



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



For immediate release (Disponible en français sur la demande)

Media Release

Dental Hygienists Celebrate Your Oral Health in April!

April 2017 (Ottawa, ON) —National Dental Hygienists Week™ (NDHW™) takes place from April 8–14 as part of oral health month in Canada. During that week, which emphasizes “Oral Health for Total Health,” dental hygienists remind us all that taking care of our 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 individualized 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.”

Organized by the Canadian Dental Hygienists Association, which serves as the collective voice for more than 28,495 dental hygienists across the country, NDHW™ kicks off April 8 with Gift from the Heart, a national one-day campaign to provide no-cost preventive dental hygiene services to people who cannot afford professional oral health care. Visit www.giftfromtheheart.ca for more details or to find a location near you. The awareness week will continue with oral health promotions and events in schools, malls, and clinics so watch for signs of purple—the colour of dental hygiene—in your community!

Spring is the season of new beginnings, so why not celebrate your smile this April and make dental hygiene a daily priority in your life, 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 for resources and activities, including our national colouring contest, and join your dental hygienist in celebrating your oral health. For more advice on your oral health, talk to your dental hygienist or visit www.dentalhygienecanada.ca.

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