

SODC INSIDER

National Dental Hygienists Week: Guardians of the Gumline

In this issue:

- Celebration Time! Put your Purple On
- A message from SODC's CDHA Rep
- Beyond the Op
- Study Tips
- SODC Events

Arielle F.
SODC's Senior CDHA Rep

THE ROOT OF THE MATTER:

Celebrating National Dental Hygienists Week 2026

Each year during the second full week of April, we celebrate CDHA's National Dental Hygienists Week, a time dedicated to recognizing the vital role Dental Hygienists play in promoting oral health and overall wellness. Dental hygienists are preventive care specialists, educators, and patient advocates who help individuals maintain healthy smiles for life.

From providing thorough clinical care to educating patients about the connection between oral and systemic health, Dental Hygienists are essential members of the dental team. Their commitment to prevention, compassion in patient care, and dedication to lifelong learning make a lasting impact in practices and communities alike.

As we celebrate this special week in 2026, we proudly honour the skill, professionalism, and heart that Dental Hygienists bring to the profession every day. Thank you for the difference you make—one patient, one smile at a time.

Basic 101 Tips

1. Brush twice a day for two full minutes

Use a soft-bristled toothbrush and fluoride toothpaste.

2. Remember to floss (or interdental cleaning)

Floss once daily to remove plaque between teeth where a toothbrush cannot reach. Alternatives like interdental brushes, soft picks, or water flossers can be recommended based on patient needs.

3. Replace your toothbrush regularly

Change your toothbrush (or electric brush head) every 3–4 months—or sooner if bristles are frayed.

4. Clean your tongue

Bacteria can accumulate on the tongue and contribute to bad breath. Use a tongue scraper or gently brush your tongue daily.





STUDENT SPOTLIGHT

Arielle F.

Term 4 Dental Hygiene Student

Student Council President, Health and Safety Representative, and Senior CDHA Representative

I am a term 4 Dental Hygiene student. In addition to being Student Council President, I serve as the Senior Student Representative for the Canadian Dental Hygienist Association. My role as Senior Representative has provided me the opportunity to firsthand information and resources regarding the dental hygiene practice. From the federal loan repayment program to understanding revisions to the scope of dental hygiene practice in Ontario, I have gained valuable insights that I can share with my peers as we prepare to enter the profession. I am also part of a national community of Dental Hygiene students, where we exchange ideas, programs, and information that enhance our education. As an international student, my time in Canada is coming to an end, but the experiences SODC and CDHA have provided will be instrumental in shaping me into the Dental Hygienist I aspire to become.

Beyond the OP

Q: What does National Dental Hygienists Week mean to you as a practicing dentist?

A: As a practicing Dentist today, I see that Dental Hygienists play a much more expanded role than they did in the past. They contribute significantly to patients' health and overall well-being. I'm very excited about the impact they continue to make. Working with open-minded Dental Hygienists makes the dental profession more collaborative and deeply rewarding.

Q: How has the role of dental hygienists evolved since you began practicing?

A: Dental Hygienists have always been an integral part of the dental team. Today, however, they can also practice independently and contribute to many different areas of the profession. These include research, education, sales, management, administration, and public health, among others.

Q: What trends do you see shaping the future of dental hygiene?

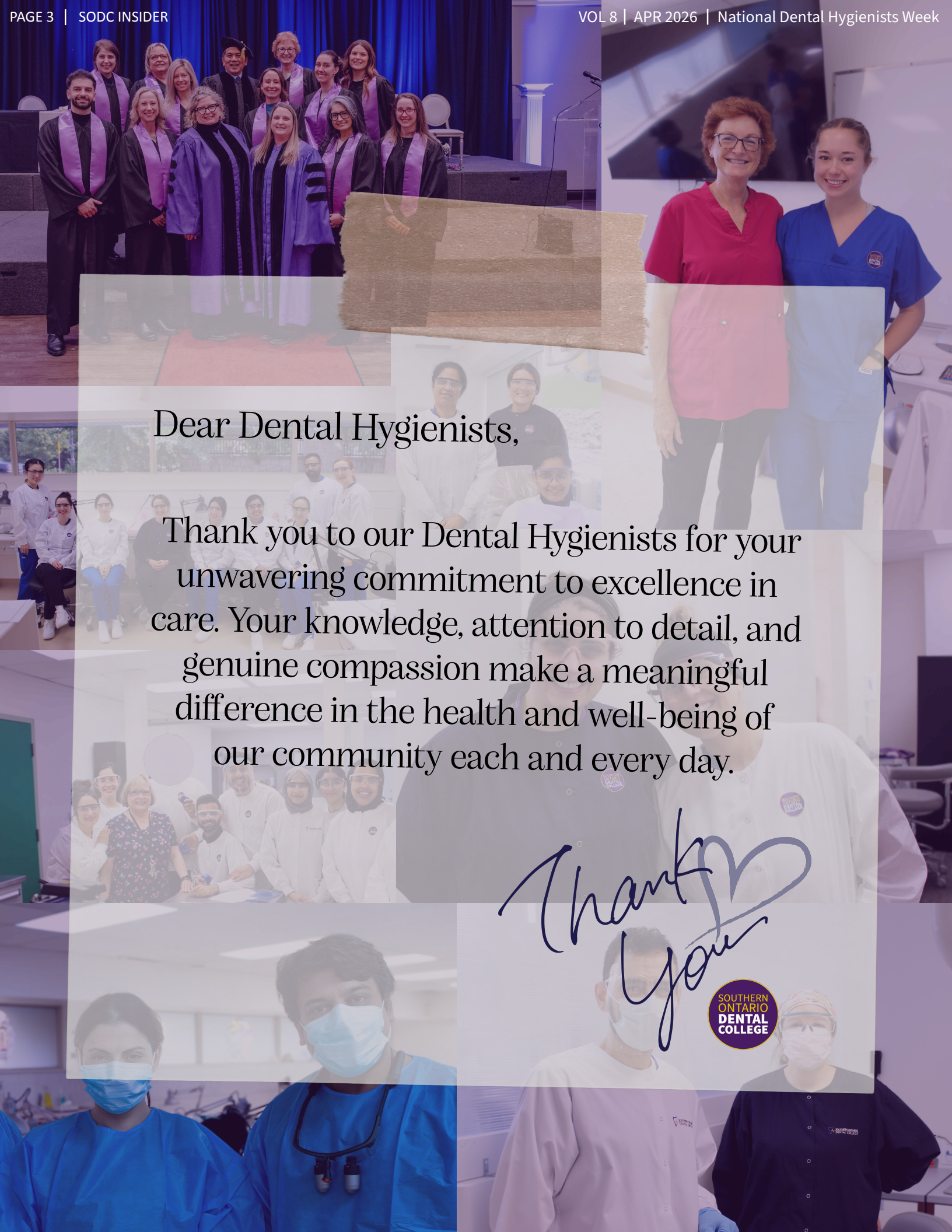
A: Dental Hygienists today have an even broader role as healthcare professionals. Many can pursue additional training in areas such as orthodontics and restorative dentistry. This means that highly trained Restorative and Orthodontic Hygienists, working in collaboration with open-minded registered Dentists, can make a meaningful impact on children's development and overall well-being.

By supporting proper oral function—such as encouraging consistent nasal breathing—they can help improve children's focus, attention, sleep quality, and overall sense of calm, which may positively influence learning and development. Research has shown that children who primarily breathe through their noses tend to experience better physical and physiological development compared to those who habitually mouth breathe.

Dr. Roland Estrabillo, DDS
Dean and President



Interested in our Dental Hygiene Program? **Call us at 905 304 4706**



Dear Dental Hygienists,

Thank you to our Dental Hygienists for your unwavering commitment to excellence in care. Your knowledge, attention to detail, and genuine compassion make a meaningful difference in the health and well-being of our community each and every day.

Thank You





THE TOOTH TRUTH FILES

Life at Southern Ontario Dental College



Now that you've completed Term 1, how has your experience in the program compared to your initial expectations?

Term 1 has been more challenging than I expected, but in the best way. It has helped me grow, build confidence, and truly understand what it means to care for clients.

What skill have you developed this term that you're most proud of?

I'm most proud of developing my instrumentation skills and becoming more comfortable working with classmates and clients. I've learned how important patience, focus, and kindness are in clinical care.

What advice would you give to prospective students who are considering applying to the program?

Believe in yourself and stay consistent. The program can come with a lot of challenges, but if you stay organized and keep trying, it's very rewarding.



FIZAA F. DENTAL HYGIENE TERM 1

STUDY TIP OF THE MONTH

While online or watching tv, practice your modified pen grasp and wrist activation.

After you finish class, review your notes for 10-15 minutes. This will help you retain the information. Otherwise, you may lose 70 percent of what you were just taught.

When studying for a long time and your mind starts to wander, get up and doing something you enjoy for 10 minutes. This will help you be more focused and be motivated.

Catherine P. RDH
Dental Hygiene Clinical Instructor
Student Advisor

EVENTS AT SODC

APRIL 3 - GOOD FRIDAY

APRIL 4 TO 10 - NATIONAL DENTAL HYGIENISTS WEEK (NDHW)

APRIL 6 - DENTAL ASSISTANT - LEVEL I & II START

APRIL 9 - HARP 17 START

APRIL 27 - MIDTERM BREAK

