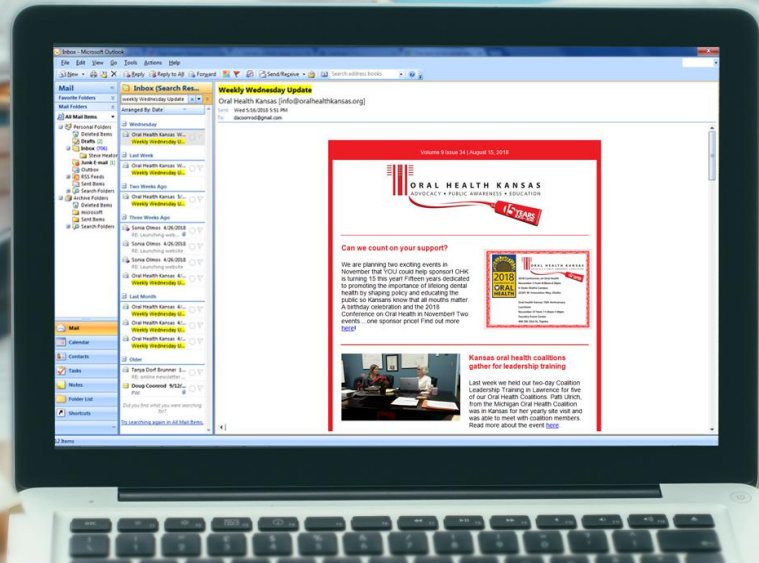




ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION



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](#).

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Conference Registration Is Now Open

Oral Health Kansas is excited to open registration for the virtual 2020 Conference on Oral Health. The online conference will allow more people than ever to be able to participate. The days for the online sessions are the mornings of Friday, October 30 and Friday, November 6. This year's conference will feature state and national speakers discussing vulnerabilities in dental care

access and opportunities for improvement, with special guest, Kansas Poet Laureate Huascar Medina.

Large groups will also be able to participate in the conference at a reduced group rate. Due to interest from organizations and dental clinics to register several staff members for the conference, we developed a group rates to allow more of your team to learn about the latest successes and opportunities for improvement in the oral health of Kansas. The rates are designed for different sizes of dental offices and for dental and dental hygiene classes.

When: Friday, October 30, 9:00am-12:00pm **AND** Friday, November 6, 8:00am-12:00pm

Individual Registration Fees

ONE individual registration fee will give you access to **BOTH** virtual session days!

Single: \$60

Student: \$15

Group rates

Dental Team Rates

Names and contact information for each attendee will be required

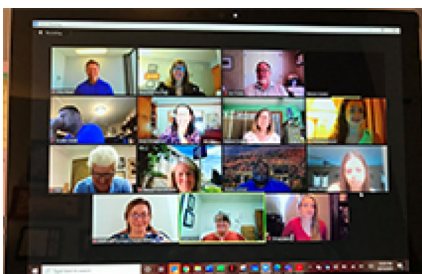
- 2 to 5 - \$45 per person
- 6 to 10 - \$40 per person
- 11 or more - \$35 per person

Classroom Rate

Dental and dental hygiene classes of 12 or more people can benefit from the Classroom rate and get a set of classroom discussion questions to guide conversations based on the subjects covered during the conference.

\$500 + a set of classroom discussion questions

Register for the conference [here](#)!



Sponsor The Conference On Oral Health

Oral Health Kansas welcomes companies and organizations that want to share their products and resources with dental practitioners, students, public health professionals, advocates, and educators. An online event is a valuable way

to reach individuals without having to leave your home or office. We will mail participants packets and will include sponsor materials in them as well. Learn about the opportunities to sponsor [here](#).



COVID Stress And Your Teeth

The stress of the COVID pandemic is not unusual but it has become a factor for people who grind their teeth because of stress. Dentists have seen an increase in tooth fractures more than they have in recent years. According to the *New York Times*, a [dentist in Manhattan in New York](#) says he noticed an uptick in phone calls: for jaw pain, tooth sensitivity, achiness in the cheeks and migraines, which he effectively treated via telemedicine. How do you know if you're a jaw clencher? One sign is if your teeth are constantly touching. If your jaw is relaxed, your teeth do not touch and there should be space between them, unless you are eating of course. To help with clenching during the day or night, you can wear a mouth guard.

If you are clenching your jaw or feel stressed, finds way to destress. If you are working from home, make sure you take breaks often and get up to stretch or lay on the ground and do stretches. In the evenings, take a warm bath, make a phone call to a friend or family member or whatever it is you can do to not think about your stressful day.



Oral Health For Older Adults

Since 1975, Kansas Advocates for Better Care's (KABC) mission has been to advocate for quality long-term care. On Friday, September 25 from 1:30pm-3:30pm, KABC will be hosting a webinar on daily oral care for older adults. The webinar will also include aids that can improve your oral care, chronic illnesses, and medications that worsen oral

health. Register [today!](#)

Does Vaping Affect Your Oral Health?

A study published earlier this year in the journal [iScience showed](#) that 43% of people using e-cigarettes had gum disease and oral infections. That figure was higher among smokers but only 28% among people who neither smoked nor vaped. Nicotine affects our gums and can cause periodontal disease. The fluid in e-cigarettes, which can include propylene glycol,



benzene, formaldehyde and other chemicals, only increases the risks. Dr. Crystal Stinson, assistant professor at Texas A&M College of Dentistry in Dallas, has noticed more cavities in younger patients who vape and believes it could be from the vape liquids. Read more about this story [here](#).

Oral Health Kansas created a one page resource on Oral Health and Vaping. Download it [here](#).



A speaker at our conference on Friday, November 6 is Dr. Bonnie Branson. Dr. Branson will be doing a Public Oral Health 101 session at 8:00am for people that would like to learn more about how oral health is integrated into other services or for anyone



who needs a refresher! She currently teaches at the University of Arkansas-Fort Smith. She is licensed in dental hygiene and has a PhD in education. Her expertise in dental public health is documented with a certificate in public health from the University of Iowa and numerous experiences in the field.



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 further notice.

Follow Us



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