

Public urged to maintain oral health in support of National Love Teeth Day

In support of National Love Teeth Day, the Department of Health (DH) today (September 20) called on members of the public to carry out annual dental check-ups, and practice prevention, early identification, and timely intervention for dental diseases to safeguard oral health.

The National Health Commission has designated September 20 every year as National Love Teeth Day. The theme of the year is "Oral Health for Overall Health", with a sub-theme "Lifelong Oral Care: Let Health Start with Teeth". The event aims to further promulgate oral health knowledge, raise public awareness of oral hygiene, promote oral health across all age groups and throughout the life cycle, and foster a positive environment for oral health in society.

The Consultant in-charge, Dental Services of the DH, Dr Kitty Hse, reminded the public to pay attention to their oral health at every stage of life. Members of the public should develop good toothbrushing habits and healthy lifestyle from an early age, and undergo annual dental check-ups to detect and address dental diseases early. Tooth loss can lead to chewing difficulties and may have long-term health impacts. Therefore, preserving natural teeth is of vital importance, especially for the elderly.

Moreover, oral health and physical health are closely related. Persons with oral diseases, such as tooth decay and gum disease, often share similar dietary habits and lifestyles with those who have cardiovascular disease, diabetes, cancer, and other conditions. To achieve holistic health, the public should practice good oral hygiene, have regular dental check-ups, maintain healthy eating habits, reduce sugar consumption, establish healthy lifestyles, and avoid smoking and alcohol consumption.

The DH emphasises that oral health is the foundation of overall health and encourages the public to start with daily habits for maintaining oral health, and achieve "Love Your Teeth, Check-ups Annually" as part of their commitment to well-being. Members of the public are urged to maintain their oral health as the first step toward achieving overall health.