A Smile

- It is the same in all languages
- It opens closed doors
- It reflects your soul
- It reveals your health status
- It is meant to last a lifetime

Ask a Dental Hygienist, “What Can I Do to Keep My Smile Healthy?”

National Dental Hygienists **Association Members**

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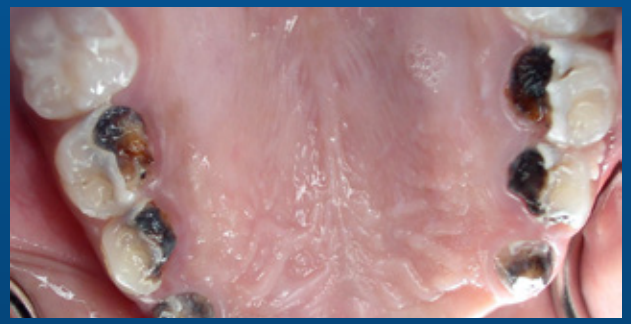
Dental Hygienists

Protecting Smiles Around The World

Dental Disease is Painful and Expensive



Good News - It is Preventable!

Dental hygienists are your first line of defense against dental disease. They are the prevention specialists of the dental team and can provide education and services that will enable you to take control of your oral health and maintain it.

- Start Early – first visit by one year of age to learn the best ways to start healthy and stay healthy.
- Make regular dental hygiene visits a lifetime habit.

A Dental Hygienist

What is a dental hygienist?

Dental hygienists are educated and trained members of the health care team who support the important role of preventing disease and treating disease as part of maintaining good overall health.

Across the world there are approximately 500,000 dental hygienists in over 30 countries who are providing care for children and adults of all age groups.

What does a dental hygienist do?

A dental hygienist provides a range of services and education to support the overall health of their clients. Besides individualized home care, these may include, but are not limited to:

1. Assess a person's health and oral health status and disease risk to create a dental hygiene treatment plan
2. Provide dietary advice to reduce the risk of tooth decay and erosion
3. Evaluate and treat periodontal (gum) disease
4. Remove dental plaque, calculus (tartar) and staining to reduce the risk of common dental diseases
5. Apply fluoride or other material to help prevent tooth decay and/ or stop tooth decay
6. Help reduce halitosis (bad breath)
7. Support smokers and tobacco users who wish to quit
8. Work in nursing homes, schools, clinics, assisted living facilities, dental offices, and numerous other settings

Maintaining a healthy lifestyle, effective home care and regular visits with a dental hygienist are essential to maintaining a smile for a lifetime!