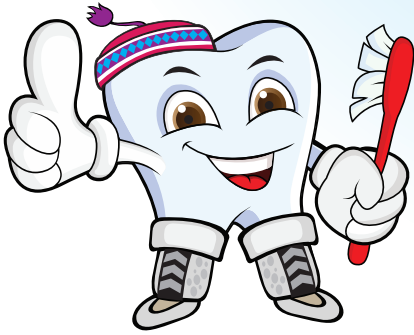




© DAVE BROSHA

Top 10 Tooth Tips



HEALTHY TEETH,
HEALTHY LIVES
Kigutigiktechnik,
Inuhikateaknaktok

1. Be a tooth two-timer!

- Brush your teeth at least twice a day for two minutes each time. Use a small amount of toothpaste that has fluoride. The size of a grain of rice is all you need.

2. Fight with floss!

- Floss between your teeth. Using dental floss daily can help keep gums healthy.

3. Rinse germs down the drain!

- Rinse using a germ-killing mouthwash. Germs cause cavities and gum disease.

4. You are what you eat!

- Choose food low in sugar. It's good for your mouth and your body.

5. Rethink your drink!

- Drink water more often. Sweetened drinks can lead to cavities.

6. Protect your pearly whites!

- Wear a mouthguard when playing or practising sports.

7. Butt Out!

- Using tobacco products can stain your teeth and increase your risk of developing oral cancer.

8. Lift the lip!

- Check children's teeth at least once a month. If a tooth looks brown or stained have it checked.
- At age 6 children get their first adult teeth. Have them sealed to prevent decay.

9. Open Wide!

- Check your mouth once a month and know what's normal for your mouth.
- If you have a sore that doesn't get better in 2 weeks, have it checked by a health professional.

10. Book it!

- Visit your dental hygienist regularly.
- First visit should start around age one and continue throughout your life.

More tips and information about oral health are available online from the Canadian Dental Hygienists Association at www.dentalhygienecanada.ca

Adapted with permission from Canadian Dental Hygienists Association



WWW.ITK.CA



Inuvialuit Regional Corporation

www.irc.inuvialuit.com



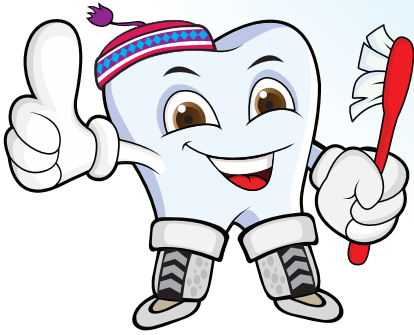
THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

www.cdha.ca



© DAVE BROSHA

Kulin Kigutigiknaktuloan



HEALTHY TEETH,
HEALTHY LIVES
Kigutigiktechnik,
Inuhikateaknaktok

1. Kigutigikhakpakloti malgeoktoklotin!

- Kigutigikhaklotin malgeoktoklutin uplotoagaagan malgukni mineoyukni hivitoyomik. Atoklotin mikakmik kigutigikhaotimi kagukhiyotikaktonik kitutini. Aginiga havikuyanum akitilaaga talvatoak atogeakaktan.

2. Akigaktoklogo kukilitimun ivalumik!

- Kukililotin akungani kigutivin. Atokniga kikilitiyotnik uplotoagaagan kigutikakvikni aneaknaepkotaoyok.

3. Imakmun oaktiklogin halomaelguvaloen oakveom iloanun!

- Rinse using a germ killing mouthwash. Germs cause cavities and gum disease.

4. Taemaetputin nigiyavin ayikotaanik!

- Nigilotin sukakakpalaagitonik. Nakuyok kanikni timigiyanilo.

5. Ihomagivaaklogo neokaktan!

- Imikataenaklotin imaenakmik. Sukakaktun neogagan kigutigiknaetun.

6. Monagilogin kivliktun kigutigiyatin!

- Atoklogin kanikni kiligepkotimik ulapkiniguvun uktuvuvilunen ulapkiyohiknik.

7. Higaageoklotin!

- Atogeami tipokokaktonik halomaegutivaktun kigutikni aneagutikakpalealaktotilo kanikni kagutimik.

8. Umilguk kilulogik!

- Naonaeyaklogin nutakan kigutaen malgoektoklogolunen tatkiheonmi. Halomaektuyaakatan ihivgoektiyavatin.
- Ukeokaligaagamik siksini nutakan hivuliknik inikneoyun kigotaenik kigutinipaktun. Hilataen halomaegepkotinmik ileogaktiyavatin ilakoenagugitaagani.

9. Aetakpeaklotin!

- Naonaeyaklogo kangit ataohepaklo tatkiheonmi kaoyilotilo kanogitunikhaagun kanikin.
- Kilaknikaguvun malgukni Saneonikni mamilaetonik, naonaeyaktiyavan monakhimin.

10. Polakvikhan inigeklogo!

- Polakpaklogo kiguhikiyin kagugutaekpan.
- Hivulik polaknik ukeokalika ataohikmik atoktkhaogaloak atokhimaginaklonilo inuheani.

Amigaetkiyan atogakhan hivoikhiyotilo kanikmi aneaktaeliyotnik
kahaktun kagitaoyami ukunanga Kanatami Kiguhikiyin Katimayinin uvani,
www.dentalhygienecanada.ca -mi

Adapted with permission from Canadian Dental Hygienists Association



WWW.ITK.CA



Inuvialuit Regional Corporation

www.irc.inuvialuit.com



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

www.cdha.ca