



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

For immediate release (Disponible en français sur la demande)

Media Release

Dental Hygiene and Your Diet

March 26, 2014 (Ottawa, ON) — March is National Nutrition Month and a perfect opportunity for dental hygienists to remind Canadians of the important link between proper nutrition and oral health.

Dental hygienists see first-hand how poor diet and nutrition can affect a person's oral and overall health. Foods high in sugar or acid can lead to an erosion of tooth enamel and contribute to tooth decay and periodontal disease, which in turn has been identified as a risk factor for more serious illnesses such as diabetes, lung and heart diseases, and stroke. "Eating well-balanced meals is an important part of maintaining both oral health and general health," states Mary Bertone, president of the Canadian Dental Hygienists Association (CDHA). "The foods that we eat provide essential nutrients that our teeth and gums require to resist oral diseases."

Dental hygienists—your partners in prevention—will work with you to identify healthy food and beverage choices during regular dental visits. They also offer the following general tips to keep your mouth and body healthy.

- Make water your beverage of choice
- Eat foods from all four food groups, as recommended in *Canada's Food Guide*
- Avoid sugary snacks, carbonated beverages, and chewy, sticky foods
- Follow the 2 for 2 rule; brush 2 times a day for 2 minutes
- Floss between your teeth and use an antiseptic mouthwash daily

"By making a commitment to healthy eating and good oral hygiene today," Bertone continues, "you'll be able to flash a healthy smile for a lifetime."

Serving the profession since 1963, CDHA is the collective national voice of more than 26,800 registered dental hygienists working in Canada, directly representing 17,000 individual members including dental hygienists and students. Dental hygiene is the 6th largest registered health profession in Canada with professionals working in a variety of settings, including independent practice, with people of all ages, addressing issues related to oral health. For more information on oral health, visit: www.dentalhygienecanada.ca

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