



April 8 - 14, 2012

National Dental Hygienists Week™ **Oral Health For Total Health!**

For immediate release

Dental Hygienists Celebrate Oral Health for Total Health

April 2012 (Ottawa, ON) Eating, speaking and smiling are just a few of the things we do with our mouth that are usually taken for granted. Yet optimal oral health is the cornerstone of overall health and wellness. This may be something to think about, especially since we want our smiles to last a lifetime.

The month of April is Oral Health Month and an important part of this celebration is National Dental Hygienists Week™, April 8-14. Focusing on the importance of maintaining good oral health practices, and helping Canadians understand the role and importance of the dental hygiene profession, this annual event is sponsored by the Canadian Dental Hygienists Association (CDHA), a national organization representing the collective voice of more than 24,000 dental hygienists in Canada. The week's theme, "**Oral Health for Total Health**" reminds all of us that taking care of our mouth, teeth and gums positively impacts on other aspects of our lives.

Dental hygienists are trained professionals who work in a variety of settings with people of all ages to address issues related to oral health. Whether comforting a toddler having their first cleaning or providing care to an adult with periodontal disease, the dental hygienist's goal is to help people learn and practice good oral hygiene and build a healthy foundation for life.

How do you get a healthy, happy smile? Brush, floss, rinse and eat healthy foods - every day! And don't forget to visit your dental hygienist regularly. This combination will have you smiling all the way to a healthier you.

Watch for oral health promotions and events in your community throughout the month of April. More information about good oral health practices, and other updates, articles and resources, are available online at www.cdha.ca/ndhw.

Serving the profession since 1963, CDHA is the collective national voice of more than 24,000 registered dental hygienists working in Canada, directly representing 16,500 individual members including dental hygienists and students. Dental hygiene is the 6th largest registered health profession in Canada.

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THE CANADIAN DENTAL
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