



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

For immediate release (Offert en français sur demande)

## Media Release

### Canadian Dental Hygienists Celebrate World Oral Health Day

March 15, 2019 (Ottawa, ON) — On March 20, Canadian dental hygienists will join in the global celebration of World Oral Health Day, the world's largest awareness campaign on oral health. This year's theme is "Say Ahh: Act on Mouth Health," which encourages people of all ages to take action to prevent oral diseases and protect their overall health.

"Oral health is essential to overall physical, social, and mental well-being," explains Tracy Bowser, president of the Canadian Dental Hygienists Association (CDHA). "It affects our ability to eat, laugh, speak, and smile, and is a risk factor for serious health complications such as diabetes, respiratory and heart diseases, and stroke, if compromised." As primary health care providers, dental hygienists play a vital role in preventing and detecting oral health problems. They examine your head, neck, and mouth at every dental hygiene appointment, make referrals when necessary, and will work with you to develop an oral hygiene plan that will ensure your best overall health possible.

"Given that tooth decay is the single most common and preventable disease in the world," Bowser continues, "Canadian dental hygienists are proud to join in the global effort to reduce the prevalence of oral diseases and help people of all ages to maintain a healthy smile." They remind everyone to "act on mouth health" by brushing teeth twice a day with fluoride toothpaste; cleaning between the teeth once a day; rinsing daily with an antibacterial mouthwash; making healthy food and beverage choices; and eliminating tobacco use. Coupled with regular dental hygiene appointments, strong self-care habits such as these are vital to protecting and preserving good oral and overall health.

Serving the profession since 1963, CDHA is the collective national voice of more than 29,246 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).

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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)

