



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

For immediate release (Disponible en français sur la demande)

## Media Release

### Quit Smoking With Help From Your Dental Hygienist

January 15, 2016 (Ottawa, ON) — This National Non-Smoking Week (January 17–23) dental hygienists remind all Canadians of the critical need to eliminate tobacco use for optimal oral and overall health. According to the World Health Organization, smoking is the leading preventable cause of death. They estimate that one billion people will die from tobacco-related diseases in the 21st century.

While most people know that smoking is a risk factor for heart disease, stroke, and lung cancer, they may be unaware that its negative effects are often first seen in the mouth. “Tobacco use can lead to gum disease, staining, bad breath, and it puts individuals at greater risk for mouth and throat cancers,” explains Donna Scott, president of the Canadian Dental Hygienists Association (CDHA). “Quitting smoking has immediate and long-term benefits, and dental hygienists play a key role in supporting individuals to eliminate tobacco use.”

National Non-Smoking Week is one of Canada’s longest running health promotion initiatives, and dental hygienists take pride in supporting this campaign and others to save lives. “Dental hygienists are your partners in prevention. They will work with you to develop an oral health care plan that includes regular dental hygiene visits and routine oral cancer screenings,” continues Scott. “Strive for a healthier, tobacco-free you by visiting your dental hygienist today.”

Serving the profession since 1963, CDHA is the collective national voice of more than 26,800 registered dental hygienists working in Canada, directly representing 17,500 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](http://www.dentalhygienecanada.ca).

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