

NEWS RELEASE

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Oral Health Essential for Lifelong Well-being, says Health Unit

NORTH BAY, ON – Regular brushing and flossing do far more than protect your smile—they can play a role in preventing cardiovascular disease, diabetes complications, and respiratory infections. This Oral Health Month, public health units and dental professionals across Ontario are reminding the public that caring for our mouths and teeth is a key part of caring for our overall health, from infancy through older adulthood.

“The impact of poor dental health extends beyond medical problems and can affect a person’s ability to learn, to get a job, to work, as well as a person’s self-esteem and relationships,” says Rebecca Hill, Certified Dental Assistant at the North Bay Parry Sound District Health Unit (Health Unit). “By building strong oral health habits early in life, we can prevent many future health and well-being challenges—though it’s never too late to start.”

Tooth decay remains one of the most common yet preventable chronic conditions affecting people of all ages. With poor oral health linked to a range of health issues, this month’s provincial awareness campaign encourages everyone to make small, daily changes in their oral health routines that will help with their overall health and well-being.


Everyday Steps to Maintain a Healthy Mouth


Recommendations for good oral health have been consistent over the years, and are still essential:

- Start dental visits by age one;
- Brush twice daily with fluoride toothpaste and clean between teeth every day;
- Visit an oral health professional regularly for check-ups and preventive care;
- Drink water often and limit sugary foods and beverages.


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How Public Health Supports Lifelong Oral Health

Public health professionals at the Health Unit play an important role in helping residents maintain strong oral health throughout their lives by:

- Advocating for policies that improve access to oral health care and reduce inequities;
- Offering dental programs and services for eligible individuals and families;
- Supporting school and early years programs that teach children about good oral hygiene;
- Integrating oral health education into client interactions and community outreach.

As Oral Health Month continues, the Health Unit encourages everyone to take steps to protect their oral health. A healthy mouth is an investment in lifelong well-being, and one of the most powerful tools we have to support a healthier future for our communities.

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Oral Health Services at the North Bay Parry Sound District Health Unit

The Health Unit's dental clinics in Parry Sound and North Bay provide services to children 17 years and under through the Healthy Smiles Ontario (HSO) program, including teeth cleaning, check-ups, dental treatment and urgent or emergency oral health issues. The same care is offered at the clinics to people aged 65 and older who qualify for the Ontario Seniors Dental Care Program (OSDCP), with the addition of referrals for dentures.

The Health Unit Adult Program (HUAP) provides eligible individuals aged 18-64 access to urgent dental care. This includes adults who are enrolled in Ontario Works (OW), Ontario Disability Support Program (ODSP), Non-Insured Health Benefits (NIHB) for First Nations and Inuit individuals or adults who meet income eligibility requirements.


For more information, visit myhealthunit.ca.


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