

Pay attention to your oral health for total health and well-being



While many of us think that the worst outcome of poor dental hygiene is tooth loss, research shows a direct link between oral health and our overall physical, social, and mental well-being. Dental hygienists remind everyone to pay attention to proper care in our mouths otherwise neglect will impact negatively on the quality of life.

In fact, these primary health care providers do more than just encourage us to brush, floss, and rinse daily. Dental hygienists suggest they are our ‘partners in disease prevention’. They play a vital role in detecting and treating more serious issues in the mouth. Prevention today offers protection for tomorrow they point out. When was your last visit? Additional information on this topic is available online at www.dentalhygienecanada.ca.