



## APRIL IS ORAL HYGIENE MONTH



**Dental clinics in our neighbourhood for seniors or those with low income:**

**Runnymede Dental Clinic - 416 -763-2000 seniors and those with mobility problems, wheelchair dentist (Runnymede Chronic Care Hospital)**

**Toronto Public Health Dental Clinic – 416-392-1777 seniors and children under 18 (Swansea Town Hall)**

### **What is Good Oral Hygiene?**

Good oral hygiene results in a mouth that looks and smells healthy. This means:

- Your teeth are clean & free of debris
- Gums are pink and do not hurt or bleed when you brush them
- Bad breathe is not a constant problem

If your gums do hurt or bleed while brushing or flossing, or you are experiencing persistent bad breathe, see your dentist. Any of these conditions may include a problem. Your dentist or hygienist can help you learn good oral hygiene techniques and can help point out areas in your mouth that may require extra attention during brushing and flossing.

### **How is Good Oral Hygiene Practiced?**

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only enable you to look and feel good that make it possible to eat and speak properly. Good oral health is important to your overall well-being. Daily prevention care including flossing will help stop problems before they develop and is much less painful, expensive, and worrisome than treating conditions that have been allowed to progress.

In between regular visits to the dentist there are simple steps that each of us can take to greatly decreasing the risk of developing tooth decay, gum disease and other dental problems. These include:

- Brushing twice a day and flossing daily
- Eating a balanced diet and limiting snacks between meals
- Using dental products that contain fluoride, including toothpaste