

**KEEP SMILING
POSITIVE CHANGES FOR ORAL HEALTH - POSITIVE CHANGES FOR LIFE.**

Calgary Health Region Dental Information – Phone 403-228-3384

Teeth and mouth hygiene are important parts of your overall health and well-being. Having a healthy mouth can influence quality of life throughout our whole life. Studies has shown that poor oral care and high rates of dental conditions like gum disease are associated with increased risks, such as diabetes, heart disease, respiratory diseases, stoke, and pre-term and low-weight births. Children with severe tooth decay may have compromised nutrition, self-esteem and development.

Dental disease is preventable, and regular dental care can help to keep your teeth healthy for a lifetime. The best way to keep your mouth healthy is to prevent problems from happening. Because dental disease is linked to many other diseases, preventative dental care is an important key to general health and well-being.

Dental Care Matters

Help That Is Available To You

Dental care can be costly. Some dental offices will bill your insurance company directly or offer payment options for fees that are not covered by your insurance plan. Ask about billing options with your dentist.

Calgary Health Region Dental Clinics



The Calgary Health Region has three dental clinics that offer low cost dental care for families in financial need and who do not have a group dental plans. Individuals must live within the Calgary Health Region to qualify. Treatment provided at the clinics includes check-ups, X-rays, cleanings, fluoride, sealants, fillings, extractions, some root canals and space maintainers. For more information about **Calgary Health Region Dental Clinics**, please contact **22-TEETH (403-228-3384)**.

Alberta Child Health Benefit

The Alberta government has established programs like the **Alberta Child Health Benefit** plan to help pay for health care bills for families with limited incomes. This plan pays for health services including dental care, eyeglasses, prescription drugs, ambulance services and diabetic supplies. There is no fee to sign up for the program, and children under the age of 19 who are living at home are eligible. For more information, contact **1-877-469-5437** (toll-free).

Simple Things You Can Do To Keep Your Mouth Healthy

There are many simple things you can do to help keep your teeth and mouth healthy. The Canadian Dental Association recommends five steps to good oral care:

1. See your dentist regularly
 - Your dentist and dental hygienist have training to diagnose and treat oral diseases. Regular check ups and cleanings are the best way to prevent problems from occurring and to stop small problems from getting worse.
2. Practice good oral hygiene
 - Brush your teeth and tongue at least twice a day with a soft-bristle toothbrush and fluoridated toothpaste. Floss at least once a day to remove plaque from between your teeth where cavities and gum disease often occur.
3. Eat a well-balanced diet
 - Nutritious food helps to keep your body healthy. Nutrients can help to protect your body from cavities and gum disease.
 - Avoid foods with added sugar that contribute to decay. Habits like drinking beverages with sugar or sucking on mints throughout the day can put your teeth at risk. Each time your teeth are exposed to sugar, there is acid in your mouth that causes tooth decay.
4. Check your mouth regularly
 - If you have an area of your mouth that is bothering you, or if you have noticed a change in your mouth, book an appointment to see a dentist immediately. Early detection of diseases like gum disease (red, swollen gums that may bleed with brushing and flossing), and oral cancer is extremely important.
5. Don't chew or smoke tobacco
 - Smoking and chewing tobacco is dangerous to your overall health. Tobacco can stain your teeth and cause bad breath. Even more importantly, tobacco use is a major cause of tooth loss and is associated with increased risk of several cancers.

The Calgary Health Region is committed to improving access to dental care for residents of Calgary. Accessing regular dental care not only has an important impact on oral health, but also general health. **KEEP SMILING** – Positive changes in oral health... positive changes for life!