

# QUEST INTEGRATION NEWSLETTER

## **Prevention is Key in Keeping Your Family's Teeth Healthy**

Teaching your child good oral habits early may help prevent cavities and get your child comfortable with visiting the dentist. The American Dentist Academy recommends your child visit a dentist by their first birthday.



How to care for your child's teeth:

- Floss
- Brush twice daily
- Regular dental check ups
- Limit foods and drinks with sugar
- Use topical fluoride

Children (20 years and younger) can receive routine dental care at no cost. This includes exams twice a year, X-rays, and preventive care and treatment. Dental Care is part of your Early Periodic Screening Diagnostic and Treatment (EPSDT) benefit.



Adults (21 years and older) can receive emergency benefits to control dental pain, infection or management of trauma.

### **Finding a Dentist:**

For more information you can contact Community Case Management Corp.:

**Oahu: 808-792-1070**

**Neighbor islands: toll free 1 - (888)- 792-1070.**

If you need a medically necessary treatment by a specialist and that specialist is not available on your island, we may assist you with your travel for dental care on Oahu.

Please inform your dental office if you need an interpreter for a foreign language or sign language.

## Lead Poisoning in Children

Exposure to lead is dangerous, especially for children younger than 6.

### It may cause the following conditions:

- Stomach pain
- Headache
- Fatigue
- Muscle weakness in hands & feet
- Brain damage

### Where can lead be found:

- Many homes built before 1978 may have lead-based paint
- Car batteries
- Fish sinkers
- Ceramic pottery with lead glaze

### To prevent lead poisoning:

- Maintain a healthy diet with foods high in calcium, iron and vitamin C
- Wash your child's hands, bottles, toys, and pacifiers often
- Do not let your child place hands, food or things in their mouths that have fallen in dirt or on the floor (it may be contaminated with lead)
- If you use plastic bags to store food, make sure the printing is on the outside

### Follow-up care is a key part of your child's treatment and safety

- Be sure to make and go to all well child appointments
- Call your doctor if your child is having problems
- Know your child's test results
- Keep a list of the medicines your child takes

More information can be found at Hawaii Childhood Lead Poisoning Prevention Program at 808-733-9055 and websites:

<http://health.hawaii.gov/cshcn/home/leadpp/> and <http://www.kp.org>. Enter H544 in the search box to learn more about "Lead Poisoning in Children: Care Instructions."



### Don't get the flu. Get the flu shot!

This fall/winter, you can get a flu shot at no cost. No appointment is needed.

Knowing the facts can save your life, or someone else's life:

- The flu is a virus that can cause serious illness.
- The flu virus changes every year. Everyone is at risk, even very healthy people.
- The flu shot is your best defense against getting sick and spreading the illness to others.
- Everyone 6 months and older needs to get a flu shot every year.
- The flu virus changes every year. This year's vaccine was made specifically for the upcoming flu season.

### Flu shot clinics begin September 11, 2018

Monday - Friday are on a walk-in basis, NO appointments needed! Saturday shot clinics (at Honolulu, Waipio, Koolau, Moanalua, Maui Lani, Hilo, Kona) begin on **September 15th**. Clinics are open for adults and children 6 months or older.

To find out more, visit [kp.org/flu](http://kp.org/flu).

On Oahu, call **808-432-2000**.

On Maui, call **808-243-6000**. TTY users, call **711**.