



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](#).

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Sippy Appears at Kansas Children's Discovery Center

Our Water Access Manager, Kelly, had the opportunity to appear as Sippy for Water Week held at the [Kansas Children's Discovery Center](#) in Topeka. He and Community Coalition Coordinator, Doug Bowman, handed out toothbrushes to young children and parents at four different times on Tuesday and Saturday. They talked with nearly 300 children throughout the week while having fun promoting

water and good oral health. Thank you to KSCDC and all the sponsors for this year's Water Week! If

your organization would like to sponsor Sippy at an event, contact Kelly at 785-235-6039 or krippel@oralhealthkansas.org.

Know Your Fluoride

Over 70 years of scientific research shows that drinking optimally fluoridated water prevents approximately 25 percent of cavities. Fluoridated water works with fluoridated toothpaste and mouthwash to protect teeth from acid damage and can help stop or reverse early signs of decay. Through adding a small amount of fluoride to the water, tooth surfaces are made stronger and more resistant to decay.



Oral Health Kansas and Kansas Oral Health Connections recently updated the Fluoride in Kansas [website](#)! The water fluoridation levels displayed on the site are self-reported and collected from water operators across the state. This information is then shared with KDHE where we pull the data for the user-friendly Fluoride in Kansas website! Water collection techniques and collection sites vary among water systems, and the data on this website may reflect those variations.

What is the optimal fluoridation level?

Although most cities in Kansas have some fluoride in the water, not all are optimally fluoridated. The United States Department of Health and Human Services determined 0.7 milligrams of fluoride per liter of water is the optimal fluoride level in drinking water to prevent tooth decay. Check your fluoride level [here](#).

What if my community isn't optimally fluoridated?

If your community isn't optimally fluoridated, there are other ways you can help your family access the benefits of fluoride.

- Make sure you're using fluoridated [toothpaste](#) and/or fluoride [rinse](#).
- At your next dental visit, ask your dentist about fluoride treatments.
- Talk to your pediatrician or dentist about fluoride supplements for your children.

Find out more about fluoride [here](#)!



School Nurses Learn How to Keep Students' Mouths Healthy

This week, Oral Health Kansas and the Kansas Head Start Association teamed up to exhibit at the School Nurse Conference in Wichita. There were over 400 participants attending. The sugary drink display and free toothbrushes and toothpaste were a hit. Our message to school nurses this year was to share oral health educational materials available and to encourage them to contact us with any oral health questions or concerns over the coming school year.

Webinar: Why Dental Patients Need to Know About the Oral Effects of Tobacco

The American Dental Association and the Centers for Disease Control and Prevention will host a free webinar on July 31 at 12:00 (EST). This webinar will reinforce the importance of educating patients about tobacco use and oral health. Presenting the webinar will be Dr. Larry Williams, Midwestern University College of Dental Medicine- Illinois; Mr. Casey Hannan, CDC Division of Oral Health, Ms. Shelley Hammond, Office on Smoking and Health and Rebecca, a former smoker featured on CDC's *Tips from Former Smokers*® website. Click [here](#) to register.

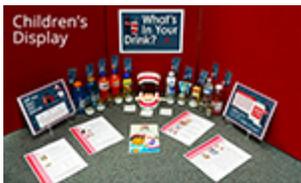


Rick Cagan, executive director for NAMI Kansas retired last month. Rick was an advocate for the community and worked hard to help people with mental illness. We heard from consumers that Rick would personally return their call and help in any way he could. Some of our fond memories of

Rick is seeing him engage with individuals. His kind, concerning heart showed and his humor was contagious. Enjoy your retirement!



Rick Cagan, NAMI KS Exec. Dir. (Photo courtesy KHI)



Reserve a Sugary Drink Display Today!

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. You will get reimbursed for return shipping costs. Our drink displays are constantly on the move so it's important to reserve one as soon as possible. If your requested date is not open, we can work with you to see what day works best! Click [here](#) to fill out the reservation form.

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Oral Health Kansas • 800 SW Jackson, Suite 1120 Topeka, KS 66612
785.235.6039 phone • 785.233.5564 fax info@oralhealthkansas.org