



Message from the Medical Officer of Health

After a long, cold and busy winter, I'm sure you are as excited about the arrival of spring as I am. Spring not only brings warmer temperatures and budding flowers, but some important health care awareness events.

April is Oral Health Month. Since good oral health contributes to positive overall health, including cardiovascular, mental and more, it is the focus of this update.

I'd also like to wish you a happy Halton Physician Appreciation Week during the first week of May. On behalf of myself and everyone in the Halton Region Health Department, thank you so much for all you do in keeping our community safe and healthy!



Dr. Hamidah Meghani
Medical Officer of Health, Halton Region

What's new for Halton physicians?



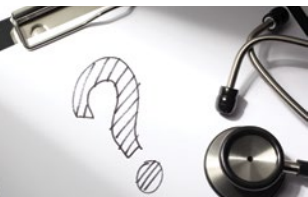
Give your babies something to smile about

During your routine well-baby exams, enhance the health of your youngest patients by adding an oral health assessment and encourage caregivers to book their child's first dental visit before the baby turns one. Encourage all parents to brush their child's teeth at least twice a day.



Help for those who can't afford dental care

Healthy Smiles Ontario (HSO) provides free preventive, routine and emergency dental services to Ontario children and youth 17 years old and under, for families who meet the income eligibility requirements. Encourage all who may need it to apply by visiting halton.ca, calling 311 or visiting ontario.ca/healthysmiles.



Come learn about hot topics in Halton!

Join the Halton Region Health Department at the 2019 Continuing Medical Education (CME) event for physicians, Hot Topics in Halton: Immunization and Sexually Transmitted Infections. Network with your colleagues as you earn two Mainpro+ credits. Register for free at halton.ca or call 311 by March 29. The event is on Wednesday, May 1, 2019 from 5 to 8:30 p.m.



Visit halton.ca to sign up for important health updates emailed to you from the Health Department.

