



**District Health  
Department #10**  
Healthy People, Healthy Communities



## NATIONAL DENTAL HYGIENE MONTH

October 23, 2023 – District Health Department #10 (DHD#10) is recognizing the work Dental Hygienists do to instill good oral practices in patients across the country during National Dental Hygiene Month.

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.

To learn more about Dental Hygiene through DHD#10, please visit:  
<https://www.dhd10.org/parents-families/dental-health-clinics/>.

###



### MEDIA CONTACT

Nicholas Eckhart  
Public Information Officer  
O: 616-500-0246  
C: 575-405-9082  
E: neckhart@dhd10.org



### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



[www.facebook.com/DHD10](https://www.facebook.com/DHD10)



[districthealthdept10](https://www.instagram.com/districthealthdept10)



Proud member of  
the [Northern  
Michigan Public  
Health Alliance](#): 7  
local health  
departments  
advocating for  
public health.

