



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

For immediate release (Disponible en français sur la demande)

Media Release

Dental Hygiene at Halloween: Attack Plaque with Tooth-Friendly Treats!

October 28, 2016 (Ottawa, ON) — As witches and wizards prepare to haunt neighbourhoods across Canada on October 31, dental hygienists and our friends Mr. and Mrs. Plaque A. Tack, remind us to be mindful of warding off cavities on Halloween night.

Halloween treats—particularly sticky and chewy candies—can get stuck in the grooves of teeth and increase risk of cavities and tooth decay.

While no one wants to take the “treat” out of trick-or-treating, a little bit of restraint and advance planning can go a long way. As Gerry Cool, president of the Canadian Dental Hygienists Association explains, “Approximately 19,000 children under the age of 6 undergo day surgery each year to treat dental decay. The careful timing of treats, coupled with good oral hygiene habits, can prevent tooth decay and help your child to have a cavity-free Halloween.” Dental hygienists offer the following tips for a tooth-friendly Halloween.

- Choose sugar-free candy and chewing gum, or chocolates and powdery candy (which dissolve quickly in the mouth) over sticky toffees, lollipops or other hard treats. The less time that sugar is in contact with the teeth, the better.
- Consider handing out small toys, stickers, temporary tattoos or glow sticks instead of candy.
- Set a daily limit on treats and remind children to brush their teeth before eating candy.
- Encourage children to drink a glass of water to rinse away the sugar after eating if brushing beforehand is not an option.
- Have your children eat their candy after a meal rather than as a mid-day snack.

More tips are available at

www.cdha.ca/pdfs/newsEvents/advertorial_smart_rinse_halloween_2016_final.pdf

Parents can also continue to encourage good oral health after Halloween by celebrating National Brush Day on November 1. It’s a perfect time to give everyone in the family a new toothbrush and talk about the importance of keeping teeth clean. From the age of 1, everyone should brush their



teeth with fluoride toothpaste for two minutes, twice a day; clean between their teeth; and brush their tongue. Cool adds, "By encouraging proper dental hygiene habits at home and scheduling regular visits with your dental hygienist, you'll help to keep your children smiling all year long!"

Serving the profession since 1963, CDHA is the collective national voice of more than 28,495 registered dental hygienists working in Canada, directly representing 18,000 individual members including dental hygienists and students. Dental hygiene is the sixth largest registered health profession in Canada with professionals working in a variety of settings, including independent dental hygiene practice, with people of all ages, addressing issues related to oral health. For more information on oral health, visit: www.dentalhygienecanada.ca.

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