

The DPH Bulletin

From the Delaware Division of Public Health

February 2017

DPH welcomes new dental director

The Division of Public Health (DPH) welcomes Dr. Nicholas Conte as Dental Director for the Bureau of Oral Health and Dental Services (BOHDS).

Dr. Conte, a prosthodontist, most recently served as the Director of Clinical Research and Education for Dentsply Sirona. He worked in private practice and on the faculty at New Jersey Dental School (now the Rutgers School of Dental Medicine), where he taught both undergraduate and post-graduate prosthodontics. Dr. Conte has lectured extensively, conducted clinical research trials, and worked on product development teams for impression materials, composites, adhesives, and cements.

"We are fortunate to have someone with Dr. Conte's qualifications joining the DPH family," said DPH Director Dr. Karyl Rattay. "It is exciting to find a



Dr. Nick Conte

leader who has touched on so many different areas in his profession. His recognition of the value of oral health and how it impacts overall health will help lead the Bureau of Oral Health and Dental Services into the future."

"I look forward to continuing the great work that has already been done, maintaining important partnerships previously established within the state, and fostering new relationships with external partners," Dr. Conte said. "I also look forward to working with the Delaware dental community to improve general awareness about the importance of oral health and the key role it plays in our overall wellness."

Five dental clinics serve the Medicaid and uninsured communities (age 20 and under), while BOHDS' dental van visits elementary schools. Over the next three years, BOHDS will help train dental professionals to serve people with disabilities, integrate oral health into primary care in Federally Qualified Health Centers (FQHCs), and expand oral health outreach and disease prevention in schools and communities.

For more information, visit BOHDS at <http://dhss.delaware.gov/dhss/dph/hsm/ohphome.html> or call 302-744-4554.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



American Heart Month: prevent heart attacks and strokes

An estimated 85.6 million people in the U.S. are living with cardiovascular diseases, including heart attack, stroke, high blood pressure and chest pain, according to the American Heart Association. February is American Heart Month.

Follow these tips to prevent heart disease:

- **Avoid tobacco and vaping** – Do not smoke or vape. Smokers who live in Delaware and are 18 years and older can get free help in quitting from the Delaware Quitline: 1-800-QUIT-NOW or www.quitsupport.com.
- **Be physically active** – Be physically active every day or at least 30 minutes three times a week. Teach your children how to be active.
- **Manage weight and cholesterol** – The goal for waist size is less than 35 inches for women and less than 40 inches for men. (For Asians, the waist size goal is 32 inches for women and 35 inches for men.) Persons with higher waist sizes are at risk of diabetes, heart attack, or stroke and should visit their health care provider.
- **Limit sodium and trans fat.**
- **Control blood pressure** – An ideal blood pressure is less than 120/80.

Designate a Preparedness Buddy to provide help during emergencies

Emergencies are less stressful with plans in place. That's especially true for adults and children with disabilities, seniors, and those with temporary or chronic health conditions, language barriers or other issues that might make mobility difficult during an emergency. Preparedness buddies regularly check on their designated buddies to ensure they have enough medication, oxygen, food, and water.

DPH's "Preparedness Buddy Brochure" helps people with access and functional needs prepare. DPH urges loved ones or those serving people with access and functional needs to print, fill out, and share the brochure if someone is unable. Visit <http://www.dhss.delaware.gov/dhss/dph/php/preparednessbuddy.html> to read it in English, Spanish, and Haitian Creole.