



Eating Disorders and Dental Care

What are eating disorders?

- **Bulimia** is when a person binge eats – that is, eats more than what is needed to feel full. Eating is usually done secretly and then the person gets rid of the food by throwing up intentionally, or by taking laxatives or diet pills.
- **Anorexia** is when a person is very afraid of gaining weight, wants to be thinner and purposely starves because of those fears.

Both of these eating disorders are bad for overall health and can be serious enough to cause death. It is important to know that help is available and recovery is possible.

This fact sheet provides information about taking care of the mouth and teeth of a person with an eating disorder. If you would like more information or want to find out about treatment for eating disorders, please contact the National Eating Disorders Information and Referral Hotline at 1-800-931-2237. You can find more information at their Web site: www.nationaleatingdisorders.org. You can also talk to your doctor.

What Do Eating Disorders Do to the Mouth and Teeth?

Eating disorders can damage your teeth in a number of ways. It is important to see a dentist for these problems.

When a person throws up after eating, the acid from the stomach goes through the mouth. That acid can eat away the enamel on teeth and cause cavities and possibly a loss of teeth. Throwing up often can also cause sores to develop in the mouth.

When a person intentionally starves the body doesn't get the nutrients that it needs. This could lead to osteoporosis – a disease that makes the bones in the jaw weak. If the jaw bones are weak they can't hold on to the teeth and the teeth may be lost.

Seeing the dentist can be an important part of treatment for an eating disorder.

Managed Health Services Dental Benefits

MHS provides dental services for our SSI members in Kenosha, Milwaukee, Ozaukee, Racine counties. You must go to an in-plan dentist. For help in finding a dentist call Member Services at (888) 713-6180 or visit our web site at www.mhswi.com.

Make sure to get a dental cleaning and exam every year!



Fluoride Varnish

One of the simplest ways to prevent cavities in your child's teeth is to have a fluoride varnish applied. Fluoride helps strengthen teeth and prevents cavities from developing.

This treatment is performed at your dentist or physician's office. It is a very easy procedure for your child. The varnish is painted on the teeth with a small brush. Once the varnish gets wet with saliva, it stays adhered to the tooth for an extended period of time allowing the most fluoride uptake by the tooth. There is no need to wait before eating or drinking after the varnish is placed. Your child should not brush their teeth until the next day.

Fluoride varnish treatments may start as early as your child begins getting teeth and shall continue throughout your child's life.



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DENTAL



Pacifiers & Baby's Teeth

There are some things to take into consideration regarding the use of pacifiers. Prolonged use of a pacifier may not allow your child's teeth to come in properly. This may create a space in the front of the mouth between the top and bottom teeth.

Never dip your child's pacifier in honey or corn syrup. This not only can cause cavities, but also can cause infant botulism.

Keep the pacifier clean by frequently boiling or cleaning it in the dishwasher. Do not rinse off your child's pacifier in your mouth to clean it. This method introduces germs into your child's mouth that may increase the likelihood of developing cavities.

Typically, most children stop using pacifiers on their own between two and four years old. If they need help breaking this habit, talk to your pediatrician or dentist.





Checking Your Child's Teeth

It is best to develop a routine of looking into your child's mouth. Establish this when the child is a baby. This helps the baby understand the process is normal and your child will be more willing to cooperate. It is also helpful for the caregiver to become familiar with the structures of the mouth and to distinguish what is normal.

The gums should have a consistent color throughout the mouth without any sores or pimples noticeable. A pimple on the gums can be a sign of an infection in a tooth. Each tooth should also have a consistent color without any bright white or brown spots present. Usually when a tooth begins breaking down, there are color changes occurring.

If any areas of concern are detected, the caregiver should contact a dentist for advice or an examination.





Dental Care for Baby & You

Receiving a dental check-up during pregnancy is good for you and your baby. During pregnancy it is important to stay healthy. Eating balanced meals and getting enough rest is important for staying well during pregnancy. But, it is equally important to receive a dental check-up and keep your mouth clean and free of any disease or infection.

During pregnancy, hormone levels increase and can cause an exaggerated response to plaque and bacteria. This may cause pregnancy gingivitis. The signs of gingivitis are bleeding, redness and tenderness of the gum tissue. It is very important to get into the routine of daily flossing and tooth brushing twice a day to prevent this from occurring. It is also important to visit the dentist for a dental check-up.

If you have any questions, please ask your dental professional.





The Importance of Sealants

Sealants are a great way to prevent cavities from occurring in the grooves of your child's teeth. By using a material that fills in the deep grooves of back teeth, bacteria are prevented from penetrating the enamel and causing cavities. This preventive step helps avoid the need for a filling.

Sealants are usually placed on permanent teeth located in the back of the mouth as soon as the tooth erupts. Typically, the age this occurs is at 6 and 12 years old.

The procedure is very simple and no anesthetic is required. First, the tooth is cleaned off to remove any existing plaque or bacteria. Then, the surface is prepared with a chemical before the sealant is brushed onto the tooth. A special light may be used to harden the sealant. And, there is no need to wait afterwards to eat or drink.

Not Sealed



Sealed





The Importance of Baby Teeth

Baby teeth are important for several reasons. They help keep space open for permanent teeth to erupt into which prevents crowding of the teeth. Keeping baby teeth healthy helps prevent pain from cavities. Baby teeth need to be maintained by the parent until the child can take care of them alone, which is usually around 6 years old. If baby teeth develop deep decay, they can become infected and can harm the permanent tooth developing beneath.

Teeth help brighten a smile, make chewing food easier, and improve speech.



GUM DISEASE

Gum disease is a serious infection that can lead to tooth loss and cause other health problems. Gum disease is caused by plaque, a sticky film that forms on the teeth. Research shows that infections in the mouth harm the rest of your body. Other things that can hurt your gums are:

- Smoking/Tobacco Use
- Genetics
- Pregnancy and Menopause in Women
- Stress
- Medications
- Clenching or Grinding Your Teeth
- Diabetes

Researchers think that there is a link between gum disease and the following health problems:

Heart Disease

If you have gum disease you are almost twice as likely to have heart disease. Bacteria in the mouth from gum disease and cavities can enter the bloodstream and attach to fat in the arteries of the heart. This causes clots which lead to heart attack and stroke.

Diabetes

People with diabetes are more likely to have gum disease because gum disease is an infection. If you don't have your diabetes under control you are more at risk. The link between gum disease and diabetes goes both ways. Gum disease can increase blood sugar which puts you at risk for problems. A recent study found that when you have your gum disease treated, your diabetes can get better.

Respiratory Disease

Recent studies have shown that bacteria from the mouth can move into the lower respiratory tract. This can cause infections. If you have a lung condition, it can make it worse.

Pregnancy

For a long time we've know that smoking, drinking alcohol and using drugs can cause babies to be born too early and have a low birth weight. Now we know that women with gum disease are also more likely to have a baby that is born too early and too small. Regular dental check-ups during pregnancy are very important.

Osteoporosis

People who have osteoporosis have low and decreasing bone mass. Studies suggest that this may lead to tooth loss because the jaw bone can no longer support the teeth. The study results showed that people with osteoporosis and gum disease in their mouths had more bone loss in the oral cavity.

How to prevent gum disease:

1. Brush your teeth properly twice a day with fluoride toothpaste.
2. Floss your teeth once per day
3. Use a mouth rinse. Listerine is a good choice and has been approved by the American Dental Association.
4. Visit your dentist for a check-up.

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Make sure to get a dental cleaning and exam every year!

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Is it OK to ask the dentist questions? Yes!

Did you ever wonder why the dentist does a certain kind of treatment? Or why you sometimes need to make more than one appointment to fix your teeth?

Sometimes dentists explain what they are doing during your dental treatment, and sometimes they don't. If they don't, it's okay to ask any questions if you want. Dentists will be happy to give you answers. It's their job.

It is important to find a dentist you like and trust, because then asking questions is easy. When you visit a dental office and go back again and again, that office is called your dental home. The dentist and their staff welcome you to the office and get to know you and your family. If other members of your family visit the dentist, then it is their dental home too. Managed Health Services recommends that the whole family see the dentist at least once a year.

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Missing Your Dental Appointment is No Laughing Matter

You've made your dental appointment - good for you! Then something happens – you can't find a ride, you get sick, you forgot you even made the appointment. It happens. Managed Health Services wants to help you make **and keep** your dental appointments.

You forgot.

- Put your appointment card or reminder on the refrigerator
- Write it on your calendar right away
- If you need a babysitter or ride, take care of it right away so you don't have to scramble at the last minute

You are afraid to go to the dentist.

- Find a dentist you like and trust.
- Go see the dentist so they can help you take care of your teeth
- Worried about pain? Dentists have lots of new ways to work on your teeth – so there is very little pain associated with anything the dentist does

Call the dentist if you can't go to your appointment.

- If you are sick and can't make your appointment
- If you are going to be late
- If your car breaks down, let the dentist know you can't get there
- If you can't leave work, let the dentist know you can't make it

A final word about keeping an appointment you schedule.

When you miss an appointment it does not cost you anything, but, it does cost your dentist. The dentist has to pay rent on the office and equipment. The dentist holds that appointment time just for you. So keep your appointment whenever possible and if you can't make it call the office as soon as you can!

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Make Your Trip to the Dentist Stress-Free

A lot of people stay away from the dentist because of fear and stress. Managed Health Services wants you to learn how to put that fear aside so that you go to the dentist.

Here is some information to help with your stress:

- Find a dentist that you like and trust.
- See your dentist at least once a year. The dentist cares about your mouth and wants to help you take care of it. The more you see the dentist the better your mouth will be.
- Even if you haven't seen the dentist for a while it's important to go. You may be embarrassed about the shape your mouth is in. You may be afraid the dentist will yell at you. The dentist wants to help you with your oral care. You will not be "yelled at". See the dentist "better late than never".
- If the noises scare you, take music along. Relax. Breathe slowly in and out. Think of something that you really like; a favorite place or a good memory.
- Worried about pain? Dentists have lots of new ways to work on your mouth – there is very little pain now with anything the dentist does.

Help your children have a good dentist visit. Here's how:

- Brush and floss together. Put on your favorite song. Make it fun! This will help your child to learn how and will help set good habits.
- Tell your child that the dentist will count your teeth and clean your teeth to make your smile bright and healthy.
- Tell your child that if a tooth needs a little extra work the dentist will put the tooth to sleep and it will wake up when you get home.
- Don't talk to your child about pain – it will scare them.
- Don't tell your child scary dentist stories. Don't let brothers and sisters tell scary stories either.
- Don't use the words drill or shot.
- Your child will look at how you are reacting and react like that too. Be sure to act cheerful, relaxed and eager about visits to the dentist.

Stress is normal. Try these tips from Managed Health Services to help make visits to the dentist more stress free.

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What to Expect When You Visit a Dentist

Managed Health Services wants you to see the dentist every six months for a check-up and to help you prevent cavities and other problems.

So, what should you expect at a dental visit?

- During a regular check-up you will usually see a hygienist and a dentist.
- The hygienist will clean and polish your teeth.
- The hygienist may put fluoride on your teeth. Fluoride is a mineral that makes your teeth strong.
- If your dentist recommends them, the hygienist may take X-rays. X-rays let the dentist look at your jawbone, and will show cavities very early so they can be treated.
- When the hygienist is done, the dentist will come in and examine your teeth, mouth, and gums.
- The dentist will study your X-rays and develop a plan to treat your teeth and keep them healthy.
- If you have things that need to be fixed, you may need to make another appointment and come back.

It's never too late to begin good oral health care and your dentist will be happy to see you and help you have a shining, healthy smile.

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Pregnant Women and Oral Health

Did you know that the health of your mouth could affect your unborn baby?

Bacteria (called plaque) in your mouth cause gum disease - an infection in your gums. Not taking care of your mouth allows plaque to collect. It can cause your gums to swell and bleed easily. When you are pregnant your hormones change and that can also cause swelling of your gums.

The gum infection may also cause other hormone changes in your body. Those hormones help your body to know when to deliver the baby. Gum disease could cause you to deliver your baby too early. Babies born early are usually not as big as babies born after nine full months. These babies could have medical problems such as slow development, lung and hearing problems.

Here are some things to help find out if you might have gum disease:

- A bad taste in your mouth
- Bad breath that doesn't go away
- Red or swollen gums
- Gums that bleed when you brush
- Gums that have pulled away from your teeth

At Managed Health Services, we want you to do everything you can to take care of yourself and your unborn baby. We know that you want that, too. Here are some easy things you can do to take care of yourself:

- Brush your teeth daily - twice is even better
- Floss your teeth every day
- Eat healthy foods - lots of fruits, vegetables, cheese
- Take the vitamins the doctor talked to you about
- Do not smoke or drink alcohol
- See the dentist on a regular basis – two times per year is recommended for everyone.

These are especially important when you are thinking about becoming pregnant or have just found out that you are.

For more information on taking good care of your teeth, call Managed Health Services at 888-713-6180, or visit our web site at www.mhswi.com.

Managed Health Services Dental Services

MHS provides all dental services covered by your plan "if" you live in one of the following counties: Kenosha, Milwaukee, Ozaukee, Racine, Washington and Waukesha. You must go to an in-plan dentist, or you may call Member Services at (888) 713-6180 or visit our web site at www.mhswi.com.

Dental emergency (for members living in the counties listed above) A dental emergency is an immediate dental service needed to treat dental pain,

Over...



swelling, fever, infection, or injury to the teeth.

If you already have an in-plan dentist please follow these steps:

- Call the dentist's office
- Identify yourself as having a dental emergency
- Tell the dentist's office what the exact dental problem is, it may be something like a toothache or swollen face
- Make sure the office understands that the situation is a "dental emergency"
- Call us if you need help with transportation to your dental appointment

If you do not currently have an in-plan dentist follow these steps:

- Call Member Services at 888-713-6180
- Tell us that you are having a dental emergency. We can help you get dental services



Accidents Happen—Dental Trauma

If your child's tooth is knocked out there are steps you should take to prevent the permanent loss of the tooth.

First, locate the lost tooth. Pick it up by touching the part that you usually see exposed in the mouth. Do NOT scrub the tooth off. This could remove important tissue from the tooth that will help reattach to the gums. Keep the tooth moist. One way to do this is to place the tooth into a cup of milk. Call the dentist immediately because time is very important. The tooth should be re-implanted within 60 minutes for the best outcome.

The tooth may change to a grey color and may need to have further dental treatment. Often times the tooth is able to stay in the mouth without any problems.



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DENTAL



Children's First Dental Visit

Your child's first dental visit should occur as early as your dentist allows. The American Academy of Pediatric Dentistry recommends that a child's dental home should be established by 12 months of age.

Create excitement for your child by trying to help make the experience fun and an important part of growing up. Typically, the first appointment begins with a "happy visit" to get acquainted. This may include a ride in the chair and an oral screening. The dentist or hygienist will try to keep the first visit simple and only perform what is needed for the child. This may include a dental cleaning and a fluoride varnish.

Please DO NOT tell stories of personal bad experiences to create fear in your child. This will create anxiety for both your child and the staff. The dental professional will explain everything to your child in age appropriate terms as they perform the care necessary to help keep your child's teeth healthy.



READY TO PRINT ARTICLES FOR NEWSLETTER PLACEMENT DENTAL CARE

TIPS FOR EARLY DENTAL CARE – Fall Issue

- ◆ Do not give a baby a bottle to suck on overnight. This constant intake of sugars will decay a baby's teeth.
- ◆ Have youngster's cavities treated. Baby teeth need to be treated early, to promote the growth of adult teeth.
- ◆ Brush your child's teeth when the first tooth appears. Use a soft bristle brush and warm water.
- ◆ Flossing should begin when the teeth touch each other, usually around age 3.



Word Count: 74 / Grade Level: 4.6

Summer 2013:

6672_GAC- Healthy Moves- Peach State Health Plan

How to Take Care of Your Child's Smile

Tooth care, also called "dental care," begins when your child is a baby. Even before you see any teeth, it's good to use a damp washcloth to wipe away germs from the gums.

Then, start using a baby toothbrush with water and little bit of toothpaste until age 2. After that, kids can practice brushing their own teeth and spitting with help from an adult. It's best to bring your baby to the dentist before he or she turns 1.

As your kids grow, visit the dentist once a year. And don't forget your smile! Adults should visit the dentist for a cleaning and exam once a year.

Have You Seen Your Dentist This Year?

Every adult should visit the dentist for a cleaning and exam once a year. This is true especially if you have a condition like diabetes or if you smoke, which puts you at more risk for gum disease. It's even true if you have dentures. Your dentist will check that your dentures fit well and are not damaged.

Brush your teeth twice a day and floss once a day. If you wear dentures, brush your gums, tongue and the top of your mouth. Store your dentures in water.

Your diet can also help keep your mouth healthy. Limit how much soda you drink and avoid sticky candies. Drink lots of water. Eat plenty of fruits and veggies.

Peach State can help you find a dentist. Just call 1-800-704-1484.
6678_OAC-insert

How to Make a Dental Appointment

Your child needs to see the dentist every 6 months for an exam and cleaning.

Follow these tips when you make an appointment with the dentist:

- Call Buckeye at 1-866-246-4358 for names of dentists who are close to your home, job or child's school. Some dentists will make evening and weekend appointments.
- When you call the dentist, have your child's Buckeye card in front of you. Tell them the age of your child and if your child is having any problems with their teeth. If the appointment time you are given is not good for you, it is okay to ask for another time.

On the day of the appointment:

- Be sure that your child brushes his or her teeth before going to the dentist.
- Bring your Buckeye card with you.
- If you can, only bring the child who has the appointment.
- Give yourself plenty of time to get to the dentist's office.
- Try to get to the office a few minutes early. There may be forms for you to fill out.

Many dentists ask parents to stay in the waiting room during the exam because children are usually more cooperative when their parents are not in the room.

After the exam, the dentist will tell you what needs to be done at the next visit. If you are given an appointment card, save it where you can easily find it. You might want to use an appointment calendar or refrigerator magnet to hold the card.

If you need to change a dental appointment, call the dentist more than 24 hours before the appointment. Someone else may be able to take your appointment time. If you cannot call 24 hours in advance, call as soon as you know that the child cannot keep the appointment.

Your child deserves a beautiful smile. Help him or her keep that smile with regular dental exams. Your dentist will appreciate you and your child if you follow these suggestions.

6683_ILC

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Brush your teeth twice a day and floss once a day. If you wear dentures, brush your gums, tongue and the top of your mouth. Store your dentures in water.

Your diet can also help keep your mouth healthy. Limit how much soda you drink and avoid sticky candies. Drink lots of water. Eat plenty of fruits and veggies.

IlliniCare Member Services can help you find a dentist, and explain what is covered by your health plan. Just call 1-866-329-4701 or TTY 1-866-811-2452.

Summer 2012

5694_FLC

Don't Forget Your Teeth

What does the health of your mouth have to do with the health of your body? A lot. Healthy teeth and gums are good for your whole body. Do your part to help keep your teeth and gums healthy. Follow these tips:

1. Brush twice a day with fluoride toothpaste.
2. Floss at least once a day.
3. Limit sugar-filled snacks and drinks to help avoid cavities.
4. Visit your dentist once a year.
5. Change your toothbrush every 3 months.

When you visit the dentist, your teeth will be cleaned and examined. The dentist will also show you how to take care of your teeth.

5701_MWC

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Visit the dentist for a cleaning and exam at least once a year.

5703_OAC

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4. Visit your dentist once a year.
5. Change your toothbrush every 3 months.

When you visit the dentist, your teeth will be cleaned and examined. The dentist will also show you how to take care of your teeth.

Your dental health is just as important as your medical health! If you need help finding a dentist, call our Member Services department at 1-866-246-4358.

5708_TXC

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1. Brush twice a day with fluoride toothpaste.
2. Floss at least once a day.
3. Limit sugar-filled snacks and drinks to help avoid cavities.
4. Change your toothbrush every 3 months.

Your child should also get regular dental checkups to make sure his or her teeth and gums are healthy. Dental checkups need to start at six months old and every six months after that. You can go to any Texas Health Steps dentist for a dental checkup.

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Smile for Us!

When your mouth is healthy, it's good for your whole body. Brush your teeth twice a day and floss between teeth every day, too. And see your dentist at least once a year. Buckeye covers one oral exam, cleaning and fillings every year. Please make sure to show your dentist both your Buckeye Advantage AND Ohio Medicaid ID cards—your dentist will need both ID cards to bill us for Medicare covered services and Ohio Medicaid for Medicaid covered services! If you need the name of a Buckeye dentist in your area, call Member Services.

Summer 2010

4317_OHC

Smile Power

A sparkling smile can get you far in life. And a great smile starts with healthy teeth.

Brushing and flossing every day is key. Also, don't forget to schedule checkups with your dentist. He or she will clean your teeth, and check for gum disease and cavities.

If you wear dentures and don't have teeth, you should still visit the dentist. It is important that the dentist examines your mouth to make sure that there are no signs

of cancer, especially if you smoke, use chewing tobacco or drink alcohol.
Your dentist will keep your smile healthy and dazzling!

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4324_TXC

Put a Smile on Your Child's Face

Texas Health Steps provides great preventive dental care for children enrolled in Texas Medicaid. With Texas Health Steps, your kids can have a fluoride varnish for their teeth.

What is a fluoride varnish? A fluoride varnish is done by a dentist. It's safe, painless, and does not take a lot of time. It helps stop cavities. Why is this important? Here's why:

- Children who get cavities early on tend to have more cavities later on in life.
- Cavities can affect a child's speech and ability to eat, sleep and learn properly.

When should your kids get fluoride varnish? Your dentist can help you decide this. Take your child to the dentist beginning at age six months and every six months after.

Summer 2011

4917_OHC

Oral Health

When your mouth is healthy, it's good for your whole body. Brush your teeth twice a day and floss between teeth every day, too. And see your dentist at least once a year.

4920_INC

Dental Health Tip

When your mouth is healthy, it's good for your whole body. Brush your teeth twice a day and floss, too. You should see your dentist at least once each year. To find a dental provider, please call the Indiana Family Helpline at 1-800-433-0746.

4923_GAC

Oral Health

When your mouth is healthy, it's good for your whole body. Brush your teeth twice a day and floss between teeth every day, too. Beginning at age two, see your dentist at least once a year.

3714_OHC

Dental Health

Don't forget to have your or your child's teeth examined at least once a year. If you need help finding a Buckeye contracted dentist or getting an appointment, call Buckeye's member services department at 1-866-246-4358 (TTY 1-800-750-0750).

The Tooth Truth - Spring Issue

(70 words 4.1 grade reading level)

Taking good care of your teeth and gums can help prevent many other serious health problems. Bacteria in your mouth can cause gum disease, heart disease, and kidney problems.

So brush your teeth after every meal. Floss your teeth once a day. And see a dentist at least once a year.

And if you have diabetes, you need to be extra careful. Diabetes can cause problems in teeth and gums.

THREE SIMPLE STEPS FOR HEALTHY TEETH – Winter Issue

Staying healthy means taking care of every part of your body. That includes your teeth and gums. Dental care does more than just keep your smile bright. It also helps prevent disease. The germs in your mouth can cause gum disease. They may even raise your risk for heart disease or kidney problems.

It's easy to keep your teeth and gums healthy. All you need to do is follow these three simple steps:

- 1. Brush your teeth at least twice a day.** Use a soft-bristle brush. Brush gently. Brushing too hard can hurt your gums. Remember to brush all sides of your teeth. Don't forget the inner side. Get a new toothbrush every three or four months, or as soon as it becomes worn out.
- 2. Floss your teeth once every day.** Dental floss cleans between teeth, where your brush can't reach. If you aren't sure how to floss, ask your dentist for pointers.
- 3. See your dentist at least once a year.** A yearly exam and cleaning will help prevent gum disease and other problems.

182 Words / 3.0 Grade Level

REMINDER

*"Because You Matter....
Because We Care"™*

Dental check-ups are important to your child's health. They help stop cavities and gum disease. Take these steps to help your child have a healthy smile:

- Limit snacks
- Do not put small children to bed with a bottle of milk or juice
- Make sure they brush their teeth twice a day
- Make sure they get regular check-ups by a dentist
- Visits to the dentist should start as soon as the first tooth comes in

Call your Buckeye Community Health Plan dentist to make an appointment. If you need help finding a Buckeye dentist, call our Member Services Department at 1-866-246-4358 (TTY 1-800-750-0750). Buckeye can get translation services for you if you don't speak English.

You can also call NurseWise® at 1-866-246-4358, option 7 (TTY 1-800-750-0750). NurseWise nurses can give you medical advice and are ready to talk to you 24 hours a day. NurseWise can get translation services for you if you don't speak English.

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RECORDATORIO

*"Porque usted nos importa....
porque nos preocupamos por usted"™*

Los controles dentales son importantes para la salud de su niño. Estos ayudan a detener las caries y la enfermedad de las encías. Tome estas medidas para ayudar a su niño a tener una sonrisa sana:

- Limite las meriendas
- No ponga a los niños pequeños en la cama con un biberón con leche o jugo
- Asegúrese de que se laven los dientes dos veces al día
- Asegúrese de que un dentista le haga controles con regularidad
- Las consultas con el dentista deben comenzar tan pronto como salga el primer diente

Llame a su dentista de Buckeye Community Health Plan para hacer una cita. Si necesita ayuda para encontrar a un dentista de Buckeye, llame a nuestro Departamento de Servicios para los Miembros al 1-866-246-4358 (TTY 1-800-750-0750). Buckeye puede conseguirle servicios de traducción si usted no habla inglés.

También puede llamar a NurseWise® al 1-800-246-4358, opción 7 (TTY 1-866-750-0750). Los enfermeros de NurseWise pueden darle consejo médico y están listos para hablar con usted las 24 horas del día. NurseWise puede conseguirle servicios de traducción si usted no habla inglés.

BCHP-MM-110707-01 REVISED



Buckeye Community Health Plan
175 South Third Street, Suite 1200
Columbus, OH 43215

**Important
Reminder**

How to check your child's teeth:

- Starting when your child is a baby, get into the routine of looking in your child's mouth. This will help you to understand what normal looks like and help your child understand they need to cooperate
- Your child's gums should look the same color throughout without any sores or pimples
- Your child's teeth should not have any bright white or brown spots
- Call a dentist if you see anything unusual

If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



Checking your child's teeth

Baby Bottle Tooth Decay Prevention

- Avoid giving your baby a bottle in bed with anything other than plain water
- Do not dip pacifiers in sugar or honey
- Avoid licking or cleaning pacifiers or spoons with your saliva. This can transfer cavity producing bacteria to your baby.
- After each feeding, clean your baby's teeth with a washcloth or soft toothbrush without tooth paste.

If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



Baby Bottle Tooth Decay

Why is it important to keep baby teeth healthy?

- Keeps space available for permanent tooth
- Prevents unnecessary pain from cavities
- Prevents mouth infections

Healthy Smiles help...

- Brighten up your face
- Make chewing foods easier
- Improve speech

Call today to schedule a dental check-up for your child

If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



**Chew,
Smile,
Speak
Better**



The Importance of Baby teeth

What to expect at your child's first dental visit:

- Begin a visit as early as your dentist allows
- Help make it a fun and exciting event
- Begin with a "happy visit" to get acquainted. This includes a ride in the chair and an oral screening.
- When your child is ready, they will receive a dental cleaning and fluoride varnish
- DO NOT tell stories to create fear in your child

If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



The collage consists of three distinct images. The largest image on the left shows a female dentist with blonde hair in a ponytail, wearing blue scrubs and safety glasses, examining a young child's teeth. The child is seated in a dental chair, wearing a white protective bib and a black and white polka-dot patterned blanket. The dentist is using a dental instrument, and a bright light is focused on the child's mouth. The top right image is a close-up of a child's open mouth, showing the tongue and the roof of the mouth. The bottom right image is a single purple toothbrush with a white handle and blue bristles, set against a white background.



Your child's first dental visit

Fluoride Varnish Application

- Performed at your dentist or physician's office
- Very easy for patient
- No waiting to eat or drink after
- No toothbrushing until the next day
- Helps prevent cavities

For more information

- Ask a dental professional
- Ask your medical doctor

If you have questions about your dental plan
or need help finding a provider, please call
<<customer service ph #>>



**A simple way
to prevent
cavities in
your child's
teeth**



Fluoride Varnish & Kids

Why is it important to go to the dentist for check-ups?

- X-rays & the dental examination check for cavities so they can be treated early
- Removal of plaque & tartar helps prevent gum disease
- Creates an environment to increase overall health
- To receive an oral cancer screening
- To learn good oral hygiene habits and dietary recommendations to maintain healthy teeth & gums

If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



The importance of routine dental care

Why is a mouth guard needed?

- Sports related injuries happen
- Protects the mouth from trauma
- Cushions blows to the face
- Prevents premature tooth loss from mouth injuries
- Prevents jaw injuries

Types of mouth guards

- Preformed
- Boil and bite
- Custom fit

If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



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Dental Mouthguards

Oral Piercings can affect dental health by

- Increasing the chance of mouth infection
- Creating gum recession
- Causing tooth fracture
- Causing tooth abrasion
- Causing sensitivity to temperature
- Causing taste alteration

For more information

- Ask a dental professional or your medical doctor

If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



**Oral Piercing
affects your dental
health**



Oral Piercing and Teeth

Can pacifiers harm your baby's teeth?

- Prolonged use may not allow your child's teeth to come in properly creating an open bite or space between their top and bottom teeth towards the front of their mouth
- DO NOT dip your child's pacifier in honey or sugar because it can increase their risk for cavities
- DO NOT rinse off the pacifier in your mouth to clean it because this method shares the germs you may have that make cavities

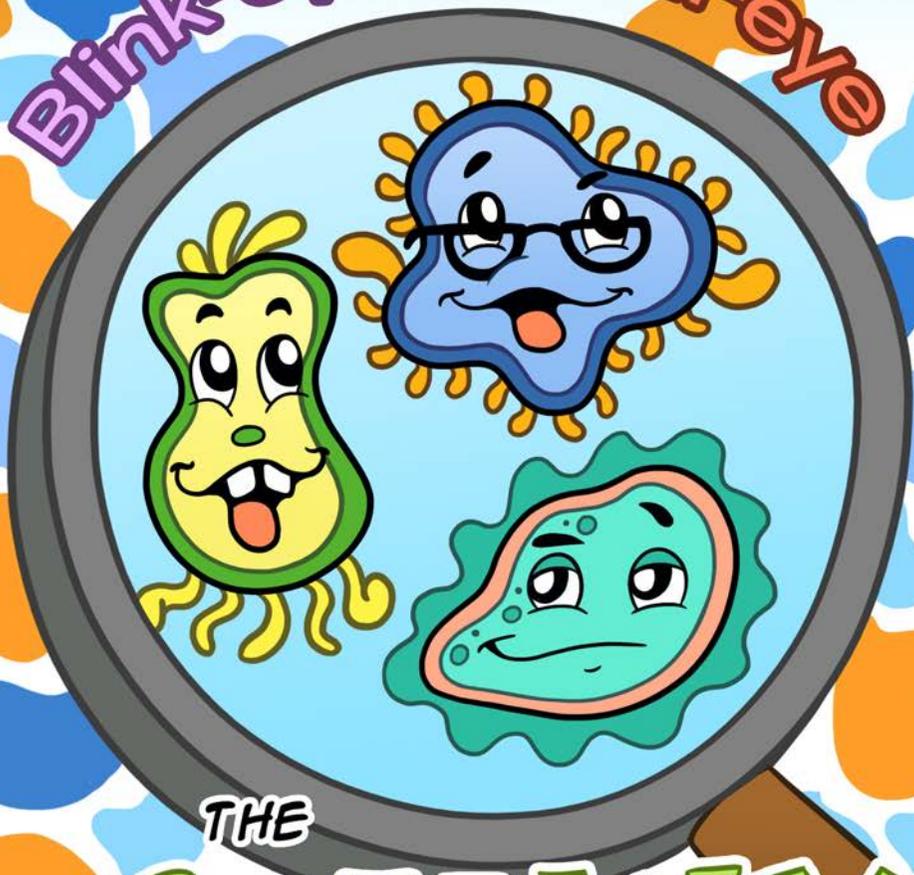
If you have questions about your dental plan or need help finding a provider, please call <<customer service ph #>>



Pacifiers and teeth



Quas-eye,
Blink-eye & Vill-eye



THE
GUNKY

BACTERIA BROTHERS

WRITTEN &
CREATED BY
MICHELLE
BAIN



Fun Germ Facts!

TRACE YOUR HAND BELOW!

WOW! LOOK AT ALL OF THE GUNKY GUNK ON YOUR HAND! WE'LL LEARN HOW TO FIX THAT!

LET'S LEARN HOW TO WASH AWAY THE GUNK!

WRITE YOUR NAME HERE!

DISCLAIMER: This book provides general information about personal hygiene. This information is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health needs and to professionally address personal hygiene or medical concerns.

TWO TYPES OF GERMS

VIRUS
THE SMALLEST TYPE OF GERM. THIS IS THE KIND THAT CAUSES COLDS AND CHICKEN POX.

BACTERIA
A SINGLE CELL GERM. MANY BACTERIA LIVE IN YOUR BODY ALREADY AND ACTUALLY KEEP YOU HEALTHY!

YUCK!

DID YOU KNOW THERE ARE GOOD AND BAD VIRUSES?

AT CHOOOO!

WHEN YOU SNEEZE, GERMS CAN FLY 3 - 5 FEET AND TRAVEL UP TO 100 MILES AN HOUR!

CHOO!

EUREKA!

IN 1861, LOUIS PASTEUR WAS THE FIRST TO DISCOVER THAT PEOPLE GOT SICK BECAUSE OF GERMS!

MORE THAN YOU THINK!

THERE ARE USUALLY BETWEEN 10,000 TO 10 MILLION BACTERIA ON EACH HAND.

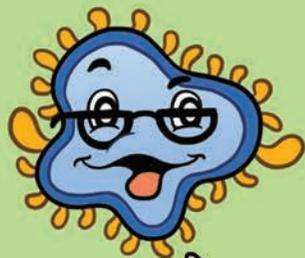
WOW, THERE ARE SO MANY THINGS TO LEARN ABOUT GERMS!

Getting the Gunk off!

Gunk and the Tub



HYGIENE IS KEEPING BOTH YOUR BODY AND YOUR APPEARANCE NEAT AND CLEAN. THIS MEANS WASHING YOUR HANDS AND BRUSHING YOUR TEETH AS WELL AS MAKING SURE TO WEAR CLEAN CLOTHES AND BATHE REGULARLY. HAVING GOOD HYGIENE WILL KEEP YOU HEALTHY AND HAPPY!



WASHING YOUR HANDS KEEPS GERMS FROM SPREADING SO YOU AND THOSE AROUND YOU DON'T GET SICK.



BRUSHING AND FLOSSING YOUR TEETH HELPS THEM GROW HEALTHY AND STRONG.

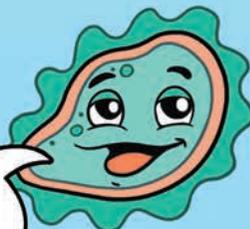


PEWWW!



Did you know your teeth are alive? Caring for your CHOMPERS is important!

BATHING AND WEARING CLEAN CLOTHES HELPS YOU STAY HEALTHY AND FRESH SO OTHERS WANT TO BE AROUND YOU!



YOU CAN TAKE A SHOWER OR BATH



ALWAYS USE A CLEAN WASHCLOTH



YOUR FINGERS MAY GET WRINKLY & CREEPY



ALWAYS USE SOAP



WASH YOUR HAIR



WASH BEHIND YOUR EARS



ASK AN ADULT TO HELP YOU CLEAN INSIDE YOUR EAR WITH A COTTON SWAB.

BATHING AND SHOWERING ARE VERY IMPORTANT FOR A LOT OF REASONS. WHEN YOU PLAY YOU WILL START TO SWEAT AND GET DIRTY. IT'S IMPORTANT THAT ONCE YOU'RE DONE PLAYING, YOU TAKE A BATH OR SHOWER SO YOU CAN WASH ALL OF THE DIRT, GERMS, AND GUNK AWAY. GERMS AND DIRT CAN CAUSE YOU TO GET SICK AND EVEN START TO HURT YOUR SKIN IF YOU GO TOO LONG WITHOUT BATHING. EVEN IF YOU DON'T FEEL LIKE YOU'RE VERY SWEATY OR DIRTY, IT'S A GOOD RULE TO ALWAYS TAKE A SHOWER OR BATH BEFORE BEDTIME.



Don't Be a Gunk Mouth!

SAMPLE - NOT FOR PUBLIC RELEASE

Gunkilocks & the Four Hairs

"CHEW"SE TO CARE FOR YOUR MOUTH!

FLOSSING IS IMPORANT TO KEEP THE SPACES BETWEEN YOUR TEETH CLEAN AND HEALTHY.



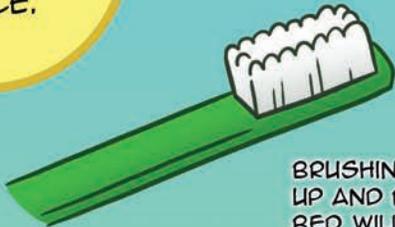
TEETH
LET YOU CHEW YOUR FOOD AND HELP MAKE WORDS WHEN YOU TALK.

LIPS
LET YOU FORM WORDS WHEN YOU TALK.

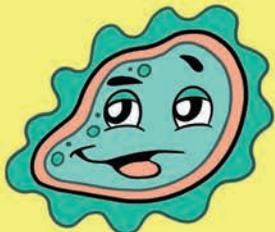


GUMS
SURROUND AND HELP HOLD YOUR TEETH IN PLACE.

TONGUE
HELPS YOU SPEAK AND TASTE FOOD.



BRUSHING AFTER YOU WAKE UP AND BEFORE YOU GO TO BED WILL HELP YOU TO NOT GET CAVITIES.



EVERY TIME YOU EAT, FOOD BITS ARE LEFT ON AND AROUND YOUR TEETH. IT'S IMPORTANT TO CLEAN THEM SO YOUR SMILE STAYS HEALTHY AND STRONG. WHEN BRUSHING, KEEP GOING FOR 30 SECONDS OR FOR A VERSE OF YOUR FAVORITE SONG. BRUSH TWICE A DAY AND FLOSS ONCE, BECAUSE WHEN YOU TAKE CARE OF YOUR TEETH, YOUR TEETH WILL TAKE CARE OF YOU! THAT'S A LOT TO "CHEW" ON!



KINKY HAIR
IS WIRY AND KINKY



SHORT HAIR
MEANS LESS TO DEAL WITH



CURLY HAIR
IS LOOPY AND THICKER



FINE HAIR
HAS THINNER STRANDS

TYPES OF HAIR

WHATEVER TYPE OF HAIR YOU HAVE, IT'S IMPORTANT TO KEEP IT NEAT AND CLEAN!



KEEP YOUR HAIR TANGLE-FREE



ALSO TO KEEP YOUR HAIR TANGLE-FREE



TO KEEP YOUR HAIR MOIST AND IN PLACE



TO CLEAN AND KEEP YOUR HAIR SOFT

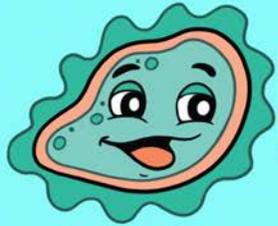
KEEPING YOUR HAIR NEAT AND CLEAN WILL HELP IT TO GROW HEALTHY AS IT GETS LONGER, AND IT HELPS YOU SMELL NICE.



No Gunky Threads!

SAMPLE - NOT FOR PUBLIC RELEASE

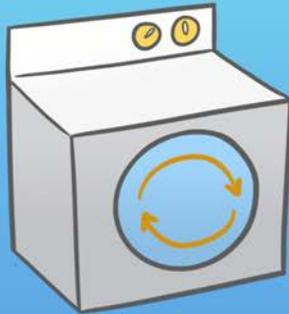
No Gunky Paws!



WEARING CLEAN CLOTHES HELPS YOU FEEL CLEAN AND FRESH, AND KEEPS DIRT AND GERMS OFF YOUR BODY!



FIRST: INTO THE WASHING MACHINE WITH SOAP!



NEXT: INTO THE DRYER!

ALL CLOTHES NEED TO BE WASHED ON A REGULAR BASIS EVEN IF THEY DON'T LOOK THAT DIRTY!

ASK YOUR PARENT OR FAMILY MEMBER TO SHOW YOU HOW!

KEEPING GUNK-FREE IS COOL!



LAST: DON'T FORGET TO FOLD OR HANG YOUR CLOTHES IN THE CLOSET!



PEEE-YEWWW!
IF YOU THINK YOU ARE STINKY, YOU PROBABLYE ARE! GET RID OF THE FUNK BY WASHING OFF THE GUNK!

TRIM THOSE NAILS!



WASH THE BOTTOMS!



CLEAN BETWEEN THOSE TOES!

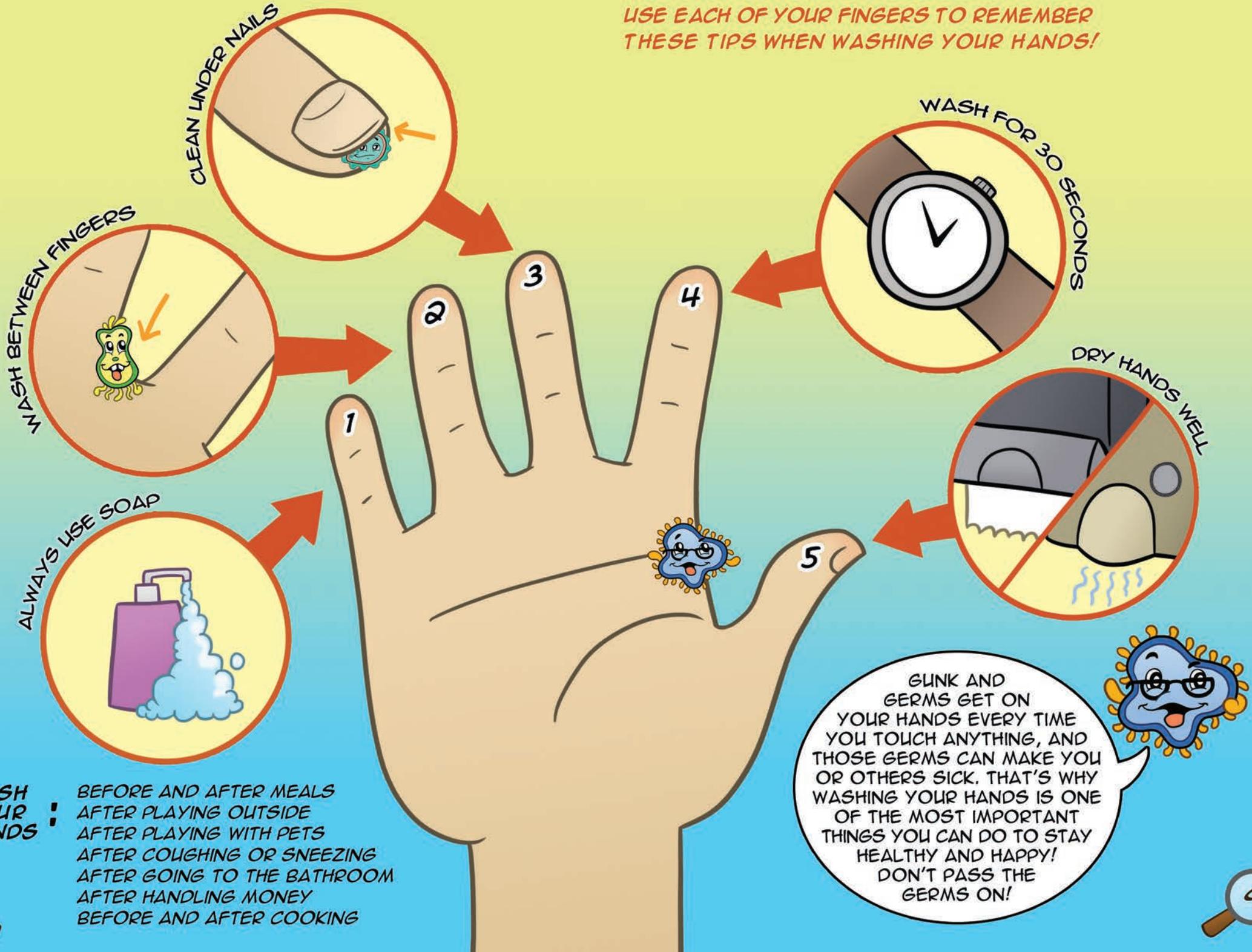
YOU MAY NOT THINK ABOUT YOUR FEET OFTEN, BUT THEY'RE IMPORTANT! THEY LET YOU WALK, RUN AND PLAY, SO KEEP THOSE TOOTSIES FRESH AND CLEAN!



SAMPLE - NOT FOR PUBLIC RELEASE

The Hi-Five Finger Plan

USE EACH OF YOUR FINGERS TO REMEMBER THESE TIPS WHEN WASHING YOUR HANDS!



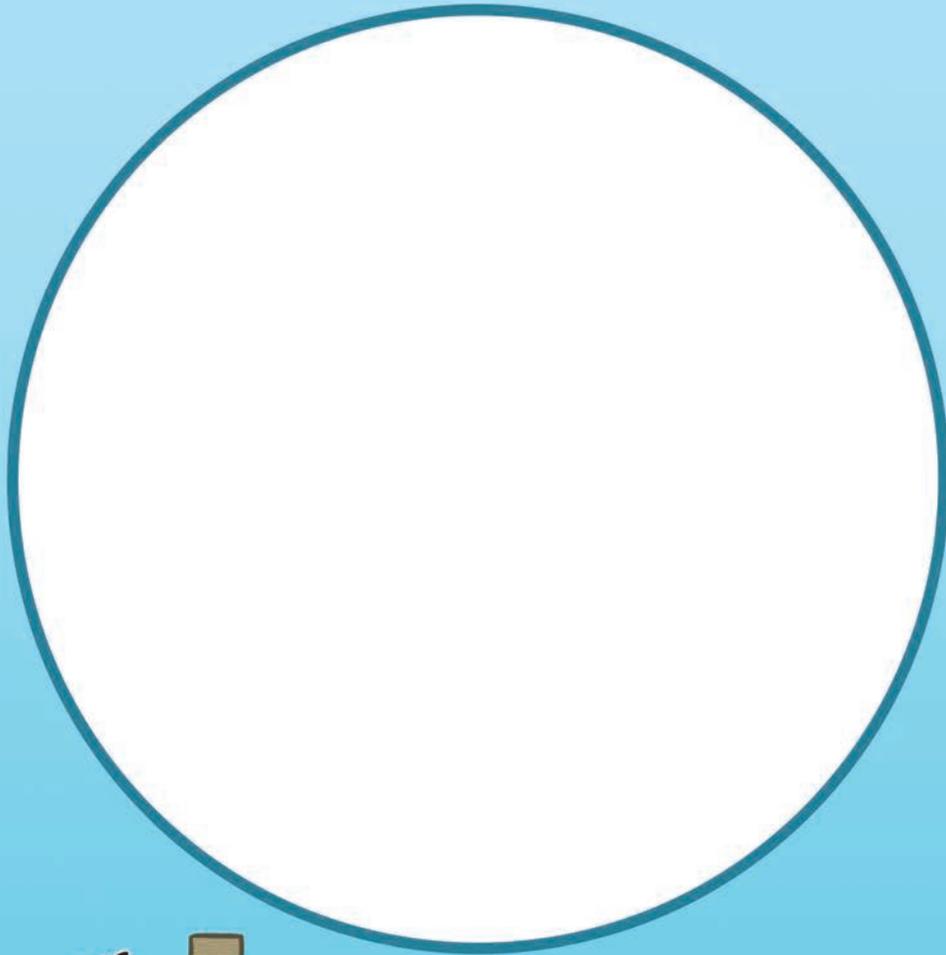
Draw Your Own Germ!

SAMPLE - NOT FOR PUBLIC RELEASE

Connect the Dots

GERMS HAVE MANY SHAPES, SIZES AND COLORS. USE YOUR IMAGINATION TO DRAW YOUR OWN GUNKY GERM BELOW!

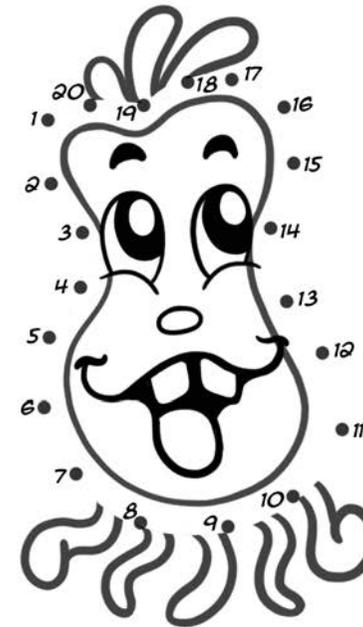
THEN COLOR IN THE GUNKY BROTHERS!



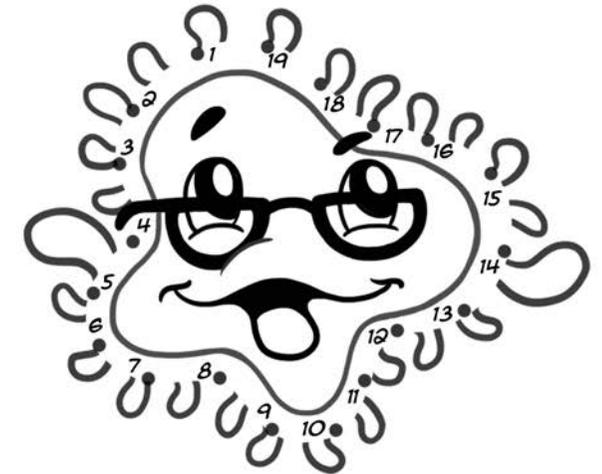
MICROSCOPE



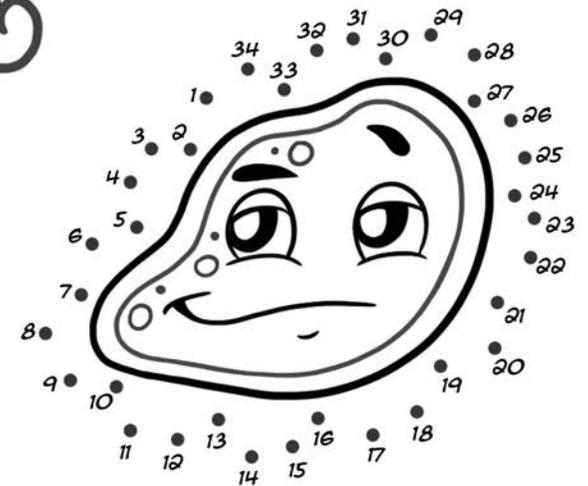
GERMS ARE SO SMALL, TO SEE THEM YOU HAVE TO LOOK THROUGH A SPECIAL TOOL CALLED A MICROSCOPE!



QUAS-EYE



BLINK-EYE



VILL-EYE

Find the Words

FILL IN THE BLANKS THEN FIND THOSE WORDS IN THE PUZZLE BELOW!



T__THBR__SH



SH__P__O



F__SS



CL_PP_R



C_MB



F__T



S__P



H_N_

F	L	O	S	S	L	B	T	H	J	F
A	X	L	M	O	R	Z	V	A	M	B
B	Q	R	P	A	M	X	D	N	Q	K
S	H	A	M	P	O	O	B	D	O	N
N	O	L	C	C	I	E	H	G	L	P
Z	T	O	O	T	H	B	R	U	S	H
T	F	R	M	C	L	I	P	P	E	R
V	U	S	B	X	P	N	F	O	O	T

Fill in the Answers



WHEN SHOULD I WASH MY HANDS?



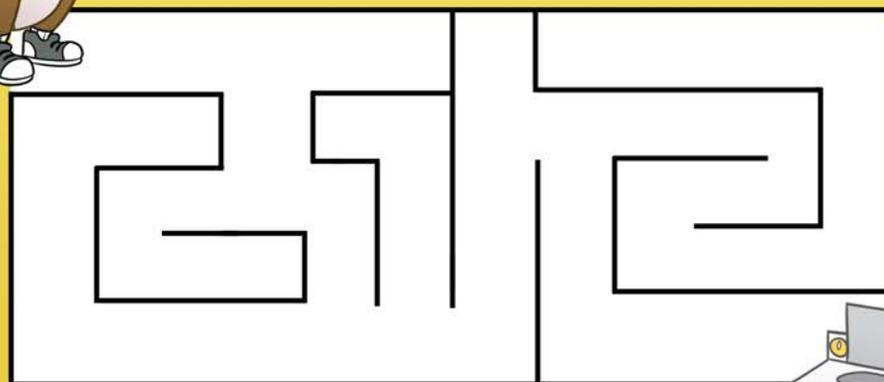


WHEN SHOULD I WASH MY CLOTHES?



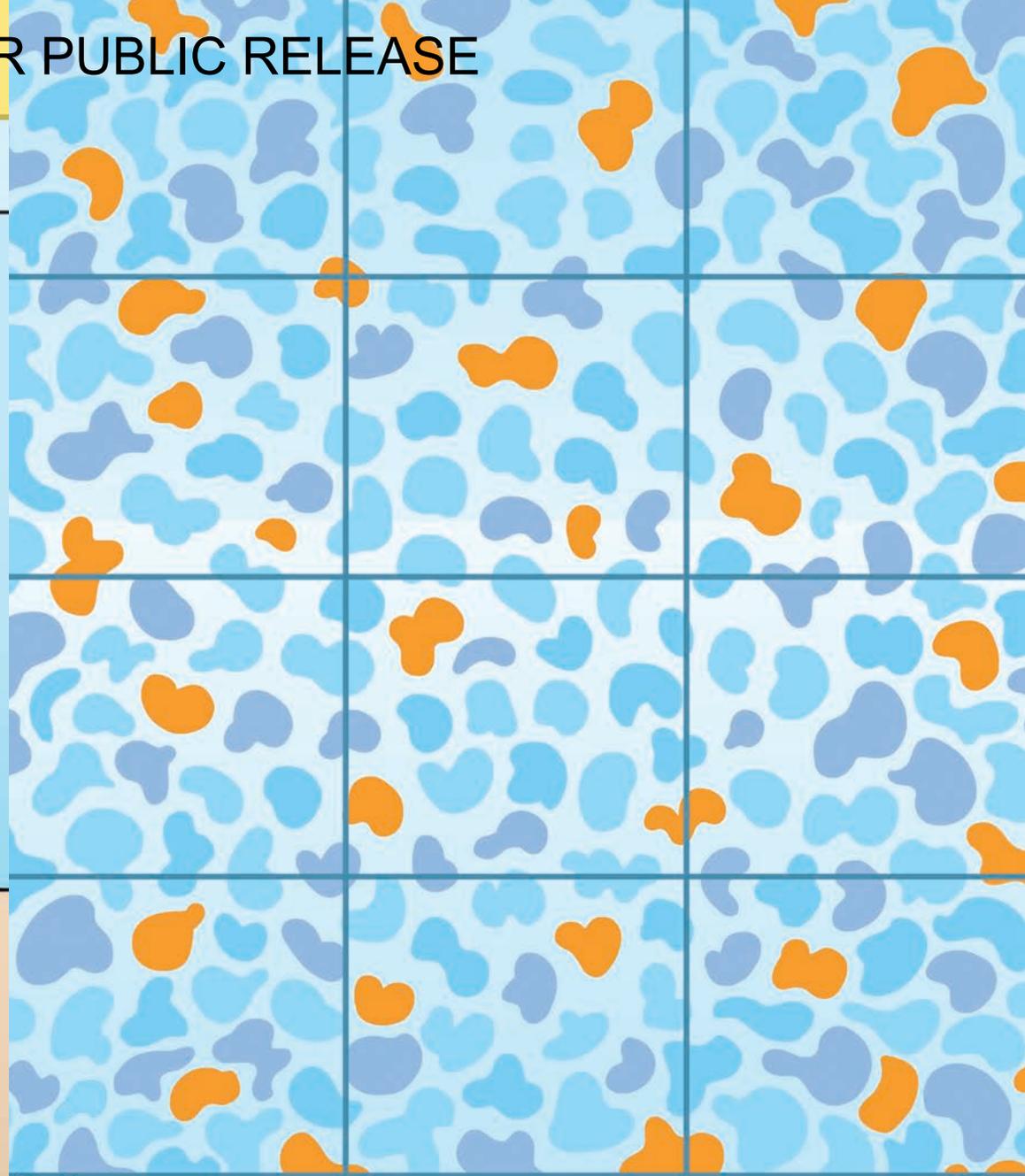


HELP DARBY GET HIS CLOTHES TO THE WASHING MACHINE!





Cleanliness
is next to
AWESOMENESS!



GERMS
TOOTHBRUSH
SOAP
HAIR BRUSH

LAUNDRY BASKET
NAIL CLIPPERS
HAND SANITIZER
DRY TOWEL

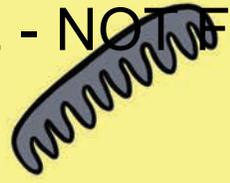
HAVE AN ADULT HELP YOU CUT OUT THE PUZZLE PIECES ABOVE. THEN MIX UP THE CARDS AND LAY THEM ON A TABLE WITH THE GERM PATTERN FACING UP. TURN OVER TWO CARDS AT A TIME AND TRY TO MATCH THE CLEANING TOOL WITH THE PART OF THE BODY YOU USE IT ON.



COTTON SWAB
LET A GROWNUP HELP!



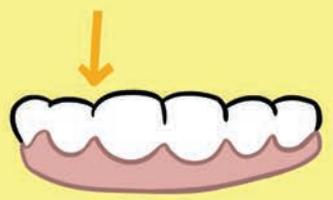
SOAP



COMB



TOOTHBRUSH



BETWEEN TEETH



HAND



HAIR



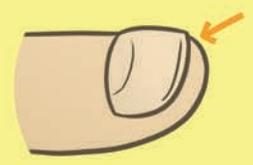
EAR



CLIPPER



FLOSS

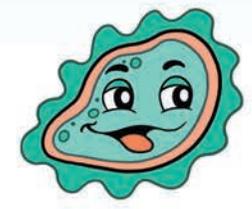


FINGERNAIL



TOOTH

WOW! LOOK HOW CLEAN YOUR HAND IS NOW!



TRACE YOUR HAND AGAIN!



SAMPLE - NOT FOR PUBLIC RELEASE

Tips to Keep the Gunky Brothers Washed Away!



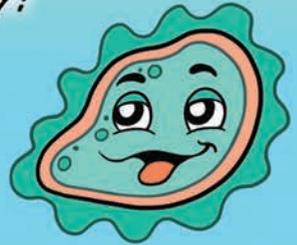
HYGIENE IS AN IMPORTANT THING
WHETHER CLIPPING YOUR NAILS
OR SHOWERING.

WASH YOUR HANDS
WHEN YOU BLOW YOUR NOSE,
AND ALWAYS WEAR
NICE, CLEAN CLOTHES.



BEING CLEAN IS A LOT OF FUN.
YOU SHOULD DO IT WHEN
YOUR PLAYING IS DONE.

WASHING UP EVERY DAY
WILL HELP YOU KEEP
THOSE GERMS AWAY!



 **Cenpatico**
Improving Lives



KEEP THE PLANET
HEALTHY! THIS BOOK
WAS PRINTED ON
RECYCLED PAPER!



MADE IN
THE USA

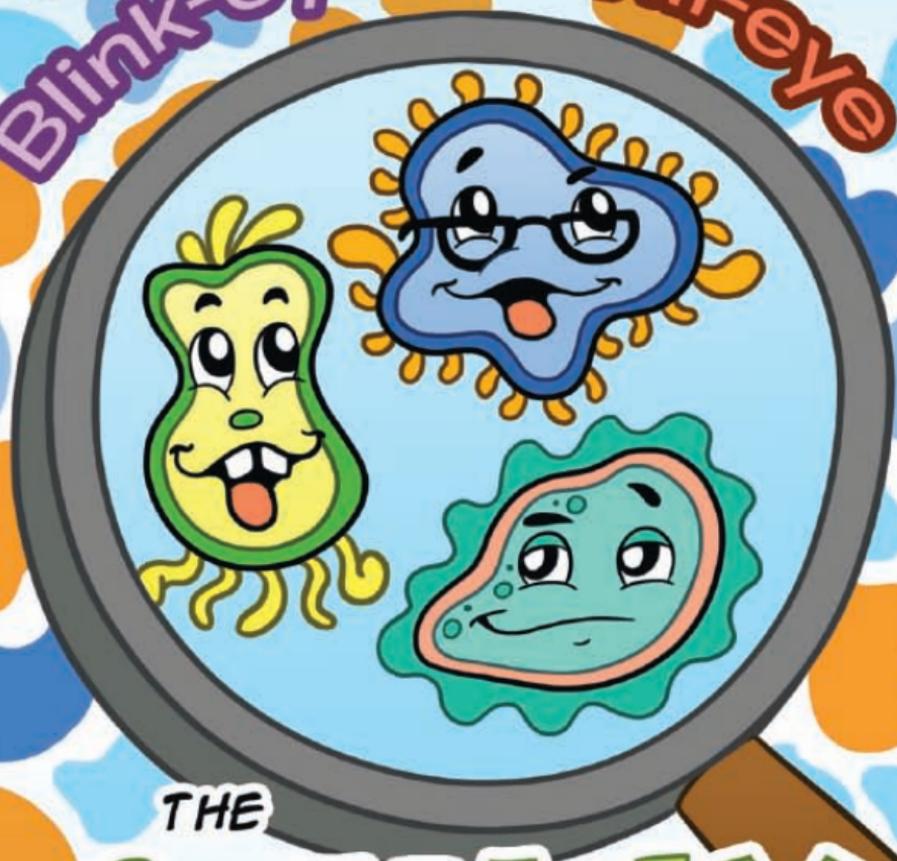
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ISBN 978-0-9890806-3-7



CENTENE[®]
Corporation

Quas-eye,
Blink-eye & Vill-eye



THE
GUNKY
BACTERIA BROTHERS

WRITTEN &
CREATED BY
MICHELLE
BAIN



**PROACTIVE
PARENTS/GUARDIANS
GUIDE**

They're Everywhere!

YOU MIGHT NEED A MICROSCOPE TO SEE THEM, BUT GERMS, BACTERIA AND VIRUSES CAN LIVE ON ALMOST ANY SURFACE. THEY'RE REALLY GOOD AT SPREADING DISEASES AND MAKING PEOPLE SICK. THAT'S WHY YOUR CHILD NEEDS TO KNOW HOW IMPORTANT IT IS TO STAY NEAT AND CLEAN.

BY GETTING KIDS IN THE HABIT OF DOING A FEW SIMPLE STEPS EACH DAY, YOU CAN HELP THEM STAY HAPPY, HEALTHY AND FREE OF GERMS LIKE THE *GUNKY BACTERIA BROTHERS*.



DISCLAIMER. This book provides general information about hygiene and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed healthcare professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual health issues or health needs, and to professionally address personal, emotional, health, physical, nutritional or medical concerns.

Sneaky, Sneaky

GERMS HANG OUT EVERYWHERE, PROBABLY IN PLACES YOU NEVER EVEN THINK ABOUT, BUT THERE YOUR KIDS ARE, TOUCHING THEM WITHOUT A THOUGHT OF THE GERMS THEY HOLD.

- DOOR HANDLES
- PHONES
- RESTAURANT MENUS
- RESTROOM FAUCETS
- GROCERY STORE CARTS
- ESCALATOR HANDRAILS
- ELEVATOR BUTTONS

THE BEST DEFENSE? SIMPLY WASHING THEIR HANDS WITH SOAP REGULARLY AND STAYING NEAT AND CLEAN.

IN THE *ADVENTURES OF BOINGG & SPROCKETTE* BOOK *THE GUNKY BACTERIA BROTHERS*, YOUR KIDS WILL LEARN ABOUT THESE GERMS AND HOW TO KEEP THEM AWAY BY WASHING HANDS, BATHING OR SHOWERING, KEEPING THEIR HAIR AND CLOTHES CLEAN, AND TAKING CARE OF THEIR FEET AND TEETH.

HELP YOUR CHILD TAKE THE PRE-TEST BEFORE READING THE BOOK. AFTERWARDS, SEE WHAT THEY'VE LEARNED BY HAVING THEM TAKE THE POST-TEST AT THE BOOK'S END.

HAVING GOOD
HYGIENE WILL KEEP
YOU HEALTHY AND
HAPPY!



Germs: from Me to You

TWO TYPES OF GERMS

BACTERIA ARE TINY SINGLE-CELLED GERMS. THEY CAN LIVE OUTSIDE OR INSIDE A BODY, CAUSING INFECTION. BACTERIA CAN CAUSE:

- SORE THROATS
- EAR INFECTIONS
- CAVITIES
- PNEUMONIA

SOME BACTERIA HELP OUR BODIES. GOOD HELPER BACTERIA LIVE IN OUR INTESTINES AND BREAK DOWN THE FOOD WE EAT. SCIENTISTS ALSO USE BACTERIA TO MAKE MEDICINES AND VACCINES.

VIRUSES GROW AND REPRODUCE INSIDE LIVING THINGS. INSIDE PEOPLES' BODIES, THEY CAN SPREAD AND MAKE PEOPLE SICK. VIRUSES CAN CAUSE:

- FLU
- CHICKENPOX
- MEASLES
- MANY OTHER DISEASES



WOW! THERE ARE SO MANY THINGS TO LEARN ABOUT GERMS!

Clean it Like You Mean it!

MAKE SURE YOUR KIDS KNOW WHY WASHING THEIR HANDS IS SO IMPORTANT. GERMS CAN PASS EASILY FROM ANYTHING THEY TOUCH, SO MAKE SURE YOUR CHILDREN ARE WASHING THEIR HANDS:

- WHENEVER THEY'RE DIRTY
- AFTER PLAYING OUTSIDE
- AFTER USING THE BATHROOM
- BEFORE AND AFTER EATING OR MAKING FOOD
- AFTER COUGHING, SNEEZING OR BLOWING THEIR NOSE
- AFTER PETTING ANIMALS
- AFTER VISITING SICK FRIENDS OR RELATIVES
- BEFORE AND AFTER TREATING A WOUND OR CUT
- AFTER TOUCHING GARBAGE

BELIEVE IT OR NOT, THERE'S A RIGHT WAY TO WASH YOUR HANDS. MAKE SURE YOUR CHILD IS USING THESE STEPS:

1. WET HANDS WITH CLEAN RUNNING WATER AND APPLY SOAP.
2. RUB HANDS TOGETHER TO LATHER THEM UP. SCRUB THE BACKS, BETWEEN THE FINGERS AND UNDER THE NAILS.
3. KEEP RUBBING HANDS FOR AT LEAST 20 SECONDS. HUM THE "HAPPY BIRTHDAY" SONG FROM BEGINNING TO END TWICE AS A TIMER.
4. RINSE HANDS WELL UNDER RUNNING WATER.
5. DRY HANDS USING A CLEAN TOWEL, PAPER TOWEL OR AIR DRY.



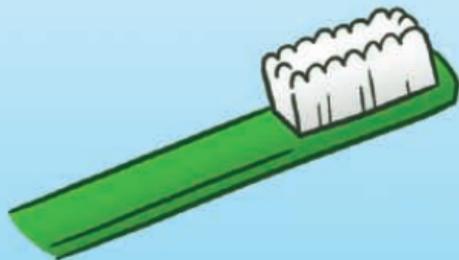
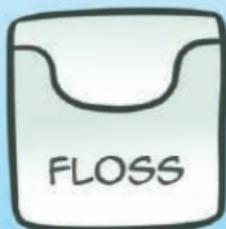
Nothing but the Tooth

GOOD ORAL HYGIENE

TAKING CARE OF YOUR TEETH AND MOUTH SHOULD START EARLY IN A CHILD'S LIFE. FOOD LEFT ON TEETH AFTER EATING CAN CAUSE BACTERIA TO GROW, WHICH IN TURN CAN CAUSE TOOTH DECAY.

TOOTH TIPS

- BRUSHING 3 TIMES A DAY IS BEST, BUT IT'S MOST IMPORTANT TO BRUSH IN THE MORNING AND AT NIGHT BEFORE BED.
- MAKE SURE YOUR CHILD BRUSHES FOR 2-3 MINUTES AT A TIME.
- TEACH YOUR CHILD TO USE THE RIGHT AMOUNT OF FORCE WHEN BRUSHING. LAZY BRUSHING WON'T CLEAN WELL. BRUSHING TOO HARD CAN HARM THE ENAMEL ON THE TEETH.
- TEACH YOUR CHILD TO FLOSS AT AN EARLY AGE. FLOSSING CLEANS BETWEEN TEETH AND CAN PREVENT GUM DISEASE.
- OLDER CHILDREN CAN RINSE WITH MOUTHWASH. WATCH THEM CAREFULLY TO MAKE SURE THEY'RE NOT SWALLOWING THE MOUTHWASH.
- HELP YOUR CHILDREN FLOSS THEIR TEETH. IT WILL BE HARD FOR THEM TO DO ON THEIR OWN UNTIL THEY'RE SIX OR SEVEN. FLOSS STICKS OR PICKS MAY BE EASIER FOR THEM THAN REGULAR STRING FLOSS. TRY THEM AND SEE WHAT WORKS BEST.



Hair We go Again

KEEPING HAIR CLEAN AND GERM-FREE

DIFFERENT TYPES OF HAIR CALL FOR DIFFERENT TYPES OF CARE. WHETHER YOUR CHILD HAS LONG AND FINE HAIR, KINKY HAIR, SHORT HAIR OR CURLY HAIR, KEEPING IT NEAT AND CLEAN WILL KEEP THE GERMS AWAY.

HELP YOUR CHILD LEARN HOW TO USE HAIRBRUSHES, PICKS, COMBS, OILS AND GELS TO KEEP HIM OR HER LOOKING NICE. SCRUBBING WITH SHAMPOO EVERY DAY IS GOOD FOR THE HAIR AND SCALP, GIVING IT A HEALTHY APPEARANCE AND NICE SMELL, AS WELL AS KEEPING GERMS FROM MAKING A HOME. KIDS WITH CURLY OR DRY HAIR SHOULD USE CONDITIONER.



TEACHING YOUR KIDDOS HOW TO SHAMPOO

1. GET HAIR AND SCALP WET WITH WARM WATER.
2. POUR A SMALL DROP OF SHAMPOO INTO THE PALM OF YOUR CHILD'S HAND.
3. HAVE YOUR CHILD GENTLY MASSAGE THE SHAMPOO INTO THE SCALP.
4. RINSE WELL WITH WARM WATER UNTIL ALL OF THE SUDS ARE GONE.
5. COVER THE HAIR WITH A TOWEL AND PAT DRY. RUBBING THE HAIR CAN DAMAGE IT.
6. GENTLY COMB OUT THE DAMP HAIR AND LET IT AIR DRY.

The Filthy Five

FIVE COMMON WAYS GERMS ARE SPREAD

2

FROM: THE HANDS

TO: YOUR CHILD'S FOOD

GERMS CAN BE PASSED THROUGH FOOD MADE BY AN INFECTED PERSON WITH UNCLEAN HANDS.

WHAT TO DO: ADULTS AND CHILDREN SHOULD ALWAYS WASH THEIR HANDS AFTER USING THE TOILET AND BEFORE MAKING FOOD.

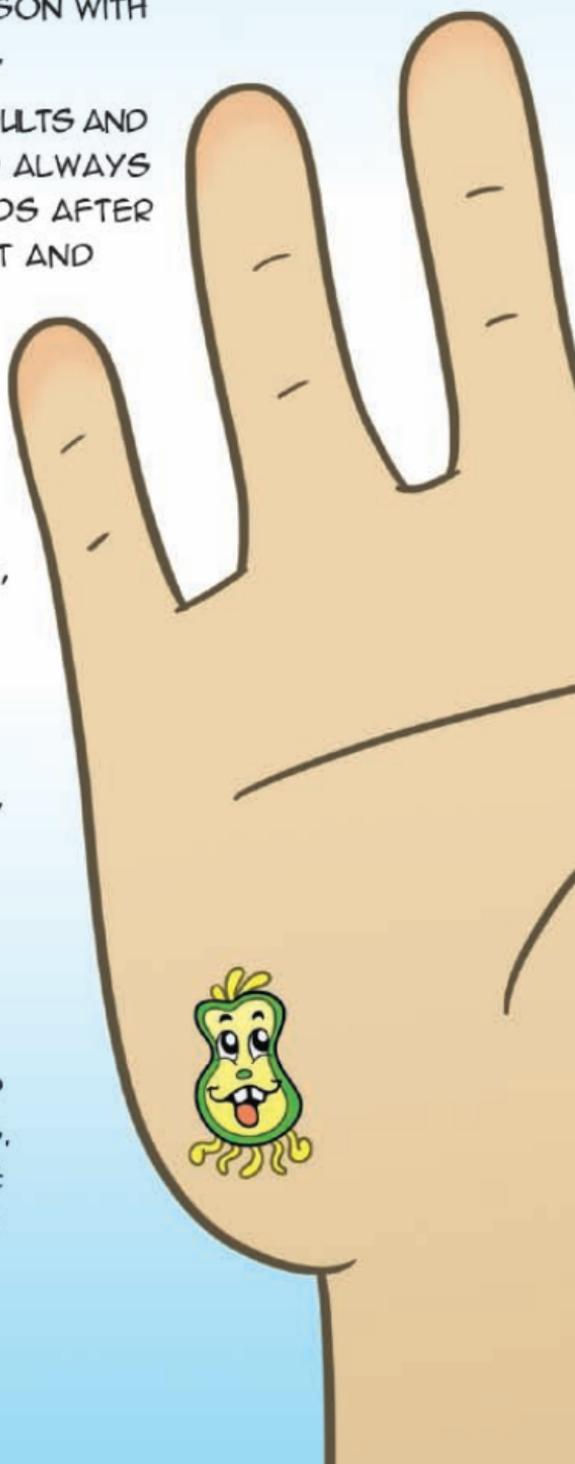
1

FROM: A CHILD'S NOSE, MOUTH, EYES

TO: THEIR HANDS

GERMS LIKE TO CATCH A RIDE FROM THE NOSE, MOUTH OR EYES ONTO A CHILD'S HANDS. THOSE GERMS CAN THEN BE PASSED TO ANYONE OR ANYTHING TOUCHED.

WHAT TO DO: HAVE YOUR KIDS WASH THEIR HANDS. THIS CAN HELP STOP THE SPREAD OF COLDS AND EYE INFECTIONS.



3

FROM: INFECTED KIDS

TO: HANDS OF OTHER KIDS

A SICK CHILD CAN PASS GERMS ON WHEN OTHER KIDS TOUCH GERMY SURFACES.

WHAT TO DO: MAKE SURE YOUR CHILD WASHES UP AFTER BEING IN CONTACT WITH A SICK CHILD.

4

FROM: RAW FOODS

TO: HANDS

GERMS LIVE ON RAW FOODS LIKE CHICKEN AND CAN BE PASSED TO HANDS OR OTHER FOODS.

WHAT TO DO: KIDS AND ADULTS SHOULD WASH HANDS IMMEDIATELY AFTER TOUCHING RAW FOOD. COOK THESE FOODS THOROUGHLY TO KILL THE GERMS.

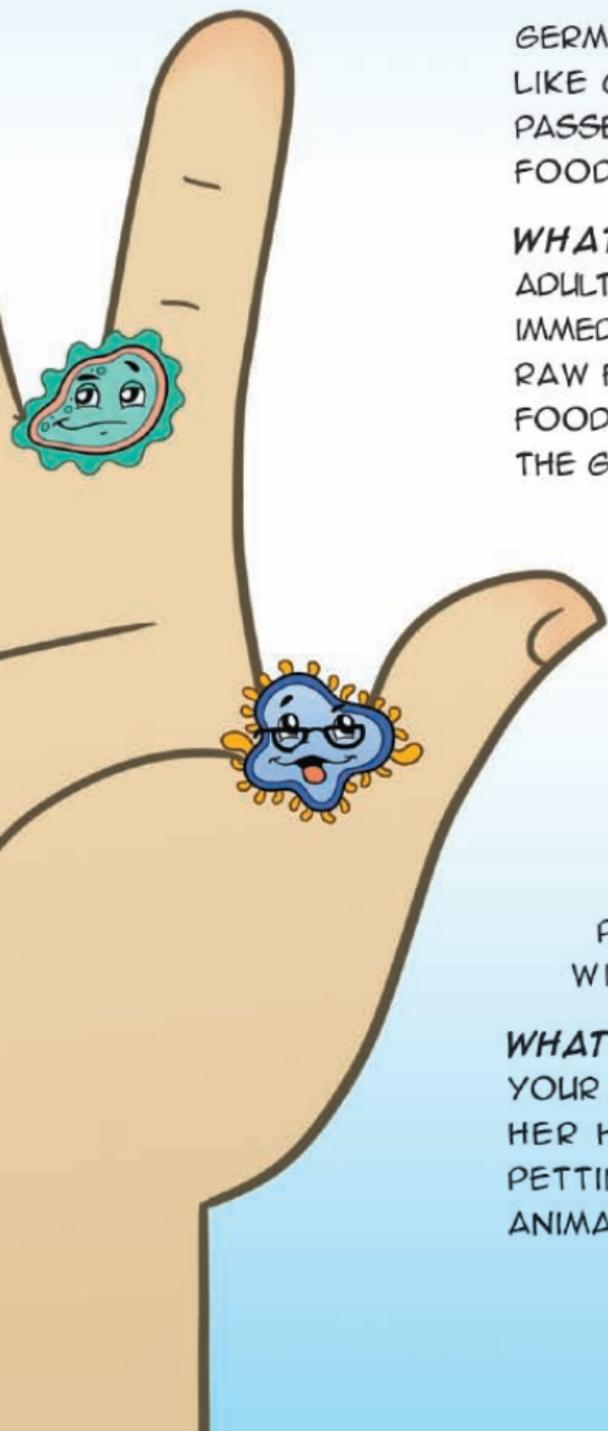
5

FROM: ANIMALS

TO: CHILDREN

GERMS CAN LIVE ON PETS AND ANIMALS AND BE PASSED WHEN PETTING OR PLAYING WITH THEM.

WHAT TO DO: MAKE SURE YOUR CHILD WASHES HIS OR HER HANDS WELL AFTER PETTING OR PLAYING WITH ANIMALS.

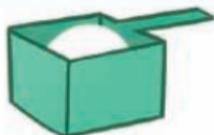


Wash N' Wear

KEEPING CLOTHES CLEAN

IF YOUR KIDS ARE LIKE MOST, THEY DON'T MIND A LITTLE DIRT, GRIME AND GUNK ON THEIR CLOTHES, OR A LOT. BUT THE TROUBLE IS, DIRT ON CLOTHES CAN QUICKLY BECOME GERMS ON THE BODY. GET YOUR KIDS IN THE HABIT OF HELPING TO WASH THEIR CLOTHES. THEY'LL FEEL BETTER WITH CLEAN CLOTHES ON AND KEEP GERMS AWAY.

STEP 1: PUT THE DIRTY CLOTHES IN THE WASHER WITH LAUNDRY SOAP.



STEP 2: HELP THEM ADJUST THE SETTING AND START THE LOAD.



STEP 3: WHEN FINISHED WASHING, PUT THE WET CLOTHES IN THE DRYER.



STEP 4: TAKE THE DRIED CLOTHES OUT WHEN FINISHED AND FOLD OR HANG UP NEATLY.



TEACHING KIDS HOW TO WASH CLOTHES NOW WILL HELP THEM MAKE A REGULAR ROUTINE OF IT WHEN THEY'RE OLDER.

These Little Piggies

GOOD FOOT CARE

WE ALL KNOW WHAT HAPPENS WHEN FEET AREN'T KEPT CLEAN. ODOR HAPPENS.

DID YOU KNOW...

SWEAT IS ACTUALLY ODORLESS. IT'S THE BACTERIA THAT GROW FROM THE SWEAT THAT CAUSES THE SMELL.

BACTERIA LIKE TO GROW IN THE WARM, DAMP AREAS OF FEET, BETWEEN THE TOES, UNDER THE TOENAILS AND ON THE BOTTOM OF FEET, ESPECIALLY INSIDE SHOES THAT AREN'T WELL VENTILATED.

TOE TIPS FOR KIDS

- WASH FEET EVERY DAY
- SCRUB FEET WITH SOAP IN THE SHOWER OR IN A BUCKET OF WARM WATER
- KEEP TOENAILS TRIMMED
- DRY FEET COMPLETELY BEFORE PUTTING ON SOCKS
- WEAR SHOES WITH GOOD VENTILATION



Flush with Success

GOOD BATHROOM HYGIENE

THERE'S PROBABLY NO OTHER ROOM IN THE HOUSE WHERE GERMS LIKE TO HANG OUT MORE THAN THE BATHROOM. SO KEEPING IT CLEAN AND MAKING SURE YOUR CHILD FOLLOWS GOOD BATHROOM HYGIENE SHOULD BE PAGE ONE OF YOUR HEALTHY RULE BOOK.

WHEN USING A PUBLIC RESTROOM, YOUR CHILD SHOULD TAKE CARE TO BE EXTRA SAFE! TEACH HIM OR HER THESE RULES:

- FLUSH THE TOILET WITH YOUR FOOT IF POSSIBLE, OR JUST USE A PIECE OF TOILET PAPER TO FLUSH THE TOILET HANDLE
- ALWAYS WASH YOUR HANDS WITH SOAP AND WATER AFTER USING THE TOILET
- USE YOUR ELBOW TO TURN ON THE HAND DRYER
- USE A PAPER TOWEL TO TURN OFF WATER FAUCET AND TO OPEN THE DOOR WHEN LEAVING



Tub Tips

BATHTIME CAN BE PLAYTIME BUT IT'S IMPORTANT TO STRESS TO YOUR KIDS THAT BATHING IS FIRST AND FOREMOST FOR GETTING CLEAN. HERE ARE SOME TIPS FOR KEEPING YOUR KIDS SAFE IN THE TUB:

- NEVER LEAVE YOUR CHILD ALONE IN THE TUB, ESPECIALLY IF THEY'RE FIVE OR YOUNGER.
- CLEAN ANY TUB TOYS AFTER EACH BATH. THESE CAN COLLECT GERMS. RUN THEM UNDER HOT WATER ONCE A WEEK.
- KEEP THE BATHWATER BETWEEN 90 AND 100 DEGREES. TEST THE WATER FREQUENTLY TO MAKE SURE IT'S NOT TOO HOT. PLACE YOUR CHILD AT THE FAR END OF THE TUB AWAY FROM THE TAPS AND DON'T LET THEM TOUCH THE TAPS.
- USE A NON-SLIP MAT OR BATH DECALS SO YOUR CHILD DOESN'T SLIP AND FALL. YOU CAN ALSO INSTALL FAUCET COVERS THAT PREVENT INJURIES. PLACE A NON-SLIP BATHROOM RUG ON THE FLOOR OUTSIDE THE TUB.
- KEEP YOUR BATHROOM SAFE BY PUTTING SHAMPOO, LOTION, SCISSORS, RAZORS AND SHARP OBJECTS WELL OUT OF REACH.



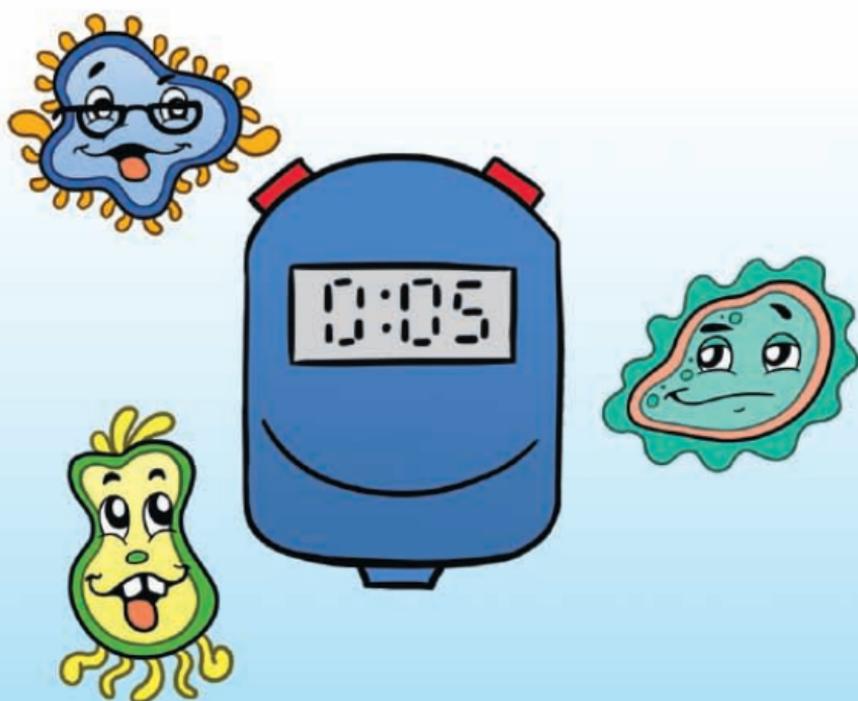
Don't be a Fool for the "Five Second Rule"

SOME PEOPLE BELIEVE IF YOU PICK UP DROPPED FOOD FROM THE FLOOR WITHIN FIVE SECONDS, IT'S GERM-FREE AND OKAY TO EAT.

WRONG.

SORRY, BUT BACTERIA DOESN'T STAND AROUND WITH A STOPWATCH WAITING FOR FIVE SECONDS TO PASS. A DIRTY FLOOR CAN BE HOME TO MILLIONS OF NASTY BACTERIA, AND THE INSTANT THAT FOOD HITS THE LINOLEUM, THEY CAN JUMP ON FOR A RIDE.

IT'S TRUE THAT THE LONGER A PIECE OF FOOD STAYS ON THE FLOOR, THE MORE BACTERIA IT CAN COLLECT. THAT DOESN'T MEAN YOUR APPLE SLICE IS SAFE BECAUSE YOU GRABBED IT WITHIN A FEW SECONDS. WHEN IN DOUBT, THROW IT OUT!



Good Clean Resources

**CENTERS FOR DISEASE CONTROL
AND PREVENTION**

WWW.CDC.GOV

800-CDC-INFO (800-232-4636)

GLOBAL HANDWASHING DAY

WWW.GLOBALHANDWASHINGDAY.ORG

CLEAN HANDS COALITION

WWW.CLEANHANDSCOALITION.ORG

HENRY THE HAND, CHAMPION HANDWASHER

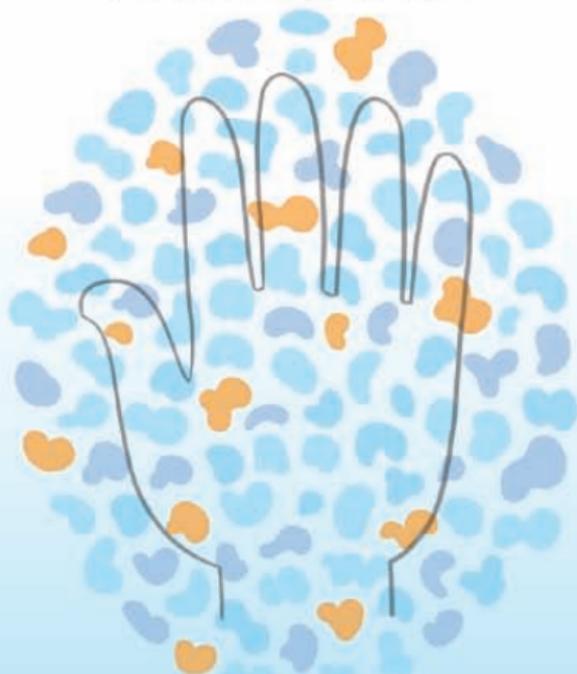
WWW.HENRYTHEHAND.COM

THE SOPE PROJECT™

WWW.SOPE.NET

NSF SCRUB CLUB

WWW.SCRUBCLUB.ORG



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VIRUSES, BACTERIA AND OTHER GERMS ARE LURKING EVERYWHERE. YOU CAN'T KEEP YOUR CHILD TOTALLY GERM-FREE, BUT YOU CAN HELP THEM STAY CLEAN, HAPPY AND HEALTHY BY FOLLOWING A FEW STEPS.

IN THIS BOOK, YOU'LL LEARN ABOUT:

- WASHING HANDS
- HAIR, FOOT AND DENTAL CARE
- BATHROOM HYGIENE
- KEEPING CLOTHES CLEAN
- AND MORE!



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Division of Infectious Diseases
Washington University School of Medicine

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ILLUSTRATED AND DESIGNED BY ANDREA HYON TAYLOR

ISBN 978-0-9890806-5-1



KEEP THE PLANET HEALTHY!
THIS BOOK WAS PRINTED
ON RECYCLED PAPER!



MADE IN THE USA





CENTENE
Corporation

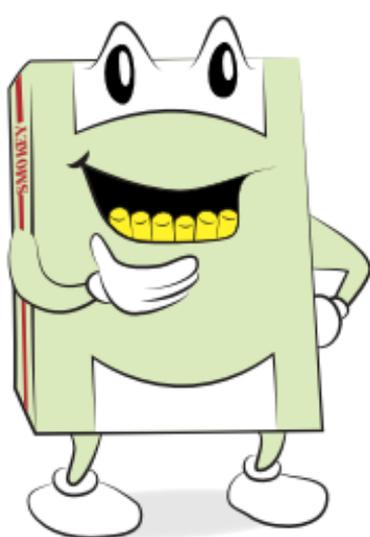


SMOKEY YUCKPAK!



WRITTEN & CREATED BY
MICHELLE BAIN







HI THERE, KIDS!
LET'S SEE WHAT YOU KNOW ABOUT SMOKING.

ANSWER THE QUESTIONS AND THEN AFTER THE STORY WE WILL CHECK WHAT YOU KNOW AGAIN!

PRE-TEST

TAKE THE PRE-TEST WITH DARBY BOINGG!
ANSWER THE QUESTIONS TRUE OR FALSE.

1. SMOKING ONLY HURTS SMOKERS.

TRUE FALSE

2. CIGARETTES CONTAIN MANY CHEMICALS.

TRUE FALSE

3. SMOKING IS A GOOD WAY TO CLEAN YOUR TEETH AND BREATH.

TRUE FALSE

4. IT COSTS A LOT OF MONEY TO SMOKE.

TRUE FALSE

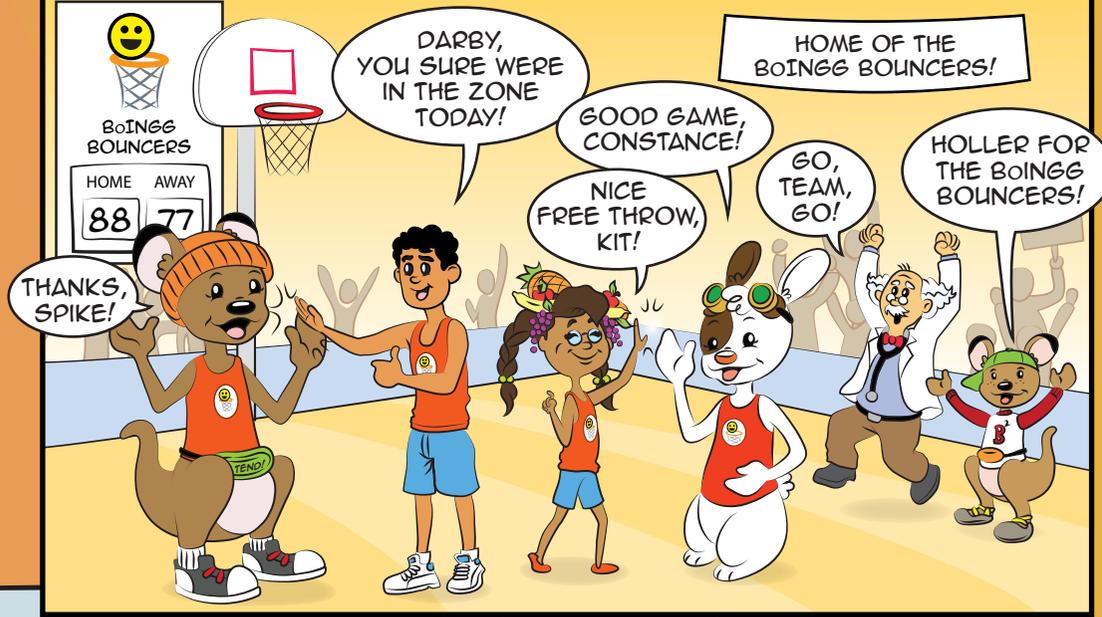
5. ONCE YOU START SMOKING, YOU CAN NEVER QUIT.

TRUE FALSE

WE'LL FIND THE ANSWERS AT THE END OF OUR ADVENTURE!

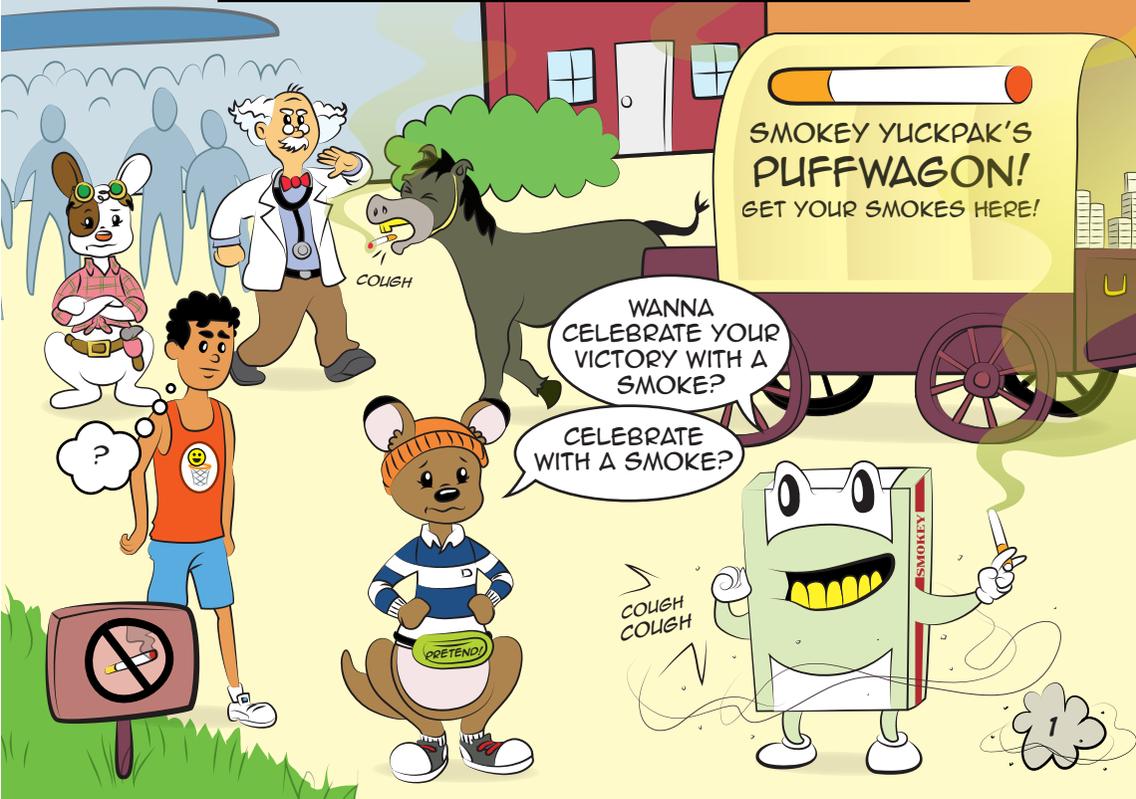
DISCLAIMER. This book provides general information about smoking and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional, or medical concerns.

DARBY BOINGG AND HIS TEAM, THE BOINGG BOUNCERS, JUST FINISHED AN EXCITING GAME!

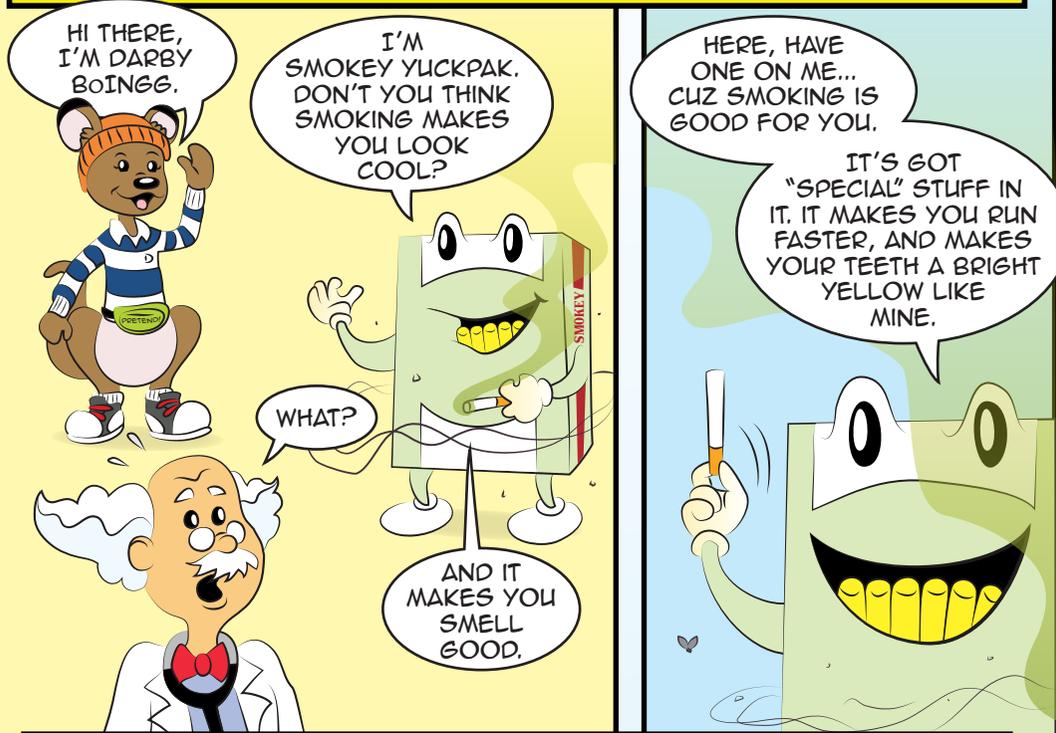


CLAYTOWN SPORTS CENTER

BUT AFTER THE GAME, SMOKEY YUCKPAK TRIED TO GET THE BOINGG BOUNCERS TO SMOKE CIGARETTES!



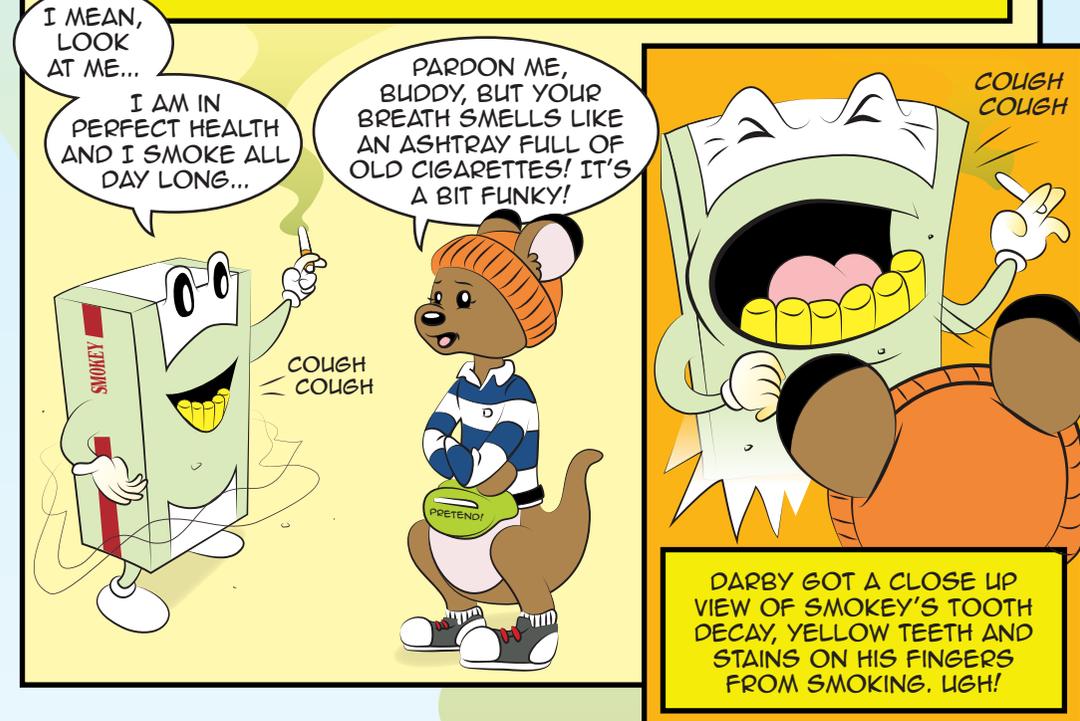
SMOKEY SEEMED NICE ENOUGH ON THE OUTSIDE, BUT ON THE INSIDE HE WAS QUITE A PUFFY CHARACTER!



THE BOINGS BOUNCERS, WHO LIKE TO BE HEALTHY, TOLD THEIR NEW FRIEND SMOKEY...

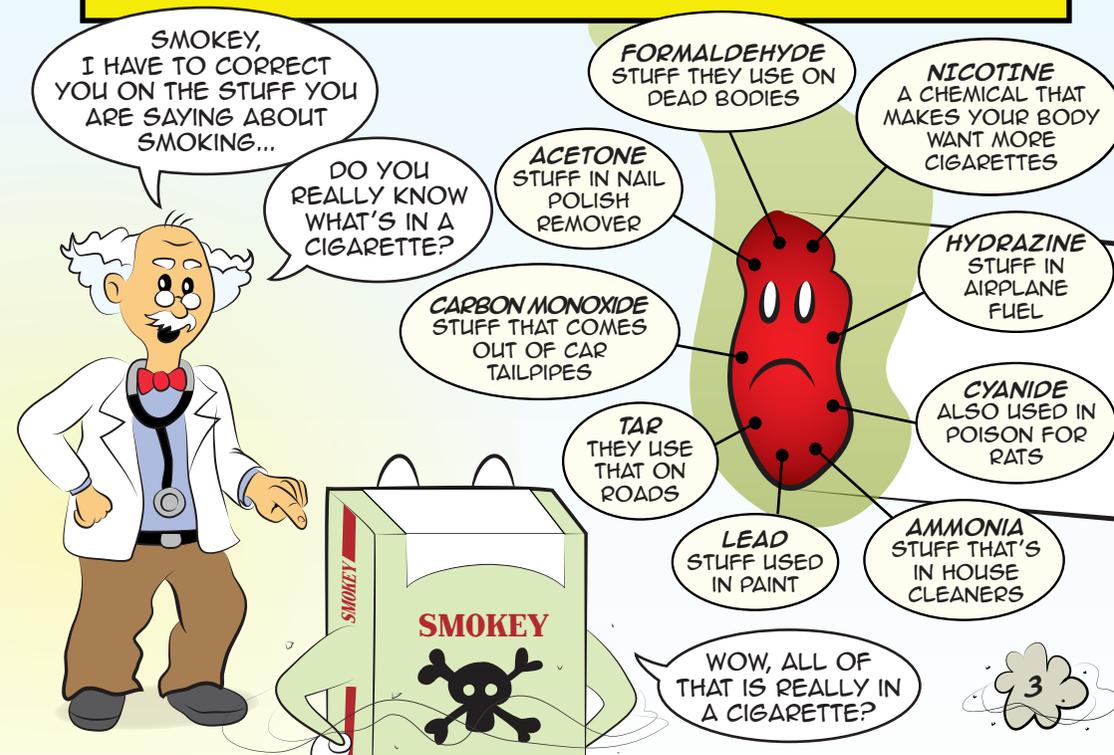


DARBY BOINGS WAS NEVER ONE TO BE RUDE OR MEAN, BUT SMOKEY SMELLED A BIT FUNKY!



DARBY GOT A CLOSE UP VIEW OF SMOKEY'S TOOTH DECAY, YELLOW TEETH AND STAINS ON HIS FINGERS FROM SMOKING. UGH!

DR. VON WHEEZLES WANTED TO BE POLITE TO SMOKEY YUCKPAK, BUT HE KNEW CIGARETTES ARE BAD FOR YOU.

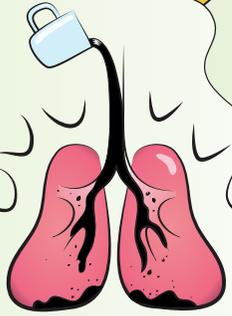


- FORMALDEHYDE STUFF THEY USE ON DEAD BODIES
- NICOTINE A CHEMICAL THAT MAKES YOUR BODY WANT MORE CIGARETTES
- ACETONE STUFF IN NAIL POLISH REMOVER
- HYDRAZINE STUFF IN AIRPLANE FUEL
- CYANIDE ALSO USED IN POISON FOR RATS
- TAR THEY USE THAT ON ROADS
- LEAD STUFF USED IN PAINT
- AMMONIA STUFF THAT'S IN HOUSE CLEANERS
- CARBON MONOXIDE STUFF THAT COMES OUT OF CAR TAILPIPES

WOW, ALL OF THAT IS REALLY IN A CIGARETTE?

DR. VON WHEEZLES LIFTED THE "CLOUD OF SMOKE" TO EDUCATE THE GROUP WITH "NO FILTER."

SMOKING CAUSES BREATHING PROBLEMS AND IS BAD FOR YOUR LUNGS.



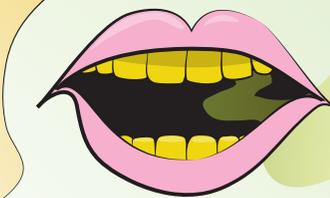
IN A YEAR'S TIME, THE AVERAGE SMOKER WILL PUT A CLIP OF TAR INTO HIS OR HER LUNGS.

SMOKING HURTS YOUR HEART AND BRAIN.



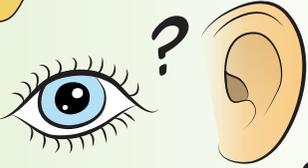
DO YOU KNOW WHAT SMOKING DOES TO YOU?

SMOKING CAN CAUSE CANCER!



SMOKING CAN CAUSE CANCER OF THE MOUTH, TOOTH DECAY, GUM DISEASE, AND REALLY YUCKY YELLOW TEETH!

SMOKING CAN CAUSE VISION LOSS AND HEARING LOSS.



YUCK!
TAR BELONGS ON ROADS, NOT IN YOUR LUNGS!

GROSS!

EWV!

I DIDN'T KNOW ALL THIS.

SICK!



DARBY BOINGS TOLD THE BOINGS BOUNCERS AND SMOKEY SOME OTHER YUCKY THINGS ABOUT SMOKING.

IT DOESN'T MAKE "CENTS" TO SMOKE! CIGARETTES COST A LOT!

SMOKING CAUSES FIRES.

CIGARETTE BUTTS CREATE MORE TRASH AND CAUSE HARMFUL POLLUTION.

SECONDHAND SMOKE CAN CAUSE CANCER IN NON-SMOKERS.

CIGARETTE SMOKE STINKS UP YOUR CLOTHES, YOUR CAR, YOUR HOME AND YOU!

THESE ARE ALL TRUE!

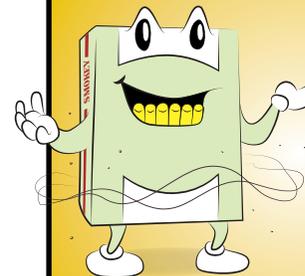
WOW!

SMOKING IS BAD!

SERIOUSLY?



WELL, EMPTY MY ASHTRAY! I DIDN'T KNOW ALL THAT BAD STUFF! I THOUGHT SMOKING MADE ME LOOK COOL AND SMELL GOOD!



WELL, NOW THAT YOU KNOW, YOU CAN PUT THE CIGARETTE DOWN AND DO HEALTHY THINGS INSTEAD.

SAY "NOPE" TO SMOKE



IF A FRIEND OFFERS ONE, BE STRONG AND SAY NOPE TO SMOKE!

"NOPE, I DON'T WANT TO SMELL LIKE SMOKE!"

"NOPE, I WANT TO FILL MY LUNGS WITH CLEAN AIR."

"NOPE, I DON'T THINK SMOKING IS FOR ME."

"NOPE, I DON'T THINK MY PARENTS WOULD LIKE THAT."

"NOPE, I DON'T THINK MY COACH WOULD LIKE IT."

SMOKEY HAD HEARD ENOUGH AND HE WAS GLAD THE BOINGS BOUNCERS HAD SAID "NOPE" TO SMOKING CIGARETTES.



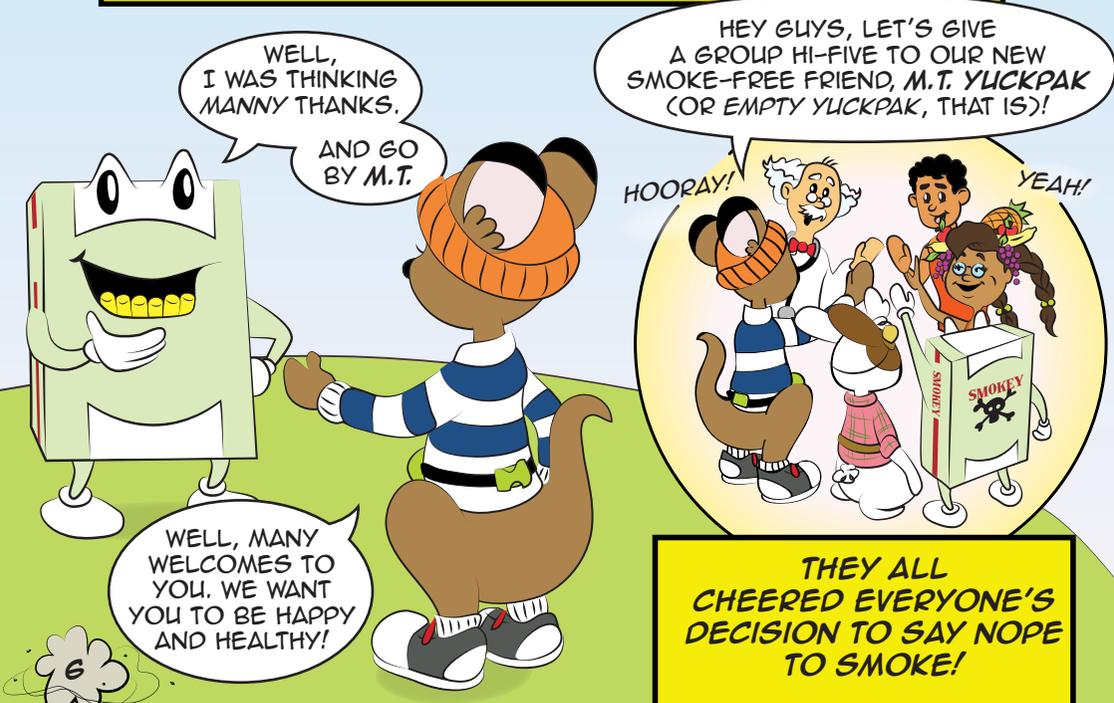
I'VE SMOKED MY WHOLE LIFE BUT TODAY IS A PERFECT DAY TO QUIT.

THAT'S SUPER COOL, SMOKEY!

ONLY THING IS I MAY HAVE TO CHANGE MY NAME.

TO WHAT?

SMOKEY THOUGHT FOR A MINUTE BECAUSE HE KNEW HIS NEW NAME HAD TO BE SPECIAL...



WELL, I WAS THINKING MANNY THANKS. AND GO BY M.T.

HEY GUYS, LET'S GIVE A GROUP HI-FIVE TO OUR NEW SMOKE-FREE FRIEND, M.T. YUCKPAK (OR EMPTY YUCKPAK, THAT IS)!

HOORAY!

YEAH!

WELL, MANY WELCOMES TO YOU. WE WANT YOU TO BE HAPPY AND HEALTHY!

THEY ALL CHEERED EVERYONE'S DECISION TO SAY NOPE TO SMOKE!



THINGS YOU CAN'T DO WHILE SMOKING



SMOKING RUINS TASTE BUDS AND MAKES EVERYTHING TASTE BAD!



IF SOMEONE OFFERS YOU A CIGARETTE, JUST SKIP IT!



SMOKING CAN DAMAGE YOUR VOICE AND LEAVE YOU FLAT!



BREATHE IN CLEAN AIR, NOT RE-CYCLED SMOKE!



YOU CAN'T REACH THE PEAK WITH A PACK OF SMOKES!

Welcome to **CLAYTOWN**
Where character is molded and shaped daily!

POUCHES 'R US

SPROCKETTES & SPRINGS

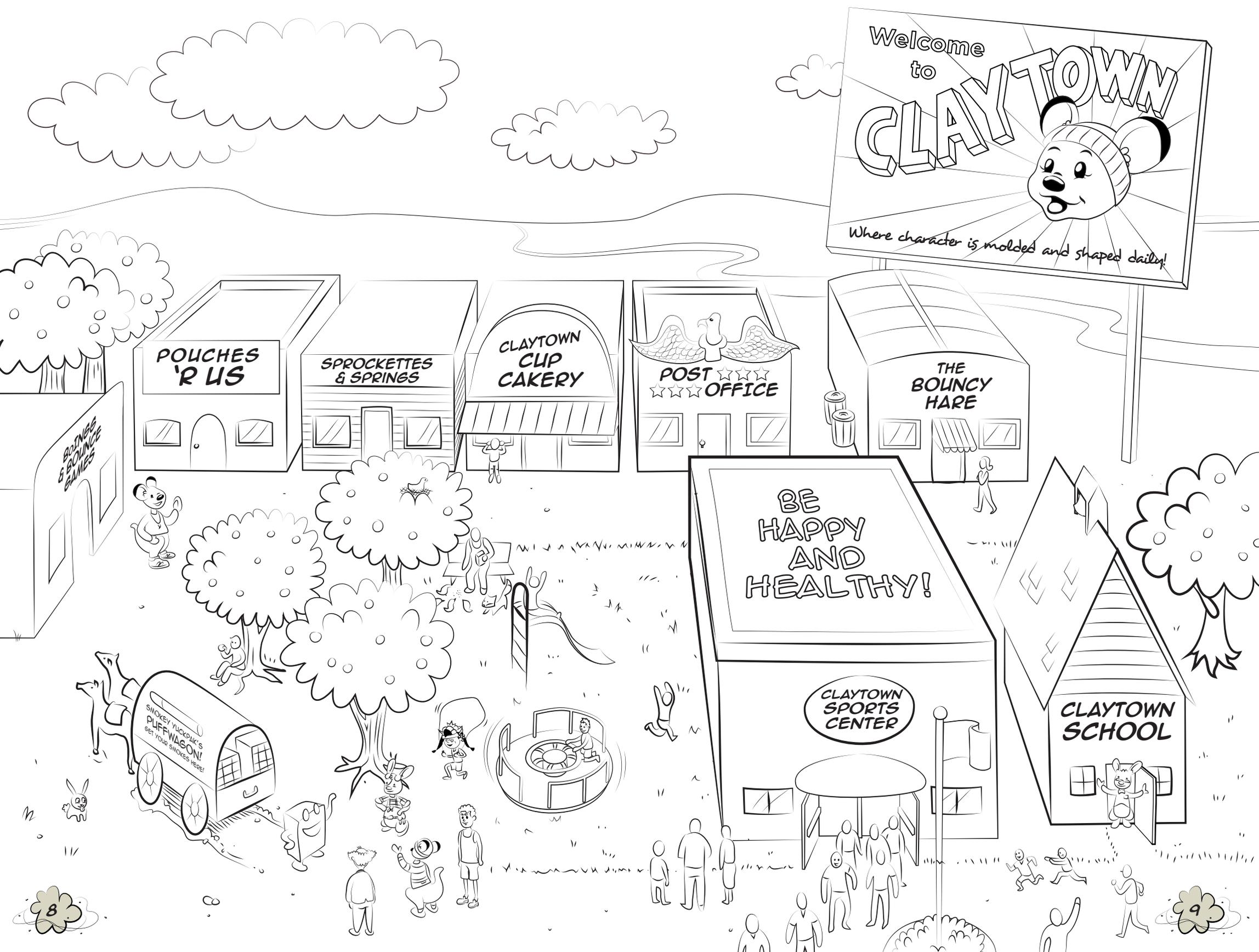
CLAYTOWN CLIP CAKERY

POST OFFICE

THE BOUNCY HARE

BE HAPPY AND HEALTHY!
CLAYTOWN SPORTS CENTER

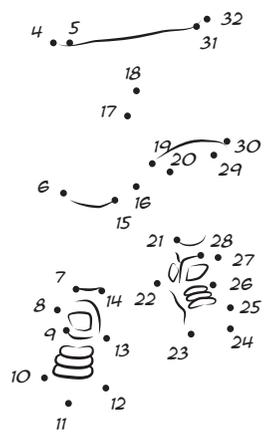
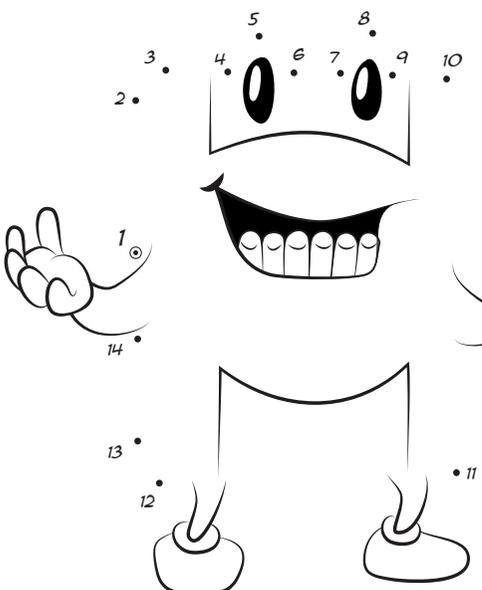
CLAYTOWN SCHOOL



**CONNECT THE DOTS...
THEN COLOR THE CHARACTERS!**

JUST SAY "NOPE" TO SMOKE!

YEP, ME TOO!
I AM AN EMPTY YUCKPAK NOW!
NO MORE SMOKES FOR ME!



JUST THINK OF ALL THE HEALTHY THINGS THESE TWO CAN DO INSTEAD OF SMOKING!

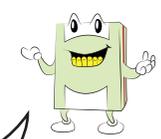
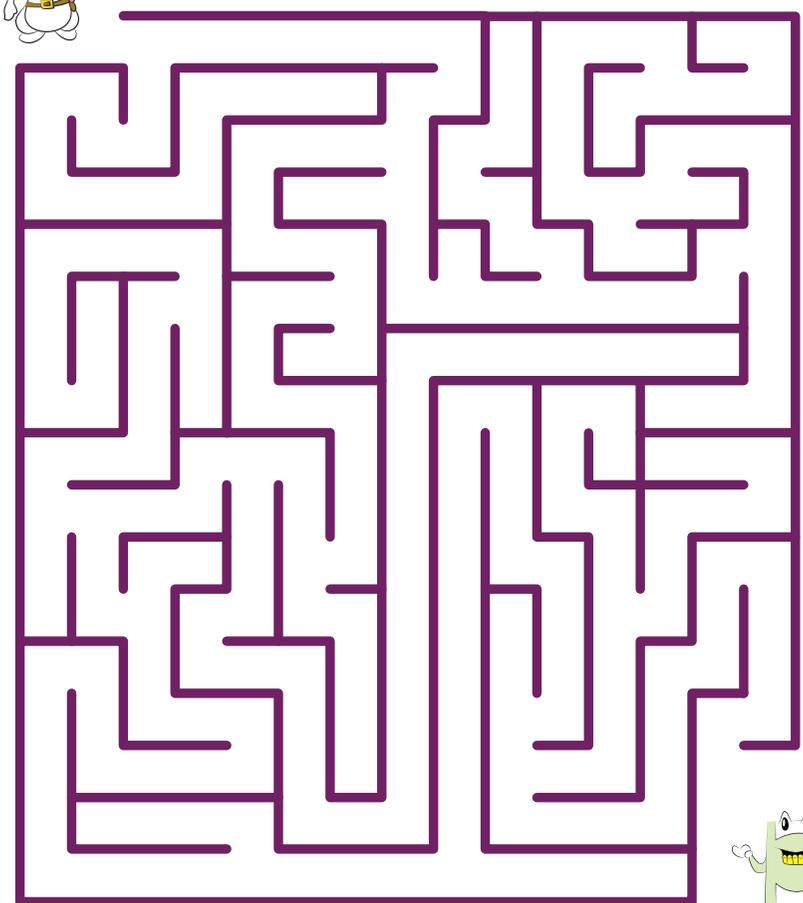
RUNNING, PLAYING, SPENDING TIME WITH FAMILY, PLAYING AN INSTRUMENT AND READING ONE OF MY BOOKS!



**HELP KIT SPROCKETTE FIND
M.T. YUCKPAK AT THE END OF THE MAZE.**



M.T. YUCKPAK... WHERE ARE YA?



COME ON DOWN, KIT! WE ARE SMOKE-FREE AROUND THESE PARTS!

FIND 10 DIFFERENCES BETWEEN THE PICTURES AND CIRCLE THEM!



CIRCLE ALL OF THE BAD THINGS THAT SMOKING CIGARETTES CAN DO!

STINKY CLOTHES

POLLUTION

RUN FASTER

CANCER OF THE MOUTH

TOOTH DECAY

FRESH BREATH

YELLOW TEETH

HEARING LOSS

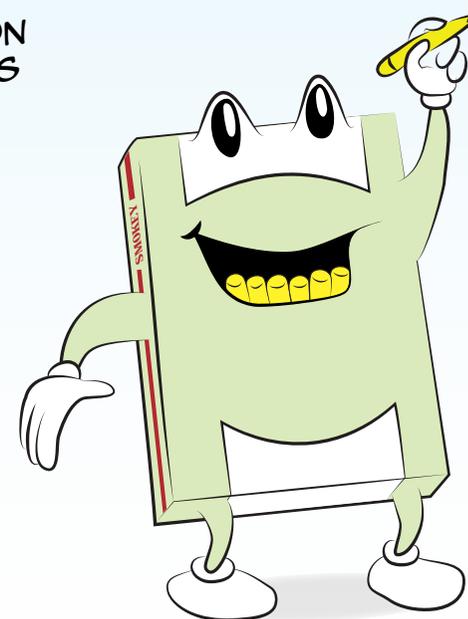
MAKE YOU RICH

HURT YOUR HEART

BREATHING PROBLEMS

VISION LOSS

GUM DISEASE



SAY THE NAME OF EACH PICTURE. WRITE EACH WORD ON THE LINE. THEN CIRCLE THE WORDS HIDDEN IN THE PUZZLE.



cigarettes

c



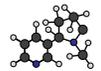
smoke

s



lungs

l



nicotine

n



yuckpak

y



tar

t



breathe

b

J L U N G S M I I M
 Q O J N E M F E W R
 N S L I M O I S R P
 I G P S B K I N L Z
 C I G A R E T T E S
 O Z Y U C K P A K X
 T H B R E A T H E Z
 I H Y H I G E E F N
 N H B S E D O C L P
 E R M T A R I E Y G

WHO CAN YOU HELP QUIT SMOKING?

DO YOU KNOW SOMEONE WHO SMOKES?

MAYBE IT'S A PARENT, AN AUNT OR UNCLE, AN OLDER BROTHER OR SISTER.

YOU CAN HELP THEM QUIT SMOKING! TELL THEM HOW BAD SMOKING IS FOR THEM.

OR CUT OUT THIS HELPFUL FORM AND GIVE IT TO THEM.



I CARE ABOUT YOU.

I CARE ABOUT YOUR HEART, YOUR LUNGS, YOUR VOICE AND EVEN YOUR TEETH. SMOKING IS BAD FOR YOU AND ALL THOSE PARTS THAT MAKE UP YOU.

PLEASE DON'T SMOKE.

KICK THE SMOKING HABIT AND GO FOR A WALK. LIVE LONGER AND HAVE MORE TIME TO ENJOY LIFE!

WHY?
 BECAUSE I CARE ABOUT YOU.






Pledge to say "nope" to smoke.

I'LL STAY SMOKE-FREE
AND BREATHE IN CLEARLY,
I'LL VALUE MY HEALTH
AND MY WELL-BEING DEARLY.

IF OFFERED A CIGARETTE,
I'LL JUST SAY NOPE,
I'D RATHER RIDE BIKES
OR PLAY SPORTS OR JUMP ROPE!

THERE ISN'T ONE GOOD THING
THAT COMES OUT OF SMOKING,
JUST COUGHING AND GAGGING
AND STINKING AND CHOKING.

SO HERE I DO PLEDGE
TO STAY SMOKE-FREE FOREVER,
AND NEVER START SMOKING,
NOT EVER, NOPE, NEVER!



I TOOK THE
SMOKE-FREE
PLEDGE.

Darby BoIngg
DARBY BOINGS

X SIGN _____



NOW LET'S SEE
WHAT YOU'VE
LEARNED AFTER
THE STORY, KIDS!

POST-TEST

TAKE THE POST-TEST WITH DARBY BOINGG!
ANSWER THE QUESTIONS, TRUE OR FALSE.

1. SMOKING ONLY HURTS SMOKERS.

TRUE FALSE

2. CIGARETTES CONTAIN MANY CHEMICALS.

TRUE false

3. SMOKING IS A GOOD WAY TO CLEAN YOUR TEETH AND BREATH.

TRUE FALSE

4. IT COSTS A LOT OF MONEY TO SMOKE.

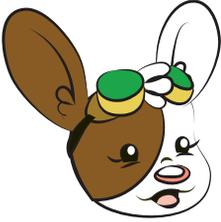
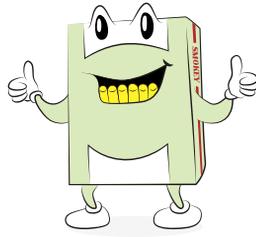
TRUE FALSE

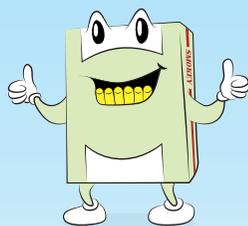
5. ONCE YOU START SMOKING, YOU CAN NEVER QUIT.

TRUE FALSE

FLIP OVER TO SEE THE ANSWERS!

1.) FALSE 2.) TRUE 3.) FALSE 4.) TRUE 5.) FALSE





CONGRATULATIONS, FRIENDS!

YOU'VE LEARNED ABOUT THE DANGERS OF SMOKING AND KNOW HOW TO SAY NOPE TO SMOKE!

REMEMBER YOUR PLEDGE AND STAY HEALTHY AND SMOKE-FREE. LIVE LONGER, HEALTHIER, CLEANER AND LIVELIER BY STAYING AWAY FROM CIGARETTES.

YOUR FRIENDS,
DARBY BOINGG &
M.T. YUCKPACK
(PREVIOUSLY SMOKEY YUCKPAK)



MADE IN
THE USA

ILLUSTRATED BY NICK MAIN
+ ANDREA HYON TAYLOR

ISBN 978-0-9850897-5-7



KEEP THE PLANET
HEALTHY! THIS BOOK
WAS PRINTED ON
RECYCLED PAPER.



CENTENE
Corporation



SMOKEY YUCKPAK!



WRITTEN &
CREATED BY
MICHELLE
BAIN



PROACTIVE
PARENTS/GUARDIANS
GUIDE



WHEN A NEW FRIEND MEETS DARBY AND THE BOINGG BOUNCERS, IT'S CLEAR HE'S A LITTLE CLOUDY ON HIS FACTS ABOUT CIGARETTES.

THERE ARE MANY MYTHS ABOUT SMOKING THAT NEED TO BE CLEARED UP. SMOKEY YUCKPAK'S IDEAS ARE PRETTY DARN FOGGY!

DEAR PROUD PARENT/GUARDIAN, DARBY BOINGG HERE WITH A HANDY LITTLE BOOK TO TEACH YOUR KIDS ABOUT SMOKING. IN THIS STORY, WE HELP TEACH THE DANGERS OF THIS NASTY AND HARMFUL HABIT. SMOKING IS A SERIOUS SUBJECT, AND EDUCATING YOUR KIDS ABOUT THE TRUTH IS REAL IMPORTANT. WE'LL CLEAR THE AIR SO YOU DON'T CHOKER WHEN IT COMES TIME TO DISCUSS THE MATTER WITH YOUR TERRIFIC KIDS!



Darby Boingg

I'M SMOKEY YUCKPAK. DON'T YOU THINK SMOKING MAKES YOU LOOK COOL?

I'M IN PERFECT HEALTH AND I SMOKE ALL DAY LONG!

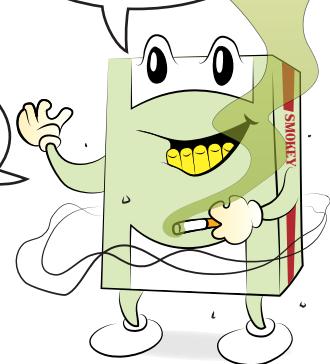
SMOKING MAKES YOU FEEL GOOD.

CIGARETTES HAVE SPECIAL STUFF IN THEM THAT MAKES YOU RUN FASTER.

SMOKING IS GOOD FOR YOUR TEETH AND YOUR BREATH.

SMOKING SOOTHES YOUR THROAT.

EVERYBODY ELSE IS DOING IT SO WHY SHOULDN'T YOU?



SMOKEY YUCKPAK

DISCLAIMER. This book provides general information about smoking and related issues. This information does not constitute medical advice and is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical, nutritional, or medical concerns.



DARBY BOINGS'S FRIENDS OFFER SOUND ADVICE ON THE TRUTH ABOUT SMOKING.

SMOKING IS BAD FOR MANY PARTS OF YOUR BODY!

I KNOW APPLES ARE GOOD FOR YOU BUT I KNOW CIGARETTES AREN'T.

CIGARETTES BURN AND HAVE BAD CHEMICALS IN THEM.

SMOKING DOESN'T HELP YOU RUN OR PLAY SPORTS BETTER.

SMOKING MAKES YOUR TEETH YELLOW AND GIVES YOU FUNKY BREATH! EWWW!

YOU DON'T HAVE TO BE A DOCTOR TO TEACH YOUR CHILDREN THE HARMFUL THINGS CIGARETTES CAN DO TO PEOPLE.

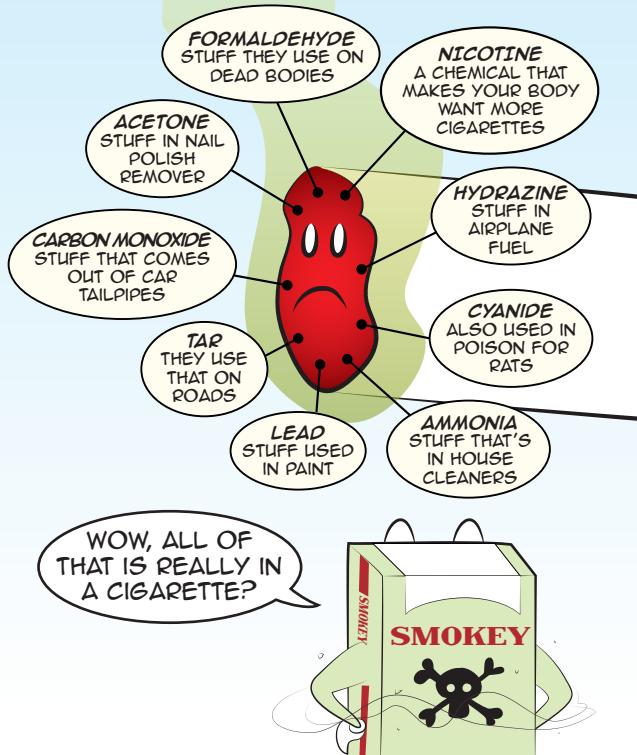
SMOKING CAN...

- ★ INCREASE THE CHANCE FOR A HEART ATTACK
- ★ INCREASE THE CHANCE FOR A STROKE
- ★ INCREASE THE CHANCE FOR LUNG CANCER
- ★ RAISE YOUR BLOOD PRESSURE
- ★ MAKE IT DIFFICULT TO BREATHE
- ★ INCREASE ANXIETY
- ★ MAKE YOU MORE TIRED WHEN WALKING OR EXERCISING
- ★ STAIN YOUR TEETH, FINGERS, CLOTHING
- ★ MAKE YOU COUGH AND GIVE YOU A SORE THROAT
- ★ CAUSE TOOTH DECAY
- ★ DECREASE YOUR APPETITE AND SENSES OF SMELL AND TASTE
- ★ COST YOU LOTS OF MONEY
- ★ CAUSE PREMATURE WRINKLING

OH DEAR! I'M GOING TO NEED A BIGGER BOARD!



CIGARETTES CONTAIN MORE THAN 4,000 CHEMICALS, MANY OF THEM HARMFUL AND CANCER-CAUSING.



YES. AND THESE TOO...

BENZENE (A KNOWN CARCINOGEN)
ARSENIC (A RAT POISON)
BUTANE (CIGARETTE LIGHTER FLUID)
SULFURIC ACID (FOUND IN CAR BATTERIES)
METHOPRENE (A PESTICIDE)
CAFFEINE (A STIMULANT)
UREA (FOUND IN THE URINE OF MAMMALS)

IT'S IMPORTANT FOR KIDS TO KNOW THE DANGERS OF SMOKING AND WHAT IT CAN DO TO YOUR BODY.

DR. VON WHEEZLES LIFTED THE "CLOUD OF SMOKE" TO EDUCATE THE GROUP WITH "NO FILTER."

SMOKING CAUSES BREATHING PROBLEMS AND IS BAD FOR YOUR LUNGS.

SMOKING HURTS YOUR HEART AND BRAIN.

SMOKING CAN CAUSE CANCER!

SMOKING CAN CAUSE CANCER OF THE MOUTH, TOOTH DECAY, GUM DISEASE, AND REALLY YUCKY YELLOW TEETH!

SMOKING CAN CAUSE VISION LOSS AND HEARING LOSS.

DO YOU KNOW WHAT SMOKING DOES TO YOU?

I DIDN'T KNOW ALL THIS!

THANKS FOR SETTING ME STRAIGHT!

YUCK!
TAR BELONGS ON ROADS, NOT IN YOUR LUNGS!

SICK!

GROSS!

EWV!

SMOKEY

TALK TO YOUNGER KIDS ABOUT THE RISK OF DEATH FROM CIGARETTE SMOKING. IT COULD BE INFORMATIVE FOR THEM TO KNOW WHAT DISEASES THE HABIT CAN CAUSE.

- **CHRONIC BRONCHITIS** (INFLAMMATION OF THE BREATHING TUBES IN THE LUNGS)
- **LARYNGITIS** (INFLAMMATION OF THE THROAT)
- **EMPHYSEMA** (A DEGENERATIVE LUNG DISEASE THAT DESTROYS THE ABILITY TO BREATHE)
- **CANCER OF THE LUNGS, MOUTH AND ESOPHAGUS.**
- **HEART DISEASE** (HEART ATTACK)

SMOKING CAN LEAD TO A PACK OF TROUBLE! IF YOU'VE NEVER SMOKED, DON'T START!



WELL, EMPTY MY ASHTRAY! I DIDN'T KNOW ALL THAT BAD STUFF! I THOUGHT SMOKING MADE ME LOOK COOL AND SMELL GOOD!



WELL, NOW THAT YOU KNOW, YOU CAN PUT THE CIGARETTE DOWN AND DO HEALTHY THINGS INSTEAD.

TEACHING KIDS THE DIFFERENCE BETWEEN HARMFUL HABITS AND HEALTHY HABITS SHOULD BE A NO-BRAINER! TAKE A LOOK AT THIS LIST AND ADD YOUR OWN ENTRIES.

HARMFUL HABITS

- SMOKING
- EATING JUNK FOOD
- WATCHING TOO MUCH TV
- NOT GETTING ENOUGH SLEEP

HEALTHY HABITS

- EXERCISING
- EATING FRUITS & VEGGIES
- BRUSHING TEETH REGULARLY
- GETTING PLENTY OF REST

_____	_____
_____	_____
_____	_____



SAY "NOPE" TO SMOKE



IF A FRIEND OFFERS ONE, BE STRONG AND SAY NOPE TO SMOKE!

"NOPE, I DON'T WANT TO SMELL LIKE SMOKE!"

"NOPE, I WANT TO FILL MY LUNGS WITH CLEAN AIR."

"NOPE, I DON'T THINK SMOKING IS FOR ME."

"NOPE, I DON'T THINK MY PARENTS WOULD LIKE THAT."

"NOPE, I DON'T THINK MY COACH WOULD LIKE IT."

TEACH YOUR CHILDREN THE IDEA THAT SMOKING CAN AFFECT THEIR ABILITY TO PERFORM SOME ACTIVITIES TO THE BEST OF THEIR ABILITY.



THINGS YOU CAN'T DO WHILE SMOKING



SMOKING RUINS TASTE BUDS AND MAKES EVERYTHING TASTE BAD!



IF SOMEONE OFFERS YOU A CIGARETTE, JUST SKIP IT!



SMOKING CAN DAMAGE YOUR VOICE AND LEAVE YOU FLAT!



BREATHE IN CLEAN AIR, NOT RE-CYCLED SMOKE!



YOU CAN'T REACH THE PEAK WITH A PACK OF SMOKES!

ENCOURAGE YOUR KIDS TO COME UP WITH THEIR OWN CATCHY PHRASES AND POSTERS TO HELP SPREAD THE TRUTH ABOUT THE DANGERS OF SMOKING.

CHIMNEYS ARE SUPPOSED TO SMOKE, NOT PEOPLE!



GIVE YOUR LUNGS AND HEART A BREATH AND YOU WILL SMELL MUCH CLEANER!



PACK YOUR BACKPACK INSTEAD OF BUYING A "YUCKPAK!"



SAY NOPE TO SMOKE!



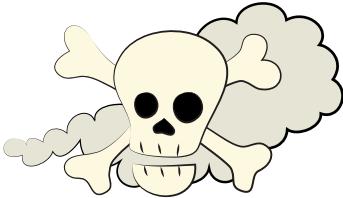
DISCUSS WITH YOUR KIDS OTHER ACTIVITIES MADE MORE DIFFICULT BY SMOKING, SUCH AS:

- RUNNING
- SWIMMING
- PLAYING SPORTS
- EXERCISING

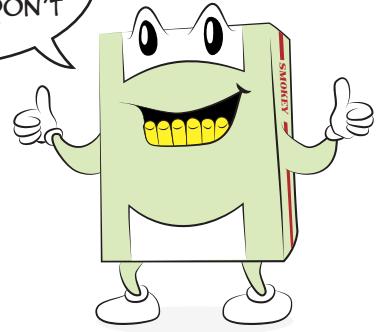


HERE ARE SOME GUIDELINES TO HELP PREVENT KIDS FROM SMOKING AND USING TOBACCO.

- KEEP TALKING TO YOUR KIDS ABOUT SMOKING AND ITS DANGERS. EVEN YOUNG CHILDREN CAN UNDERSTAND THAT SMOKING IS BAD AND CAN HURT THEIR BODIES.
- BE PATIENT AND LISTEN AS YOUR KIDS TALK TO YOU ABOUT SMOKING. HEAR WHAT APPEALS TO THEM ABOUT SMOKING AND WHAT THEY FIND UNAPPEALING.
- LET THEM KNOW IT'S OKAY TO WALK AWAY FROM FRIENDS WHO SMOKE AND DON'T RESPECT THEIR CHOICE NOT TO SMOKE.
- ENCOURAGE THEM TO PLAY SPORTS AND PARTICIPATE IN ACTIVITIES THAT DON'T ALLOW SMOKING.
- KEEP THE DISCUSSION POSITIVE. STRESS THE RIGHT THINGS TO DO RATHER THAN THE WRONG. REINFORCE THEIR SELF-CONFIDENCE, AS IT'S OFTEN THE BEST WEAPON AGAINST PEER PRESSURE.
- SET RULES IN YOUR HOME: NO SMOKING, NO CHEWING TOBACCO. TELL YOUR KIDS THAT SMOKERS SMELL BAD, LOOK SICK, FEEL ILL AND MISS OUT ON DOING FUN STUFF. SMOKING IS BAD FOR EVERYONE'S HEALTH.



WHEN IT COMES TO TALKING TO YOUR KIDS ABOUT SMOKING, DON'T CHOKE!



THINK ABOUT THIS:

KIDS WHO USE TOBACCO ARE MORE LIKELY TO...

- COUGH A LOT, DEVELOP ASTHMA AND OTHER RESPIRATORY PROBLEMS.
- HAVE TROUBLE WITH ATHLETIC PERFORMANCE, AS SMOKING AFFECTS LUNG CAPACITY AND ENDURANCE.
- HAVE YELLOWED TEETH AND BAD BREATH, A BY-PRODUCT OF TOBACCO.
- SMELL BAD! CIGARETTE SMOKE STICKS TO CLOTHING, AS THE STRONG SMELL OF STALE SMOKE LINGERS FOR A LONG TIME.
- TRY OTHER DRUGS SUCH AS ALCOHOL, MARIJUANA AND COCAINE.
- BECOME ADDICTED TO TOBACCO AND HAVE A DIFFICULT TIME QUITTING.

SMOKING BY THE NUMBERS

34,000,000

DOLLARS SPENT EACH DAY ON ADVERTISING
BY THE CIGARETTE INDUSTRY

443,000

DEATHS PER YEAR FROM TOBACCO USE

5,000

AVERAGE COST IN DOLLARS SPENT IN A YEAR
BY A SINGLE SMOKER

4,000+

NUMBER OF DIFFERENT CHEMICALS IN
CIGARETTES

3,450

NUMBER OF YOUNG PEOPLE BETWEEN 12 AND
17 YEARS OF AGE EACH DAY, WHO SMOKE
THEIR FIRST CIGARETTE

70

PERCENTAGE OF SMOKERS WHO WANT TO
COMPLETELY QUIT

50+

NUMBER OF KNOWN CARCINOGENS IN
CIGARETTES

33

PERCENTAGE OF ALL CANCERS CAUSED BY
TOBACCO USE

21

PERCENTAGE OF ADULTS WHO ARE SMOKERS

13-14

NUMBER OF YEARS ON AVERAGE THAT
SMOKERS DIE EARLIER THAN NONSMOKERS

1

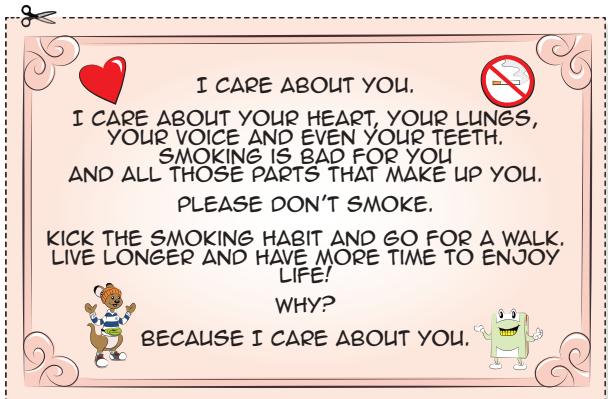
NUMBER OF ASTHMATIC 15-YEAR-OLD
JAPANESE BOYS NEEDED TO CONVINCE THE
CITY COUNCIL IN SHIZUOKA CITY, JAPAN, TO
BAN SMOKING IN PUBLIC

SOURCES:

WWW.CDC.GOV/TOBACCO/DATA_STATISTICS/FACT_SHEETS/FAST_FACTS/INDEX.HTM
WWW.INFORESEARCHLAB.COM/SMOKINGSTATS.CHTML

TALK TO YOUR KIDS ABOUT WHO YOU
CAN HELP TO QUIT THE DANGEROUS
HABIT OF SMOKING. GETTING KIDS
ACTIVE IN THE FIGHT AGAINST
SMOKING WILL HELP THEM STAY ON THE
RIGHT SIDE OF THE BATTLE.

WHO CAN YOU HELP QUIT SMOKING?



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TAKE THE PLEDGE TO SAY NOPE TO
SMOKE WITH YOUR KIDS!

Pledge to say "nope" to smoke.

I'LL STAY SMOKE-FREE
AND BREATHE IN CLEARLY,
I'LL VALUE MY HEALTH
AND MY WELL-BEING DEARLY.

IF OFFERED A CIGARETTE,
I'LL JUST SAY NOPE,
I'D RATHER RIDE BIKES
OR PLAY SPORTS OR JUMP ROPE!

THERE ISN'T ONE GOOD THING
THAT COMES OUT OF SMOKING,
JUST COUGHING AND GAGGING
AND STINKING AND CHOKING.

SO HERE I DO PLEDGE
TO STAY SMOKE-FREE FOREVER,
AND NEVER START SMOKING,
NOT EVER, NOPE, NEVER!



I TOOK THE
SMOKE-FREE
PLEDGE.

Darby BoIngg

THUMBS UP JOHNNIE

X SIGN _____



ISBN 978-0-9850897-6-4



MADE IN THE USA



KEEP THE PLANET HEALTHY!
THIS BOOK WAS PRINTED ON
RECYCLED PAPER.