

**Media release**

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## **Youth Oral Health champions encourage FREE dental treatment**

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Amera Krivan and Kelsey Watt are passionate about oral health.

The Makoura College students have campaigned on the student council for improved awareness of good oral health and are championing the importance it plays in overall wellbeing. They are encouraging Wairarapa's nearly 18 year olds to make sure they have been along for their final FREE dental check-up and treatment before they turn 18.

Kelsey is particularly keen that youth who have not been seen in the past year should book an appointment.

"Just do it," she says, and Amera agrees. "It's awesome to have free dental care up until age 18, so why wouldn't you make the most of it while you still can!"

Amera and Kelsey will go to Otago University next year, having been accepted into Health Science to lead into dentistry. In learning more about what this would involve, Amera has completed work experience at the Community Dental Clinic (the oral health care service for primary school children, based at Masterton Intermediate School), and Kelsey at WONGS Dental practice in Masterton.

Both are also working part-time at WONGS building up their skills and experience. Asked for their best piece of advice for young people when it comes to looking after their teeth, Amera and Kelsey agreed that making water the drink of choice is top of the list.

"The high sugar content in soft drinks is really damaging when consumed all the time. Water is the best option," they said.

Three tips for a healthy smile:

1. Brushing teeth twice a day with a fluoride toothpaste
2. Flossing regularly, and
3. Having a check-up with your dentist once a year

As champions for good oral health, Kelsey and Amera are wanting to promote the FREE dental care that is available to all youth up until the age of 18. Free care is available at any of Wairarapa's dental practices. Phone one today for an appointment.

ENDS

Photo caption L to R:

Amera Krivan and Kelsey Watt encourage under 18 year olds to take up the free dental care.

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