



# LOVE THE GUMS YOU'RE WITH!

## Wear Red Heart Health Event

Presented by Burgess Health Center

Thursday, February 14, 2019

Location: **Onawa Community Center**

10:30 a.m. .... Booths Open

11:30 a.m. .... Lunch & Keynote

## Luncheon features

- Keynote by Sheila Duarte, DDS  
*LOVE THE GUMS YOU'RE WITH - the connection to heart disease*
- Educational & Fun Booths
- Lunch catered by Staley's



## Reservations

**Cost is \$10** (\$8 for active Burgess volunteers)

To register, complete the form below OR call 712-423-9200

*If you have not registered before February 8, please register at the door on the day of the event.*

**Yes,** I would love to attend Wear Red 2019!

Name(s) \_\_\_\_\_ Number Attending \_\_\_\_\_

Address, City, ZIP \_\_\_\_\_

Email Address \_\_\_\_\_

Phone # \_\_\_\_\_  I would like to receive emails regarding future Burgess events.

Mail this form and payment to: (make checks out to Burgess Health Center)  
**Burgess Health Center Wear Red • 1600 Diamond Street • Onawa IA 51040**

## About the Keynote Speaker

Sheila Duarte, DDS of Family 1st Dental, Onawa, will discuss how to “Love the Gums You're With - the connection to heart disease.” As a dentist, Dr. Duarte screens every patient every day. Because gum disease can play a role in heart disease, patients are screened for any periodontal issues, even sleep apnea, and treated as needed.

Dr. Duarte graduated from the University of Nebraska College of Dentistry. She was born in Norfolk, Nebraska and raised in the Tilden/Meadow Grove, Nebraska area. In her spare time, she enjoys boating, reading, listening to music (especially live music), and spending time with family and friends.

Over the years, many studies have found that people with gum disease are more likely to also have poor heart health, including heart attacks. Sticky bacterial plaque that builds up on your teeth causes inflammation to gums. Periodontal disease may increase inflammation throughout the body. Inflammation, in turn, may be an underlying problem in HEART DISEASE.

The perfect speaker for **Wear Red 2019!**



**BURGESS**  
Health Center

QUALITY CARE YOU CAN BELIEVE IN

1600 Diamond Street  
Onawa, Iowa 51040

**(712) 423-2311**

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

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