

[DH holds 3Â·20 World Oral Health Day Kick-off Ceremony and Carnival \(with photo\)](#)

The Department of Health (DH) today (March 10) held the 3Â€\$20 World Oral Health Day Kick-off Ceremony and Carnival to promote oral health awareness to the public.

Under the theme "Say Ahh: Act on Mouth Health", the event was held in support of the FDI World Dental Federation's annual World Oral Health Day. Speaking at the event, the Consultant-in-Charge, Dental Service of the DH, Dr Wiley Lam, said, "Oral health and general health are closely related. Oral diseases such as dental decay and gum diseases share some common risk factors with other systemic diseases, such as cardiovascular diseases, diabetes and cancer. These risk factors include poor personal hygiene, unhealthy eating habits and smoking."

Dr Lam pointed out that the DH holds the Love Teeth Campaign every year to promote good oral self-care and appropriate use of professional oral care to the public, and appealed to the public to adopt good oral hygiene habits as early as possible to achieve holistic health, such as keeping the mouth thoroughly clean, having regular dental check-ups, establishing a healthy eating habit and avoiding smoking and alcohol as well as consuming less sugar.

The 3Â€\$20 World Oral Health Day Kick-off Ceremony and Carnival was organised by the DH's Oral Health Education Unit (OHEU) in collaboration with the Hong Kong Dental Association. The Hong Kong Housing Authority, the Dental Council of Hong Kong, the Board of Governors of the Prince Philip Dental Hospital, the Faculty of Dentistry of the University of Hong Kong and various dental organisations as well as representatives of various types of dental professionals in Hong Kong, including dental therapists, dental hygienists and dental surgery assistants, also joined the event to support the World Oral Health Day on March 20 initiated by the FDI in advance, promoting the importance of oral health and a healthy lifestyle to the people in Hong Kong, and unveiling the upcoming oral health promotion activities.

The DH's OHEU will launch a series of events under the Love Teeth Campaign with this year's theme "Say Ahh: Act on Mouth Health" and disseminate oral health messages to the people in Hong Kong through television broadcast, exhibition panels at MTR stations and bus stops, a Facebook page (www.facebook.com/LoveTeethHK/) and more.

The public can also visit the website of the DH's OHEU for more information on oral health (www.toothclub.gov.hk/en/en_index.html).

