



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



For immediate release (Disponible en français sur la demande)

Media Release

Protect Your Overall Health by Maintaining Good Oral Health

April, 1 2020 (Ottawa, ON) — April is oral health month in Canada and, while we are all busy doing our part to slow the spread of the coronavirus and keep everyone in our communities healthy, we cannot forget that maintaining good health includes protecting our oral health.

Dental hygienists know that taking care of our mouths, teeth, and gums benefits our overall physical and mental well-being. Under normal circumstances, they would be spreading the “Oral Health for Total Health” message far and wide during National Dental Hygienists Week™, which runs from April 4 to 10. Although their clinics have been temporarily closed and community public awareness events postponed, dental hygienists remain active on social media, reminding us how to establish and maintain good dental hygiene habits at home. It just takes six simple steps: floss, brush, use an antibacterial oral rinse, eat a healthy diet, eliminate tobacco use, and schedule regular dental hygiene appointments once the COVID-19 crisis has subsided.

Sponsored by the Canadian Dental Hygienists Association (the collective national voice for more than 29,500 dental hygienists across the country), National Dental Hygienists Week™ remains a perfect time to focus on our oral health and celebrate the professionals who help us smile brightly every day. Dental hygienists are essential primary health care providers who work with us to develop daily oral care routines and offer treatment recommendations and disease prevention strategies. As health care superheroes, dental hygienists examine our mouth, head, and neck at every appointment and offer preventive treatments such as scaling and root planing, dental sealants, and fluoride. They may also provide dietary recommendations, tobacco cessation counselling, oral cancer screenings and sports mouthguard fittings. There is a lot of expertise behind that mask! If your dental hygienist has made a real difference in your life, either before or since the pandemic began, consider nominating him or her as a health care superhero at dentalhygienecanada.ca/healthcaresuperhero.

Visit www.cdha.ca/NDHW for resources and activities, including our ever-popular national colouring contest for children. For additional information on caring for your oral health, visit www.dentalhygienecanada.ca.

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