



HEALTH AND WELLNESS

UPDATES FROM THE TEAMSTERS LOCAL 1932 HEALTH AND WELFARE TRUST AND YOUR PROVIDERS:

DELTA DENTAL MEMBERS



Oral Cancer: Prevention is key

Oral cancer is the sixth most common cancer worldwide. It can usually be treated if caught early, but at its later stages, it can spread throughout the body. It's important to [know the facts](#) about oral cancer.

April is Oral, Head & Neck Cancer Awareness Month. Learn about the symptoms of oral cancer and check yourself for the following signs:

- Sores that last longer than two weeks
- Swelling, growths or lumps anywhere in or near your mouth or neck
- White or red patches in your mouth or on your lips
- Repeated bleeding from the mouth or throat
- Difficulty swallowing or persistent hoarseness

Protecting your smile

Ask your dentist if you have any concerns about your oral health. Your dentist can examine your mouth and review the next steps necessary to diagnose any problems.

Breathe Clearer and help your teeth

Spring means pollen, and for those with asthma, breathing can be even more difficult. But did you know asthma can increase your chances of developing cavities and gum disease?

People with asthma may have a [dry mouth](#) because asthma restricts airflow, making them more likely to breathe through their mouth. The medication in inhalers can also dry out the mouth. Having a dry mouth makes it easier for plaque-causing bacteria to multiply, which increases your chances [of bad breath](#), tooth decay and gum disease.

How to protect yourself

Stay hydrated. Drinking water throughout the day can counteract the effects of dry mouth.

Let your dentist know you have asthma and provide details about the type of medication you use. Your dentist may be able to recommend ways to improve your oral health.

Treat those allergies. If you suffer from a stuffy nose frequently, talk to your dentist about treatment options. With proper treatment for your allergies, you're less likely to breathe through your mouth.

KAISER PERMANENTE MEMBERS



Tips to manage stress

While we can't get rid of stress completely, we do have ways to get ahead of it and learn to control it before it controls us. Learn to recognize stressful situations and build positive coping strategies for life's many ups and downs.

- Breathe it in. When stress strikes, breathe in for a count of 5, hold for 5, and exhale for 5. Repeat until you're feeling calm.
- Sweat it out. Exercise relieves tension in your body and releases feel-good chemicals that fight the effects of stress.
- See it coming. Learn to recognize stress at home and on the job, and [make a plan](#) to manage it.

Ready for less stress? Go online for more tips, resources, and support.

BLUE SHIELD OF CALIFORNIA



Expecting? Planning to grow your family?

Maven is a virtual care program for moms-to-be and their partners – available at no extra cost. Maven's experts provide personalized support during pregnancy, postpartum, and returning to work. You can also get support if you have experienced a pregnancy loss.

Check out everything Maven has to offer at blueshieldca.com/maternity.

EYEMED MEMBERS



Add protective Eyewear to your game face

Whatever sport you play, guarding your eyes is always a winning strategy.

Whether it's helping you judge a sharp turn down the ski slope or seeing when to hit an oncoming pitch, your eyes are key players in all of your sports activities. But the eyes can also get injured if left unprotected. Nearly all sports pose some type of risk for eye injury.

Click on the link below to learn more:

<https://www.eyesiteonwellness.com/eyemed/en/post/add->

[DELTA DENTAL WEBINAR](#)



April 27, 2023 12:00pm

Join us to learn about:

- Online Resources/Find Providers
- Get to know your Delta Dental PPO and Delta Dental Premier Networks”.

[CLICK TO REGISTER](#)

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