

Oral Health Kansas Weekly Wednesday Update

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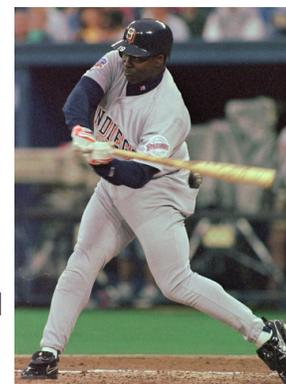
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MLB Hall of Famer Tony Gwynn Dies of Cancer Cause: Smokeless Tobacco

San Diego Padres Hall of Famer Tony Gwynn passed away this week from salivary gland cancer at the age of 54. He attributed his four-year battle with the disease to his smokeless tobacco addiction.



According to *Yahoo! Sports*, Gwynn had a benign tumor removed from his parotid gland in 2000, only to be diagnosed with cancer ten years later when a malignant tumor appeared in his cheek. The salivary gland cancer reappeared in 2012 and 2014, requiring more surgery. Gwynn's cancer battle eventually forced him to give up his coaching job at San Diego State.

[A 1999 study](#) conducted by the University of California at San Francisco found that 67 percent of professional baseball players had tried smokeless tobacco and that about one-third of players entering the major leagues were regular users. The MLB put new rules into effect regarding smokeless tobacco in 2011, which prohibited its use during interviews and carrying tobacco tins in uniform, [according to CNN](#).



Congratulations to Krista Hahn (Class V) on her election to the Oral Health Kansas Board of Directors last month! Krista fills a position left by Kathy Hunt (Class I), who has transitioned to a new role on the OHK Oral Health 2014 project team.

To see a full list of Oral Health Kansas Board members, [please visit our website](#).



Save the Date...

The 2014 Oral Health Kansas Conference will be November 6-8 at Wichita State University. This year's conference theme is Oral Health Across the

Oral Health America has implemented the National Spit Tobacco Education Program, or NSTEP, "as an effort to educate baseball families and the American public about the dangers of smokeless and spit tobacco." [Visit their website here](#).

To learn more about smokeless tobacco use in Major League Baseball, [click here](#).

To read more about Tony Gwynn and his baseball career, [click here](#).

Topeka's Seaman High School Offers Smart Snacks to Students



Seaman High School has been recognized for its efforts in implementing the USDA's updated nutrition standards for schools nationwide. These standards aim to put healthier food options in students' vending machines and lunch lines as part of the larger goal to improve health and achievement while lowering obesity rates.

The school's success is highlighted [in an article](#) by the Robert Wood Johnson Foundation, which explains what members of the Alliance for a Healthier Generation's Healthy Schools Program are doing to improve the quality of food students are being offered. Claudia Welch, a physical education and health teacher at the high school, explained that Seaman worked with neighboring schools to show the demand for healthier snacks and drinks to vending companies. School officials also worked with students to gain their support and conduct taste tests to provide the most desired products possible.

To read the USDA's updated nutrition standards, [click here](#).

To learn more about the Alliance for a Healthier Generation's Health Schools Program, [click here](#).

Athletes' Training Habits Can Increase Risk of Dental Decay

[A New Zealand study](#) shows that some athletic training habits

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put patients at risk for dental caries and tooth erosion.

Sports drinks commonly consumed by athletes contain large amounts of sugar and phosphoric and citric acid. These additives can lead to enamel erosion, bacterial exposure, and ultimately dental diseases such as caries and gingivitis. In long-distance runners, increased breathing leads to dry mouth and reduced saliva flow, which also leads to bacterial proliferation in the mouth.

To read the article and find out how athletes can improve their oral health, [click here](#).

Traveling Sugary Drink Display



Reserve our traveling Sugary Drink Display for your business or event! Displays are available from June onward and reservations are made for one month at a time. Return postage is covered by Oral Health Kansas. [E-mail Caroline here](#) if you would like to make a reservation.

If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please contact us at info@oralhealthkansas.org.

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