

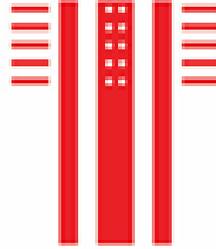
You Can't Be Healthy Without Good Oral Health

PROJECT ECHO

SUNFLOWER HEALTH PLAN

JUNE 24, 2021





ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

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The screenshot shows the top portion of the Oral Health Kansas website. At the top left is the logo and tagline: **ORAL HEALTH KANSAS** ADVOCACY • PUBLIC AWARENESS • EDUCATION. To the right is a navigation menu with links for [Who We Are](#), [Advocacy](#), [Initiatives](#), [Resources](#), and a red [Donate](#) button. Below the navigation is a dark blue banner with a red border. On the left side of the banner is an illustration of a red toothpaste tube and a white toothbrush. The text on the banner reads: **OUR MISSION:** TO IMPROVE ORAL HEALTH IN KANSAS THROUGH ADVOCACY, PUBLIC AWARENESS AND EDUCATION.

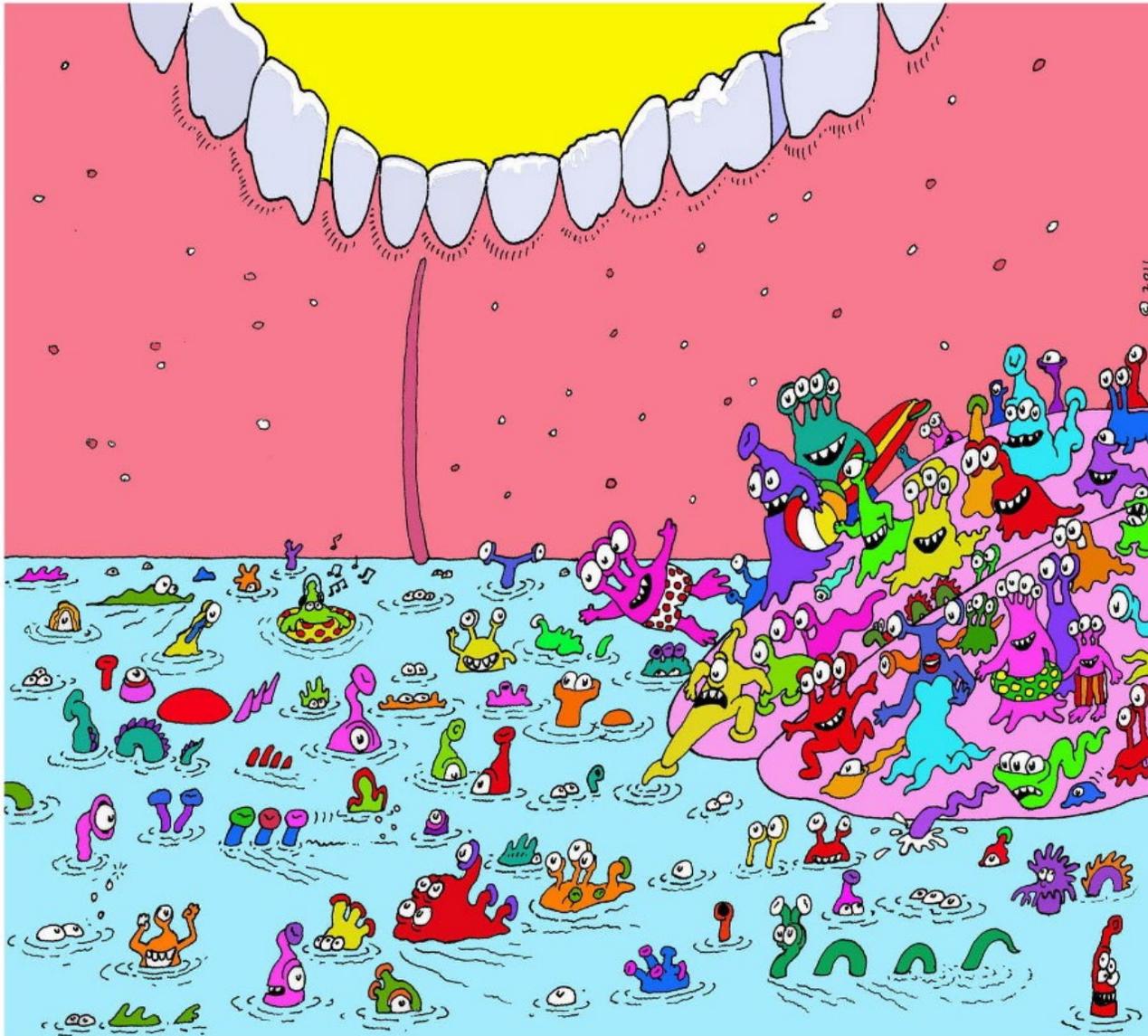
Why Oral Health Matters

- Dental care is the most common unmet health need.
- Oral disease can severely affect systemic health.
- Most oral disease is preventable or at least controllable.
- Profound disparities in oral health and access to care exist for all ages.
- Interdisciplinary care is necessary to achieve optimal oral and general health.



You are not healthy if you don't have good oral health.

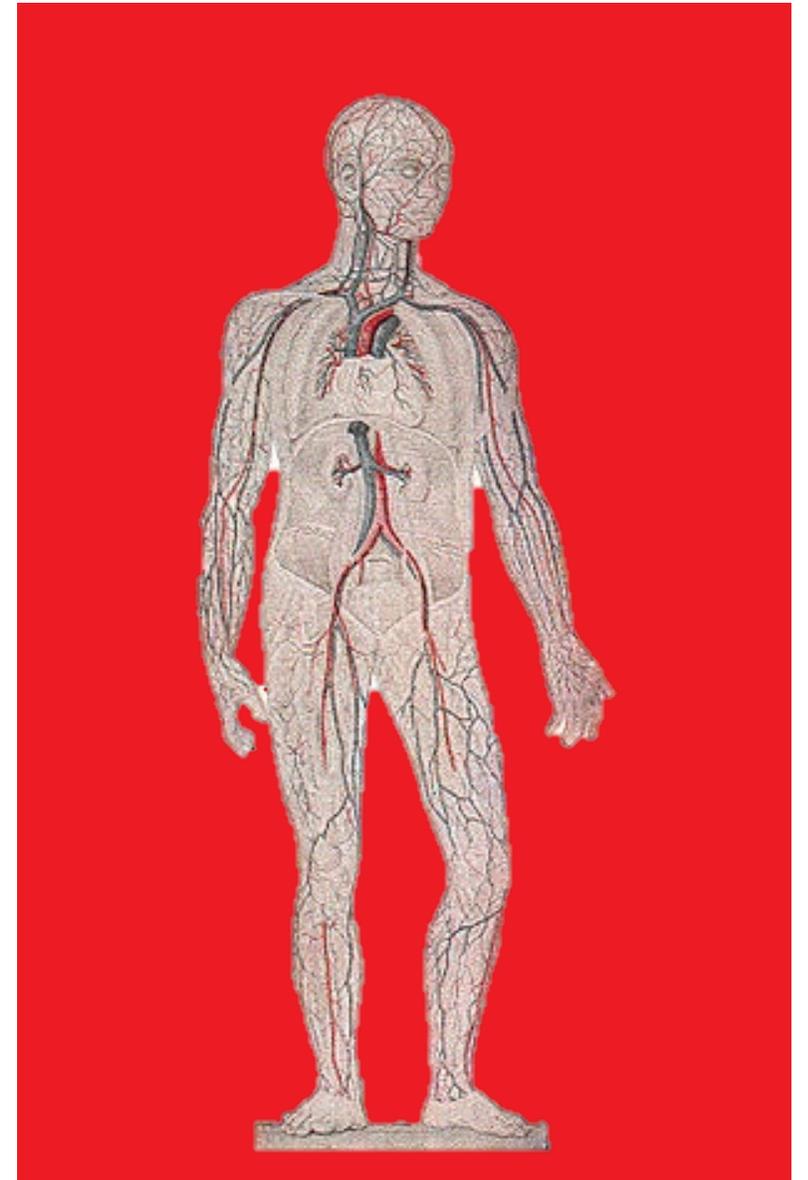
C. Everett Koop
U.S. Surgeon General, 1980-1989



Diseases Of The Mouth

- Cavities (90%)
- Gum Disease (50%)
- Oral Cancer (52k)

The Mouth Body-Connection



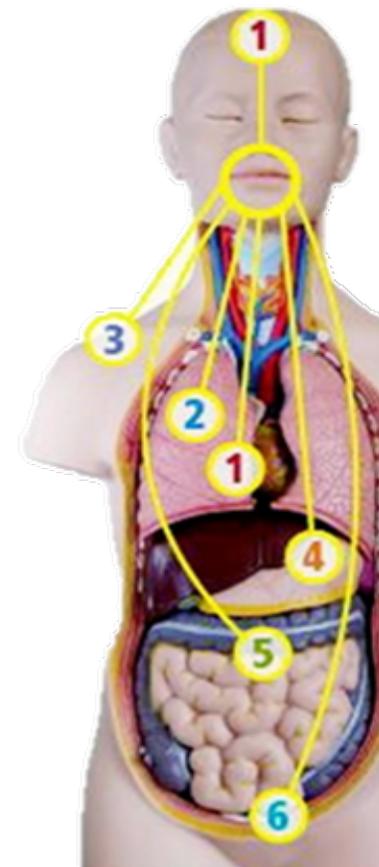


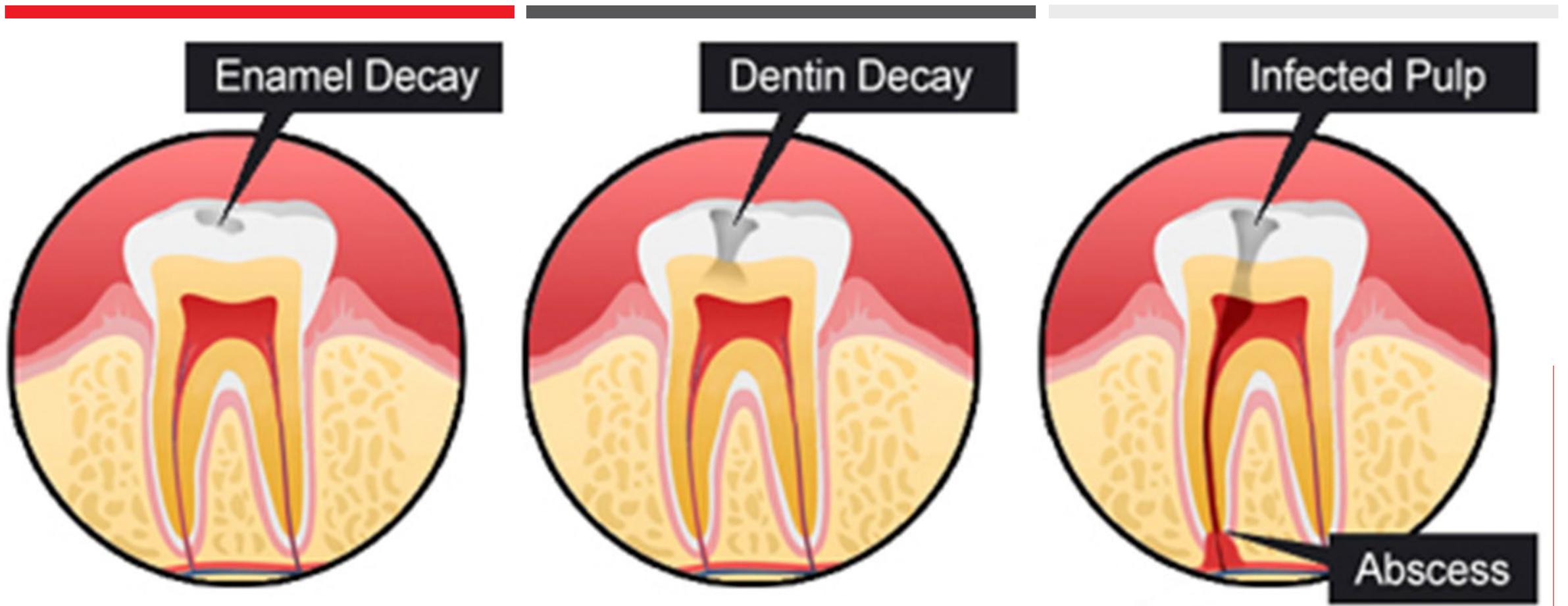
Periodontal (Gum) Disease



Effects Of Gum Disease On Overall Health

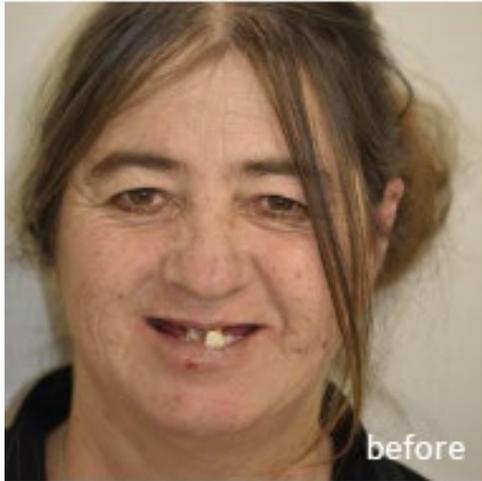
- 1** Heart disease & Stroke
- 2** Respiratory Disease
- 3** Rheumatoid Arthritis
- 4** Diabetes
- 5** Gastrointestinal Disease
- 6** Pre-term low birth weight babies





Tooth Decay (Cavities)

Consequences of Tooth Decay



Pain

- Difficulty chewing
- Unhealthy changes in weight
- Difficulty sleeping
- Trouble concentrating and learning
- Frequent absences from school or work
- Poor self-esteem
- Impaired speech

Infection

- Intraoral abscesses
- Sinusitis
- Facial cellulitis
- Periorbital cellulitis
- Bacteremia and sepsis
- Brain abscesses
- Airway compromise secondary to tracking of cellulitis into the fascial planes of the neck

A photograph of a hospital emergency entrance at night. A large, illuminated red sign with white text reads "EMERGENCY ENTRANCE". Below the sign, a blue text box contains the following text: "Over 18,900 Kansans visited emergency rooms with dental pain in 2015 and received only pain medication or antibiotics." The entrance features glass doors and a large window showing the interior waiting area with chairs and a wheelchair parked outside.

EMERGENCY ENTRANCE

**Over 18,900 Kansans
visited emergency rooms with dental pain in 2015
and received only pain medication or antibiotics.**

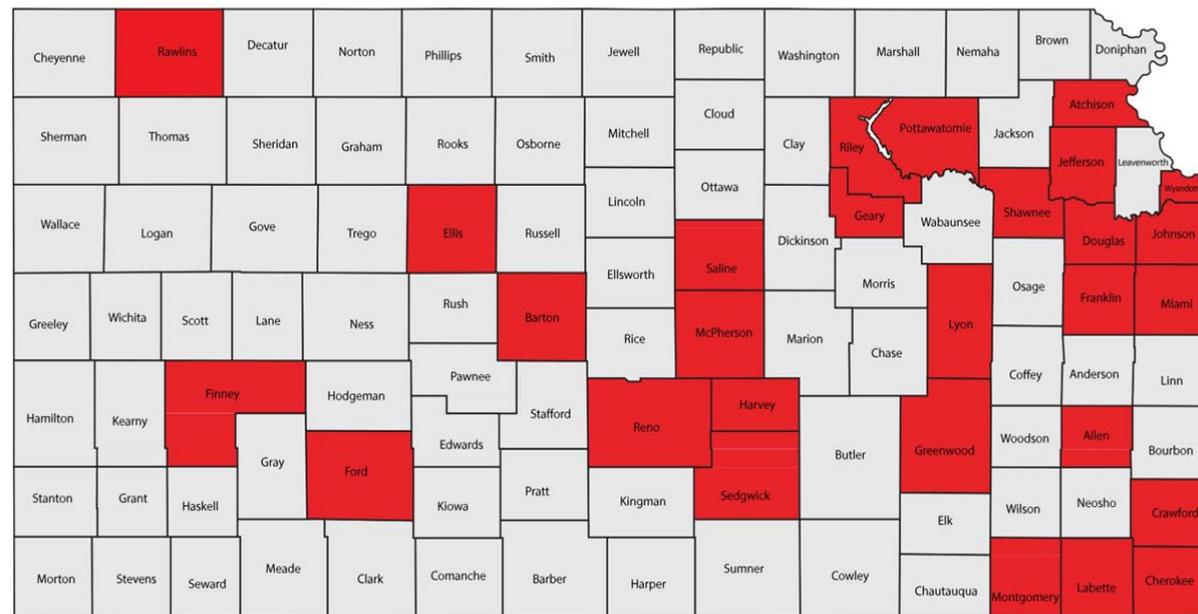
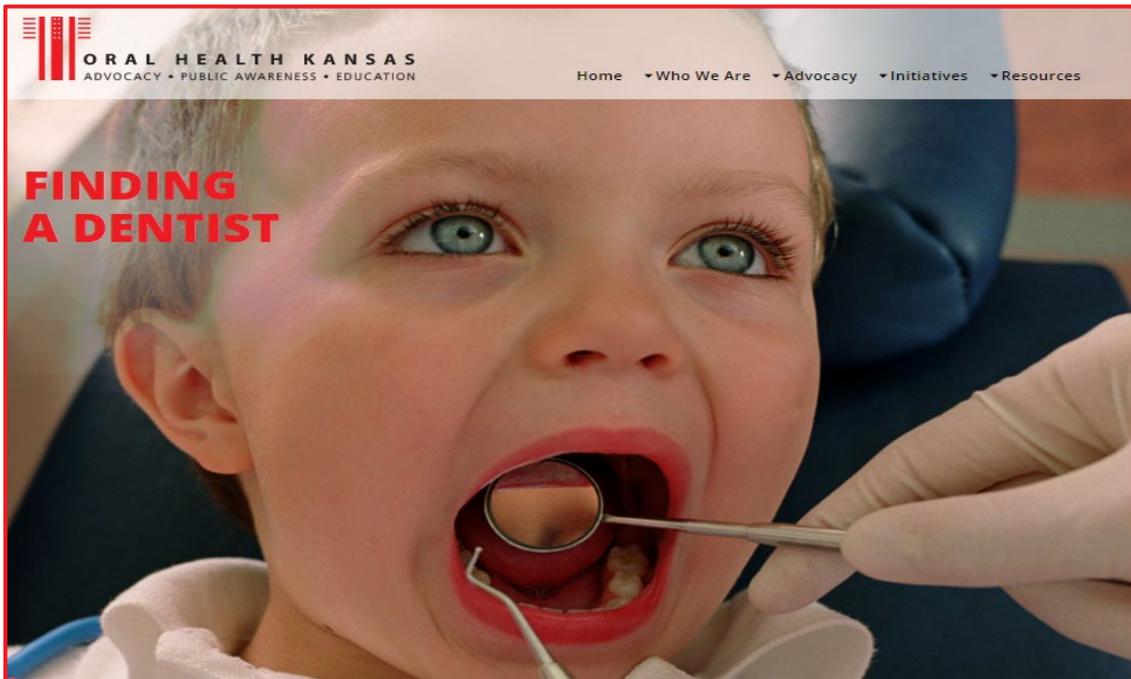
WHAT CAN YOU DO?

Integrate oral health into your role:

- Include oral health screening questions into the support you provide for families
- Refer and assist patients with finding dental care, including the age one dental visit
- Educate the people you provide support for about the connection between oral and overall health.

Advocate for comprehensive adult dental care:

- SB 227- comprehensive adult dental benefits in Medicaid
- Increase value added benefits to adult beneficiaries enrolled with Sunflower Health Plan
- Collect consumer stories- barriers to dental care, poor oral health impacting lives
- Subscribe to OHK's Weekly Wednesday Update
- Respond to advocacy alerts from Oral Health Kansas



For more detailed information about the programs above click on the corresponding tooth image below.



oralhealthkansas.org/FindingDentist.html

CONSUMER EDUCATIONAL RESOURCES



Tips & Tricks

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. You are more than welcome to print and distribute our Tips and Tricks.

All of these fact sheets were developed based on requests from our supporters. Please send an email to info@oralhealthkansas.org if you would like us to develop a Tips & Tricks on a topic that is not listed.

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

Pregnancy	Elders	Dental Services
Infants & Toddlers	Nutrition	General Health
Children	Home Care	Special Concerns



Single Visit Resources For Pregnancy & Newborn

– Health Educator’s Agenda



ORAL HEALTH & PREGNANCY FOR THE SINGLE HOME VISIT

This information is designed to introduce oral health into the conversation when there will be only a single home visit to the pregnant woman. For more comprehensive information, refer to Teeth for Two Resource Guide from the KS Head Start Association.

PREPARING FOR THE HOME VISIT

- Read Home Visitor Background Knowledge on reverse side
- Gather materials and supplies

Ask

- When was the last time you had a dentist check your teeth? What do you think about seeing a dentist before your baby is born?

Discuss

- Using the information found under Home Visitor Background Knowledge, have a conversation with pregnant woman about the importance and safety of oral health during pregnancy.

Practice

- If pregnant woman is not current with dental services and does not look for a dental clinic and make an appointment.

Share

- Leave behind handout on "Is Your Mouth Ready for Pregnancy". Circle to highlight.
- If woman is concerned about safety, give referral slip to have OB consult.
- Give new toothbrush and toothpaste, if available.



INFANT ORAL HEALTH FOR THE SINGLE HOME VISIT

This information is designed to introduce oral health into the conversation when there will be only a single home visit to the newborn. For more comprehensive oral health information, refer to Teeth for Tots Resource Guide from the KS Head Start Association.

PREPARING FOR THE HOME VISIT

- Read Home Visitor Background Knowledge on reverse side
- Gather materials and supplies

Ask

- What concerns do you have about your baby's mouth and future teeth?
- When you think about your baby's teeth and smile, what would you like for him/her?

Discuss

- Discuss any oral health topics brought up in response to the question. (Use Teeth for Tots® as a resource, as needed)
- Using the information under Home Visitor Background Knowledge, have a conversation with parent to determine what areas of oral health they view as valuable for their child.
- Show video on [How to Clean a Baby's Gums](https://www.youtube.com/watch?v=bY7x_igethyU), https://www.youtube.com/watch?v=bY7x_igethyU

Practice

- Bring a clean baby washcloth to give parent.
- After viewing video, help parent practice wiping gums and looking at their baby's mouth.

Share

- Leave behind handout on Raising Cavity Free Kids-Your Baby's First Year. Circle any items you want to highlight.

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– Family’s Handout



Is Your Mouth Ready for Pregnancy?

Congratulations on your pregnancy! Now... when was the last time you had a dentist? Although it is a myth that a mother "loses a tooth with extra care of your mouth now can be an important part of a healthy overall health for you and your new baby.

Managing Morning Sickness

Stomach acid from vomiting and acid reflux can harm your teeth. You can try to help minimize the damage.

- Immediately after vomiting
 - Do not brush your teeth, as it might damage softened tooth enamel
 - Rinse your mouth with a solution of tap water and baking soda to help neutralize the acid
 - You can follow up with a mouth rinse containing fluoride, if desired
- Wait one hour before brushing
 - Use very soft toothbrush and toothpaste with fluoride
 - Spit out extra toothpaste, but do not rinse – let the fluoride work to help protect your teeth
- Ideas to help reduce nausea
 - Nibble on a few crackers, rinsing teeth with water afterwards
 - Try peppermint tea or sugar free gum

More ideas on managing morning sickness can be found at Oral Health Kansas <http://bit.ly/teethandnausea>



Raising Cavity Free Kids- Your Baby’s First Year

A healthy mouth is an important part of your baby's health and development. You can start habits now that will keep your child from getting cavities as those first teeth come in.

Avoid spreading cavity-causing germs

Babies are not born with the germs that cause cavities. They get them just like they do germs from a cold. After your baby is born, avoid sharing saliva.

- Do not taste your baby's food with the same spoon your baby is using
- Do not clean your baby's pacifier with your mouth
- Reduce the germs in your mouth by keeping your teeth healthy

Clean your baby's mouth and teeth daily

Begin cleaning your baby's mouth on day one. This helps both you and your baby get used to the routine, making toothbrushing much easier as your child gets older.

- Place your child on a flat surface, your lap, or over your arm so that you can easily see all parts of the mouth
- Using a clean, wet baby washcloth or a soft gauze pad, gently wipe gums and tongue
- Look inside for any unusual signs like lumps or color changes. Contact dentist if changes are identified.
- When the first tooth erupts (usually between six and twelve months), switch to a small toothbrush and a tiny smear of fluoride toothpaste

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Fast Facts from Kansas Head Start Association



Smiles for Life
A national oral health curriculum

<https://www.smilesforlifeoralhealth.org/>

National *Interprofessional Initiative*
on Oral Health *engaging clinicians
eradicating dental disease*



<https://www.niioh.org/>

Thank You



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