

MEDIA RELEASE

24 August 2016

Big smiles guaranteed at Inglewood oral health expo

Darling Downs Hospital and Health Service oral health staff members are hoping to brighten the smiles of hundreds of Inglewood residents on Wednesday 7 September.

The Healthy Mouth Healthy Me travelling expo will visit the Lions Park in Inglewood, as a part of its tour across the Southern Downs to spread the message of good oral hygiene and its importance for overall well-being.

The expo will feature a variety of fun activities for children such as storytelling with the tooth fairy and Granite Belt oral health therapist and author, Sue Fleming, face painting, craft activities and science experiments to show the effect of acid on teeth.

It will also feature interactive and informative displays for adults about smoking cessation, healthy lunch box ideas and pregnancy information. Health checks and blood pressure checks will be provided by Inglewood Community Health and information stalls will be held by various community groups including the SES cadets and Ozcare.

Those visiting the expo will also be able to take home a Healthy Mouth Healthy Me cookbook that features a range of nutritious recipes.

Southern Downs senior oral health therapist Lisa Rippon said while the event would be fun for all ages, it had a serious message to share.

“Having an unhealthy mouth can have a serious impact on your overall health,” Lisa said.

“Your mouth is teeming with bacteria and if those bacteria get out of control, then you could see sickness in other parts of your body.

“This is particularly important for anyone who has a chronic illness like diabetes. Chronic diseases can be made more serious, or harder to control, if you have poor oral health.”

A sausage sizzle will be on offer thanks to the local Men’s Shed organisation.

This year’s Healthy Mouth Healthy Me oral health roadshow follows on from successful events that were held across the Southern Downs in 2014.

Healthy Mouth Healthy Me Oral Health expo

When and where?

- Millmerran Indoor Sports Centre, Monday 5 September
- Goondiwindi A & M Lehman Park, Tuesday 6 September
- Inglewood Lions Park, Wednesday 7 September
- Stanthorpe Hospital grounds, Thursday 8 September
- Warwick Leslie Park, Friday 9 September

- All events run from 9am to 3pm

Caption: Warwick senior oral health therapist Lisa Rippon with Will Lydement at the Inglewood Healthy Mouth Healthy Me event in 2014.

Ends

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