

HEALTH & BEAUTY

Your Mouth and Your Health

Oral Health During Pregnancy

By Luiz dos Santos, DMD
Special to The Answer



Luiz dos Santos, DMD

With the rise of hormone levels during pregnancy, it is not uncommon for you to experience gingival (gums) inflammation and bleeding. Therefore, it is very important for you to take good care of your oral health while you are pregnant. Preventive dental exam and cleanings during pregnancy are not only safe, but also recommended to avoid oral infections.

If you are planning to get pregnant, try to make a dental appointment before you get pregnant, so that way you can have your dental x-rays, exam, cleaning, and any oral health problem treated in advance of your pregnancy.

Now, if you are already pregnant, do not miss your dental appointment, or if you do not have a dental routine visit coming up soon, call your dentist to schedule one. During pregnancy it is very important for you to pay close attention to any changes in your mouth and teeth. If you notice bleeding or swelling gingiva (gums), or if you are experiencing dental sensitivity or pain, talk with your dentist as soon as possible.

Here are some questions you might be asking yourself:

Is there a best time during my pregnancy that I can see my dentist?

Yes, during the second, and early on in your third trimester is usually the best time to see your dentist.

During the first trimester is the time were fetal organs are developing, so it is best to avoid any potential risks during this period if possible.

Once you reach your third trimester it may becomes more difficult for you to lie on a dental chair for a long period of time.

But if I experience dental pain during my first, or later on my third trimester should I postpone my dental visit until my second trimester or after the birth?

No, you should talk with your dentist as soon as possible. He or she will be able to help you especially during emergencies.

Would I be able to have x-rays taken during my pregnancy?

Yes, all routine dental x-rays will be postpone until after your baby is born, and only necessary x-rays would be taken to address you dental needs. Your dentist will be using all the measures necessary to protect you, and your baby during x-ray exposure.

Would I be able to have my regular/elective dental work done during my pregnancy?

It will depend. If you are not in pain, your dentist will be able to determine if a dental work such as cavity fillings, crowns, or elective – teeth whitening, or other cosmetic procedures could be postpone until later depending on

where you are in your pregnancy. The best course of action is postpone all non-emergency dental work until after the baby is born, and only focus on dental cleaning to maintain health gingiva (gums), and/or dental emergencies to take you out of pain and make you feel comfortable.

Below are some suggestions for maintaining good oral health before, during, and after your pregnancy.

- 1-Eat nutritious, and well balanced meals
- 2-Follow good oral hygiene to prevent oral problems:
 - a.Brush your teeth twice daily, followed by oral rinse
 - b.Floss at least once a day

- c.Visit your dentist regularly
- 3-Have preventive exams and cleanings during your pregnancy
- 4-Let your dentist know you are planning to become pregnant or if you know you are pregnant
- 5-Keep your dentist informed of any changes in your mouth – gingiva (gums), and teeth
- 6-Postpone non-emergency dental work until the second trimester or after birth if possible

Happy Mother's Day!
Until next time: Oral Health from Infancy to Adolescence. Dr. Dos Santos is a graduate from UNLV – School of Dental Medicine. He is a practicing dentist in Las Vegas and can be reached at (702) 870-6161.

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Hiding Christians

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nothing short of miracles,” he avowed.

“I know we were all made in Christ’s image,” Chris explained, “to re-present Him and build His kingdom.” “We do that,” he said, “not by building individual church kingdoms, and not by preaching and dragging people into those four walls, but by showing Christ’s love and desire for a personal relationship with each and every single person.”

Anxious to re-create their mission experience at home in Las Vegas, the Chapels and Winckler, now known as “Pastor Dan,” formed a non-profit called Works of My Father so they could have access to some of the resources needed to do mission work.

Using John 10:37 (“If I do not do the works of My Father, do not

believe me”) as their guidepost, their goal was to go out to the darkest corners of Las Vegas and “shine God’s light” where it was needed most.

“We started to gather whatever we could and use whatever resources we had,” said Laura, “so we could go out and show love through fulfilling basic needs and prayer.”

The prospect of interacting with the hurting, though, was somewhat “terrifying” to Laura who described herself as “quiet and shy” and was once lacking in any sort of outreach experience.

“Here we were going into neighborhoods I would never go alone, without any kind of a plan or agenda, and I had no idea what to say to these people,” Laura recounted.

She said she kept reminding

herself that Christ didn’t set out to convert everyone he saw, he simply loved everyone he came in contact with. She knew she could show love, but was still a little fearful.

Chris said he was fearful, too, but in a different way. “I was afraid of what people would think of me,” he admitted. “I worried that people would think I had turned into some sort of Bible thumper and I was afraid that they would make fun of me,” he claimed.

“Fear is the tool the enemy uses to keep us in hiding,” Chris stated. “That’s the biggest thing we need to get past.”

Over the course of the next several months, the Chapels and Pastor Dan gathered supplies, prayed and “went where God led us.” They took blankets and food to the homeless, diapers and household

supplies to challenged neighborhoods, and hot dogs and sports drinks to skate parks. As Laura explained, they used things like food to “open the door” and interact with people in a non-threatening way.

When people wanted to know why they were receiving such generosity and kindness from strangers, it was easy for the trio to explain that they were representing Christ and His love for everyone. Through countless outreaches and hundreds of conversations, Laura said they started to “see fruit” and people giving their lives to Christ in incredible and fulfilling ways.

“The more we went out, the more we saw God showing up and it was a tremendous experience,” Laura said. “We saw food multiply and we saw God using us to answer people’s prayers and we realized that we were being given a gift to be part of God’s work,” she added.

The other thing Laura said she realized is that street ministry “isn’t so scary.” “No one trained us, we didn’t always know the exact Bible verses or the answers to every question, and we learned some things the hard way,” she said. “But we knew that we couldn’t go wrong when we prayed and led with love.”

Getting bolder and starting to attract attention and participation from other Christians, the Works of My Father ministry started going door to door in neighborhoods such as the “Naked City” to talk directly with the broken and hurting people of Las Vegas and ask them for what they needed prayer. Doors were opened, literally and figuratively, and more and more people gave their lives to Christ and joined the “front lines” of the ministry work.

Chapel noticed that they were

serving not only the lost but the converted as well, and he wanted to accommodate Christians breaking out of their comfort zones.

“Our focus on out reach and not in reach really resonated with a lot of people throughout the Valley,” Chapel said. Taking God’s lead and walking through the doors He opened, the original trio of “comfortable Christians” opened a local mission center, called Casa de Luz, in August 2009 to provide a base for Christians and area fellowships to take the Word and love of God to the streets of Las Vegas.

The results have gotten the attention of more than thirty local churches, hundreds of Christians and even Mayor Oscar Goodman who joined the group in November for a multi-fellowship block party serving hundreds of Naked City neighbors in need.

Today Casa de Luz provides a safe haven for many, a food pantry and social resources, worship services led by pastors from various churches, and a gathering place for Christians passionate about kingdom work. Housed in converted apartment buildings with evident construction challenges, Casa de Luz is a work in progress. But, as Chapel points out, so is Christ’s kingdom.

“There is a lot of work to do,” Chapel said, “but it’s an honor and a privilege that God uses us to do it.”

Chapel’s favorite quote comes from the famous missionary Charles Thomas (C.T.) Studd: “Some wish to live within the sound of church or chapel bell, but I want to run a rescue shop within a yard of hell.”

Casa de Luz is located at 2412 Tam Drive, Las Vegas, 89102. More information is available by calling (702) 768-3712 or at www.worksofmyfather.org.

Claiborne

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pital I was told I had a TIA (transient ischemic attack), which is a mini-stroke. God intervened and placed a nurse in the admitting station that refused to dismiss my pains again. She completed all of my admitting paper work, and called Dr. Flangas at home, and woke him up. When he came in, she showed him the tests which she had run on me that evening. Initially, he did not remember me from our first encounter, but after reviewing the results from the tests taken that evening, he remembered me right away and sent me to Spring Valley Hospital.

All of these events took place Monday, January 19, 2009.

I am also grateful to my Tabernacle of Faith family. The prayers sent up, the phone calls received from people from all over the city, my pastor Dr. Robert Fowler for visiting in the late hours of the morning – not only did he counsel, but he also ministered to me; my sisters Min. Ethel Davis, Pastor Earnestine Feazell & Pastor

Janice Brown; my only daughter, Nicole; my grandchildren Tre’ & Ariel. I will never forget Shirley Ann Johnson for hanging with me day and night.

There were so many people who ran to my rescue. Rev. Doreen Johnson practically moved in to care for my mother day and night. My goddaughter, Marcella Smith, came to take all of the phone calls that were received day and night.

During my hospital stay and recovery, there were three whole days that passed that I still don’t remember today. I was warned by my physician of the side-effects of having the surgery: memory loss and the possibility of strokes and seizures. I truly thank God, because I have not suffered any of the above. Only God, the Healer, did this for me.

As I reflect, there were several members of the hospital staff who came wondering and inquiring if I were a celebrity, of some sort, because of all of the phone calls, flowers, and visitors for me. Again, I thank God for His Healing and

keeping power; His keeping power because He kept my mind throughout this whole process. I do realize I underwent a procedure that could have left me in a condition where I wouldn’t have even been able to remember my name... But God!

God is good, and I will tell man of His wondrous works and His Healing power. God is a healer for whoever needs to be healed.

In celebration of my, continued, life – Rev. Doreen Johnson, Evang. Vicki Daugherty & Evang. D’Funda Whaley hosted a Black Tie Affair in my honor. This formal event took place Saturday, March 13, 2010 at the Top of The World ~ Stratosphere Hotel & Casino.

I thank God for TAB. How can I ever repay you all or Dr. Flangas for your dedication? I can only continue to thank God for you, and mostly because He is a Healer!

Carter

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be who God already said we were-Conquerors and, mighty in Him!

Ladies it is our season to reap the harvest of our pain, suffering, tears, setbacks, diversions, time lapse, fears, manipulation of the enemy, mind spells and the quicksand pits we were drowning in. The Bible says, “I can do all things through Jesus Christ who strengthens me” (Philippians 4:13). Today I am speaking as a body of Christ; we can do all things through Jesus Christ who strengthens us!

New life comes when we surrender ourselves. Belief clings, but faith lets go.

It is time to celebrate, not just on Mother’s Day, but everyday that God so graciously gives us life and life more abundantly. I dare you to unleash the treasure within you, each one of you holds something God intends for you to use to fulfill His purpose for your life. I dare you to CHANGE for the glory of God!



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