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.

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Want To Hear An Update On The Legislative Session?

This Friday, April 5 from 12pm-12:30pm (CST), Policy Director, Christi Nance, will fill you in on Kansas legislative session news! She will also take the time to answer your questions. Bring your questions about the legislative session, what's to come or bring your thoughts on what more you would like to learn about. Sign up here!
Don't forget to catch up on our previous webinars. You can find those and a list of upcoming webinars, on our [website](http://www.oralhealthkansas.org/WWU4-3.html).

Governor Kelly Signs Proclamation For National Public Health Week

Friday, March 29, [Kansas Public Health Association (KPHA)](http://www.oralhealthkansas.org/WWU4-3.html) Board Members and public health students gathered at the Topeka Statehouse for a proclamation signing for National Public Health Week. OHK staff and KPHA Secretary, Christi Nance, attended the signing.

Every year the first week of April brings communities together to recognize the contributions of public health and highlight issues that are important to improving our nation.

During each day of National Public Health Week, there is a theme for each public health topic. Click [here](http://www.oralhealthkansas.org/WWU4-3.html) to view the themes. There is still time to participate!

Addressing Trauma Informed Care In Dentistry

Patients who have experienced trauma may be more hesitant in visiting the dentist. What can you do to help? The [Virginia Health Care Foundation](http://www.oralhealthkansas.org/WWU4-3.html) provides helpful information on how to help patients feel safe and gain trust. It's important to make the environment as comfortable and inviting as possible.

**Follow these helpful hints:**

- Create a welcoming environment in the waiting room with plants, artwork, quiet soothing music or other comforting elements
- Avoid stressful television programming, e.g. the news, where patients are present
- Make the patient feel comfortable by introducing yourself and conversing with him/her before covering your face with a mask. Explain why you are going to put on a mask before doing so
• Cover the instrument tray with a napkin until the patient is comfortably settled in the dental chair
• Ask the patient how s/he is feeling and offer to make adjustments as needed
• Help patients feel more in control by offering to explain the procedures involved with their visit
• Tell the patient to use a signal, such as raising a hand, if a break is needed during a procedure

Click here for a tip sheet from the Virginia Health Care Foundation.

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**Staff Attend Kansas Rural Water Association Conference**

OHK staff attended the Kansas Rural Water Association conference in Wichita. Each year we attend the conference and inform attendees about the importance of water fluoridation and answer questions they may have, as well as provide them with our resources.

OHK Policy Director, Christi Nance, spoke to water operators new in their positions about the importance of fluoride in their water treatment and how it is beneficial for oral health. Many attendees had the opportunity to see the Sugary Drink Display for the first time. They were surprised and also concerned about what drinks were their favorites!

If you have questions about fluoride or want to learn more, contact our Community Water Fluoridation Specialist, Kelly Rippel at 785-235-6039 or krippel@oralhealthkansas.org.

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**Still Time To Register For KMOM**

Kansas Mission of Mercy (KMOM), is April 26 and April 27 in Pittsburg, Kansas. There is still time to sign up to register to volunteer. Or if you know someone who would benefit from KMOM, a list of information is available for patients. As a reminder the Pittsburg State University is a tobacco free campus. Services provided include cleansings, fillings, and extractions. No dentures will be provided at KMOM. Services are first come, first served and ALL patients must be able to wait in line, there will be no appointments. The clinic opens at
5:30 AM on both Friday and Saturday. Waiting in line, or determining how early to get in line, is up to the patient.

Here is more information patients need to know. If you're interested in volunteering, sign up here!

Sugar Sweetened Beverages Associated With Premature Deaths

According to the study by the Harvard T.H. Chan School of Public Health, individuals with frequent consumption of sugary drinks such as sodas, sports drinks and juice are at an increased risk of premature death from cardiovascular disease and cancer, especially among women. Studies have shown that sugar sweetened beverages -- carbonated and noncarbonated soft drinks, fruit drinks, energy drinks, and sports drinks -- are the single largest source of added sugar in the U.S. diet. Learn more about the study here.

Congratulations Dr. Lisa Thurlow, Dental Champions Class VII, for being elected to serve a second, three year term as a Board Member for the Reach Healthcare Foundation. Dr. Lisa Thurlow is the clinical director of the dental hygiene program at Concorde Career College in Kansas City, MO, and maintains a clinical practice at Johnson County Dental Care.

Reserve A Sugary Drink Display

Our Sugary Drink Display is popular! We receive reservation requests weekly.
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 a month. Spots fill up quickly! We will do our best to fulfill requests of less than 30 days but there is no guarantee.

There is no charge to use the Sugary Drink Display; postage is reimbursed if you send in your receipt. All we ask is for you to fill out our survey included in the display materials and provide us with feedback about the display. Click here to make a reservation!

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