
MEDIA STATEMENT

August 2, 2016

BCDA Statement on Flossing

Vancouver, BC – The British Columbia Dental Association encourages patients to remove plaque and food from *all* surfaces of their teeth on a daily basis as an effective way to reduce their risk of gum disease and tooth decay.

Careful daily brushing and flossing *above and below the gum* line along with limiting high sugar food and drinks remain simple but important steps to maintain your oral and overall health.

About the British Columbia Dental Association:

The British Columbia Dental Association is the recognized voice of dentistry in this province, dedicated to serving the interests of its members and promoting oral health. There are over 3,000 practising dentists in BC.

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For more information, please contact:

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