

WEEKLY WEDNESDAY UPDATE

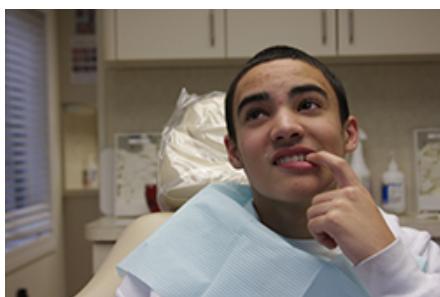
The Weekly Wednesday Update is our newsletter which we email every Wednesday with oral health, health and policy updates from around the state and nationally.

To view past issues [click here](#).

Click here to sign up for our [Weekly Wednesday Update](#).

May 13, 2020

Volume 11, Issue 19



How To Stay Safe At The Dentist

Last week we shared our [consumer guide](#) with recommendations on what you may expect to see at dental offices now that dental offices in Kansas are opening. The feedback we received has been amazing! Thank you to everyone who has shared it with their list serves and on social media. This is definitely an important tool to help consumers begin to feel comfortable getting back in the dental chair. We now have the consumer guide available in [Spanish](#)!



Legislators Will Reconvene May 21st

We often receive calls from consumers who need help finding a dentist. Finding a dentist isn't an easy task. OHK is here to help! One of our resources on our website is the [Finding A Dentist section](#). Whether you have dental insurance or not, you can navigate through the webpage to find a list of dental providers in Kansas that accept KanCare and/or private insurance. Other dental resources are also available in the event that you are seeking someone who specializes in sedation dentistry or need a list of clinics based on a sliding fee scale. If you have questions, email us at info@oralhealthkansas.org.



Congressional Sign On Opportunity

Join Oral Health Kansas in signing on to a letter to Congress asking for oral health to be included in the next COVID-19 relief package! This letter was developed by network members of the Oral Health Progress and Equity Network (OPEN).

The letter urges Congressional leadership to support oral health policies that:

Stabilize state budgets to protect access to essential oral health care by increasing the Federal Medical Assistance Percentage (FMAP) by 12 percent and further increasing the FMAP for Medicaid dental services by five percent; and

Provide immediate support to state health departments and oral health programs by establishing an oral health infrastructure fund to respond to crisis-related oral health needs.

Read the full letter [here](#). To add your organization's name to the letter, please fill out this form by 3PM, Thursday, May 14.

OPEN will send the letter to Congressional leadership on May 15. This is an organizational sign-on letter. Be on the lookout next week for information on how individuals can help us spread the message to take action!



Women And How Their Oral Health Changes

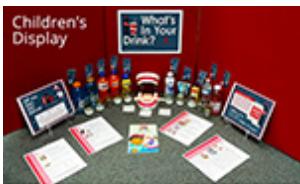
This week is National Women's Health Week and we are focusing on women's oral health and how it changes as we age. According to the Office on Women's Health, changing hormone levels at different stages of a woman's life can affect oral health. When your hormone levels change, your gums can get swollen and irritated. Your gums may also bleed, especially during pregnancy, when your body's immune system is more sensitive than usual. This can cause inflammation (redness, swelling, and sometimes pain) in the gums. Regular, careful brushing and flossing can lessen gum irritation and bleeding.

Mouth Healthy shares that hormones may make women more vulnerable to gum disease. Here are some ways to help prevent it. Remember to brush and floss twice a day is important to keep a healthy mouth!



On Monday, May 11, Tanya celebrated her 11th year at Oral Health Kansas! Tanya became executive director in 2009. She has been instrumental in leading OHK to successfully advocate for a preventivedental benefit for adults enrolled in the state's Medicaid program and, most recently, two Medicaid dental reimbursement rate increases. Even throughout the Covid19 crisis and staff working remotely, Tanya continues to model leadership and positivity to her staff and always ends staff daily check ins with "onward and upward"!





Sugary Drink Display Sanitation

During this time, hand washing and social distancing is on everyone's mind. We want everyone to have the comfort of knowing we sanitize our sugary drink displays. They are wiped down and cleaned off after they have been returned.



Out of an abundance of caution, we are suspending use of the Sugary Drink Display until May 3. You can begin making reservations for later in the year now, though.

Reserve your Sugary Drink Display for a health fair, office, or event! You can also [purchase](#) a Sugary Drink Display to have as your own! What is a Sugary Drink Display? It's our drink display that has 10 popular beverages and shows how much sugar is in each. [Click here](#) to learn more!

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? [Click here](#) to download our brochure.



Save the Date!

Mark your calendars for the 2020 Conference on Oral Health scheduled for Friday, November 13! Location in Johnson County! Watch for more details!

Follow Us



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