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Una ilauruq inuuliatarnimiituuq, ataramik halumapkarlugu qanrin. Qanirin qimilriuuqtilaalugu atramik kiguhiqhirimun. Kiuhiqiri kihimi ilihimaruq qanipikun ilihaqhiavluni, ilihimaqpaqtuuq huna ilaunginman qanirni ilitchuripkalaagaatin qanipkun.

As part of a healthy lifestyle, practice good oral hygiene and have your mouth examined regularly by an oral health care provider. Only an oral health care provider has the training, skill and expertise to identify and address your oral health needs.

Nutaqhat qanimiktigun inuulautarningat – munarilugit niqingitigun imingitigunlu

- Munarilutin qafni nirirautin imirutinlu avuligaamik.
- Niritchaililutin avuqpalingnik niqinik kupkinaqtuanik hivihuuruani qanirniitчууruanik uqumiaqataanik.
- Kupkinaqtuani nutaqhahiarinaqtuanik, hiirnaqtuanik niritchail;ilugit kigutinginnun kipkinnatuanik.
- Hiirnaqtuamik milungmiklu nirimata nirianingmatalu imiqtilaalugi. Imirmik imilalauhi akunarangani niriniarningni.
- Niripkarlugi nauruanik nunamin, chhiismik, qaqrulik seedsniklu niriruraamata.
- Kiguhiqhilaalutin malruihuarutin uvlumi hinikhaaqhiguvitlu.

Inuit Qaningitigun inuuniarniq malirutaliaq

Inuit qaningitigun inuulautarnikrangannik malirutaliaq ukuat ilirangat ataulugit ihumagivlugit inuunialaurtarnikraq qaningitigun nautchiuqtaq inungni. Ilitchurifaanaqtuuq ukunani pulaanaqtut qaqhaurani ittut:

Inuit Oral Health Action Plan

An Inuit Oral Health Action Plan was created to present an overall approach to improving oral health among Inuit. For more information please visit:

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Ukaut ilihimariit | Acknowledgements



Inuvialuit Regional Corporation



LP^{ca}b
Société Makivik
Makivik Corporation

HEALTHY TEETH, HEALTHY LIVES



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QANIQ MUNARILAUTARNAQTUQ

Piitchuitchuq ilingni inuunialautarnaqtuq

ORAL HEALTH

An Important piece of your overall health

Ilimavaviit ukuak tapiriiktuk inuunialautarniq qanirni ittuq atautlugu inuunialautarniuruq?

Did you know there is a connection between good oral health and overall health?

Qanuq iliingnun ikayulavit qanipkun inuuliatarninggun

What you can do to improve oral health

Follow these five simple steps to good oral health:

1. Brush your teeth and tongue twice a day using fluoride toothpaste and floss every day.
2. Eat a well-balanced diet.
3. Check your mouth regularly for signs of gum disease and oral cancer.
4. Don't smoke or chew tobacco.
5. See an oral health care provider regularly.

Kids Oral Health – Snacks & Drinks

- Limit the number of times a day you eat or drink sugars
- Avoid sugary treats that stay in the mouth for a long time like hard candy or lollipops
- Avoid soft, sticky sweets that get stuck in your child's teeth
- Serve juice and milk during or at the end of mealtime. Drink water between meals
- Serve vegetables, cheese, nuts or seeds for snacks
- Brush your teeth at least twice a day and before going to bed

Ukuat tallimat malitchiriaqtuat ittuq qanipkun inuunialautarnit ittuq:

1. Kiguhiqilutin qanipkunlu malruiqhuarutin uvlumi fluruit mik kihuhqilutin kupkiilalautinlu atamik.
2. Nirilautrutin – nirivalaaqhaililutin.
3. Uqann nautchiulalugu atamik humik alangnaqtuamik kigutivitlu niqaa aniarutchirmagaalugu uqan mamilailamik aniarutchirmagaan.
4. Higaangairutin uilaangqaillilutin.
5. Kiguhiqhiri tautugiarlugu atamik.



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