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 Building Nunavut Together
 Nunavut iuqatigiingniq
 Bâtir le Nunavut ensemble

Public Service Announcement

Healthy mouth, health body, healthy Community!

Start Date: April 3, 2018
End Date: April 27, 2018
Nunavut

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April is Oral Health Month! It's a great time to think about taking care of your mouth.

A healthy body requires 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 your nutrition, speech, social life, growth and development, and overall health.

From April 3 to 27, visit your community oral health coordinator, community health representative or dental therapist at your community health centre to check out fun events and activities for all ages. There are prizes to be won each week.

Nunavummiut can improve their oral health today and every day, by following five simple steps:

1. Brush your teeth for two minutes, twice a day, and floss daily.
2. Check your mouth regularly for any changes.
3. Make healthy food choices.
4. Visit your oral health care professional regularly.
5. Avoid use of tobacco products.

For information on oral health, please visit: <http://www.nunavutsmiles.ca>.

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Media Contact:

Ron Wassink
 Communications Specialist
 Department of Health
 867-975-5710
rwassink@gov.nu.ca

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