



October is National Dental Hygiene Month

- **Celebrate healthy smiles:** October is National Dental Hygiene Month, an opportunity to recognize dental hygienists and remind our community about the importance of preventive oral care.
- **Make oral hygiene a daily habit:** The CDC recommends brushing twice a day with fluoride toothpaste and flossing daily to help prevent cavities and gum disease.
- **Remember your whole-body health:** Good oral health is connected to overall health. Regular dental checkups and professional cleanings can help identify problems early and support lifelong wellness.

For more information please visit the ADHA website:

<https://www.adha.org/national-dental-hygiene-month-2026/>

Thank you,

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