
Media Release



Oral Health Month

Insert Date - For immediate release

April is Oral Health Month and this year's theme reminds everyone the importance of **Oral Health for Total Health**- that taking care of our mouth, teeth and gums positively impacts other aspects of our lives. Good oral health helps protect people from developing bad breath and cavities as well as protect from heart disease, gum disease, oral thrush and other conditions.

In addition to brushing and flossing at least twice a day, regular visits with a dental hygienist and/or dentist is important. Everyone deserves the right to a healthy smile. Timiskaming Health Unit has two programs that help make sure everyone in the district has access to regular dental care:

- Free dental care to children and youth 17 years old and under. Even if a family has dental coverage, they may still be eligible for this program.
- The Ontario Senior's Dental Care Program provides dental care to eligible seniors 65 and over.

To find out more about these dental services or to find if you're eligible, contact a Timiskaming Health Unit Dental Hygienist at 1-866-747-4305.

www.timiskaminghu.com

For more information

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Media Contact:

Jennifer Cardinal
Program Manager, Family Health
705-647-4305, Ext.2274
Email cardinalj@timiskaminghu.com