



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

For immediate release (Offert en français sur demande)

Media Release

COVID-19 Caution Continues but Dental Hygiene Care is Back!



August 6, 2020 (Ottawa, ON) — Now that dental offices across Canada have begun reopening, dental hygienists encourage you to resume your preventive dental hygiene care. Over the past few months, the COVID-19 pandemic has disrupted many of our health and wellness routines, including daily at-home oral hygiene. Coupled with dietary changes, such as increased consumption of sugary foods and drinks, less frequent brushing and flossing put the health of our teeth and gums at risk.

Now more than ever, it is important for people of all ages to re-establish regular professional and home oral hygiene routines. “Preventive oral care is essential to overall physical, social, and mental well-being,” explains Leanne Huvenaars, president of the Canadian Dental Hygienists Association (CDHA). “Research shows that, when plaque accumulates on your teeth, it can lead to periodontal (gum) disease, which is associated with serious illnesses, such as cardiovascular and respiratory diseases, diabetes, and stroke.” As essential primary health care providers, dental hygienists help to prevent and detect oral health problems. They examine your head, neck, and mouth at every appointment, remove calculus and stains, apply fluoride and sealants to prevent and stabilize cavities, and make referrals when necessary.

While most dental hygienists work in traditional dental offices, a growing number have established offices of their own or operate mobile dental hygiene practices allowing them to come directly to their clients. CDHA maintains a national directory of independent dental hygienists at dentalhygienecanada.ca, which can help connect you to an independent dental hygiene practitioner near you. Regardless of where your next dental hygiene appointment takes place, however, you will notice enhanced infection prevention and control protocols in place for your protection. “Dental hygienists are committed to safeguarding your oral and overall health in every way,” notes Huvenaars. “They are following strict provincial COVID-19 guidelines and regulations at all times.”

Your oral health is important. By visiting your dental hygienist regularly, practising good oral hygiene habits, eliminating tobacco use, and avoiding sugary snacks and drinks, you can increase your chances of enjoying good oral and overall health as you age. Make an appointment with your dental hygienist and also be sure to follow our [COVID-19 oral health care recommendations](#).

CDHA is the collective national voice of more than 29,251 dental hygienists in Canada, directly representing 20,000 individual members, including students. Since 1963, CDHA has worked to advance the profession and promote the importance of oral health. Dental hygiene is the sixth largest registered health profession in Canada with professionals working in a variety of settings, including independent dental hygiene practice, with people of all ages, addressing issues related to oral health. For more information on oral health, visit www.dentalhygienecanada.ca. To find an independent dental hygienist in your area go to <http://www.dentalhygienecanada.ca//findAnIDH>.

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