



# Oral Health for Better Overall Health

## Dental Hygiene... For Life

Achieve and maintain good oral health by doing the following:

1. Brush for two minutes, twice a day with fluoride toothpaste.
2. Remove plaque and food debris that accumulate between your teeth with floss or special brushes.
3. Rinse using an antiseptic mouthwash.
4. Make healthy food choices. Consult *Canada's Food Guide* for more information.
5. Strive to be tobacco free. Dental hygienists are cessation experts—we can help!
6. Limit alcohol consumption.
7. Have your children vaccinated against the human papillomavirus (HPV).
8. Visit your dental hygienist regularly.

## Dental Hygienists...Your Partners in Prevention

Dental hygienists provide individualized oral health care to their clients. During your appointment your dental hygienist will:

- Examine your teeth, mouth, head, and neck
- Work with you to develop goals and plan appropriate care to meet your oral health needs
- Remove calculus and plaque from your teeth (periodontal therapy)
- Take x-rays (radiographs)
- Apply fluoride to prevent tooth decay
- Offer support for healthy lifestyle choices in the form of smoking cessation strategies, nutrition counselling, and oral cancer screening
- Monitor your progress in achieving optimal oral health



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