Public Service Announcement

April is Oral Health Month

Start Date: March 30, 2026
End Date: April 30, 2026
Nunavut-wide **60 sec**

The Department of Health reminds Nunavummiut that April is Oral Health Month. This year's celebration is themed: *Healthy Smiles, Informed Choices – Nunavummiut Health, Every Day*.

Your mouth is the gateway to your body, and taking care of your oral health is an important part of maintaining your overall health and well-being.

Poor oral health can cause more than just cavities or gum disease. Germs in your mouth can enter your blood and may lead to problems like heart disease, trouble with diabetes, lung infections and pregnancy problems. Healthy teeth and gums help you eat well, speak clearly and feel confident.

Simple daily habits can help a lot:

1. Brush your teeth twice a day with fluoride toothpaste and floss once daily.
2. Eat healthy foods and limit sugary snacks and drinks.
3. Drink water regularly.
4. Visit an oral health professional for regular check-ups when available.

You are also invited to participate in the Nunavut Regional Toothbrushing Challenge (NRTC) and fun activities provided by the community oral health coordinator. To sign up for the Nunavut Regional Toothbrushing Challenge or local activities, visit your local health centre or the Department of Health's website for details on how to participate.

Book a dental appointment today by calling your local health centre or community oral health coordinator.

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