



ORAL CARE FOR ELDERS/ GCHI-NISHNAABEG

*with their teeth/
wiibdiwaan*

Biigtigong Mno-zhi-yaawgamig
For oral health supplies call:
Dental Hygienist
229-1836 ext 623





A HEALTHY MOUTH CAN:

- contribute to your quality of life.
- help you eat and sleep better.
- reduce infection in your body.
- help manage blood sugars if you have diabetes.
- reduce your risk of heart disease.

VISIT A DENTAL PROFESSIONAL REGULARLY TO:

- check for infection, cancer, cavities/bgishknaabdeyan, gum disease or other problems that could affect your health.
- prevent disease and treat disease early.
- help manage other concerns like dry mouth.

PREVENT ORAL DISEASE:

- Brush your teeth morning (ggizheb) and night (dbikak).
- Clean between your teeth once a day with floss or a small brush.
- Limit sugary snacks and drinks.
- Choose unprocessed foods such as food from the land- moose (mooz), blueberry (miin), wild rice (mnoomin).
- Keep tobacco sacred for ceremony rather than smoking.