



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

For immediate release (Offert en français sur demande)

## Media Release

### Canada's Dental Hygienists Elect New President

October 2, 2024 (Ottawa, ON) — The Canadian Dental Hygienists Association (CDHA) is pleased to announce the installation of its new president, Alexandra Sheppard, at its annual general meeting on Saturday, September 28, 2024. Alexandra is from Alberta and joins president-elect Donna Lee (British Columbia), immediate past president Francine Trudeau (Quebec), and directors Paulette Dahlseide (Alberta), Kaylen Anholt (Saskatchewan), Kathy Yerex (Manitoba), Bev Woods (Ontario), Tayyaba Fiaz (Quebec), Nicole Mainville (New Brunswick), Heather Cassidy (Prince Edward Island), Wendy Wells (Nova Scotia), Cindy Holden (Newfoundland and Labrador), and Tracy Bowser (North) on CDHA's board of directors for 2024–2025.



Alexandra holds a Bachelor of Arts in French Language and Literature with a minor in German Translation, a Diploma in Dental Hygiene, and a Master of Education in Adult and Higher Education, all from the University of Alberta. Over her 31-year career in dental hygiene, Alexandra has worked in private practice, in post-secondary education, and currently holds the position of Clinical Professor and Comprehensive Care Director (Dental Hygiene) in the Mike Petryk School of Dentistry, Faculty of Medicine & Dentistry, University of Alberta.

As president of CDHA, Alexandra looks forward to advocating for dental hygienists across the country to advance the scope of practice in all provinces and to enhance communication between the provincial associations and CDHA. Alexandra hopes to “continue strengthening public recognition of dental hygienists as primary experts in preventive oral care,” empowering the profession to lead the way in making oral health care accessible for all. Alexandra is extremely pleased to see how many people have benefitted from the Canadian Dental Care Plan—now able to seek treatment for oral conditions not available to them before due to financial constraints. She adds: “I have been seeing many patients in clinical practice and the patients are so grateful for the opportunity.”

CDHA is the collective national voice of more than 31,000 dental hygienists in Canada, directly representing 22,000 individual members, including dental hygiene students. Since 1963, CDHA has worked to advance the dental hygiene profession and promote the importance of oral health. Dental hygiene is the sixth largest regulated health profession in Canada with professionals working in a variety of settings, including independently owned dental hygiene practices, providing care for people of all ages, addressing issues related to oral health. For more information on oral health, visit [dentalhygienecanada.ca](https://dentalhygienecanada.ca).

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