

Leeds, Grenville and Lanark District Health Unit

Media Release

April 4, 2012

April is Oral Health Month: Are You Kissable?

How do you find out? Don't stand on the corner with your lips puckered waiting for public opinion to decide.....Visit a dental professional! April is oral health month – and what better time to make sure you have a dental appointment. Your dentist or dental hygienist can assess your mouth and give you a 'report card'. Here are some of the things to expect at your check-up!

Tooth Check!

Your dentist will check all of your teeth. They will look for any signs of tooth decay. To do this they may take x-rays to look in between the teeth where decay can start. The x-rays also show the inside of your teeth where the nerves and blood supply are. The dentist will check around any existing fillings or crowns you may have to make sure that there is a good seal at the margins.

Gum Check!

Your hygienist or dentist will take a close look at your gums. They will look for any signs of infection. These signs can include redness, puffiness and bleeding of the gums. Your hygienist will measure the gums around your teeth, as this is a good indication of gum health. To help you brush and floss your best, your hygienist will also look for hidden areas of plaque and give you tips on how to clean these areas more thoroughly.

Cancer Check!

That's right! You may not have realized it, but dental professionals are checking for cancer. Oral cancer can affect the lips, cheeks, tongue, throat and almost any structure in your mouth. Your dentist or hygienist will have a thorough look around your mouth and throat, looking for any abnormalities. If you are at risk for developing oral cancer, they will even teach you what to look for so you can check your own mouth at home on a regular basis.

So make that appointment today! Can't afford to see a dental professional? Call the Leeds, Grenville and Lanark District Health Unit at **1-800-660-5853** to see if one of our clinics can help. Visit our website at www.healthunit.org to find tips on how to keep your mouth as fresh and healthy as possible (aka...kissable!).

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