

DH calls on public to have regular dental check-ups in support of World Oral Health Day

In support of World Oral Health Day, the Department of Health (DH) today (March 20) launched a new promotional video titled "A HAPPY MOUTH IS...A HAPPY BODY" to encourage the public to have regular dental check-ups, and put prevention, early identification and timely intervention of dental diseases into action.

The World Dental Federation has designated March 20 each year as World Oral Health Day. The theme of this year is "A HAPPY MOUTH IS...A HAPPY BODY", and the Oral Health Education Division (OHED) of the DH launched the new promotion video today under the theme on its YouTube channel, with an aim to bringing forward the message that oral health is closely related to the overall physical health.

The Consultant in-charge, Dental Services of the DH, Dr Kitty Hse, pointed out that oral diseases (such as tooth decay and periodontal disease) share many common behavioural risk factors with non-communicable diseases (e.g. heart disease, diabetes, and cancer), including poor personal hygiene, smoking and excessive sugar intake. Infections in the teeth and the tissues surrounding them may even increase the risk of diseases such as diabetes and cardiovascular disease, thereby posing a negative impact on the overall health. As such, safeguarding oral health is of vital importance to one's own health.

Making reference to the Government's [Primary Healthcare Blueprint](#) with the development direction focusing on prevention, early identification and timely intervention, Dr Hse reminded the public to manage their own oral health and maintain good oral hygiene habits, which are the most cost-effective strategies in enhancing the overall level of oral health. Members of the public should carry out thorough teeth cleaning, conduct regular oral check-ups, practise healthy eating habits, reduce sugar intake, and avoid smoking and excessive alcohol consumption. These practices can help prevent oral diseases and maintain overall health. Dr Hse also encourages the public to conduct regular dental check-ups and seek professional advice to ensure optimal oral health.

In addition to promoting oral care tips through a series of promotional videos, the OHED is organising school-based "World Oral Health Day" activities this year for students of different grades with a view to raising their awareness of oral health. These activities include encouraging kindergarten students and parents to design greeting cards together, providing game cards to students with special educational needs, as well as having peer leaders in secondary schools to provide personal oral health guidance to their fellow students. Furthermore, the OHED is disseminating the message of regular dental check-ups to the general public through bus stop

advertisements, MTR train door window stickers, and their Facebook page.

For more information about oral health, please visit the OHED's Toothclub webpage (www.toothclub.gov.hk), the Facebook fan page of "龔, >ç%™ Love Teeth HK" (www.facebook.com/LoveTeethHK/) and YouTube channel (www.youtube.com/channel/UChJUkaM37cgbNGMi23v0ivQ).