

Public Service Announcement

Oral Health Month

Start Date: April 1, 2021 End Date: April 30, 2021

Nunavut-wide 60 sec

April is Oral Health Month in Canada. This year, the Canadian Dental Hygiene Association has announced a theme of "Oral Health for Total Health," a reminder that taking care of our mouths helps our overall health too.

Practising proper dental hygiene and avoiding sugary drinks are excellent ways to maintain good oral health which benefits our overall wellness. Healthy mouths and bodies mean healthy Nunavummiut.

Want to improve your oral health? Try the following:

- Brush your teeth with a fluoride toothpaste and floss twice daily.
- Check your mouth regularly for any changes.
- Eat healthy food, such as country foods, and make healthy drink choices like water, which freshens our breath and washes away bacteria and germs that cause cavities.
- Avoid the use of alcohol, tobacco and cannabis products.
- Visit your oral health professionals regularly.

During Oral Health Month, visit your Community Oral Health Coordinator, Community Health Representative or Dental Therapist to participate in fun events and activities for all ages, with many prizes to be won each week. Oral Health Day will be celebrated on April 30, 2021. National Dental Hygienists' week is April 4 to 10.

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

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