

**Ebenezer Medical
Outreach INC**
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August is:

- ◆ Breastfeeding Awareness Month
- ◆ Immunization Awareness Month
- ◆ Traffic Awareness Month
- ◆ World Cancer Support Month

PROGRAM NEWS & HIGHLIGHTS:

- Highmark Helps with Oral Health
- Pharmacy Oral Health Care
- Unity Garden Update
- GROW West Virginia
- Upcoming Events

EMO appreciates your donations. Make a donation by calling 304-529-0753 or visit us at emohealth.org by clicking the donate button!



HIGHMARK WEST VIRGINIA CHARITABLE FUND FOR HEALTH: *Contributing to Oral Health Care in the Tri-State*

Tuesday, Aug. 16, Ebenezer Medical Outreach Inc. received \$50,000 from the Highmark West Virginia Charitable Fund for Health. The grant award is the beginning to EMO's "Diabetes and Dentures" program. The program creates a collaboration between the clinic's dental and medical centers providing support to patients with diagnosed with diabetes during an oral exam.

The program's referral to on-going medical care creates a path for preventative and ongoing maintenance care after an initial oral hygiene visit. Along with patient referrals for medical follow-up visits, the Diabetes and Dentures program also creates a pathway for patients needing dentures or partial re-alignments. Ebenezer Medical Outreach Inc. understands an intricate part to a healthier future is having access to availability.

Dentistry Today explains, "Creating a well-made denture is a process that has many steps to ensure that the patient receives the best fitting and functioning prosthesis possible. By paying close attention to procedure and patient concerns, you can produce a product that can greatly improve your patient's life."

Dentures are a vital part in helping patients eat healthier food such as fruits and vegetables. If a patient has previously lost teeth or is unable to chew certain foods, this leads to not getting enough nutrition in their day to day intakes.

Forbes Health Magazine lists several benefits to being outfitted with properly aligned dentures. Such improved health impacts include:

- ✓ Making speech easier and clearer
- ✓ Improving nutrition by facilitating the ability to chew and swallow a variety of foods
- ✓ Replacing decayed teeth
- ✓ Preventing facial collapse—the sagging of facial skin that occurs as the jawbones and muscles deteriorate because of missing teeth
- ✓ Maintaining proper bio-mechanics of the head and neck

Dentures not only assists in improving physical health, but statistics show they also correlate to having higher self-esteem. Feeling more confident are also a proven benefit. The Cleveland Clinic states in their 2022 article, "If you feel embarrassed about the health of your teeth, you may notice that this triggers some social anxiety. You may withdraw. Or it may hurt your self-esteem. This can lead to an increase in some of your mental health symptoms."

Ebenezer Medical Outreach Inc. hopes to with this new opportunity available to dental patients, residents cannot only feel good on the outside but will have gain better health internally as well.



FARMACY LESSONS IN ORAL HEALTH

As Ebenezer Medical Outreach Inc's Farmacy program enters its last month, patients have enjoyed valuable lessons. Educational components are an important part to creating a healthy and sustainable lifestyle changes. Part of this curriculum has included topics centered around physical fitness, grocery shopping, and healthier recipes.

Bad oral health not only contributes to infections inside the mouth, but is also a contributor to increasing one's risk for periodontal disease including diabetes and a weakened immune system according to the CDC.

Educational lectures given by Barb Thaxton R.D.H. C.T.T.S allowed patients to understand a healthy mouth has a overall impact on creating a healthy life. Thaxton supplied patients with tooth, denture, and mouthwash products to encourage better oral health care.

PROGRAM NEWS AND HIGHLIGHTS:

UNITY GARDEN FALL PLANTING:

EMO's Unity Community Garden has begun Fall season planting. Over the last week, a volunteer helped plant beans, winter squash crops, collard greens, and cabbage. Over the next week, WVU Extension in participation with GROW Appalachia is contributing garlic and onion sets for winter growing. Summer plants such as watermelon and cherry tomatoes are still available for harvesting along with herbs.

GROW APPALACHIA GRATITUDE: In coordination with WVU Extension, Ebenezer Medical Outreach Inc. would like to a hearty "Thank You" for the as their grant help fund soil for four new beds. Potato and onion set were also provided which has contributed to EMO's Farmacy program. Along with supplies acquired through Grow Appalachia, EMO has also benefited from educational classes held monthly. Each class centered on gardening and preserving food which has allowed EMO to continue to grow for their patients.

UPCOMING EVENTS: Ebenezer Medical Outreach Inc. is excited to attend upcoming events for September and October. Be sure to follow EMO on Facebook and mark your calendars for some great fall fun!

