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Oral Health for Minority Ethnic (ME) Communities



NEWSLETTER
9TH JULY 2020

Hello members,

Hope everyone is well and safe. As Scotland is approaching Phase 3 of the governments exit plan on the 10th July 2020, Phase 2 successfully saw the re-opening of many facilities. We saw the re-opening of dental practices for emergency appointments, re-opening of street access non-essential shops but indoor shopping centres remain closed until Phase 3. Factories and warehouses have been allowed to re-open. Outdoor sports courts, playgrounds and registration offices for high priority tasks and marriages have been allowed to take place with no food and drink and no more than 30 guests. The Scottish housing market has also re-opened on the 29th of June and housing moves have been relaxed.

13th July 2020 is the date proposed which will allow All dental practices to begin to see registered patients for non-aerosol routine care. Work will begin to return aerosol generating procedures to practice safely in due course.

Wearing face masks in shops and public transports will be mandatory from Friday **10th July 2020**, however First Minister has urged Scots to practice this ahead of time. We can all hope and pray that these safety measures will protect and guard us and our loved ones and help Scotland fight the pandemic.

While we continue to take measures to protect ourselves and others from infection, we should also continue to make positive changes to improve our health by good eating habits and good oral hygiene practice.

This week we will be looking at Probiotics – what they are, what they do and what they mean to our health and our oral health.

What are Probiotics?

Probiotics are live bacteria and yeasts that are good for you, especially your digestive system. We usually think of these as germs that cause diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy.

You can find probiotics in supplements and some foods.

Types of Probiotics

Many types of bacteria are classified as probiotics. They all have different benefits, but most come from two groups. Ask your doctor about which might best help you. This may be the most common probiotic. It's the one you'll find in yogurt and other fermented foods. Different strains can help with diarrhoea and may help people who can't digest lactose, the sugar in milk.

Bifidobacterium, You can find it in some dairy products. It may help ease the symptoms of Irritable Bowel Syndrome (IBS) and some other conditions.

Saccharomyces boulardii is a yeast found in probiotics. It appears to help fight diarrhoea and other digestive problems.

Foods which contain healthy Probiotics



What Do They Do?

Among other things, probiotics help send food through your gut by affecting nerves that control gut movement. Researchers are still trying to figure out which are best for certain health problems. Some common conditions they treat are:

- Irritable bowel syndrome
- Irritable Bowel Disease (IBD)
- Infectious diarrhoea (caused by viruses, bacteria, or parasites)
- Diarrhoea caused by antibiotics

There is also some research that shows they're useful for problems in other parts of your body. For example, some people say they have helped with:

- Skin conditions, like eczema
- Urinary and vaginal health
- Preventing allergies and colds
- Oral health

How to Use Them Safely

Ask your doctor if taking probiotics is a good idea for you. In general, probiotic foods and supplements are thought to be safe for most people, though some people with immune system problems or other serious health conditions shouldn't take them.

Hope these tips helped you and will help make positive changes to your lifestyle.

Till next time, stay safe and happy and stay connected!!!!