



Living Well Newsletter

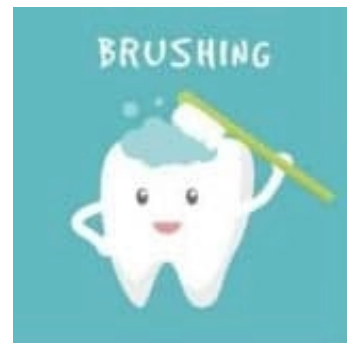
A monthly e-publication provided by Esse Health

October 2022 Patient Newsletter

October Is Dental Hygiene Month

It's time to replace that old toothbrush and restock your mouthwash because October is Dental Hygiene Awareness Month!

Brushing your teeth is one of the most important things for great oral health: it gets rid of plaque and reduces the risk of developing cavities and gum disease. You should be brushing your teeth twice a day, once after you've finished your breakfast and once before you go to bed. Each brushing session should last for two minutes and it's important to use a soft toothbrush and fluoride toothpaste.



You should floss your teeth once a day, ideally before you go to bed. Flossing is crucial for cleaning parts of your mouth that your toothbrush can't reach. When you floss, you remove plaque and small particles of food that get stuck between your teeth, which helps to lower the risk of tooth decay and gum disease. If you don't remove plaque, over time it'll harden and become tartar.

For good dental hygiene, mouthwash shouldn't be used as an alternative to brushing or as an optional extra: you should use good mouthwash to rinse your mouth regularly after you brush and floss your teeth. Brushing and flossing target your teeth, while mouthwash gets rid of bacteria from other areas of your mouth. The mouthwash will help to prevent gum disease and keep your breath fresh.



Expecting? The Best Pediatrician For Your Baby is Closer Than You Think.

Esse Health Pediatrics. Top-ranked, Flexible, Trusted Care in your neighborhood.

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Halloween Safety Tips

With Halloween right around the corner, it's very important to think about how to stay safe. Healthychildren.org offers tips on how to be safe while trick-or-treating which include what to wear to be visible, safe ways to carve pumpkins and even how to make your front porch safe for trick-or-treaters visiting your house!

Click [here](#) to read the full article.



Medicare Annual Enrollment Ends December 7th!

Don't forget Medicare Annual Enrollment begins October 15th! For more information click [here](#).



Virtual Taking Care Of Diabetes

Esse Health invites you to a Virtual Taking Care of Diabetes (TCD) group meeting, from the comfort of your home! Below are the meetings for November through December. Click the date/time of the meeting(s) you want to attend to register as space is limited.

November: Holiday Fare

[Friday, November 11th, 8:30 a.m.](#)

[Tuesday, November 15th, 12:00 p.m.](#)

December: 2022 Year in Review

[Friday, December 16th, 8:30 a.m.](#)

[Tuesday, December 20th, 12:00 p.m.](#)

Once you've registered you'll receive an email to sign the consent form and the link/phone number for the virtual meeting (via Webex). You can watch via Webex or just listen via a

Webex phone number. These virtual TCD meetings are free of charge.

Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal. Thanks to the Portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:

- Request appointments
- Request refills
- Ask questions regarding a prescription
- Ask questions about your bill
- Request a referral
- Pay your bill



Click [here](#) for more information and to download the Patient Portal app!

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