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Building *Nunavut* Together
Nunavut iuqatigiingniq
Bâtir le *Nunavut* ensemble

Public Service Announcement

Tobacco and oral health

Start Date: April 18, 2016

End Date: April 24, 2016

Nunavut

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April is Oral Health Month, and the time to remind everyone that tobacco use also affects the health of your teeth and mouth! Tobacco use reduces the blood flow to your gums, depriving them of oxygen and the nutrients they need, leaving them vulnerable to bacterial infections.

Smoking and chewing tobacco cause:

- bad breath
- discoloured teeth
- gum disease
- tooth decay
- mouth sores
- oral cancer

If you notice a sore in your mouth that does not heal within two weeks, please seek help from a medical or dental professional.

There are options to help you quit tobacco; nicotine replacement therapy, like the patch and gum, double your chances of successfully quitting.

For help with quitting tobacco, visit your local health centre, email quithelp@gov.nu.ca or phone 1-866-368-7848.

Follow the Government of Nunavut's Facebook page for updates.

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