

## **Public Service Announcement**

## Celebrate Oral Health Month with a healthy mouth, healthy body!

Start Date: April 1, 2019 End Date: April 30, 2019 Nunavut-wide

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April is Oral Health Month! It's a great time to think about oral health.

A healthy body includes a healthy mouth. Mouth infections such as cavities and gum disease can worsen diabetes and heart disease and cause pneumonia among Elders. Missing teeth can limit your ability to properly chew foods and can affect nutrition, speech, social life, growth and development and overall health.

Nunavummiut can improve oral health using five simple steps:

- Keep your mouth clean and healthy by brushing for two minutes twice a day and flossing daily.
- Check your mouth regularly for changes.
- Make healthy food choices by avoiding sweets and junk food.
- Visit your oral health professional regularly.
- Avoid the use of tobacco products.

From April 1 to 30, visit your community oral health coordinator, community health representative or dental therapist to check out the fun events and activities for all ages with many prizes to be won each week.

For more information, please visit: <u>http://www.nunavutsmiles.ca/.</u>

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