Celebrating Oral Health Month

It’s important to take good care of your teeth and gums by regularly brushing and flossing – this can help keep the rest of your body healthy too.

Did you know that bacteria from your mouth can travel through your bloodstream to your heart? These bacteria are dangerous, especially for someone with a heart condition, because they can infect the heart valves or lining. Good oral hygiene (brushing twice a day with a fluoridated toothpaste, flossing once a day, and having regular dental check-ups) can help prevent this infection and keep you healthy!

Healthy Teeth, Healthy Heart

www.hskids.ca/hsk-at-home | #HSKatHome
www.dentalhygienecanada.ca/kids

Our heartfelt thanks to the Canadian Dental Hygienists Association for creating the artwork and collaborating with Heart & Stroke on this activity.