



Better Health

Keewatin Yatthe Regional Health Authority
MONTHLY HEALTH PROMOTION NEWSLETTER



April 2013 Theme – Dental Health

Welcome, Tansi, Edlaneté

Spring is in the air!

As temperatures warm and the sun shines brighter, we have lots to smile about.

What better way to bring on spring and flash your smile than to read up on some oral health tips — featured in this month's Better Health newsletter.

Share this information with coworkers, clients and community. Send your questions, comments and submissions to:

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SIGNS OF GUM DISEASE

- Red, sore, sensitive gums that may bleed

SIGNS OF TOOTH DECAY

- Sensitivity to hot, cold, sweet or pressure

**HAVE THESE SIGNS?
CONTACT
YOUR DENTIST**

Sink your teeth into better health



You know that diet and exercise play an important role in good health. But did you know that a healthy mouth is also an important part of total body health?

Poor oral health can affect a person's quality of life. Oral pain, missing teeth and infections can affect the way a person eats, speaks and socializes. This can affect physical, mental and social well-being.

Oral diseases need to be treated. A chronic infection (including one in the mouth) is a serious problem that should not be ignored. Never overlook bleeding or tender gums!



Good oral care starts at birth



Babies are born without the bacteria that cause tooth decay.

But these bacteria can be passed on to the newborn from parents, caregivers and siblings.

1. Keep your own mouth clean to stop the spread of bacteria;
2. Routinely wipe baby's gums with a clean, damp cloth.



Oral health tips

1. Brush and floss twice-a-day to keep your mouth clean;
2. Eat healthy foods — limit sugary and highly acidic foods and drinks that promote tooth decay;
3. Don't wait until it hurts. Get regular check ups and cleanings;
4. Check regularly for signs of gum disease, tooth decay or oral cancer;
5. Avoid smoking and tobacco products that cause stained and missing teeth, gum damage, bad breath — and that may lead to oral cancer.

**For more information contact Glenda Burnouf, prenatal / preschool dental therapist
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