

BLEEDING DISORDERS OF KENTUCKY BLEEDER'S DIGEST

Summer 2022



IT'S SUMMER!

Summer is upon us! Always a favorite season for Kentuckians as we spend more time outdoors visiting one of our beautiful state parks, boating at the lake or relaxing by the pool.

BDoKY would like congratulate all of the 2022 graduates! May your future hold much success and happiness!

GET IN THE KNOW:

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PUTT FOR A PURPOSE GOLF SCRAMBLE FUNDRAISER

Saturday, June 18, 2022 at Wild Turkey Trace in Lawrenceburg, KY
11:30 Registration and Lunch / 1:00 Shotgun Start
\$60.00 per player / \$240.00 per team

CAMP FUSION 2022

June 26th-30th, 2022 campers will be provided with a fun filled experience while building resiliency, independence and friendships. Open to all children with a bleeding disorder between the ages of 6 and 15. Go to bdoky.org to register!

FALL FAMILY EVENT 2022

Save the date for Saturday, October 1st, 2022! Join us at Bi-Water Farm in Georgetown, KY for food, education, and LOTS of fall family fun! This is a free event for our families! Please keep an eye on bdoky.org as additional details will be coming soon!



SUPPORTING BDOKY

Kroger Community Rewards Program

Extra funding for our foundation to support the efforts in improving the quality of life of individuals with bleeding disorders is provided through the Kroger Community Rewards Program. Participants must add BDoKY to their Kroger Rewards Card. Please visit [Kroger.com](https://www.kroger.com) or Kroger's mobile app. Once logged in, go to Rewards, Community Rewards, then search Bleeding Disorders of Kentucky or enter our organization number YG762.

Amazon Smile

BDoKY earns rewards when you shop Amazon Smile with this link <https://smile.amazon.com/ch/84-2961011>. These funds are used to support our effort to support families living with bleeding disorders.

Donations

Tax deductible donations can be made directly to BDoKY on our website at <https://bdoky.org/donate/>.



STAYING HEALTHY

PROTECTING YOUR DENTAL HEALTH

Did you know that your dental health offers clues about your overall health - or that problems in your mouth can affect the rest of your body? Protect yourself by learning more about the connection between your dental health and overall health.

INVEST IN A DENTAL HOME

Having a consistent dental provider and receiving regularly scheduled preventative and restorative dental care saves money and provides a resource for good oral health.

STOP SWEET SIPS

Soda, juice, and sweetened coffee/tea provide a ready resource of sugar for bacteria in the mouth. Water is the ideal beverage for both oral and general health.

BABY, BABY, BABY

From the moment teeth begin to erupt in the baby's mouth, they require daily care. Establishing a pattern of good oral hygiene early will help provide a healthy dentition for life.

DEVELOP HEALTHY SNACKING HABITS

Be selective when snacking. Choose non sticky, low sugar snacks. Popcorn, pretzels, nuts, and of course fruits and veggies are good choices.

DENTURES NEED PROFESSIONAL CARE

Plan a yearly visit with the dentist. Have your dentures professionally cleaned. The dentist will check the fit and examine the tissue in the mouth.

WHERE'S YOUR RETAINER

The retainer is an important part of successful orthodontic treatment. It should be in the mouth except when eating or swimming, not in a pocket or on the sink.