

## In This Issue

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**APRIL IS NATIONAL AUTISM AWARENESS MONTH**

join us in  
CELEBRATION



*April is*  
National Oral Health Month



**Support. Educate. Advocate.**

## April is Autism Awareness Month & Dental Health Month!



### AUTISM: THE FACTS



#### FACT:

THERE IS NO MEDICAL DETECTION OR CURE FOR AUTISM.



#### FACT:

AUTISM AFFECTS 1 IN 68 CHILDREN AND 1 IN 42 BOYS.



#### FACT:

AUTISM RECEIVES LESS THAN 5% THE RESEARCH OF MANY LESS PREVALENT CHILDHOOD DISEASES.



#### FACT:

AUTISM COSTS A FAMILY \$60,000 A YEAR ON AVERAGE.

## Accelerated Health & Wellness Centre

### Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

### Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy

## Autism: the positives

Understanding, embracing and celebrating different ways of thinking and doing can release the true power of the autistic mind. Here we look at the positive features of autism.

<b>Attention to detail</b> <ul style="list-style-type: none"><li>• Thoroughness</li><li>• Accuracy</li></ul>	<b>Methodical approach</b> <ul style="list-style-type: none"><li>• Analytical</li><li>• Spotting patterns, repetition</li></ul>
<b>Deep focus</b> <ul style="list-style-type: none"><li>• Concentration</li><li>• Freedom from distraction</li></ul>	<b>Novel approaches</b> <ul style="list-style-type: none"><li>• Unique thought processes</li><li>• Innovative solutions</li></ul>
<b>Observational skills</b> <ul style="list-style-type: none"><li>• Listen, look, learn approach</li><li>• Fact finding</li></ul>	<b>Creativity</b> <ul style="list-style-type: none"><li>• Distinctive imagination</li><li>• Expression of ideas</li></ul>
<b>Absorb and retain facts</b> <ul style="list-style-type: none"><li>• Excellent long term memory</li><li>• Superior recall</li></ul>	<b>Tenacity and resilience</b> <ul style="list-style-type: none"><li>• Determination</li><li>• Challenge opinions</li></ul>
<b>Visual skills</b> <ul style="list-style-type: none"><li>• Visual learning and recall</li><li>• Detail-focussed</li></ul>	<b>Accepting of difference</b> <ul style="list-style-type: none"><li>• Less likely to judge others</li><li>• May question norms</li></ul>
<b>Expertise</b> <ul style="list-style-type: none"><li>• In-depth knowledge</li><li>• High level of skills</li></ul>	<b>Integrity</b> <ul style="list-style-type: none"><li>• Honesty, loyalty</li><li>• Commitment</li></ul>

### Some helpful websites to check out:

<http://www.myaspergerschild.com/2013/02/70-tips-tricks-for-educating-students.html>

<https://www.autismspeaks.ca/media-request-contact-us/news/blog/10-tips-for-new-autism-parents/>

<https://www.merakilane.com/autism-and-noise-sensitivity-7-tips-for-kids-with-sensory-anxiety/>

- Nutritional Counseling

## Dental Health Awareness Month!

# TOP TIPS FOR TEETH



- **Brush for two minutes, twice a day, with a fluoride toothpaste**

Research shows more than 70 percent of people do not brush correctly 0 - 3 years old, should use toothpaste with a fluoride level of at least 1000ppm (parts per million) 3+ years old, should use a toothpaste that contains 1350ppm-1500ppm



- **Use dental floss or interdental brushes to clean between your teeth at least once a day**

Only 21 percent of people clean between their teeth regularly



- **Change your toothbrush every 3 months**

Only 22% of people change their toothbrush every three months

- **Cut down on how often you have sugary foods and drinks between meals**

It's not how much you have, but how often you have it!



- **Visit your dentist regularly, as often as they recommend**

It is important that you have dental check-ups to keep your mouth healthy

- **Eat some cheese or sugar free chewing gum after meals**

Cheese helps to neutralise acid and gum helps to clean the mouth

- **Be mouth aware**

Check your own mouth regularly and visit your dentist if you notice any changes, such as mouth ulcers that do not heal in 3 weeks



British  
Dental  
Foundation

[www.dentalhealth.org](http://www.dentalhealth.org)

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## How to Improve Your Overall Dental Health

Based on that new research, here are a few dental health tips you might not have heard before:

1. Get a new angle on things. When brushing your teeth, the position of the bristles matters. The head should be at a 45-degree angle near the gum line, and again when you go to clean the inside surfaces of your teeth.
2. Give your tongue some attention. Plaque and bacteria can gather on, around, and under your tongue too. Clean the surface of your tongue daily, either with your toothbrush or with a tongue cleaner. This will also help prevent bad breath!

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3. Seal off trouble. Sealants are thin protective coatings applied to the back teeth that can help prevent decay and cavities (caries). Sealants are an especially good idea for kids, who often have trouble reaching their back teeth while brushing.
4. Suit up those teeth. Sports are good for our bodies, but they also provide opportunities for bangs, bumps, and crashes. In fact, most school teams now require children to wear mouth guards to safeguard teeth, especially for rougher sports. So it's not a bad idea to have one yourself, for any sort of recreational activities. This is true even if it's not a team sport – skateboarding, rock climbing, or even just hitting a ball against a wall can all present a threat to your teeth.
5. Make fluoride earn its keep. You should already be using a toothpaste with fluoride. But you might not be receiving its benefits if you rinse with mouthwash right after you brush. Mouthwash can rinse away fluoride before it has a chance to work, so wait 15 minutes or let the fluoride get to work on your enamel.
6. Chew your way to better dental health. Chewing sugar-free gum after eating or drinking can help protect your teeth and gums, especially after eating sugary foods. Better yet, finish your meal with a cube of cheese. This can help reduce the effect of acids from food on your teeth.
7. Get more sun. Specifically, get more Vitamin D – which you can get from supplements or exposure to the sun. Both Vitamin D and calcium help keep teeth and gums strong.
8. Practice the basics. Even if you follow these healthy tips, they will do little if you are not already practicing the basics, brushing, and flossing twice daily. You also want to **avoid bad habits** that can cause damage to your teeth over time.
9. See a dentist when everything is fine. Most people don't bother with a dentist appointment until something goes wrong: A tooth falls out, a sudden pain makes it hard to chew, or an injury causes a chip or crack. But most problems can be prevented if their underlying cause is found early. A regular check-up more than pays for itself by preventing costly dental procedures down the road.

## Coronavirus;

Lastly, on a personal note, with the surge of the coronavirus sweeping our nation, it's imperative that we all do our part to stay home. As many of you know, we have temporarily closed our clinic to be better aide our patients in the fight against COVID 19. We see a lot of people who would be considered the vulnerable sector.

We did not make this decision lightly, and while the entire AHCW team can not wait to get back to work, we need to follow protocol and set an example for our fellow man of how we must take responsibility for our own actions and not put anyone at risk.

We sincerely look forward to seeing you all soon, We miss you!

-Your Accelerated Health & Wellness Centre Team

*Thank you for taking the times to read our Newsletter.*

*As always, Go in Good Health!*

