

HeartSmart Kids™



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES



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

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