



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

For immediate release (Offert en français sur demande)

## Media Release

### Dental Hygienists Promote Oral Health for Older Adults

September 28, 2017 (Ottawa, ON) – On October 1, Canadians will celebrate the older adults whose mentoring, leadership, and volunteerism have shaped the nation. National Seniors Day is also a perfect opportunity for dental hygienists to remind this vital segment of our population of the importance of maintaining good oral hygiene habits as they age.

“Thanks to healthier lifestyles and advances in oral and medical care, Canadians are now living longer and keeping their natural teeth,” notes Gerry Cool, president of the Canadian Dental Hygienists Association (CDHA). “Older adults have unique oral hygiene needs that must not be ignored.” For example, seniors tend to develop more cavities on the roots of their teeth than younger adults. In addition, many medications can cause dry mouth, a condition that can contribute to cavities and other oral health problems, including gingivitis, tooth decay, and periodontal disease, which is a risk factor for diabetes, stroke, and lung and heart diseases.

“All older adults should be encouraged to brush natural teeth twice a day with fluoride toothpaste and clean in between the teeth at least once a day. Dentures (full or partial) should be brushed and soaked daily and the gums should be brushed and massaged, either with a soft toothbrush or with a warm, damp cloth,” explains Cool. Free resources on daily denture and mouth care for seniors, and on dry mouth, are available at [www.dentalhygienecanada.ca/seniors](http://www.dentalhygienecanada.ca/seniors) .

Equally important is regular professional dental hygiene care, whether seniors are living on their own or in a long-term care residence. Dental hygienists have the skills, knowledge, and judgement to detect oral conditions early on. They can help older adults develop a daily oral care plan that will ensure optimal oral health and allow them to continue contributing to our communities for years to come.

Serving the profession since 1963, CDHA is the collective national voice of more than 28,495 registered dental hygienists working in Canada, directly representing 19,000 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](http://www.dentalhygienecanada.ca).

– 30 –

Angie D'Aoust, Director of Marketing and Communications  
1-800-267-5235 ext. 134, or by email [adaoust@cdha.ca](mailto:adaoust@cdha.ca)

[www.cdha.ca](http://www.cdha.ca)

