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Save the Date!

Mark your calendars now for Glenn County's largest social extravaganza of the year. Glenn Medical Foundation invites everyone to join them at the Splendor in the Valley event on Saturday evening, September 9th. The event will once again take place at the Worthington Family's Big ~W~ Ranch near Orland - tickets and sponsorships will soon be available. For more information now, please call Deborah McMillan at 934-1881. This was a sold-out event last year, so plan ahead by saving the date!

Are Your Children Safe?

Mouthguards save more than teeth. Unfortunately for athletes, injuries to teeth and soft tissue during contact sports are a common, preventable disaster. Slip in a customized mouthguard and you instantly have ramped-up protection to protect teeth, stabilize the head and neck, absorb shock, limit jaw injury, and reduce the chance of concussion. This is good information for sports parents!



This institution is an equal opportunity provider and employer.

~ ~ What's Happening at GMC ~ ~

Platinum Club for Seniors

The Platinum Club is a free hospital-sponsored program for all Glenn County residents 60 years of age and older. Seniors are invited to attend these monthly presentations with their friends and neighbors. Please join us on **Thursday, March 30th**, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, we will be having a very informative presentation on **"Dementia and Alzheimer's: Understanding the Difference"** by Wade Elliott, Executive Director of WestHaven Senior Living in Orland. Alzheimer's and other similar dementias are the cause of death for 1 in 3 persons over age 65 today. There are over 5 million Alzheimer's cases in the US today and that number continues to rise. Today there is no known cure and treatments are largely ineffective. The cost to the nation has the potential to bankrupt the US economy within 30 years. The financial impact is largely overshadowed by the human toll this disease takes on families and other caregivers. Wade, one of our favorite presenters, is a dementia care industry insider and educator. He will be on hand to share the latest research and strategies to help those suffering with this increasingly common disease of aging. Wade speaks on this and other topics of aging as a professional educator working for the largest provider of caregiver education, OnCourse Learning, throughout the state. Please **RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. If you'd like to be added on to our mailing list for future newsletters, please call Deborah or e-mail her at DMcMillan@glenmed.org.

Oral Hygiene Affects Hypertension

Oral hygiene has an incredible impact on your overall health. And now, a new study shows direct causal links to another systemic problem that affects 1 in 3 North Americans - hypertension (or high blood pressure) - which can lead to heart disease, kidney disease, and stroke. In this study, participants who had regular toothbrushing routines had a much lower incidence of hypertension. A silent killer, hypertension often has no symptoms. Get your blood pressure checked regularly! Here are a few ways to reduce your risk: • Practice excellent oral hygiene. Brush 2 times a day, floss daily, keep regular hygiene appointments. • Eat a well-balanced diet to encourage a healthy weight. Eat clean. • Exercise regularly. • Don't smoke. Smoking increases blood pressure and adds to risk of heart attack and stroke. • Consume alcohol in moderation. • Most importantly, schedule regular checkups with your dentist and medical provider. If you don't already have a dedicated medical provider, Glenn Medical Center has several excellent ones from which to choose. Call today and schedule your appointment at our Family Care Clinic 934-1816, Glenn Family Medical Group, 934-4681, or Specialty Clinic 934-1820. All providers are accepting new patients.

Glenn Medical Center - providing quality healthcare right here at home for 65+ years!