October is National Dental Hygiene Month

Morgantown, WV – October 7, 2016

For the seventh straight year, the American Dental Hygienists' Association (ADHA) will be celebrating National Dental Hygiene Month (NDHM). NDHM is a time to remind the public of the importance of good oral health and to acknowledge the important role that the dental hygienist plays in preventative oral health care and patient education.

One of the cornerstones of good oral health is the Daily 4 (Brush, Floss, Rinse and Chew).

**BRUSH**

Proper tooth brushing for two minutes two times a day helps prevent tooth decay and periodontal disease.

**FLOSS**

Daily flossing or use of other interdental cleaning methods removes food particles that a toothbrush can't reach. Patients need to be aware that lack of adequate care in these areas can lead to tooth decay and periodontal disease.

Flossing may not be right for everyone, so it is important for the patient to work with the dental hygienist to identify the interdental cleaning method that best suits his or her oral health needs.

**RINSE**

Rinsing with an antimicrobial mouth wash helps eliminate bacteria that brushing and flossing cannot. Patients should work with their dental hygienist to determine which antiseptic mouth wash is right for them.

**CHEW**

Chewing sugar-free gum after meals and snacks helps protect teeth. Chewing stimulates the salivary glands to increase their flow rate by up to 10 times during the first few minutes of chewing. This helps clean out food particles and neutralizes acid on the teeth.
Whitney L Holmes, Registered Dental Hygienist, said “Oral health is the foundation for overall health. Dental hygiene, believe it or not, affects a person’s entire body. Poor oral hygiene increases the number of bacteria in the body, which can lead to various infections, diseases, and multiple health problems.”

“As dental hygienists, we are proud to think of ourselves as educators and we want to make sure our patients have the tools and knowledge to keep their teeth as healthy as possible. As a dental hygienist myself, I love to interact and build lifelong relationships with my patients and their families. “

MCHD Dentistry recommends that everyone should get a routine dental checkup every six months. For more information, call MCHD Dentistry at 304-598-5108 or visit the website at www.monchd.org for more information about our programs or to schedule an appointment.

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