



BE PROUD OF YOUR MOUTH







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World Oral Health Day

Initiated by FDI World Dental Federation, World Oral Health Day is celebrated annually on 20 March to enhance global awareness of the issues around oral health. The campaign theme from 2021 to 2023 is "Be Proud of Your Mouth".

Members and Alumni from HKU Faculty of Dentistry support World Oral Health Day by pledging to

- Practice a good oral hygiene routine
- Eat a balanced, low-sugar diet
- Take charge of their oral health
- Look after oral health for overall health
- Visit the dentist regularly

Good oral health can help us live a longer and healthier life! Let's be proud of our mouth!

Source: Key message card: Take charge of your oral health | World Oral Health Day

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For more information on WODH: World Oral Health Day