

GBPH offers tips during Oral Health Month

April is Oral Health Month in Canada. This month-long event encourages Canadians to have a better quality of life by adopting better oral health habits.

Basic oral health care at home includes:

- Brushing twice daily – for two minutes with a soft toothbrush and fluoridated toothpaste. Don't forget to reach the back and inside surfaces of the teeth and along the gumline.
- Flossing daily – to get to the in-between surfaces that a toothbrush cannot reach.
- Using a fluoridated mouth rinse, which can decrease cavity susceptibility.

Regular brushing, flossing, and visits to a dental health professional can help to prevent tooth decay and gum disease. Eliminating tobacco use and eating healthy foods are also important for good oral health. You play the biggest role in your dental health.

For people who wear dentures, whether full or partial, it is still important to practice good oral care at home. It is important to maintain your denture, as you would natural teeth.

Grey Bruce Public Health recommends:

- Removing dentures nightly to give your mouth a break. Overnight, dentures can be left in water or a denture-cleaning solution.
- Cleaning your dentures with a soft brush and denture paste to remove plaque and tartar.
- Individuals with dentures should visit the dentist at least once annually. This allows the dentist to check the mouth, tissues and fit of the denture and make any necessary adjustments.

Good oral health is key to good overall health and well-being. It can help you maintain a healthy lifestyle and prevent various diseases and conditions. Your oral health can also offer clues about your overall health and problems in your mouth that can affect the rest of your body. Periodontal disease, for example, has been linked to more serious illnesses, including lung disease, diabetes, and heart disease.

Eligible seniors from low-income households can receive free dental services through the Ontario Seniors Dental Care Program. This government-funded dental care program provides free, routine dental services for qualifying seniors 65 years of age and older.

Coverage includes:

- Check-ups, including scaling, fluoride and polishing
- X-rays

BY
TAY
MORRISON
GREY BRUCE PUBLIC HEALTH
DENTAL HEALTH EDUCATOR



Grey Bruce
Public Health

Seniors Situation

- Anesthesia
- Repairing broken teeth and cavities
- Removing teeth or abnormal tissue
- Treating infection and pain
- Treating gum conditions and diseases

Dentures are also covered under the program, but there is a small portion clients will need to pay for the service.

Grey Bruce Public Health provides services under the Ontario Seniors Dental Care Program at its clinics in Owen Sound, Walkerton, Wiarton, and Markdale.

Please note, GBPH clinics are not walk-in clinics. Appointments are required.

For more information about the Ontario Seniors Dental Care Program or to apply, please contact Grey Bruce Public Health at 519-376-9420, Option 8, or visit www.ontario.ca/seniordental.

LAKESIDE
CHEVROLET BUICK GMC

Premium

Express

VEHICLE MAINTENANCE

NO APPOINTMENT NECESSARY
30 MINUTES OR LESS
FULL SYNTHETIC OIL & FILTER CHANGE

CARS FROM

69^{.95}

+HST

**Up to 5L of DEXOS 5W30 full synthetic oil

TRUCKS FROM

89^{.95}

+HST

**Up to 8L of DEXOS 0W20 full synthetic oil

Health Check and Summer Tire Change

69^{.95}

+HST
Summer Tires
on rims

WE STORE
TIRES
\$45/SEASON

519-395-3367 www.lakesidegm.com
833 Durham St. Kincardine, ON

GMC Certified Service