

Your BC Dental Hygienist ~ Helping you Smile for Life!



Who we are...

BC dental hygienists are self-regulated primary healthcare professionals whose education and training focus on the prevention and treatment of oral diseases and the promotion of oral health. We work closely with individuals, communities, organizations, and governments to prevent and treat tooth, gum and mouth diseases that affect people's quality of life and overall health. Dental hygienists are experts when it comes to the diagnosis and treatment of periodontal (gum) disease.

Dental hygiene care is safe, effective, and important for people of all ages and stages of life, including pregnant women, toddlers, and the elderly

What we do...

- Perform an oral health assessment to diagnose existing conditions and identify your treatment needs
- Screen your mouth for oral cancer and other conditions
- Screen your teeth for signs of weakened enamel & wear
- Expose, process, and review dental x-rays
- Use specialized instruments to remove dental plaque and tartar from above and below the gum line of teeth
- Administer local anaesthetic
- Desensitize sensitive surfaces
- Remove undesirable stain from teeth
- Apply fluoride and other cavity-preventing agents
- Place preventive dental sealants
- Place temporary fillings
- Support orthodontic care in collaboration with a dentist*
- Provide nutritional counselling to cavity-prone individuals
- Fabricate custom athletic mouth guards
- Provide individualized product recommendations & instructions to help you keep your mouth healthy
- Regularly evaluate your dental hygiene care and progress
- Work collaboratively with other health professionals to best meet your needs

* with additional education

For more information...

Speak with your Registered Dental Hygienist, or contact:

British Columbia Dental Hygienists' Association

Tel: (604) 415-4559, 1-888-305-3338,

Website: <http://bcdha.com/>

E-mail: info@bcdha.bc.ca

Where we practice...

- Alongside dentists in dental offices
- In schools and daycare centres
- In hospitals and community health centres
- In the Canadian Forces
- As educators in universities/colleges
- As industry leaders with major dental companies
- As administrators and public dental health promoters within regional health programs
- In clinics owned and operated by dental hygienists
- In assisted living and long term care facilities
- In people's homes

Yes, that's right...we even make house calls!

Facts about Periodontal Disease...

- A preventable bacterial infection that can cause permanent damage to the gums, soft tissue, and bone that support your teeth
- Major cause of tooth loss in adults
- Affects approx. 7 out of 10 adults (Canadian Dental Association, 2013)
- Often painless so can go undetected
- Early warning signs: red, swollen gums that bleed when brushing or flossing, sensitive teeth, bad breath, receding gums, and/or a metallic taste in your mouth
- Puts you at increased risk for heart attacks, strokes, diabetes, pneumonia, and more!
- Can be treated, and controlled with professional dental hygiene treatment and proper daily oral care



YOU can prevent Periodontal Disease...

Floss, brush, rinse, & visit your Dental Hygienist regularly!