The Weekly Wednesday Update is our newsletter which we email every Wednesday with oral health, health and policy updates from around the state and nationally.

To view past issues click here.

Click here to sign up for our Weekly Wednesday Update.

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The 2018 Conference on Oral Health is days away!

We are busy working away to bring you a captivating and entertaining conference! Our speakers are geared up and ready to provide you with information that you can take back to your organization. Do you want to join us but didn't sign up? Come to the conference and sign up at the registration table. We want you there!
See you on Friday, November 2 at the K-State Campus in Olathe, 22201 W. Innovation Dr., Olathe.

Questions? Call 785-235-6039 or email info@oralhealthkansas.org.

November is National Diabetes Awareness Month

Let's talk diabetes and oral health! People with diabetes have a higher chance of getting periodontal (gum) disease. It's extremely important to take care of your oral health if you have diabetes (and even if you don't).

Here are some ways to keep your mouth healthy:

- Control your blood glucose.
- Brush twice a day and floss regularly.
- Visit a dentist for routine checkups. Be sure to tell the dentist that you have diabetes.
- Tell the dentist if your dentures (false teeth) do not fit right, or if your gums are sore.
- Quit smoking. Smoking makes gum disease worse. A physician or dentist can help you quit.

Go to the American Diabetes Association website to learn more about diabetes.

Don't forget to download our Tips and Tricks on Oral Health and Diabetes!

National Brush Day starts November 1

National Brush Day occurs the day after Halloween as a reminder to parents and children to brush their teeth! Make sure your children brush their teeth twice a day, for two minutes and floss! Parents, that means you too! Don't let the Halloween candy goblins get you! Brush, brush, brush!

Go to the 2min2x.org website for some tips on toothbrushing and toothbrushing fun!
Young Adults, Periodontal Disease, and Blood Pressure

There is great evidence that periodontal disease often originates disproportionately in adolescents and can cause irreversible damage and chronic inflammation and thus severe long term risk of chronic disease.

On November 12, Oral Health America will host a free webinar, Time to Act: Young Adults, Periodontal Disease, and Blood Pressure. Dentists are in an optimal position to identify previously undiagnosed hypertension in adolescents at the dental visit, and to intervene with patient education, encouragement of lifestyle changes, and referral to the primary care physician for follow-up.

To learn more and to register click here!

Last week, OHK staff attended the first annual Oral Health Progress and Equity Network (OPEN) national convening in Denver, Colorado. Over 400 oral health advocates from across the country gathered in Denver to witness the unveiling of the rebranding of the Oral Health 2020 Network to the OPEN Network. OPEN is a national network of individuals and organizations that believe oral health is essential to overall health and wellbeing and are organizing across the country to ensure that fact is widely understood and embraced. The OPEN Network's purpose is to catalyze a network to take on America's oral health challenges so that everyone has an equitable chance to thrive. View the brand platform here. Learn more from this video or join the network here.

Reserve a Sugary Drink Display Today!
What is a Sugary Drink Display? It's our drink display that has 10 popular beverages and
shows how much sugar is in each. You can reserve a child drink display or an adult drink display for up to a month.

Please note that requests made less than 30 days before the display is needed may not be able to be filled.

To learn more about our Sugary Drink Display and to reserve one, click here.