



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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We want to hear from you!

On June 22, we will be in Pittsburg, Kansas visiting with you about your community. During our oral health community forums in April, we listened to people talk about concerns they have had with oral health access, services and other issues.

During this time we want you to bring issues to the table that are concerning to you. We are stronger together and as a group, we can work together to make Kansans mouths healthier!

When: June 22, 2017
Time: 2:00 PM
Where: Pittsburg State University, 1701 South

World No Tobacco Day

Today is World No Tobacco Day, sponsored by the [World Health Organization \(WHO\)](#) and observed on May 31 each year. It highlights the health risks associated with tobacco use and encourages effective actions to reduce tobacco consumption.



Tobacco causes many health issues including oral health issues. The American Cancer Society reports:

- About 90 percent of people with mouth cancer and some types of throat cancer have used tobacco. The risk of developing these cancers increases as people smoke or chew more often or

Broadway Street, Pittsburg, KS
66762 at the Overman Student
Center in the Governor's Room

To RSVP:
Contact Doug Bowman at 785-
235-6039 or [email](#).



KanCare renewal public meetings across the state

The Kansas Department of
Health and Environment
(KDHE) has scheduled a series
of public meetings for the
discussion of the state's
proposed renewal of the
KanCare program and to
provide input and ideas for
changes.

For more information and
location and dates for
meetings, [click here](#).



Reserve a sugary drink display

Don't let the summer fun stop
you from sharing our sugary
drink display! Reserve a sugary
drink display for an event, health
fair, day care or summer camp!

Our sugary drink display has 10
popular beverages and shows
how much sugar is in each. We

for a longer time.

- Smokers are six times more likely than nonsmokers to develop these cancers.
- About 37 percent of patients who continue to smoke after cancer treatment will develop second cancers of the mouth, throat or larynx. While only 6 percent of people who quit smoking will develop these secondary cancers.
- Smokeless tobacco has been linked to cancers of the cheek, gums and inner surface of the lips. Smokeless tobacco increases the risk of these cancers by nearly 50 times.

If you're interested in quitting, but don't know how, call [KanQuit](#).



Donate to our mission because we need a #cavityfreeKS

With your help, we are able to advocate for better oral health for Kansans, educate people with disabilities about how to take good care of their teeth, share ways caregivers can help children stay cavity-free, and so much more.

One of our donors wanted to share why it's important for her to donate to OHK:

"I proudly support Oral Health Kansas because they are working to improve oral

also include some of our [Tips and Tricks](#) fact sheets and brush your teeth mirror clings! The display is free to use for up to a month, and we reimburse postage!

Reserving yours ahead of time ensures you can get the date(s) you need. [Sign up now!](#)



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health to the underserved. They are the voice for those who don't have a voice. Oral health is commonly overlooked as a healthcare service. Many Kansans go without dental services and OHK continues to fight for dental services for them." - Christen Lacey, RDH, ECP III

Thank you Christen! We appreciate your support!

Click [here](#) to find out how YOU can donate to OHK!



Summer heat... refuel with water!

While the kids are out of school and at home, remind them the importance of drinking water! During pool days and sports, they are tempted to drink sugary drinks. Keep bottles filled with tap water in the refrigerator or cooler for an easy grab!

Youth & Water:



- A 2012 study showed the **high acidity in sports drinks can damage tooth enamel**

- Sports drinks make up **10-15% of the daily caloric intake** of most teens

- Some sports drinks contain as much as **19 grams of sugar, 200 milligrams of sodium & 80 calories per 8 oz**

- The average American child or adolescent does **NOT** engage in enough physical activity to warrant consumption of sports drinks

- Sports drinks are a source of sodium and contribute to **increasing sodium intakes among American youths**

- 5 miles of walking is needed to **burn off a 20 oz. sugar sweetened beverage**

Source: <http://theMountingresearch.org> "Consumption of Sports Drinks by Children and Adolescents"

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