



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

For immediate release (Offert en français sur demande)

Media Release

Dental Hygienists Urge Canadians to Say No to Tobacco

May 29, 2017 (Ottawa, ON) — Dental hygienists will mark World No Tobacco Day on May 31 by reminding Canadians of the serious health risks associated with tobacco use.

Smoking is recognized as a risk factor for heart disease, stroke, and lung cancer, and is now the leading preventable cause of death in Canada. Since the harmful chemicals in tobacco products pass through the oral cavity, the effects of tobacco use are seen first-hand by dental hygienists. "Tobacco use can lead to gum disease, staining, bad breath, and it puts individuals at greater risk for mouth and throat cancers," explains Gerry Cool, president of the Canadian Dental Hygienists Association (CDHA). "Dental hygienists play a critical role in screening for oral cancers, making referrals when necessary, and in educating all Canadians on the importance of maintaining a tobacco-free lifestyle."

As experts in oral health promotion and disease prevention, dental hygienists across the country support the global effort to reduce tobacco consumption, recognizing the positive impact that it will have on both oral and overall health. "Your dental hygienist will work with you to develop a good oral care plan and can offer proven tobacco cessation strategies to protect your health over the long term," Cool adds. Schedule your dental hygiene visit today and learn how you can begin to say no to tobacco!

Serving the profession since 1963, CDHA is the collective national voice of more than 28,495 registered dental hygienists working in Canada, directly representing 18,000 individual members including dental hygienists and students. 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.

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