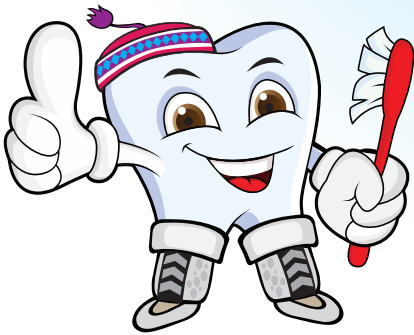




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Top 10 Tooth Tips



HEALTHY TEETH,
HEALTHY LIVES
Kigutiligitsianik,
Inositsiaginnik

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 practicing 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 it 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 care is available online from the Canadian Dental Hygienists Association at www.dentalhygienecanada.ca



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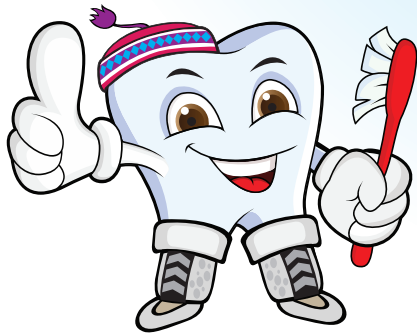
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Atunnipât senat (10) kigutiliginimmi



HEALTHY TEETH,
HEALTHY LIVES

Kigutiligitsianik,
Inositsiaginnik

1. Magguatittiulutit!

- kigutiligiKattalutit magguatillutit ullumi maggonik minotenni. Atullutit kigutiliugiutinnik fluorid-ilimmik, anginilimmik aviggugattut nâmmatuk.

2. Ivalutsajaujâttumik atullutit!

- kigutitit niKejaiKattalugit ullutamât kigusivekkik piujogasuumut.

3. Kanimasik imatsiKattalugu!

- Kaninnit Kanimaset salummaKattalugit salummasautinut, Kanimaset aunaliaKititsisongumata, kigusivinnulu.

4. Nigijatit Aulatsivut Ilinnik!

- NigiKattalutit sukarakittunik, piunitsaumat kigutinnut, timinnulu.

5. Imijannik kamammilutit!

- Imimmik imingâKattalutit, sukaralet kigutinnik aunigutitsisongummata.

6. kamagitsialugit kigutitit!

- Kanitsiutinik atuKattalutit pingualiguvit nanituinnak.

7. Kamillugit!

- SikareKattanik kigutinnut piungitut, Kanittigut kânsarittâgajallutillu.

8. AmmaKattalugu!

- KimigguKattalugit sugusippit kigutingit takKimi tamât. AunaukKolippata kigutiligijimmut takujautigiattuKattalugu. Sâtsitâmmata suguset kigutingit kingullipât piguliaKisot.

9. Ammalaugu Kanet!

- KimigguKattalugu Kanet takKi tamât, Kanuitsiamangât kamagillugu.
- ÂnniaKaguvit Kaninni anniasutimut takujautigiattuKattagit maggoni vogeni âkKingipat.

10. Allalugu!

- kigutiligiliaKattalutit takugunnatualigunni.
- Sivullipâmik kigutiligijimut aijutsat suguset atautsiKatualigutik, kamagijaunginnanialittilugu inoningani.

Kaujigiallagajattutit kigutiliginimmik Kagitaujattigut mâni:
www.dentalhygienecanada.ca



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