



Mary Ito, RDH

Mary Ito has been a registered dental hygienist for 26 years. She graduated from Durham College and worked in private practice for 14 years, taught dental hygiene for 2 years, and just celebrated the 10th anniversary of her own independent practice, the Northumberland Dental Hygiene Clinic in beautiful Cobourg, Ontario, where she grew up with 10 brothers and sisters! Mary has been happily married for 28 years and has two grown sons who mean the world to her. For the past 20 years she has enjoyed playing the bagpipes and, for the past 10 years, has held the position of Pipe Major of the Cobourg Legion Pipes and Drums. She is also a founding member of the Northumberland Oral Health Coalition, which works valiantly to remind the provincial government that the mouth is part of the body and fights for access to dental care for seniors and adults living on a fixed income. Mary's motto is Smiles! She feels very fortunate to have chosen dental hygiene as a career and is so grateful to be able to do something she loves.



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