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Inositsiagigasuumut, kaninnetunik kamatsianik pillagittuk, kimiggutautikattalugillu kanet kigutiligijimmut. Tamatsuminga kisimi kigutiligijet kamagunnasiattut ilisatsiasimammata kaujisagamut kamagiamullu kigutinnik, kaninnilu.

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.

## Suguset kanikkut kamatsianik – Niginnikut, iminnikullu

- Nigittailinnikut, iminnikut suvaluluatlatumik sukaralinnik.
- Sukarakajunik ketamik nigikattalutit ikkuningauluak sitijunik ukumiaganik nunguttailisongummata.
- Akittunik, nipittatunik mamattunik nigittailittilugit suguset kigutinginnut nipittasongummata.
- Imikulunnik, immunillu imikattalutik niginimmi, nigijagennimillonet. Imimmik imikattalutik nigijagesimalippata.
- Nigikkâgatik kâgalappata aittukattalugit pigutsiangusimajunik, immulinnik, saunânik, kangasotinillu.
- Kigutiligikattalutik magguatillutik inillakâgatillu.

## Inuit kaninnik kamatsianimmik tugâgutitsat

Tâmna Inuit kaninnik kamatsianimmik tugâgutitsaliangusimajuk kaujitsigumamut piusiumigajammangâta kamatsianikkut kanimminik. kaujisagiallagumaguvit maunga kimiggusonguvutit:

### 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:

[WWW.ITK.CA](http://WWW.ITK.CA)

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**LP<sup>ca</sup>b**  
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Makivik Corporation



[WWW.ITK.CA](http://WWW.ITK.CA)

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# KANINNIK KAMATSIANIK

## Ikkanallagittuk inositsiaginnimut atallagimmat ORAL HEALTH

### An Important piece of your overall health

kaujimaven kaninnik kamatsianik atallagittuk inositsiaginnimon?

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

### kanuk pigunnaken piusiumitigasuumut kaninnetut

#### 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

#### Ukua tallimat malillugit kamagitsiagasuumut kanisi:

1. Kigutitit ukaillu salummakattalugik magguatillutit ullumi kigutiligiutimmik, ivalutsaujättumillu atullutit.
2. Nigisiakattalutit.
3. kimiggukattalugu kanet ånniakammangât, kiansarikammangâllu.
4. Sikarekattalunnak, ikimmiakattalunnalonet.
5. Kigutaitsijiliakattalutit pigunnatuaguvit.



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