



Member Bulletin

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February is National Children's Dental Health Month

The February 2019 National Children's Dental Health Month (NCDHM) is going on now! NCDHM's goal is to promote good dental health. This year, NCDHM wants to remind you to "Brush and clean in between to build a healthy smile."

Helping your child keep their teeth clean and healthy is one of the best things you can do for their overall health. For NCDHM, make dental health fun for your children with these fun activity sheets:

- [Crossword Activity](#)
- [Coloring Sheet](#)
- [Calendar Activity](#)
- [Maze Activity](#)

For more kid-friendly activities, click the [Members](#) tab on [SmileCalifornia.org](#).

7 Vitamins and Minerals Your Mouth Needs

Do you want healthy teeth and gums? Make sure your diet has these 7 vitamins and minerals.

Calcium

Calcium is well known as a friend for teeth. The mineral helps build bones and provide structural support. In your mouth, calcium helps harden your enamel and strengthen your jawbone.

What to eat: In addition to milk, good sources of calcium include cheese, yogurt, broccoli and salmon.

Learn more about free or low-cost dental services to help keep you and your smile healthy at:

[SmileCalifornia.org](#)

FIND A DENTIST

Click for a complete list of Medi-Cal dental providers in your area.

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Vitamin D

Vitamin D helps the body absorb calcium while boosting bone mineral density. It is crucial to eat enough vitamin D to get the most out of your calcium intake.

What to eat: Vitamin D can be found in fatty fish, such as salmon, herring and sardines, canned tuna and Portobello mushrooms. You can also look for foods and drinks that have added vitamin D, such as milk, orange juice and cereal.

Potassium

Like vitamin D, potassium improves bone mineral density. It also works with magnesium to prevent blood from becoming too acidic, which can take calcium from your bones and teeth.

What to eat: Grab a banana! Other fruits and vegetables also have high levels of the mineral. They include lima beans, tomatoes, swiss chard, potatoes, sweet potatoes, avocados and prunes.

Phosphorus

Phosphorus helps calcium build strong bones and teeth.

What to eat: Luckily, this mineral is found in many foods. It's in chicken, turkey, seafood, beef, pork and cheese. You can also find it in soybeans, lentils and pumpkin seeds.

Vitamin K

Vitamin K helps block substances that break down bone. It also helps your body produce a protein that supports bone strength. A vitamin K deficiency can slow down your body's healing process and make you more likely to bleed.

What to eat: Eating leafy greens, such as kale, collards and spinach, can help you get the vitamin K you need. Other great sources include parsley, broccoli and brussel sprouts.

Vitamin C

Vitamin C strengthens your gums and the soft tissue in your mouth. It can protect against the early stages of gum disease and can prevent your teeth from loosening.

What to eat: You probably already know that citrus fruits are rich in vitamin C, but you can also find it in potatoes and leafy greens.

Vitamin A

This vitamin helps keep mucous membranes healthy. It prevents dry mouth and helps your mouth heal quickly.

What to eat: For strong gums and teeth, load up on fish, such as mackerel, raw or cooked tuna and salmon, egg yolks and liver. You can also find it in vegetables like spinach, kale and collard greens, or in orange-colored fruits and oranges: think apricots, cantaloupe, pumpkin, carrots and sweet potatoes. These fruits and veggies contain high levels of beta-carotene, which your body turns into vitamin A.

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Language Assistance

English

ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-800-322-6384 (TTY: 1-800-735-2922).

Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-322-6384 (TTY: 1-800-735-2922).

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-322-6384 (TTY: 1-800-735-2922).

Tagalog (Tagalog – Filipino)

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-322-6384 (TTY: 1-800-735-2922).

한국어 (Korean)

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-322-6384 (TTY: 1-800-735-2922). 번으로 전화해 주십시오.

繁體中文 (Chinese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-322-6384 (TTY: 1-800-735-2922)。

Հայերեն (Armenian)

ՈՒՇԱԴՐՈՒԹՅՈՒՆ ԵՐԵ Խոսում էք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվակապակցում ծառայություններ: Ձանգահարեք 1-800-322-6384 (TTY (հեռատիպ)՝ 1-800-735-2922):

Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-322-6384 (телетайп: 1-800-735-2922).

فارسی (Farsi)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-322-6384 (TTY: 1-800-735-2922) تماس بگیرید.

日本語 (Japanese)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-322-6384 (TTY: 1-800-735-2922) まで、お電話にてご連絡ください。

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Hmoob (Hmong)

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-322-6384 (TTY: 1-800-735-2922).

ਪੰਜਾਬੀ (Punjabi)

ਧਿਆਨ ਦਿਓ: ਜੇ ਤੁਸੀਂ ਪੰਜਾਬੀ ਬੋਲਦੇ ਹੋ, ਤਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਸਹਾਇਤਾ ਸੇਵਾ ਤੁਹਾਡੇ ਲਈ ਮੁਫਤ ਉਪਲਬਧ ਹੈ। 1-800-322-6384 (TTY: 1-800-735-2922) 'ਤੇ ਕਾਲ ਕਰੋ।

العربية (Arabic)

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-322-6384 (رقم هاتف الصم والبكم: 1-800-735-2922).

हिंदी (Hindi)

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-800-322-6384 (TTY: 1-800-735-2922) पर कॉल करें।

ภาษาไทย (Thai)

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-800-322-6384 (TTY: 1-800-735-2922).

ខ្មែរ (Cambodian)

ប្រយ័ត្ន: បរិស្ថានជនរងគ្រោះភាសាខ្មែរ, បសវនករខ្មែរភាសា បោលមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-800-322-6384 (TTY: 1-800-735-2922)។

ພາ ສາ ລາ ວ (Lao)

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ ທ່ານ. ໂທ 1-800-322-6384 (TTY: 1-800-735-2922).