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To: jparnell@oralhealthkansas.org
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ORAL HEALTH KANSAS
Weekly Wednesday Update

*Our Mission:
To improve oral health
in Kansas through
advocacy,
public awareness
and education.*

Volume 1, Issue 24

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**SAVE THE
DATE**



A New

Kansas Oral Health Plan Summit

*Thank
You*

Thanks to the more than 80 people who registered to take part in the Kansas Oral Health Plan Summit on June 11. A wide variety of topics related to prevention, workforce, special populations, financing and communication tools were covered. Over the coming weeks and months oral health stakeholders across the state will craft the next state oral health plan. We will keep you informed as the plan is developed.

If you have any questions, please contact:

Tanya Dorf Brunner tdorf@oralhealthkansas.org or
Kathy Weno kweno@kdheks.gov

Oral Health Care and Pregnancy

During pregnancy, a woman's body undergoes a complete change, including oral health changes. It is important that pregnant women understand how important it is to prevent dental caries during pregnancy. There is an "old wives" tale that pregnant women lose a tooth for each pregnancy. "Not true, but women's teeth are at risk during pregnancy. Because of hormonal changes, pregnant women can be at higher risk for gingivitis and periodontal

*Decade for
Oral Health:*
THINK BIG

**2010
Oral Health Kansas
Conference**

*December
2nd & 3rd,
2010*

Capital Plaza Hotel
Topeka, Kansas

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disease. The increased acid reflux and nausea during pregnancy can increase erosion of tooth enamel, causing an increase in tooth decay. Research shows that many infants and young children will acquire dental caries causing bacteria transmitted from their mother's saliva. By improving the oral health of the mother, the oral health of the infant will also be improved.

It is important that all health professionals provide pregnant woman with valuable information to ensure that mom and baby are healthy. Obstetricians and prenatal nurse practitioners can include materials and guidance that explain the importance of good oral hygiene and good oral health care. When pregnant moms and dads attend child birthing classes, this is an ideal opportunity to explain that oral health care during pregnancy is safe, effective and essential for the pregnancy woman and her baby.

Here are a few guidelines that should be followed during pregnancy and after the baby is born for the mother:

- Brush your teeth twice a day with fluoridated toothpaste
- Floss your teeth once a day
- Limit the amount of foods containing sugar and limit them to meal times as well
- Drink plenty of water and low-fat milk
- Limit the amount of carbonated drinks such as pop
- Choose fruit over fruit juice to get in your daily recommended amounts of fruits
- Maintain good oral health even after the baby is born
- Avoid saliva sharing behaviors such as sharing utensils or cleaning your baby's pacifier or toy by putting it in your mouth after it has been dropped

Here are a few guidelines that should be followed for the infant to maintain good oral health:

- After the first tooth appears, begin to wipe the teeth after feeding with a soft cloth or soft bristled toothbrush
- Avoid putting your baby to bed with a bottle or sippy cup filled with anything other than water.
- Ask your baby's physician about their oral health status
- Check with your own dentist to see when the right age is to bring in your infant for their very first dental checkup
- Continue to make regular dental checkups for your baby

Growing evidence suggests a link between gum disease and premature, underweight births. Pregnant women who have gum disease may be more likely to have a baby that is born too early and too small. The best advice to women considering pregnancy is to visit their dentist for a checkup and to treat any oral problems before becoming pregnant.

At the Centers for Disease Control and Prevention, Dr. Gina Thornton-Evans says that:

"Women who are planning to become pregnant should visit their dentist and get any needed preventive or treatment-related dental care. Pregnant women should practice good daily oral hygiene, like everyone else." "These are things like brushing and flossing, eating healthy foods, and not smoking."

Oral Health Kansas has developed many resources over the years to help with patient and consumer education. Recently, based on recommendations from one of our partners, we came up with Oral Health Tips and Tricks. These are one page fact sheets: colorful, simple and concise. They are targeted toward the everyday consumer.

If you would like a copy of the Tips and Tricks please send an email to

jparnell@oralhealthkansas.org.

These Tips and Tricks are available in the following fact sheets:

Teeth for Two -- Oral Health for Mom and Her Baby

Baby's First Year

Ages 1-3

Morning Sickness

Oral Health during Pregnancy

Why Baby Teeth are Important

Pregnancy

(Some of our Tips and Tricks currently are available in English and Spanish, we are working to get all produced in both English and Spanish)

All of these fact sheets were developed based on requests from our supporters. Please let us know if you would like us to develop a Tips & Tricks on a topic that is not listed. You are more than welcome to print and distribute our Tips and Tricks.

Dental Care for Patients with Special Needs Webinar



Dental Care for Patients with Special Needs

Presented by

Dr. Ray Lyons, D.D.S

JUNE 25, 2010

DELTA DENTAL
1619 WATERFRONT PARKWAY
WICHITA, KANSAS

8:30 - 12:00

THE COURSE HAS BEEN APPROVED FOR
3 HOURS OF CE

REGISTRATION IS FREE AND LIMITED TO 100 PERSONS

Ray Lyons, D.D.S.
Chief of Dental Services
Specialty Needs Dental Clinic
Los Lunas Community Program

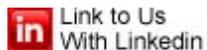
Ray A. Lyons is the Chief of Dental Services at Los Lunas Community Program in Los Lunas, New Mexico. His practice is limited to children and adults with disabilities and serves as a training site for practitioners desiring to gain special care clinical experience. Dr. Lyons is a past president of the 'Academy of Dentistry for Persons with Disabilities' and of 'Special Care Dentistry.' He is the lead instructor for the Arizona Dental Association/Robert Wood Johnson clinical training initiative on special needs care. He is an adjunct professor at the University of New Mexico Health Science Center and serves on the Board of Directors for Community Services Network of Western Tennessee, a non-profit group charged with developing comprehensive access to medical, dental, behavioral, and rehabilitative services for persons with severe to profound disabilities living in the community.

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For information or to register for the conference, call 785-296-5116 or email astreter@kdheks.gov

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If you have an idea, story or suggestion for a Oral Health Kansas Weekly Wednesday Update please send an email to jparnell@oralhealthkansas.org



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