



Volume 5, Issue 33

August 27, 2014

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Dental Champions Corner

Kyle Kessler (Class 3) and the Association of Community Mental Health Centers of Kansas were recently highlighted by the [Sunflower Foundation](#). As the association's Executive Director, Kyle is working to integrate behavioral and primary

New AAP Recommendation

The American Academy of Pediatrics recently released new recommendations about preventing the most common chronic illness in childhood: dental caries. The recommendations states that all children should start using fluoridated toothpaste as soon as the first tooth appears. Previous recommendations called for use of fluoride toothpaste after 24 months, but this new edict calls for maximizing the benefits of fluoride at an earlier age.



The document advises parents to use a tiny "smear" or grain of rice-sized amount of fluoride toothpaste on the first tooth and to then increase the amount of toothpaste to pea-sized after age 3.

This news is important because it changes parenting and primary care practices that have been in place for years. The recommendations also call for the application of fluoride varnish in a primary care setting every three to six months after the first tooth erupts. Many very young children do not receive dental care but do routinely visit the pediatrician. With these recommendations, pediatricians have the opportunity to help prevent tooth decay.

health care.



OHK Awards

Don't forget to submit your nominations for the annual Excellence in Oral Health Awards by Monday, September 29th.



Submit your nominations [here](#). Visit our [awards page](#) for more information and the list of past recipients.

Save the date...

The 2014 Oral Health Kansas Conference will be November 6-8 at Wichita State University.

As we support Salina, Kansas in their fight to keep community water fluoridation, it is important to share this recommendation and others that promote fluoride, especially for the youngest citizens.

Check out the full article from the AAP News [here](#). Watch [this video](#) from the Campaign for Dental Health to learn how fluoride works.

Facing the Consequences



Dental practitioners do a good job reminding patients about the important habits that can help keep them free of tooth decay and gum disease - brushing regularly with fluoride toothpaste, flossing, and so on. It is important to focus on the good habits, but also educate them about some of the bad habits

that can damage teeth and gums. And smoking is one of those bad habits.

[Gum \(periodontal\) disease](#) is an infection of the tissue and bones that support your teeth. In severe cases, the bone and tissue that hold your teeth in place can break down, leading people to lose many or all of their teeth. The Centers for Disease Control and Prevention (CDC) has produced new [TV ads and videos](#) that use personal stories to demonstrate the link between smoking and gum disease.

The National Institutes of Health [calls](#) smoking "one of the most significant risk factors" for gum disease in the United States. Tobacco use in any form - cigarettes, pipes, and smokeless (spit) tobacco - raises your risk for gum disease.

Smoking weakens a person's immune system, which makes it harder to fight off a gum infection. Smokers are twice as likely as a nonsmoker to have gum disease. The longer someone smokes, the greater his or her risk for gum disease. [Treatments](#) for gum disease may not work as well for people who smoke.

If you know a friend, co-worker or family member who smokes, let them know it's never too late to quit. The CDC has a toll-free number that can connect smokers with free help to improve their odds of quitting smoking. They can



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Traveling Sugary Drink Display

Reserve our traveling Sugary Drink Display for your business or event! Reservations are made for one month at a time. Return postage is covered by Oral Health Kansas. [E-mail Sarah 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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