



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, April 3, 2018) – Oral Health Month

"Brush Up on the Facts" Campaign Urges Parents to Keep Kids' Teeth Healthy

The Ontario Association of Public Health Dentistry (OAPHD), along with Public Health Units across Ontario, has launched an awareness campaign for Oral Health Month. The "Brush Up on the Facts: Keep Kids' Teeth Healthy" campaign is geared to parents and focuses on the impact dental health has on kids' healthy growth and development and the free dental programs and services that are available for eligible kids 0-17.

Good oral health is important for a child's self-esteem, sense of well-being and overall health. Cavities can be painful, impact a child's ability to chew foods properly, and may affect their ability to pay attention at school or enjoy activities.

"When kids have dental pain it is more than just having a cavity" explains Roxanne Moss, Registered Dental Hygienist with Renfrew County and District Health Unit. "Children need to keep their teeth healthy for their overall health. That's why we want everyone to Brush Up On The Facts to help keep kids teeth healthy!"

It is important for children to visit a dental professional regularly (at least annually) to prevent issues from starting. Get dental issues checked immediately regardless if they have "baby teeth" or "adult teeth". Fortunately, there are small steps that can be taken today to help children avoid dental issues such as limiting sugary snacks and drinks, helping them brush and floss properly, and contacting Renfrew County and District Health Unit for more information.

Please visit rcdhu.com or OAPHD.on.ca for more information and answers to all of your dental questions, including if your child is eligible for free dental care. You can also call the Health Unit at 613-735-8651 Ext. 661 or visit us on Facebook.

For more information:

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