



## Updated Fluoride Fact Sheet for Health Professionals

The NIH Office of Dietary Supplements recently updated its [Fluoride Fact Sheet for Health Professionals](#). It covers recommended intakes, sources of fluoride, fluoride intakes and status, fluoride and health, health risks from excessive fluoride, interactions with fluoride, fluoride and healthful diets, and provides an extensive list of references.

## The Association Between Kidney Function and Tooth Loss

Menopause involves changes in reproductive hormone levels that can negatively impact bone health. Given that chronic kidney disease (CKD) and tooth loss are common and serious health issues for postmenopausal women, a groundbreaking study explored the connection between the two. The study found a significant association between CKD and tooth loss in postmenopausal women, particularly those aged 66 to 79. [Read More.](#)

## MPCA Annual Conference

The Missouri Primary Care Association Annual Conference will be held October 23-25, 2024, at the St. Charles Convention Center. The two-day event offers participants profession-oriented tracks geared specifically toward Federally Qualified Health Center operations in addition to networking opportunities. [Register now!](#)

Tuesday, October 22 and Wednesday, October 23 is Pre-Conference. These networking activities are open to FQHC staff and MPCA members only and require separate registration. For that registration link contact [TMcDonald@mo-pca.org](mailto:TMcDonald@mo-pca.org).

## The Links Between Heart Health and Oral Health

Unhealthy gums can increase the risk of developing infective endocarditis, particularly among individuals with existing cardiovascular issues. Explore this and other findings in a new CareQuest Institute report that examines the relationship between heart health and oral health.

[Learn more](#)

## The Importance of Gum Care

September is Gum Awareness Month, highlighting the crucial role of healthy gums in overall physical health. Statistically, gum disease and poor dental health are the leading causes of tooth loss in adults aged 35 and older. Maintaining healthy gums and teeth can boost your self-confidence and self-esteem.

Maintaining good oral health is one of the most simple and affordable things you can do for your overall health. In doing so, there are three important items to ensure you have.

1. A good, soft-bristled toothbrush that's the appropriate size for your mouth.
2. Fluoridated toothpaste.
3. Dental floss, whether traditional dental floss, a floss pick or a flosser.