



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



For immediate release (Disponible en français sur la demande)

Media Release

Embrace Your Oral Health April 6–12: National Dental Hygienists Week™

April, 2014 (Ottawa, ON) — April is Oral Health Month in Canada, and an important part of the celebration is National Dental Hygienists Week™ (NDHW™), which takes place from April 6–12. Sponsored by the Canadian Dental Hygienists Association (CDHA), a national organization representing more than 26,800 dental hygienists across the country, NDHW™ is a perfect opportunity to take up the challenge of making oral hygiene a priority in your daily life. The week's theme is "Oral Health for Total Health," and it reminds us that taking care of our mouth, teeth, and gums positively impacts our overall health and well-being.

Dental hygienists are valuable partners in prevention. They represent the sixth largest registered health profession in Canada, and they work in a variety of settings, including independent practice, with people of all ages. Responsible for more than just cleaning teeth, dental hygienists are primary health care providers whose goal is to educate and empower Canadians to embrace oral health as an essential component of their overall health and well-being. Whether calming down toddlers at their first cleaning or providing care to adults with periodontal disease, the dental hygienist is a trained professional who wants to help you build a foundation for a healthy, happy smile for life.

Celebrate NDHW™ by setting new dental health goals for yourself, starting with six simple steps: brush, floss, use an oral rinse, eat a healthy diet, eliminate tobacco use, and see a dental hygienist regularly. Visit www.cdha.ca/NDHW for activities and resources, including a national colouring contest, and watch for oral health promotions and events in your community throughout the month of April.

For more advice on your oral health, talk to your dental hygienist or visit www.dentalhygienecanada.ca.

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