

BRUSH, FLOSS, RINSE AND REPEAT! DENTAL HYGIENE MONTH 2021

October 8, 2021- October is National Dental Hygiene Month and this month District Health Department #10 (DHD#10) is recognizing the work Dental Hygienists do to instill good oral practices in patients across the country, including DHD#10's very own Dental Health Educator, Elizabeth Johnson, RHD.

Dental Hygienists screen patients for dental disease, clean teeth, and advise on good oral care practices. While Dental Hygienists deserve their time to shine in the spotlight, the best way to celebrate Dental Hygiene Month is to "put your toothpaste where your mouth is" and practice good oral health!

Did you know, the first bristle toothbrush didn't make its appearance in our bathrooms until 1948?

Below are some tips from the Centers for Disease Control and Prevention (CDC) on how teenagers and adults can put oral health into practice during National Dental Hygiene Month:

- Drink fluorinated water and brush with fluoride toothpaste.
- Practice good hygiene by brushing teeth thoroughly twice a day and flossing daily.
- Visit your dentist at least once a year.
- Do not use tobacco products. If you smoke, quit.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease, decreasing risks of complications including gum disease.
- See your doctor or a dentist if you have sudden changes in taste and smell.

Remember, it's never too late to change unhealthy habits into healthy habits and Dental Hygiene Month may be the perfect time to head to the store, pick up that new toothbrush you always wanted, and to floss! Stay up to date on the latest information about your [oral health](#).

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families America, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.



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