

WE ARE CURRENTLY ACCEPTING NEW PATIENTS!
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NEW YEAR'S RESOLUTIONS

1. Floss everyday
2. Morning meditations
3. Schedule my annual dental appointments at Mind Your Mouth!

Embodied Breath

Arly Scully is a local massage therapist who focuses on somatic healing through massage. She has kindly provided us a quick and simple daily exercise to ground ourselves.

"This exercise is a fantastic way to start and/or finish your day - adding it to your oral care routine is a great way to make it a habit! **Brush and floss your teeth - and then try out this embodied breath exercise to connect with your body with intention.**

This can be done standing or seated, but find a neutral resting position to start. Hands on heart or belly or letting your arms hang heavy alongside you as you focus on your breath are all great options.

Begin counting your breath on the inhale and exhale. Breathe at a pace that is normal for you - don't worry about how fast or slow you're counting, just keep it consistent. (Some people find it helpful to partner the count with a one syllable word. Try "One-in two-in, three-in, four-in, etc One-out, two-out, three-out etc") Mark your count. (5 in, 3 out or 7 in, 10 out, etc.)

Place your hand/hands on each of the following spots, taking a full breath in, and a deep and complete breath out before moving onto the next area. Notice any sensations, observations, or thoughts that pop up as you intentionally touch each spot. (i.e. "My headache is still there." "I don't want to drive to work today." "I loved talking with my mom last night." "My hips feel tight.") Acknowledge anything that emerges, understanding that you don't have to engage with it right now.

1. Forehead (Breathe in, breathe out.)
2. Temples (In, out.)
3. Jaw hinge (Breathe in, breathe out.)
4. Collarbones (In, out.)
5. Heart (Breathe in, breathe out.)
6. Belly (In, out)
7. Hips (Breathe in, breathe out.)

Return to the position you started with, and repeat the in-out count. What - if anything! - has shifted from the first in-out count? Are there any invitations that came up that you'd like to engage with or explore further? By inviting connection to the body and breath, you are connecting to yourself. And from that newly connected place, you can set the intention for how you'd like to move. With joy, with ease, with purpose - fill in the blank!"



If you'd like to learn more about somatically supportive massage, please reach out! You can find me at hello@arlyscully.com, on instagram at [@arlyscullymassage](https://www.instagram.com/arlyscullymassage), or my website www.arlyscully.com

Inflammation and Oral Health



Periodontitis, also known as gum disease, is severe inflammation in your mouth. It can be characterized by swollen, red, bleeding gums. This condition is generally caused by poor or lacking oral hygiene but other factors such as medications or certain health issues can increase your risk.

Periodontal disease:

- increases the risk of heart disease by 10–15%
- has the effect of raising the blood sugar, which could lead to type 2 diabetes or, in people who already have diabetes, it could worsen the risk of complications
- has been linked to premature birth and low birth weight
- causes a higher risk of developing stroke and dementia

While periodontitis is not curable, it can be managed with proper oral care and regular visits to your dentist. If you are prone to gum disease, you may need more frequent cleanings.



Catching this disease early is key!

HPV Vaccination vs. Oral Cancers

MYM Dental Assistant Sam Savaun has been working with the Maine Medical Association Center for Quality Improvement and the Maine Cancer Foundation. Here is a summary from her about their efforts.

If you have any questions or would like more information, please reach out and we would be happy to discuss further.



In 2022, Mind Your Mouth participated in research with the Maine Medical Association Center for Quality Improvement and the Maine Cancer Foundation. The goal of the project is to increase the rate of HPV vaccination among the state's residents between the ages 9-24. According to the Maine 2020 Annual Report on cancer, *Maine's rate of HPV-associated cancers is significantly higher than the US average.*

70% of throat cancers are thought to be caused by HPV, making dental offices a great point of intervention.

By tracking our patients' HPV vaccination doses, we are able to provide the most thorough preventive care for our patients and contribute towards achieving a healthier community in our state!

Why did you choose dental hygiene as a career?

"When I was eight years old, I knew I wanted to be a Dental Hygienist, it was a natural calling. I always had a deep interest in the care of my own teeth and felt that I could make a difference in other peoples lives by teaching them to care for their teeth. The mouth is the gateway to the body and maintaining oral health promotes systemic health that creates a healthier lifestyle."

What do you enjoy most about working at Mind Your Mouth?

"I admire the healthy mouth, body, and soul approach we have here at MYM. The mouth is only a portion of the body and we need to care for the entire person to achieve the best health and MYM offers these treatment options. MYM promotes research-based products and services that are tailored to each patient based on their individual need. Our entire team is health oriented, and we support one another for the betterment of the practice and our patients."

Which part of Maine is your favorite and why?

Aside from my childhood home on the lake, my favorite place is the Millinocket, Baxter State Park region. This area of Maine offers everything I enjoy, water activities, remote camping, hiking, and endless nature. There is a simple way of life there that allows me to unplug from the hustle and bustle of Southern Maine and recharge my inner peace. I have summited Mt.Katahdin four times and it never disappoints, the view and experience are always different, you descend with a new perspective."

Employee Spotlight!



Cheri
Dental Hygienist

What are your favorite activities?

"I was raised on Little Sebago Lake, so I love anything water, boating, fishing, paddle boarding, kayaking, swimming, and snorkeling, but I never turn down a good hike or camping."

Self Love Self Defense Workshop



Join us on Saturday, February 11th from 2pm-4:30pm for an Empowerment Self Defense class at Hustle and Flow studio. Prevention.Action.Change. (PAC) will be teaching this class. This event is sponsored by MYM and available to everyone. We do encourage a donation of \$25 to Through These Doors. **Event linked below.**