

April is Oral Health Month

Good oral health is not only good for your smile, but it can positively affect your overall health and wellness. Below are a few links that provide helpful information for all ages on why oral health is important and how caring for your teeth can benefit your whole body.

Diabetes and Oral Health: Did you know that poor oral health can affect how well you control your diabetes? Diabetes can even increase your risk of developing certain oral health conditions.

A Healthy Smile is Good for your Heart: Harmful bacteria in your mouth can enter the bloodstream and travel to other parts of your body. These bacteria can contribute to clogged arteries, increased risk of heart attack, stroke and endocarditis.



Dental Health: 0-6 years: Early childhood tooth decay is the most common chronic illness among children. It can impact behavior, learning, sleep, eating, growth, self-esteem and speech development. For more information on early childhood oral health visit [Healthy Smile Happy Child](#).

Oral Health Tips for children 7-12: Once children have the dexterity to tie their own shoes, they are usually able to start brushing their teeth on their own. They still need guidance and, in some cases, supervision from parents and guardians. Help them develop strong oral hygiene habits with these tips and gentle reminders.

Oral Health Care for Seniors: Seniors are living longer than ever, and many are keeping their natural teeth. While regular appointments with a dental professional are essential for maintaining oral health, so is daily mouth care.

A Sweet Tip: Learn how Xylitol, a natural sugar alcohol found in fruits and vegetables, can help in the fight against cavities.

Just for fun!: The Canadian Dental Hygienists Association is hosting a national colouring contest for kids 13 years and younger.

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For a healthy mouth, remember these 5 easy tips:

- 1. Brush your teeth at least twice a day with a fluoride toothpaste.*
- 2. Floss between your teeth daily.*
- 3. Visit your Dental professional regularly*
- 4. Eliminate tobacco use.*
- 5. Eat healthy foods.*

