

HEALTH & BEAUTY

Your Mouth and Your Health

Learn how to prevent tooth decay

By Luiz dos Santos, DMD

Tooth decay is a common disease that affects not only children, but also adolescents, and adults, thus its prevention is essential. But once the disease is established, treatment is required to avoid further damage, and even tooth loss.

To better prevent tooth decay you need to understand where and how tooth decay can develop.

There are 3 main places where tooth decay can develop: Occlusal surface, chewing surface of the tooth; Interproximal surface, between teeth; and Buccal/Lingual surface, smooth portion of the tooth.

In kids and adolescents we see tooth decay developing more often on Occlusal, chewing surface,



Luiz dos Santos, DMD

and Interproximal, between teeth. On adults, besides Occlusal and Interproximal, we also see on the smooth surface, tooth root - by the gingiva (gums), this is because

with age gingival tissue retracts causing recession – gums away from the tooth, which can expose tooth root to plaque that can cause decay.

How tooth decay develops? When foods containing carbohydrates (sugars and starches) are frequently left on the teeth, bacteria that live in the mouth thrive on such foods producing acids, and as a result causing tooth decay.

Stick foods such as caramels, hard candies, and sugared drinks seem to be the worse. Stick foods stays in contact with tooth surface for a long time, hard candy is usually sucked for a long period of time, and sugared drinks are usually sipped all day. These foods have particular effect on tooth de-

cay because saliva does not enough time to dilute the acid formed by the interaction of bacteria and sugar due to prolonged acid contact to the tooth. Foods that you eat during meal time have practically no effect on tooth decay because they are all part of one acid attack that hopefully the saliva will dilute before the next meal or snack.

Now that you know where and how, you need to know what can be done to prevent and limit tooth decay.

- a. Eat nutritious and balanced meals
- b. Limit tooth to acid exposure by limiting the frequency in which sugary foods are consumed
- c. Brush your teeth twice daily

d. Floss at least once a day to clean between teeth

e. Add mouth wash to your daily oral hygiene routine to help reduce plaque bacteria development

f. Visit your dentist regularly for professional cleanings and oral examination

g. Check with your dentist about sealants (protective coating) applied to the Occlusal – chewing surface of teeth to protect them from decay.

Until next time with Pregnancy and Oral Health

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Cancer

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much prefer to have a clean bill of health at that time, this series of events is actually good. Thanks to the wisdom God provides to many in the field of medicine, they have been able to identify very specifically where the disease is in my body so that it can be treated. And yet, a second round of cancer is still frightening.

It's time to go back to those words in Jeremiah, but this time I read the verses leading up to the promise. The people to whom Jeremiah is speaking have been taken captive. They are exiles, forcibly removed from their promised land. This was certainly not in their plans. Rather than spend their lives in bitterness and anger waiting for their release, the Lord gives them these life instructions: *"Build houses and live in them; plant gardens and eat what they produce. Take wives and have sons and daughters; take wives for your sons, and give your daughters in marriage, that they may bear sons and daughters; multiply there, and do not decrease. But seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare."* Jeremiah 29:5-7

Live life in all its circumstances! Whoever you are, wherever you are, whenever you are, live the life the Lord has given you. My immediate life includes more tests, biopsies, surgery, recovery and life-long medications. My future remains unknown to me other than the promise and assurance the Lord has given. *"Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the LORD, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the LORD, and I will bring you back to the place from which I sent you into exile."* Jeremiah 29:12-14

My congregation will continue to thrive and prosper, to be inspired and to be inspiring, to pray for this city, to serve with joy. My congregation will live this life it has been given because it is not my congregation, it is the Lord's congregation. I will live this life right now even with cancer because it is the life the Lord has given me. As for the rest of life's concerns, *"For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope."* Jeremiah 29:11

Pastor David Drach-Meinl is pastor of Christ the Servant Lutheran Church, 2 South Pecos Road in Henderson along with his wife, Pastor Diane Drach-Meinl. They have served their congregation for almost eight years. They have also served congregations in Colorado and Texas. They have two children, Mark, 16, a Junior at Coronado High School and Paul, 19, who has Down Syndrome and goes to work every day at Christ the Servant with Pastor David. Last year, Pastor David Drach-Meinl was diagnosed with cancer, but has not let it slow him down. He continues to lead the congregation along with his wife. For more information about Christ the Servant Lutheran Church, call (702) 492-1418 or visit www.cslconline.org.



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COMMUNITY NEWS

What do you know about HIV/AIDS?

By Toni Terrell

Answer Editor 'n Chief

While HIV/AIDS has undoubtedly affected everyone, everywhere – statistics show that people continue to wear blinders and earmuffs when asked to join the efforts toward educating the community to avoid the spread of the epidemic, which is thought to have infected more than one million people.

“I watched HIV/AIDS take out seven of my musicians while the church said ‘that’s not us,’” Bishop John R. Bryant admitted during an event a funeral. “We keep acting like it doesn’t exist and it keeps coming closer and closer. We’ve got to choke it off.”

Bishop Bryant flew in to join a group of people in Las Vegas who have sounded a clarion call to bury ignorance, the stigma associated with the disease, the practice of isolating infected persons and the misconceptions and misunderstandings about the condition.

Pastors, community leaders and the City of North Las Vegas joined forces with LeHAPCU (The HIV/AIDS Prevention Care Unit) to bury the face of the infection and do their part to educate the people.

LeHAPCU, under the direction of Keith Andrews, II laid out the red carpet last month during LeFuneral De Carnival to memorialize HIV/AIDS at the Neighborhood Recreation Center, 1638 N. Bruce in North Las Vegas. “It is time for us to stop looking the



Pictured from left to right are Rev. Yolanda Silver, Pastor Emanuel Wasson, Pastor Ralph Williamson, Bishop John Bryant, Keith Andrews, II, and Dr. Welton Smith, III stand to bury the face of HIV/AIDS in the Las Vegas Community.

other way while our people are dying because of lack of knowledge,” Andrews said.

Pastor Ralph Williamson, the senior Pastor of First American Methodist Episcopal Church in North Las Vegas, shared the issue of education and HIV/AIDS is personal to him. “I grew up in New Haven Connecticut when heroine was the main problem, and many of my friends are gone because of HIV/AIDS,” he said.

“One of my closest loved ones was one of the first reported cases so every time I get a chance to speak about it, I do,” Pastor

Williamson said. “This disease treads beyond boundaries of race, creed, and color. It comes and invades the privacy of your home, and it can destroy marriages and families if you don’t get the education.”

First identified in the USA in 1981, the HIV/AIDS epidemic has now spread to every part of the world and to all sectors of society. It is thought that more than one million people are living with HIV in the USA and that more than half a million have died after developing AIDS.

“First it was thought to be white, homosexuals. So if you weren’t in that group, you didn’t care. Then it started to affect drug

users and if you weren’t in that group, you didn’t care. Now black females are the fastest growing group being affected, so people are starting to pay attention,” Bishop Bryant pointed out.

Who is affected by AIDS?

During the 1990s, the epidemic shifted steadily toward a growing proportion of AIDS cases among black people and Hispanics and in women, and toward a decreasing proportion in MSM (men sleeping with men), although this group remains the largest single exposure group. Black people and Hispanics have been disproportionately affected since the early years of the epidemic. In absolute numbers, blacks have outnumbered whites

in new AIDS diagnoses and deaths since 1996, and in the number of people living with AIDS since 1998, according to the Centers for Disease Control and Prevention.

During 2006 there were an estimated 28 pediatric AIDS diagnoses, compared to 195 in 1999 and 896 in 1992. The decline in pediatric AIDS incidence is associated with more HIV testing of pregnant women and the use of antiretroviral drugs such as zidovudine (AZT) by HIV-infected pregnant women and their newborn infants.

The age group 35-49 years accounted for around half of all AIDS cases diagnosed in 2007. (See Funeral, Page 20)

Ayabina

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an environment was created. They were instructed to SIT. Sitting is a place of rest, a place of trust, a place of relaxation. Psalms 23: states ... “He maketh me to lie down...” What is your position? Are you sitting or standing? Jesus created an atmosphere of expectation because expectation creates a breeding ground for a miracle; an environment of expectation was created. The people rested in his presence with an appetite of expectancy. Know that our fragments will become baskets when you create an atmosphere of expectation.

INSTRUCTIONS - The instruction Jesus gave created baskets of overflow. What instruction are you debating? God does not endorse waste. What are the fragments that you are wasting? A talent, a gift, a business idea? We are constantly praying for a basket of blessing, but unknowingly wasting the fragments in your hands. In-

structions schedule the seasons for your life; Instruction is also for construction - God cannot effectively construct your life until you obey the instructions He has given you.

In closing, remember that your broken fragments become baskets when you see its value, create an environment, and follow the instructions of your prophet. 2Chronicles 20:20 Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper. Know that your prosperity is tied to your belief in your prophet. Had the disciples not believe in their prophet, they would be still hungry today. Keep in mind that today’s fragments can only become tomorrow’s baskets when you gather them up! So let’s gather those fragments in your life! Remain blessed.

For a detailed series of this teaching contact (702) 648-WORD.

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COMMUNITY NEWS

Riding the wave to recovery

By Carol Sue Eklund
The Answer Staff Writer

Whether or not people are willing to admit it, there are many hurting souls in the Las Vegas Valley. At South Hills Church Community, there is a new program which offers those hurt by life's difficulties a safe haven, and a road to recovery.

Whether the problem is a chemical addiction, abuse of any kind in the past, gambling problems, or any number of other things, The Wave is there to help. The slogan is, "The Wave. Riding the wave to recovery."

The program is designed to help people recover from the hurtful things in their lives. Right now at South Hills, there are two groups. There is the adult program, which is called Celebrate Recovery, and the Teen program, which is called Life Hurts, God Heals.

Kalani Watanabe, who runs The Wave at South Hills, says they hope to soon start a children's group as well, which will be called Celebration Station. This will be a ministry for entire families. Watanabe stated that "If one per-



son in the family is in need of healing, then most of the time all the other members in the family are also in need of healing." Kalani and Mary Watanabe, along with Russ and Jeanette Fernandez run the adult program. John and Pam Coovert run the teen program.

Watanabe says, "If God brings us someone to run the children's program, then we will start that, as well."

The Wave is a Christ-centered program that uses an eight step program. The eight steps are all founded on the principals of the

Beatitudes found in the Sermon on the Mount in the book of Matthew. Watanabe says that the 12-step program used in Alcoholics Anonymous is all contained within the eight steps of The Wave. Some of the steps are almost identical, but the wording is a little bit different.

When a new person comes in, he or she is given a description of the program, so a decision can be made concerning intentions. Sometimes people who are unchurched come to the meetings. This usually results in the person becoming a Christian.

The evening starts out with worship, where everyone is in one group. But after that, the group splits up into a men's group and a women's group, because, as Watanabe says, "Men and women deal with different issues. Right now, there are just those two groups. But as the groups grow, and leaders emerge, we can break off into more groups."

Everyone gets a packet of four books that the groups work

through. These books help to work through the hurtful things in life. They also get journals to write in, that no one else gets to see. Each week the journals are locked away, so that no one else will see them.

Watanabe explained that "each and every one of us has so many of life's hurts, heartaches, and pains, some of which we address, some of which we don't, and some of which we don't know how to address. Our program helps people give it all to God and say 'God, I don't know what to do with this. I am open to what you want me to do with it.'"

One thing that Watanabe wants people to know is that these groups are not just about drugs and alcohol. There are people who are struggling with divorce, or other painful issues in life. It is about recovering from life's hurts.

According to the packet newcomers receive, Celebrate Recovery is a refuge, a safe place to share, a place to learn, and grow, and become strong again.

It is a possible turning point in a person's life, and a place of belonging. However, it is important to remember that there are some things the group is not intended to do. Celebrate Recovery is not a place for therapy, secrets, or a quick fix. It is not a place for dating relationships, judging, or to be rescued or rescue others.

Watanabe says that "a lot of people get scared of the word 'recovery.' They think that recovery means weakness, or shame. But that's not the case. The weakness and shame is in the past. Recovery means courage. It means being able to take a stand and make a difference in your life, and transform your life. The Wave is life transforming in Christ."

For more information, call Kalani Watanabe at South Hills Church at (702) 616-6700 or email kalani@south-hills.org.

Evangelist

(Continued from Page 6)

dealing with issues (disobedience) is what could actually be the reason that many of God's people are living "yo-yo lives" – experiencing His blessings and prosperity here and there, up and down.

The honoree also shared her philosophies on prosperity and blessings: "When I talk about prosperity and blessings, I'm not talking about things. I've had the houses, the cars, and all of the material things," she said.

Dr. Robinson also shared that

the only way she could describe what she was talking about was by way of Deuteronomy 28:1-15, which reads in part, "And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all His commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God. Blessed shalt thou

be in the city, and blessed shalt thou be in the field. But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God,..."

Well, most of us know the rest; but if not, Scripture then goes on to tell us what the result of disobedience is. Someone once said, "Obedience is immediate," and I believe that if it had not already been coined that that phrase would have been coined by Dr. Robinson, for she shares those sentiments exactly. And she proves it not only through lip-service but through life-service.

Dr. Evangelist Claudine Robinson is a woman who clearly loves the Lord. And even when God's instructions have not made sense to her natural mind, she has chosen and still chooses to follow after His Spirit and to obey Him. As members from not only the Christian, but the entire Las Vegas community, come out to celebrate and to honor this great woman of God, you are invited to be a part. The Ministry Celebration will be held on Sunday, April 11th at 3:00pm. **The host church for this event is Word Ablaze Ministries**, located at 7351 Prairie Falcon Road, #130, Las Vegas. For more information, please call Prophetess Carol Simpson at (702) 400-9080.

Sonya

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out or you will be destroyed by each other." [Gal. 5:15]

When people come to you with the latest gossip hot off the press, just know that you are being used as a trash can. They deposit into you and neither of you gain any interest, support, love, encouragement or hope for the future. It is rubbish, sour, fermenting in your mind and soul. It piles up in your insides causing you to experience distorted visions, tainted testimonies, and prejudiced opinions about others. What is the best thing you can do to keep your soul, mind and spirit free? Refuse to listen to gossip!!! It's nothing more than passing trash. It makes you neither part of the problem nor the solution. It's just wrong! It's like accepting stolen property, guilty by association. Those who gossip to you, will also gossip about you. They can't be trusted. Our greatest wounds are from other sheep, not wolves! So God forgive those who pass trash against us and forgive us for passing trash against others.

"Pastor C" is the Associate Pastor at New Antioch Christian Fellowship. So God forgive those who pass trash against us and forgive us for passing trash against others.

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