Stay indoors when allergen levels are especially high.** The Mayo Clinic notes that there are several things individuals can do to reduce their exposure to seasonal allergy triggers. That includes staying indoors on dry, windy days. This doesn't mean individuals need to lock themselves indoors all spring. But it's important that seasonal allergy sufferers recognize that some days might be too much to handle. Rain helps clear pollen from the air, so individuals who are avoiding the outdoors on days when pollen counts are high should be able to get outside after a good rain without triggering an attack.

- **Maintain clean air indoors.**

The great outdoors is not the only place where allergens percolate. The Asthma and Allergy Foundation of America notes that improving air quality in a home can reduce allergy triggers. Air conditioners can prevent outdoor allergens from entering a home, so utilize units on warm spring days when you might otherwise open the windows. Open windows and screen doors provide easy entry points for allergens like pollen, so turning on the AC when outdoor allergen counts are high can make seasonal allergies more manageable.

Seasonal allergies can spoil an otherwise welcoming spring day. But there are many ways for individuals to corral their seasonal allergies and still enjoy spring sun.

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Dr. Eric Gruber
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LIBRARY: Children's vocabularies benefit from being read to

From Page 6

al language-rich activities with young children, reports that language-based interactions help children develop communication skills, patience, empathy, and literacy. Reading to young children also enhances their understanding of the world by transporting them to places and times they have never experienced.

Causey, who also brought along her children Aaryn and Arlie, has been frequenting the reading and playtime events at the library since 2017, walking to the events since they live nearby and are homeschooled.

"These events are critical in allowing my younger children to interact and play with children their own age," she said.

The same sentiment was echoed by other parents at the event.

"We've been coming to these readings and meet-ups at the library since before the pandemic with my older children," Amber Lawson said during the Baby BookWorms event. "We are just now getting back into them post-pandemic and this allows Isaac to socialize with children more his age."



Banner photos, DANIEL GUY

YOUNGSTERS ISAAC LAWSON, above left, and Zamuel Bocanegra, above right, enjoy some reading fun with their mothers at a recent Cleveland Bradley County Public Library's Baby BookWorms Story Time event.

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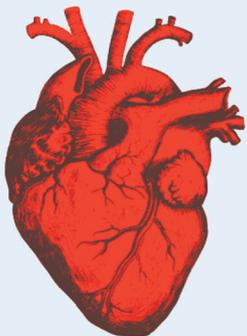
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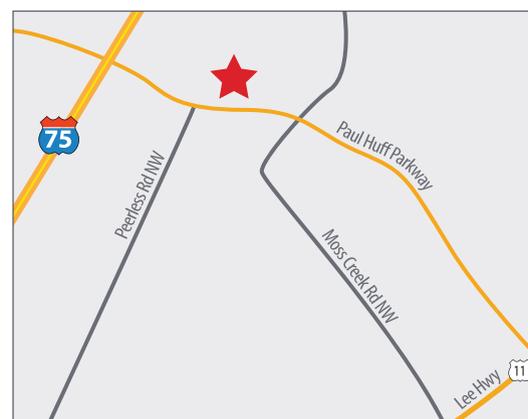
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