



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



For immediate release (Disponible en français sur la demande)

## Media Release

### Brush Up on Your Oral Health Basics This April

April 2026 (Ottawa, ON) — Oral Health Month is a valuable opportunity to focus on building and maintaining good dental hygiene habits that can protect your overall health. To celebrate the month and National Dental Hygienists Week™ (NDHW™), which runs from April 4 to 10, dental hygienists will be visible in communities across the country, sharing the critical message that taking care of our teeth and gums benefits so much more than just our mouths.

NDHW™ is organized by the Canadian Dental Hygienists Association (CDHA) around the “Oral Health for Total Health” theme. As CDHA President Donna Lee explains, “This week is a significant event in the dental hygiene community. It serves as an opportunity to recognize the vital contributions dental hygienists make towards maintaining individuals’ oral health, as well as their overall health and well-being. Throughout Canada, landmarks will be illuminated in purple, representing the core professional values of compassion, purpose, and inspiration within the field of dental hygiene.”

Dental hygiene is the seventh-largest regulated health profession in Canada, and dental hygienists are essential primary health care providers who work in a variety of settings, including independent dental hygiene practices. At every appointment, dental hygienists will remove plaque and hard buildup, called calculus, that can lead to gingivitis and periodontitis, and will monitor the health of your teeth and gums to help spot serious oral health issues, including oral cancer, early. They’ll also provide guidance on proper oral care techniques, effective daily routines, and offer treatment recommendations and disease prevention strategies, all to empower you to better care for your oral and overall health.

Everyday choices make a difference. Because prevention starts at home, in April and beyond, dental hygienists encourage everyone to take these six simple steps for better oral health:

1. Brush your teeth at least twice a day with fluoride toothpaste.
2. Clean between your teeth daily with an interdental device or floss.
3. Use an antibacterial mouthrinse.
4. Make healthy food and beverage choices.

5. Eliminate tobacco use.
6. Visit an oral health professional regularly.

Preventive care is fundamental. Establishing a consistent home oral care routine and scheduling regular appointments with a dental hygienist are essential for maintaining your oral and overall health. Brush up on your oral health knowledge and build good habits by exploring [dentalhygienecanada.ca](https://dentalhygienecanada.ca); visit [dentalhygienecanada.ca/ndhw](https://dentalhygienecanada.ca/ndhw) for fun, educational resources and activities, including our national colouring contest for children.

NDHW™ Sponsored by:



**About the Canadian Dental Hygienists Association (CDHA):**

CDHA is the national voice of dental hygienists in Canada. Representing over 35,000 dental hygienists across the country, CDHA advocates for the advancement and promotion of the dental hygiene profession while maintaining a commitment to the public's oral health. Dental hygiene is the seventh-largest regulated health profession in Canada, with professionals working in a variety of settings, including independent dental hygiene practice, serving people of all ages and addressing issues related to oral health. For more information on oral health, visit [dentalhygienecanada.ca](https://dentalhygienecanada.ca). For more information on the work of CDHA, visit [cdha.ca](https://cdha.ca).

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