



# CLINIC WE ARE YOUR HEALTHCARE TEAM CONVERSATIONS

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

FALL 2019

## Resuming Exercise Allows Moms of Newborns to Thrive



The fourth trimester refers to the three months following the birth of a child. If you had a healthy pregnancy and delivery, the American College of Obstetrics and Gynecology recommends resuming exercise soon after the baby is born, in accordance with your doctor's approval and when you feel ready. If you had a cesarean birth or other complications, you should discuss returning to exercise with your medical provider.

Pregnancy and birth can create many healthcare issues that can interfere with the return to exercise. These issues include neck, back, and pelvic pain; carpal tunnel syndrome; core weakness; and incontinence. These conditions are common, but not normal. Seeking healthcare to correct these problems can improve the postpartum experience and get you safely exercising again.

Exercise helps strengthen and tone abdominal muscle, boost energy, improve mood, decrease stress, get better sleep, and assist in losing any extra weight gained during pregnancy. In general, it is recommended to slowly return to exercise. Begin with postural exercises, stretching, low-level strengthening, and aerobic activities. Avoid high-impact exercises (running, jumping) in the first few months postpartum. Be aware of body mechanics and posture while caring for your infant to avoid increasing musculoskeletal pain. A physical therapist can be a part of your healthcare team to help you address these issues and resume exercise.

*Resource: American College of Obstetricians and Gynecologists  
<https://www.acog.org/Patients/FAQs/Exercise-After-Pregnancy>*

## The Correlation Between Diabetes and Oral Health

While it is commonly known that certain diseases and medications can have a negative impact on oral health, the Surgeon General's Report on Oral Health states that poor oral health can, in turn, have a significant impact on overall health. Some of the more common conditions linked to poor oral health include heart disease, diabetes, osteoporosis, and kidney disease.

Two common health conditions that have been shown to be interrelated are diabetes and periodontal disease, which is defined as chronic inflammation caused by bacteria in the oral cavity. Uncontrolled diabetes can put individuals at a 3 to 15 times greater risk of developing periodontal disease than those without diabetes. They are also more prone to tooth decay, greater amounts of bone loss, dry mouth, and oral/dental infections. It is now being shown that the relationship between periodontal disease and diabetes can go both ways, since periodontal disease can cause blood glucose levels to become more difficult to control, leading to diabetes and an overall increase in the risk of infections.

The good news is that patients with well-controlled diabetes have no increased risk of periodontal disease compared to individuals without diabetes. In turn, routine dental treatment can



keep periodontal disease from progressing and help to reduce changes to blood glucose levels. Along with regular wellness visits, it is important to share your medical history with your healthcare providers.

*Resource: Surgeon General's Report on Oral Health*



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