

ORAL HEALTH CARE: A FEW FACTS

Most acid production which contributes to tooth decay occurs within 20 minutes of eating. That's why it is best to brush right after eating. Brushing cleans only the most exposed tooth surfaces. Flossing is needed to clean the areas where your toothbrush cannot reach.

Brushing and flossing incorrectly may do more harm than good. Dental hygienists can teach you how to effectively use the toothbrush, dental floss and other cleaning aides without causing excessive wear to the teeth and gums.

Mouthwash can help to reduce the bacteria count in your mouth. Rinsing should be part of your daily routine.

A vigorous mouth rinse with water may help dislodge food particles and dilute stain-causing materials. Although not a replacement for brushing, rinsing is recommended when you cannot brush.

Fluoride reduces tooth decay. Toothpaste containing fluoride is recommended, especially for children and the elderly.

The incidence of oral cancers is on the rise. One factor is the increasing use of chewing tobacco. Any use of tobacco should be avoided.

Sport injuries often involve damage to the teeth. When engaging in rugged sports, a mouthguard should always be worn. Ask us about having a custom mouthguard made for you.

A beautiful smile is up to you! In addition to regular oral hygiene visits, it is important that you eat a balanced diet and make sure to floss and brush each and every day.

TWO GREAT OFFICES. ONE AMAZING TEAM.

Setting The Standard In Oral Health Care

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Madoc, ON K0K 2K0

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DESERONTO

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OR CALL TO BOOK
YOUR APPOINTMENT**

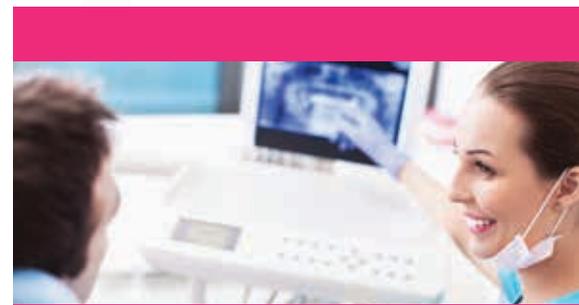
www.impressionsdentalcentres.com



**IMPRESSIONS
DENTAL CENTRES**

DENTAL HYGIENISTS

Your Patient Guide



DID YOU KNOW?

There are over 27,000 registered dental hygienists practicing in Canada today, making it one of the largest of the regulated health care professions.



**IMPRESSIONS
DENTAL CENTRES**

THE IMPORTANCE OF GOOD ORAL HEALTH

- ❖ **DENTAL HYGIENISTS ARE RESPONSIBLE**
for helping to prevent gum disease and tooth decay. They work with you to help keep your mouth healthy and in doing so they make an important contribution to your overall health.
- ❖ **PERIODONTAL (GUM) DISEASE**
is one of the most common diseases in humans. It's an infectious condition that can result in the inflammatory destruction of gum tissue and bone.
- ❖ **INFECTION FROM BLEEDING GUMS**
if left untreated, can travel through the blood stream thereby increasing your chances of heart diseases, stroke, diabetes, respiratory diseases and pregnancy disorders.
- ❖ **THE LINK BETWEEN ORAL INFECTIONS**
and other diseases in the body is becoming well documented and accepted within the health care community.
- ❖ **IT UNDERSCORES THE IMPORTANCE**
of good oral hygiene and the role dental hygienists play in preventing oral disease.



YOUR PARTNERS FOR GOOD ORAL HEALTH!

Be sure to talk to your dental hygienist today to customize your home care program, or to learn more about our oral health programs!

DENTAL HYGIENISTS: IN PROFILE

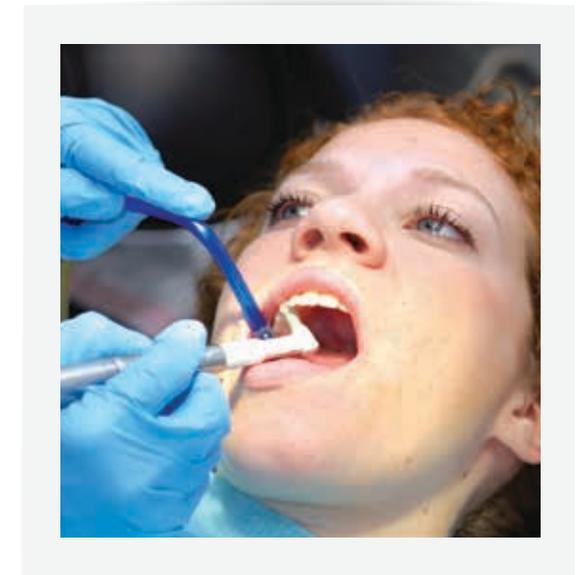
Dental hygiene has been recognized and practiced as a profession in Canada for more than half a century.

- Currently, there are approximately 27,000 registered dental hygienists practicing in Canada today. This makes dental hygiene one of the largest of the registered health professions.
- Dental hygienists are concerned primarily with the promotion of good oral health.
- As members of the oral health care team, dental hygienists are responsible for professional treatment that helps to prevent periodontal disease (gum disease) and dental caries (cavities). Dental hygienists are not just teeth cleaners - they also assess, plan and implement treatments, and evaluate individual oral care needs.
- In Ontario, dental hygienists have completed either two years of post secondary education at a community college or baccalaureate program at a university; they are regulated by the College of Dental Hygienists of Ontario and must follow the standards of practice and meet ongoing quality assurance requirements.
- Dental hygienists are most often employed by dentists and work in private dental offices. However, a growing number of dental hygienists are choosing careers in public health, education, hospitals, research, dental product development and promotion, and specialty services for those in long-term care facilities of the homebound.
- Although hygienists may not diagnose diseases, they can prepare clinical and laboratory diagnostic tests for the dentist to interpret and often work chairside with the dentist during treatment.

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The occurrence of tooth decay is decreasing among young people but is increasing among seniors since more and more seniors are retaining their natural teeth. Regular dental check-ups are needed throughout your lifetime.

Dental check-ups include examination of your teeth as well as all tissues in and around your mouth. Even people with dentures need to have their mouths examined regularly.



The health of your teeth and gums is linked directly to your overall health. For good oral health, follow Canada's Food Guide.

Between-meal snacking can contribute to tooth decay. Choose nutritional snacks that do not promote tooth decay.

Certain foods such as apples and raw carrots have a natural cleansing action on teeth, making good snacks.