



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



For immediate release (Disponible en français sur la demande)

## Media Release

### Celebrate your smile this April!

April 2016 (Ottawa, ON) — National Dental Hygienists Week™ (NDHW™) takes place from April 9–15 as part of oral health month in Canada. Why not help your smile shine by making your dental hygienist your partner in disease prevention for better overall health.

Organized by the Canadian Dental Hygienists Association, which serves as the collective voice for more than 26,800 dental hygienists across the country, this awareness week is a perfect opportunity to make oral hygiene a priority in our daily lives. The week's theme is "Oral Health for Total Health," a reminder that taking care of the mouth, teeth, and gums benefits our overall physical and mental well-being.

Dental hygienists are primary health care providers who work in a variety of settings, including independent dental hygiene practice, with people of all ages. Responsible for more than just cleaning teeth, they work with you to develop daily oral care routines, and offer treatment recommendations and disease prevention strategies. Whether calming down toddlers at their first dental visit or providing care to adults with periodontal disease, dental hygienists want to ensure that you have a healthy smile for life. They are your "partners in prevention."

Celebrate NDHW™ by setting new dental health goals for yourself, starting with six simple steps: brush, floss, use an oral rinse, eat a healthy diet, eliminate tobacco use, and see a dental hygienist regularly. Visit [www.cdha.ca/NDHW](http://www.cdha.ca/NDHW) for activities and resources, including a national colouring contest, and watch for oral health promotions and events in your community throughout the month of April.

For more advice on your oral health, talk to your dental hygienist or visit [www.dentalhygienecanada.ca](http://www.dentalhygienecanada.ca).

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