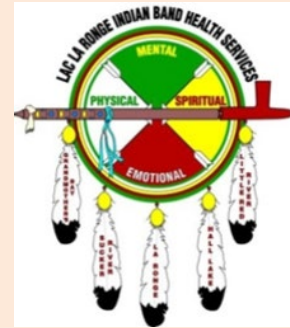


## “Healthy teeth, Healthy mouth for better quality of life and healthy you”!



April is National Oral health Month and each year we celebrate this month with some exciting events at schools to promote good oral health. Due to the pandemic, unfortunately we did not celebrate last year. But we are planning to organize poster competition, Bulletin board decoration for each schools and coloring contest for the little one and each category will receive attractive 1<sup>st</sup> and 2<sup>nd</sup> prizes. Schools includes GMB, Hall Lake, Sucker River, Bell's Point and SMVS. The contest will start from April 12 and judgement and winner will be announced on 29<sup>th</sup> April 2021.

**By promoting better oral health, this month long event encourages everyone to have a better quality of life.**

Our Mouth is the main gateway to our body system and our entire health of our body depends on health of our oral health. Good oral health is essential for good quality of life and total well being.

People often ignore with their oral health and take it for granted but oral and dental health not only has impact on your ability to chew and eat proper food, it can cause pain, infection and other health issues it also has immense impact on you socially, mentally and financially. People with dental problems often socialize less, can not smile or speak confidently in public which could all lead to mental issues and the cost of the dental treatment could put you under great stress and burden if we do not take care of our oral health today.

Dental cavities and gum disease are the most common diseases and it is also known as universal and reversible disease. Anyone can have it and anyone can prevent. It is simple, easy, cost effective and require very minimum time each day. Just follow the 5 steps to good oral health. It also requires your good attitude towards oral health.

**5 Steps to Good Oral and Dental Health-**

1. **Brush your teeth** twice daily after breakfast and before bed. Brushes for 2 minutes. Floss between teeth once daily while watching TV to remove any food or plaque and prevent cavities between your teeth. It also prevent gum disease. Rinse your mouth with mouth rinse to prevent bad breath. Use fluoride tooth paste and soft tooth brushes. Change your tooth brushes every 3 months and do not share tooth paste or tooth brushes.
2. **Eat, Drink but Wary**-Choose Canadian healthy food guide for healthy food, snacks and drinks. Try to avoid eating and drinking food and drink that has high sugar. Avoid eating sticky snacks. Rinse your mouth after eating or drinking sweet. Drink more water but less soda.
3. **Visit your dentist** every 6 months from age of 6 months. Prevention is better than cure.
4. **Avoid all Tobacco products** which can cause several oral health related diseases such as cancer but also can lead to other major health diseases.
5. **Check your mouth regularly** for any lumps and bumps. check for bleeding gum when brushing. Check for dry mouth or bad breath and consult your dentist if you notice anything.

**Wish you all “Happy National Dental Health” and “Happy Dental Therapy” Week in advance for all those hard working dental Therapists.**

. Keep brushing, keep smiling. Call us to book appointment for you and your family. Stay safe and follow public health guidelines and protocols. We are all together in this difficult time.

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