



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

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Dental Champions Corner

At the 145th meeting of the Kansas Dental Association (KDA) General Assembly on April 9, Dr. John T. Fales, Jr. became the 139th President of the KDA. In his comments after the gavel, Dr. Fales said it was important for him leave the KDA better a year from now. He also challenged the membership to use their time and talents to improve the KDA as well.

Dr. Fales is an Oral Health Kansas Board Member and Dental Champions Class IV. Dr. Fales is in private practice in Olathe.

Congratulations Dr. Fales!

Celebrate Drinking Water Week.....by drinking fluoridated water!

This week, May 1-7 is Drinking Water Week. For more than 35 years the [American Water Works Association](#) and its members have celebrated Drinking Water Week - a unique opportunity for both water professionals and the communities they serve to join together in recognizing the vital role water plays in our daily lives.



This year, OHK signed on to celebrate Drinking Water Week to encourage everyone to drink fluoridated water. Water is an easy, inexpensive, and healthy choice. Fluoride reduces decay by strengthening tooth enamel.



Expand KanCare press conference

Alliance for a Healthy Kansas is hosting a rally and press conference on May 9, at 1:30, Room 582-N, Kansas Statehouse in Topeka. The rally is to push expanding KanCare in Kansas. 150,000 low-income Kansans need health care coverage, but cannot afford it without expanding KanCare. Visit the [Alliance for a Healthy Kansas](#) for more information.



Florida ER's dental visits increase

Florida has seen an increase in their dental visits since 2005. 104,642 in 2005 to 163,900 in 2014. The charges

[Drinking fluoridated water keeps the teeth strong and reduced tooth decay by approximately 25% in children and adults.](#) For adolescents, the prevalence of dental caries in at least one permanent tooth (excluding third molars) decreased from 90% among those aged 12-17 years in the 1960s to 60% among those aged 12-19 years in 1999-2004 ([Department of Health and Human Services guidelines](#)).

The health benefits of fluoride include having:

- Fewer cavities
- Less severe cavities
- Less need for fillings and removing teeth
- Less pain and suffering because of tooth decay

for these visits more than tripled, from \$47.7 million in 2014 to \$193.4 million (adjusted for inflation). Dr. Scott Tomar led a group of researchers to determine why residents go the emergency room instead of their own dentists. [Read](#) the interview with Dr. Tomar for his results.



Save the Date

Make plans now! OHK's annual conference will be held **November 3-5, 2016** at the Double Tree Hotel in Overland Park. We will continue to keep you posted with details!



We want to hear from you!

Is there a topic of interest you have? Is there something we can do to improve our newsletter? [Email us](#) with your thoughts! We are always interested in hearing what works, what you would like to see more of or if there's something you would like us to share.

Community Water Fluoridation

Preventing Tooth Decay for a Lifetime Two Ways



When children are young, fluoride that is swallowed enters the bloodstream and combines with calcium and phosphate as the tooth is formed under the gums.



These teeth are more resistant to decay throughout childhood and the teenage years.



For people of all ages, fluoride in beverages and foods mixes with the saliva.



Saliva neutralizes acid produced by bacteria on teeth, and the fluoride heals the teeth and protects them from further decay.



ILikeMyTeeth.org

Older Americans oral health

Celebrating Older Americans Week and reminded that the aging population often overlooks their oral health as part of their health. According to the National Health and Nutrition Examination Survey, 2011-2012, about one in five adults aged 65 and over had untreated tooth decay. Among adults aged 65 and over, complete tooth loss was lower for older Hispanic (15%) and non-Hispanic white (17%) adults compared with older non-Hispanic black adults (29%). Daily oral hygiene, ability to access routine professional oral health services, and oral health education are all key factors



Sugary Drink Display

With summer break comes sports, camps and outside fun time. But what are you giving your kids to keep them hydrated? Our drink display shows how much sugar is in popular drinks. Reserve one for your daycare, work or event. Its **free** to use!

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



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that can improve the oral health of older Americans. When older adults take care of their teeth, they are able to maintain a healthy diet and free of oral pain. Advancing age can put them at risk for [dry mouth](#), diminished sense of taste, denture induced tissue inflammation, [oral cancer](#) and gum disease to name just a few risks.

Here are some [oral hygiene tips](#) to help maintain good oral hygiene as we age!



Pregnancy can be affected by mothers oral health hygiene

With Mothers Day right around the corner, lets give moms out there a big Thank You! They work hard for us around the clock and sometimes need to be reminded to take care of themselves! Most importantly, during pregnancy. During pregnancy, mothers can be more prone to gingivitis. Taking care of your teeth and mouth can help prevent such

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issues and help prevent serious gum disease. Research suggests a link between preterm, low-birthweight babies and gingivitis. [Excessive bacteria can enter the bloodstream through your gums.](#) If this happens, the bacteria can travel to the uterus, triggering the production of chemicals called prostaglandins, which are suspected to induce premature labor.

Some may not be aware that seeing the dentist during your pregnancy is important just as much as it is to see the doctor. If you notice any changes in your mouth during pregnancy, see your dentist. [Dental experts say](#) it is important not to overlook oral health care during pregnancy. Your oral health is an important part of your overall health, and good dental hygiene habits not only help prevent oral problems during pregnancy, they may also positively affect the health of your unborn child.

During pregnancy you will crave various foods. Limiting foods containing fermentable carbohydrates-sugars (including fruit sugars), cookies, crackers, chips-to mealtimes only. Frequent between-meal consumption of these foods increases caries risk. Limiting drinking juice, soda, sports drinks or carbonated drinks (including diet soda) between meals. These drinks contain sugar that can cause caries. Even diet sodas contain acids that can weaken the enamel of teeth, especially those containing caffeine and citric acid ([CDA Foundation](#)). Drink fluoridated water, especially in between meals and snacks or after you are done eating.



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