Consequences of Not Following Up

Special Olympics Arkansas

Special Olympics Special Smiles®

- Pain in the mouth causes difficulty chewing
- Chewing affects food choices
- Cavities can cause extreme pain. Unable to practice/compete.
- If cavity is big, infection can spread to nerve of tooth and lead to injury and weakening of tooth to possible tooth loss.
- Broken teeth are sharp, injure tissues and can break further.
- Missing teeth cause other teeth to move/hard to chew/affects smile.
- Some people don't smile as much with missing teeth.
- Infection from cavities can spread to other teeth and gums…leading to abscess.
- Gum abscess can lead to loss of tooth and infection spreading to rest of body. Very serious condition.
- You should see your dentist every 6 months.

Special Olympics Lions Clubs International Opening Eyes®

Lions Clubs International FOUNDATION

- A new prescription will lead to glasses that work better.
- Glasses help you see closer and far away things better.
- Seeing well will help you perform better in sports and everyday life.
- Sports Goggles will protect your eyes and bones around your eyes from getting hurt during sports.
- Corrective lenses can be added to Sports Goggles.
- Eye diseases are serious and need to be treated by an eye doctor.
- Glaucoma and Cataracts are two conditions that need to be treated by an eye doctor.
- Some eye disease can lead to blindness if not treated.
- You should have an eye exam every 2 years.

Special Olympics FUNfitness

- Flexibility is needed to perform everyday activities and can decrease with inactivity and bad habits.
- Stiff joints and muscles can lead to pain in joints and back that hurt when you move.
- Strength is necessary for strong bones, to manage your weight, and to perform everyday activities.
- Strength is important for balance. Balance reduces risk of falls. Strength also lessens the symptoms of arthritis, back pain, obesity, heart disease, depression and diabetes.

- Regular strength training and aerobic exercise may help improve thinking and learning skills for older adults.
- Balance keeps you upright, allows you to walk without extra help and prevent injury.
- Aerobic fitness strengthens your heart and lungs, lowers cholesterol, reduces your risk of type 2 diabetes, improves your immune function, and lower your blood pressure.

Special Olympics
Healthy Hearing

- Earwax in ears can affect your hearing and needs to be removed by a doctor.
- A medical ear evaluation screens the ears for ear pain, discharge, lumps, or objects in the ear.
- An audiological evaluation of hearing screens the ears for hearing loss.
- If you wear hearing aids, it is important to have the hearing aids cleaned and checked every 6 months.
- How your hearing aid fits is important and can sometimes need to be repaired.
- Swim plugs are used when swimming or showering to keep water out of the ear. This may be to avoid an ear infection in dirty water, or when there is a hole in the eardrum.
- Noise plugs are worn around any loud outside noise, such as when around machinery, power tools, lawn equipment, gunfire, aircrafts, explosives, sporting events, motorcycles, and loud music to prevent noise-induced hearing loss

Special Olympics
Fit Feet

- Ingrown toenails are painful, leading to difficulty walking and/or wearing shoes.
- Left untreated an ingrown toenail can cause infection or even an abscess that requires surgical treatment.
- Ulcers, redness, painful areas with drainage or odor are a sign of infection and should be evaluated as soon as possible.
- Not treating an infection can lead to an infection spreading to blood stream and is very dangerous.
- Healthy feet are important to remain healthy and fit.

Special Olympics
Health Promotion

- Body Mass Index shows how much fat you have.
- Being overweight or obese can lead to many healthy problems including type 2 diabetes, heart problems like heart disease and stroke, osteoarthritis and some cancers.
- Not treating hypertension (high blood pressure) can lead to serious conditions like heart attack, stroke, kidney disease, vision loss, angina and more.
- Osteopenia and osteoporosis are names that explain that our bones are not as strong (or dense) as they should be. Weak bones break more easily.
- Exercise and medication can make bones stronger.
- Strong bones support strong bodies.