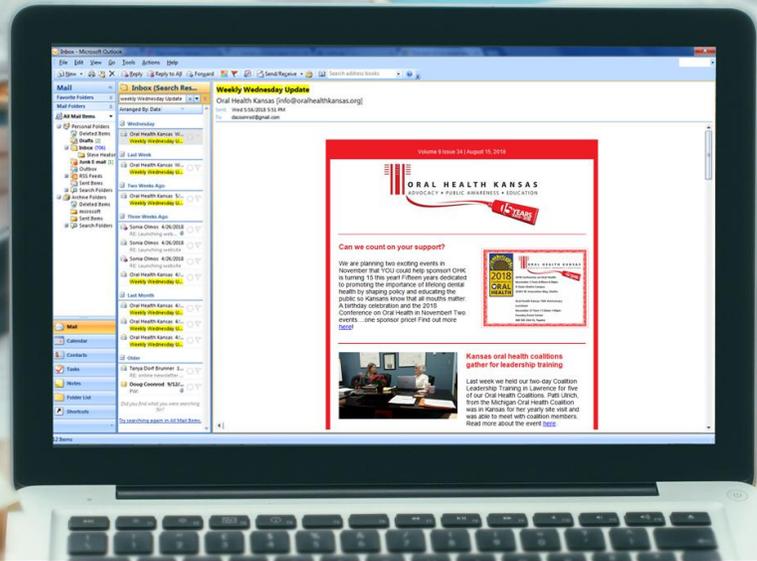




ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION



WEEKLY WEDNESDAY UPDATE

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](#).

December 19, 2018

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Texas Ruling on Affordable Care Act

Texas U.S. District Court Judge Reed O'Connor deemed the Affordable Care Act unconstitutional late Friday evening after 18 Republican state attorney generals and two governors brought their case. The case claimed that the ACA could no longer stand following the repeal of the individual mandate in 2017.

Judge O'Connor's ruling does not make any immediate changes to the ACA and everyone should act as if the ACA is still in place. The newest ACA insurance policies will go into effect until more legal action plays out in courts. States are already planning to appeal the ruling and it's anticipated to reach the Supreme Court. More information can be found [here](#).

How Stress Can Affect Your Oral Health

The holidays are just around the corner. Many of us are busy getting ready or are busy with volunteering our time. The stress of the busyness can affect not just your health, but your oral health. The National Center on Early Childhood Health and Wellness provided this [month's issue of Brush Up On Oral Health](#) about stress and oral health. The issue states long-term stress can cause problems with your mouth, teeth, and gums which can lead to sores in your mouth, clenching your teeth or gum disease.



Taking care of your overall health includes taking care of your oral health. Find ways to destress, eat healthy, drink water, brush and floss every day!



Oral Health For Seniors In Rural America

[Families USA](#) and [National Rural Health Association](#) recently published a fact sheet on the importance of seniors in rural areas to have access to good oral health. The fact sheet addresses the barriers seniors face and what we can do about it. Seniors across America face large unmet oral health needs. In rural America,

the needs are even more extreme. Oftentimes they have difficulty getting a ride to get care. They neglect their needs including their oral health. Oral health problems occur and can make it difficult to eat, causing them to choose unhealthy foods that are easier to eat.

But what can we do?

- Add comprehensive dental coverage to Medicare
- Maintain and expand funding for health centers
- Invest in the rural oral health workforce

Read the [Families USA fact sheet](#) to learn more information!

Addressing Tobacco In Dental Settings

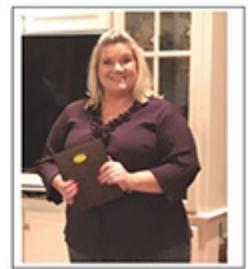
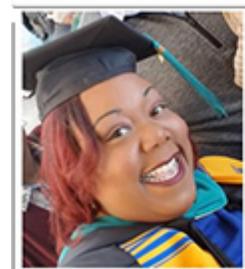
Dental professionals should screen for tobacco use in adults and teens. They can also use this opportunity to educate patients on the affects tobacco use has on their oral health and their families. Children exposed to tobacco smoke have higher rates of dental caries. [The U.S. Preventive Services Task Force](#) recommends Five Major Steps to Intervention (5As) method of addressing tobacco in clinical settings. This intervention takes 1-3 minutes and can be incorporated into a standard patient visit. Click [here](#) to read the steps and learn more about the importance of screening for tobacco use.



Dental providers can also direct patients to the Kansas Quitline. More information on the Quitline can be found [here](#).



This week we have two Faces of OHK to celebrate: Amber Sellers and Niki Sadler. Amber Sellers, Secretary for OHK's Board of Directors and Dental Champions Class IV, recently graduated



from the University of Missouri-Kansas City with her Masters Degree in Public Administration with an Urban Emphasis. Niki Sadler, Dental Champions Class VII, received the 2018 Association Professional of the Year by the Kansas Society of Association Executives (KSAE).

Congratulations to Amber and Niki! We have seen first hand how hard these ladies work and they are so deserving of their accomplishments!



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. Spots fill up quickly!

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](#).

Interested in purchasing a Sugary Drink Display? Great, email us at info@oralhealthkansas.org and we'll send you more info!



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