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Roma Czech, Midland, Ontario

Roma is an outstanding dental hygienist. Not only does she educate me and my family about good oral practices, but she also donates her time, skills, and passion to many community projects for those who are disadvantaged or just having a life challenge. Her heart is bigger than the 200 brush strokes a minute my electric brush could do any day. She is the heart and soul of our community and a great ambassador for her profession.

Roma is the best hygienist I have gone to. She explains everything, and I've learned so much about oral hygiene since going to her. You can tell she is passionate about her job and really enjoys helping people maintain good oral hygiene.

I was always terrified of dentist offices because of a traumatic childhood experience. After 20 years of no dental care I went to Roma based on her reputation and I was not disappointed. She put me at ease from the moment I entered her office and she explained everything she was going to do. Most of all, she did not hurt me! I now go for regular hygiene appointments and look forward to seeing her. She is the best!

Roma is definitely a dental hygienist superhero!! She helps my husband and me keep our teeth and gums healthy with excellent care and excellent advice. Roma is helping us keep our original teeth (we're both over 60) rather than having to turn to dentures.

Roma 100% believes that oral health dictates overall health. She has come to my rescue more times than I can count. She even wears a cape to do community events!

DO YOU KNOW A DENTAL HYGIENE SUPERHERO?



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I feel that the hygienists in the trenches need to be recognized for what they are doing on the front lines where there is a fast work pace, high demands, and they have far less control over their work days and situations. They do not get coffee breaks and often a minimal lunch, they stay past the hours of the clinic doing all the patients notes, they rush around flipping their rooms between patients, complying with all the regulations, dealing with all different types of patients—THAT IS THE REAL WORLD. Roma, who is an independent RDH clinician, lives in this world. She is an advocate for MANY dental hygiene related issues. During the COVID-19 pandemic, she delivered HER gloves to a long-term care facility. She is also actively serving as a voice for the working dental hygienists of Ontario as a member of the CDHO board of directors. She feels she needs to be involved with the college to help them keep a perspective on the working dental hygienist's life. It has not been an easy road; Roma just completed her degree as well and is attending Queen's University online doing the infection control program that had a 2-year wait list. This woman is the epitome of what an RDH should be.

Roma Czech is so inspiring with her dedication to the profession of dental hygiene in Canada that I HAD to nominate her!! You can find Roma working at her independent and mobile practice with over 1,000 clients—Dental Hygiene with Roma—in Midland, Ontario. Roma has been seen as far as Egypt (online) engaging the public in oral health awareness and wearing outrageous costumes. She is a Super Hygienist complete with cape, utility belt, and fluoride shield of protection!

Roma is the Canadian Tooth Fairy wearing a fur coat and Sorel boots. Roma can also be found representing the working dental hygienist on the College of Dental Hygienists of Ontario council; she contributes to meetings by sharing the reality and perspective of a working dental hygienist. Roma has also been a peer mentor and donated her time and more for over 10 years to GFTH (Gift from the Heart). She is also a motivational speaker and proud Rotarian, and she has been nominated four times for Meridian Woman of Excellence! Roma can also be found dedicating her time as a board member of the Midland & District Business Women's Association, president of the Midland chapter of BNI, and board member of Empower Simcoe. If you can't find her at any of those positions, you can find her studying to complete her BSc or at Queens University where she is studying online for a certificate in infection prevention and control. Honestly, this dental hygienist, also known as the Tooth Fairy, is a super hygienist!!



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