

Julie Parnell

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Subject: Oral Health Kansas Weekly Wednesday Update

*Our Mission:
To improve oral health
in Kansas through
advocacy,
public awareness
and education.*

Volume 2, Issue 62

December 14, 2011

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Oral Health Kansas Receives National Media Award

On December 6, the staff at Oral Health Kansas, Inc. was presented with the 2011 Media Award of Excellence by the Friends of the National Institute of Dental & Craniofacial Research (FNIDCR). [FNIDCR](#) focuses on research advancements and technology advancements. The conference, which was held the afternoon preceding the awards dinner, revolved around the theme "How science translates into practice."

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Oral Health and Overall Health

From the Virginia Oral Health Coalition

Oral health and overall health are fundamentally intertwined. The following links present current research on how oral health affects other health conditions in the body, including:

- [Fat loss and improved gum disease](#)
- [Dental screenings and lower heart disease](#)
- [Oral health in diabetic patients and heart disease/cancer risk](#)

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The awards ceremony to honor significant accomplishments in oral health was held at the National Press Club in Washington, D.C. The entire event was special to Oral Health Kansas (OHK). Our mission is to improve oral health in Kansas through advocacy, public awareness, and education. Because of OHK's use of targeted communication FNIDCR chose our organization for showing distinction in disseminating oral health information. The organization was recognized in particular for its consistent communication through a weekly e-newsletter. The 'Weekly Wednesday Update' provides timely oral health advocacy and public awareness messages as well as stories about oral health projects across the state. The Media Award of Excellence also honors OHK's series of print publications, articles and website.

"We are honored to be recognized nationally for our work to improve the oral health status in Kansas," says Tanya Dorf Brunner, Oral Health Kansas executive director, "it is our work to improve oral health education and awareness throughout the state."



Image of the award OHK received

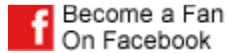
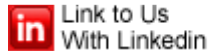
5 Tips to Avoid Plaque

Run your tongue across your teeth. Does it feel slick and smooth or fuzzy? If your teeth feel slick and smooth, then there is probably not much plaque on them. If your teeth feel fuzzy then that is the tooth decay causing substance called plaque. Nobody likes plaque on their teeth, much less hearing the word 'plaque.' I personally cringe when I think about going to the dentist to have them scrap plaque from my teeth with the little metal scraper.

Here are 5 ways to avoid having plaque on your teeth:

- Brush your teeth, with a soft bristled brush twice a day with toothpaste that contains fluoride.
- Floss daily to remove the food and plaque that makes its way between teeth. This is the part of your teeth that no amount of brushing will reach.
- Visit your dentist twice a year.
- Eat plenty of fruits and vegetables. These foods can play a key role in keeping the plaque from sticking to your teeth.
- Remember to brush or rinse your mouth with water after eating candy or junk food and after drinking sugary drinks. The sugar in those foods and drinks will stick to your teeth, mix with the bacteria and germs already within your mouth, turn to plaque, which will then turn to an acid and can begin to cause tooth decay.

If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to jparnell@oralhealthkansas.org



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