

Did You Know?

(NAPS)—Cavities and gum diseases affect overall health. Learn how to prevent oral diseases to promote your healthier future. To test your oral health knowledge, visit www.KnowYourOQ.com. It provides educational resources for health care professionals as well as consumers.

The PassportUSA program from Health Carousel means foreign-born nurses have a team to oversee every detail and shoulder the costs of moving to and being able to work in the U.S. <https://www.passportusa.com/supporting-healthcare-professionals-globally>

Roughly 20% of U.S. adults have sleep apnea, a condition that occurs when people stop breathing at night, potentially leading to severe health issues. Fortunately, Mintal—a wellness-focused technology brand—developed a free AI-driven sleep analysis app to detect it. Learn more at www.mintalworld.com.

It's now possible to use a 3D printer to create a new home on site in less time and for less cost than a conventional building. You can see how on the website for Apis Cor, which pioneered 3D printing technology for construction, at www.apis-cor.com/showroom.

Once mostly for luxury goods, modern technology means a Buy Now, Pay Later system can be offered by car dealership service departments and many other providers through a reliable, secure and trusted technology company called Sunbit. Learn more and find participating companies nearby, at sunbit.com/shop-directory/.

If the cost of an eye exam is a concern, the American Academy of Ophthalmology's EyeCare America program provides eye care through volunteer



ophthalmologists for eligible seniors and others at increased risk for eye disease. Learn more at www.aao.org/eye-care-america.

A healthy mouth translates into a healthier quality of life. The easiest dental health hack to keep your mouth healthy is to go to annual dental cleanings and check-ins. Dental plans such as Delta Dental of Wisconsin cover two cleanings per year. Learn more at www.deltadentalwi.com.

The risk of contracting long COVID is real—especially for those who have not been vaccinated and boosted. Remaining up to date on vaccinations provides the best protection against severe illness and long COVID. For accurate, science-based information about vaccines, visit www.vaccines.gov.

Savvy travelers have discovered a great way to break away from the everyday is by going on safari, safely and comfortably with Micato, named the #1 World's Best by Travel + Leisure magazine for a record 10th time. Learn more at www.micato.com.

The Silver&Fit Healthy Aging and Exercise program offers 54 free Facebook Live or YouTube classes each week. Thousands of people participate in these beginner, intermediate, and advanced dance, yoga, tai chi, cardio, strength, and flexibility classes. Learn more at <https://www.silverandfit.com>.