Crystal Chartrand, British Columbia

The person I would like to nominate as the Hygiene Superhero is Crystal Chartrand. I work with Crystal through the COHI (Children's Oral Health Initiative) Program. The COHI program is designed for children ages 0-7 and prenatal mothers. COHI Aides and COHI Hygienists offer screenings and fluoride applications for the children, as well as oral health education to the children and parents. Not only does Crystal connect with the children wonderfully, she develops a relationship with them. Crystal consistently goes above and beyond. When we are not working in the COHI program Crystal will often have me working as her chair side assistant. She has taught me everything I know about dentistry. I learn more and more form her every day. I have a permanent retainer on my lower teeth, and I could not floss my teeth where the bar was touching. Crystal took a photo of my retainer and it was coated in calculus. She cleaned my teeth for me and gave me a one tuft toothbrush to help keep my retainer clean (along with flossing of course). I had no idea there was so much build up! Crystal has also given me oral cancer screenings. I found it very interesting. She explained everything to me very thoroughly - what to look for and what to feel for. Crystal is the whole reason why I am going back to school to go into dentistry. Dentistry is not something I would have seen myself interested in a year ago, but since I have been working with Crystal she has truly helped me discover my passion. Since I have decided that my dream job would be to become an orthodontist, Crystal has helped me connect with two dentists and I am planning to spend a day with them in the near future. I may even spend a day at an orthodontist clinic. I will be returning to school in the fall at Thompson Rivers University. Crystal has helped me apply for scholarships and has given me guidance to have the best success possible in school. I am very grateful to be able to work alongside Crystal and have her support.