

March 30, 2017



April Is Oral Health Month!

When we think of healthy bodies and what it takes to maintain them, we often overlook a key component of healthy bodies- **our mouths**. Oral disease needs to be treated just like any other disease and warning signs should never be ignored. Oral pain, chronic infections, red puffy/ bleeding gums are sometimes overlooked. These problems should be addressed immediately by a Dental Professional to prevent and avoid painful problems that could result in serious health concerns in other area of the body.

Maintaining a healthy mouth is essential to good overall health and relatively easy when you follow the Canadian Dental Association 5 Steps for a Health Mouth: Oral Health, Good for Life.

1. Keep a Clean Mouth

- Brush with a soft bristle toothbrush with fluoridated toothpaste
- Floss every day

2. Check your mouth regularly

- Look for signs of gum disease: Red sore gums, bleeding when you brush or floss & bad breath that won't go away.
- Look for signs of Oral Cancer: bleeding or sores that don't heal, white or red patches, numbness or tingling.

3. Eat Well

- Good nutrition helps build strong teeth and gums
- Munch on mouth healthy snacks like cheeses, nuts, vegetables, and non-acidic fruits.
- Limit food and drinks containing sugar or carbohydrates.

4. See your dental professional regularly

- 48% of Canadians who haven't seen a dentist in the past year have gum disease. Regular dental exams and professional cleanings are the best way to prevent and detect problems before they get worse.

5. Don't smoke or chew tobacco

- Smoking and chewing tobacco can cause a variety of health concerns especially in your mouth.

Contact the Leeds, Grenville and Lanark District Health Unit's Oral Health Team if you think your children could qualify for the Healthy Smiles Ontario program @ 1-800-660-5853.

For more information on maintaining a healthy mouth, visit www.healthuit.org or call 1-800-660-5853. You can also connect with us @LGLHealthUnit on Facebook and Twitter.