



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

For immediate release (Disponible en français sur la demande)

Media Release

Dental Hygienists Take Your Oral Health to Heart

February 14, 2023 (Ottawa, ON) — February is Heart Month in Canada and a perfect opportunity to raise awareness of the risks of heart disease and stroke and the importance of making better lifestyle choices for optimal health. Dental hygienists are strong supporters of this public education campaign and remind everyone not to overlook their oral health when seeking to improve their physical well-being.

According to the Heart and Stroke Foundation of Canada, 80% of cases of premature heart disease and stroke are preventable through healthy living, eating, and daily habits. While quitting smoking and enjoying foods rich in vitamins A, C, and D are well-known strategies for reducing risks, developing a good daily oral care routine is also important. As Canadian Dental Hygienists Association (CDHA) President Anne Caissie explains, “There are millions of bacteria in the mouth. Poor oral hygiene allows these bacteria to grow and spread into the bloodstream, where they may contribute to clogged arteries. Just as bad, if these bacteria reach your heart, they can cause a serious infection called endocarditis.”

Dental hygienists in Canada, essential primary health care providers, can help you understand the connections between oral and heart health at your next appointment. Until then, you can read up on the risks at www.dentalhygienecanada.ca/hearthealth and protect your oral and overall health by following five simple steps:

1. Brush your teeth twice a day for two minutes with a fluoride toothpaste.
2. Clean between the teeth and rinse with an antibacterial mouthrinse daily.
3. Eat healthy foods and avoid sugary treats.
4. Eliminate tobacco use.
5. Visit your dental hygienist regularly.

CDHA is the collective national voice of more than 31,000 dental hygienists in Canada, directly representing 21,000 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 regulated 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 dentalhygienecanada.ca.

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