

ORAL HEALTH KANSAS

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Election day is almost here

Election Day is Tuesday, November 8. Know your candidates and the issues in Kansas. If you are unsure of what will be on the ballot, view a sample ballot before to be prepared.

[Here](#) are some tips on what you need to know when you vote.



Oral Health Kansas Conference this week

It's finally here! The Oral Health Kansas Annual Conference is November 3-5 at the Double Tree Hotel in Overland Park, Kansas. Staff has been busy working to make this event extraordinary for you! Our speakers are geared up and ready to share insightful information for our attendees. This is an event you won't want to miss!



Open Enrollment

Open Enrollment for health insurance began November 1. Here are some important dates to know:

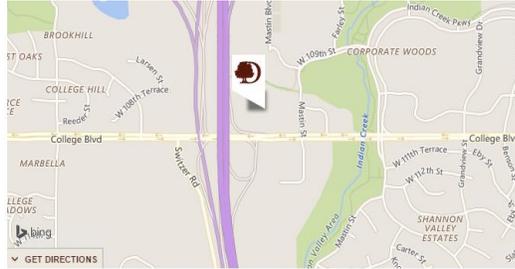
1. Open Enrollment started on November 1 - first day to enroll, re-enroll, or change a 2017 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2017.
2. December 15, 2016: Last day to enroll in or change plans for coverage to start January 1, 2017.
3. January 1, 2017: 2017 coverage starts for those who enroll or change plans by December 15.
4. January 31, 2017: Last day to enroll in or change a 2017 health plan. After this date, you can enroll or change plans only if you qualify for a Special Enrollment.

For more information, visit www.healthcare.gov.

Free flu shots!

November 5-13, Blue Cross Blue Shield of Kansas (BCBSKS) is sponsoring flu shots at 57 Dillons pharmacies in 27 different communities, stretching from Colby to Leavenworth and Manhattan to Arkansas City.

You **do not** have to pay for the shot and you **do not** have to



If you have not signed up but want to attend, find the registration table and sign up with an OHK staff member. Again, we will be at the Double Tree Hotel, 10100 College Blvd, Overland Park, Kansas.

[View](#) our exciting speaker lineup!



We'll see you there!

Study: Dental visits cut pneumonia risk

A recent [study](#) conducted on more than 26,000 patients showed a connection between regular dental visits and pneumonia.

The study tracked access to dental care,

have insurance to get a free flu shot. For more information, click [here](#).



Sugary Drink Display

Our sugary drink display sure is popular! We have people signing up months in advance! If you are at our conference November 3-5, stop by our booth and check out our display.

Our sugary drink display contains 10 popular beverages and shows how much sugar is in each. The display is free to use and we reimburse postage. You must sign up to [reserve](#) a sugary drink display. Slots fill up fast so if you need it for a specific date, please check in with us in plenty of time.



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whether the patient had dental insurance, pneumonia treatments over a two-year period, and more. Researchers found the lack of dental insurance or lack of access to dental care, were significantly associated with pneumonia.

When we have bacteria in different parts of our bodies, it directly influences our state of health, including oral health.

What can you do to prevent falling ill:

- Brush your teeth for two minutes a day, at least twice a day, using a fluoride toothpaste
- Floss, Floss, Floss
- Avoid sugary drinks and foods and make healthy choices
- Visit the dentist regularly and tell him/her your concerns



November is National Family Caregivers Month

A family caregiver is a partner, friend, family member or neighbor that assists a physically or mentally impaired individual. There are 44 million caregivers in America today, 34 million are caring for

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older adults only, 3.7 million are caring for a child only, and 6.5 million are caring for both. Twenty four percent of caregivers ages 65-74 and 46% of caregivers ages 75 and older, report caring for a partner. ([Caregiving Fact Sheet](#)).

One in three adults age 65 or older have untreated dental caries. Oral complications and diseases are recognized as risk factors for a number of systemic diseases. If you have dentures, dry mouth can make them uncomfortable and they may not fit as well. Without enough saliva, dentures can also rub against the gums and cause sore spots. Medicines, such as those used for depression and high blood pressure, also have side effects such as dry mouth and can cause the salivary glands to make less saliva.

Its important for caregivers to monitor the oral health of their loved ones. Take this [quiz](#) to know how to keep an aging mouth healthy!

