



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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Dental Champions Corner

Last week, the Kansas Dental Association presented the state's Dental Director, Cathleen Taylor-Osborne, DDS, MA (Class VII) with the [2016 Dentist of the Year award](#). Dr. Taylor is the director of the Kansas Bureau of Oral Health. Prior to her service as the state Dental Director, Dr. Taylor served in both private practice and safety-net clinic settings in the Kansas City area.

The KDA presented Dr. Taylor with the award in part, for her efforts to be the presenter of several Ethics CE programs to KDA member dentists in 2015 and 2016, as well as for her

Oral cancer: what you need to know

April is Oral Cancer Awareness Month and what a great time to brush up on your knowledge. Oral cancer can be mouth cancer, throat cancer, tongue cancer and tonsil cancer. [Approximately 48,250 people in the US will be newly diagnosed with oral cancer this year.](#) That's about 132 **new** people who will be diagnosed every day! Some of the risk factors for oral cancer is heavy use of alcohol, tobacco use, infection with human papillomavirus, diet and a personal history of oral cancer.

Here are a **few** [signs and symptoms](#) to look for:

- Sores, swellings, lumps or thick patches anywhere in or around your mouth or throat

advocacy and enthusiasm for promoting the benefits of the dental profession.

Congratulations Dr. Taylor!



Clean your tongue!

You know you need to brush and floss daily, right? But do you also [clean your tongue](#)? Our tongues are an important part of our bodies, just as our teeth are. Our tongues hold plaque and food that we might not completely clean out of our mouths just by brushing.



- Areas of red or white lesions in your mouth or lips
- The feeling of a lump or object stuck in your throat
- Numbness, pain or tenderness anywhere in your mouth, including your tongue

What should you do?

- Visit your dentist. Your dentist will check your mouth as well as move your jaw and neck to see if he sees anything
- Get screened! If you suspect you are having issues, let your doctor know

Twitter Storm Alert

On April 14, join us and other organizations for a Social Media Storm on Twitter for the topic of "Oral Health Equity". A list of [sample messages](#) are provided or you can use your own.



What do you want to know?

Thank you [Lissa Staley](#) for providing us with feedback last week. We appreciate your insights!

Does anyone else have thoughts to share with us? Is there a topic you are interested in or would like to know more about? Or is there something we could change about our newsletter that could help improve it? [Email us](#) with your thoughts!

THE WORD OF MOUTH ON ORAL, HEAD & NECK CANCER 2016

Diagnosis & Survival



Risk Factors for Oral Cancer

What raises your risk?



More Education & Prevention is Needed



Data Sources: 2016 Consumer Survey on Oral Cancer Awareness conducted by Vigilant Biosciences in collaboration with Head and Neck Cancer Alliance and Support for People with Oral and Head and Neck Cancer, Mill Cancer Risk April 2014-15, STI, American Cancer Society, Head and Neck Cancer Alliance

Click [here](#) to find this infographic online.

Sugary drink display visits elementary school

This week our sugary drink displays have been traveling to different schools. Yesterday it visited MacArthur



New Resource: Oral Health Integration Toolkit

The Virginia Oral Health Coalition (VaOHC) has put together a new resource for health providers who are interested in oral health integration: the [Integration Toolkit](#). The toolkit is hosted on VaOHC website and is [accessible from their homepage](#).

The Integration Toolkit is an online resource that walks you through key steps of integration, from identifying your patients' major health care needs to analyzing financial models, and more. The toolkit includes:

- Sample oral health integration models;
- Prompt questions to consider with your team;
- An integration checklist; and,
- Many resources you can download and use today.

VaOHC developed the Integration Toolkit with grant

Elementary at Fort Leavenworth. Nursing students from the University of Saint Mary's were at the elementary school during their community health clinical rotation.



Senior University of Saint Mary nursing students and their instructor, Sue Daze

Tobacco and teens

[Tobacco 21|KC](#) was an effort launched in October by Healthy KC to encourage cities to raise the age limit for purchasing cigarettes from 18 to 21. Since its launch, over 100 organizations have joined in supporting Tobacco 21|KC. "The rates of teen and youth smoking are higher in both Kansas and Missouri than in the rest of the nation," says Dr. Bridget McCandless, CEO of the Health Care Foundation of Greater Kansas City and Co-Chair of the Healthy KC Commission. "Research shows that those who have had their first cigarettes by age 18 are almost twice as likely to become lifelong smokers as those who have not tried by

funding from the Richmond Memorial Health Foundation, in partnership with The Daily Planet and Community Health Solutions. For questions and feedback about the toolkit, or to submit additional resources, please contact Sarah Bedard Holland at 804.269.8721 or sholland@vaoralhealth.org.

Sugary Drink Display

Reserve your drink display for May! The drink display has been used as an educational resource at schools, dental offices and fairs, to show parents and kiddos how much sugar is in popular drinks.

Shipping costs are reimbursed when you return it to us. [Email us](#) to reserve a spot!



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age 21."

As of today's date, the following cities have passed the ordinance in their city councils: Kansas City, MO; the Unified Government of Wyandotte County and Kansas City, KS.; Independence, MO; Olathe, KS; Gladstone, MO; Prairie Village, KS; Bonner Springs, KS; and Iola, KS.

Why is it so important to educate teenagers? Teenagers try cigarettes at young ages to impress their friends and continue to smoke through their adult age. Tobacco use is more than just cigarettes. It's found in cigars, pipes and smokeless tobacco. [Research shows](#) the average age of first-time users of smokeless tobacco is 10 years old.

Some [tips](#) for what to say to teenagers:

- Stress how much money can be saved by not using tobacco products
- Talk with youth about ways to refuse without feeling peer pressure
- For smokeless tobacco users, the risk of cancer to the cheek and gum is nearly 50 times greater than non-users (American Cancer Society, 1998)



Dental professionals can earn CE credit

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when they complete an on-line training designed to help professionals educate their patients about tobacco cessation. [The on-line training developed by the Kansas Department of Health and Environment](#) offers professionals two key opportunities:

- Learn how to effectively talk with your patients about tobacco in less than 3 minutes.
- Learn about the free, state-of-the-art tobacco cessation service called the Kansas Tobacco Quitline, www.ksquit.org.

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