

- Dental care

'Tooth decay and gingivitis affect 90% of the world's population'

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EVERY year, PHCC marks Oral and Dental Health Awareness Month along with the Ministry of Public Health (MoPH). The aim is to spread awareness in the community of the importance of maintaining healthy teeth and preventing their decay and gum infections.

Dr Najat Al Yafei, director of Preventive Oral and Dental Health at the Preventive Health Department, said that PHCC looks to promote the concept of oral and dental health among the different segments of society in Qatar.

Dr Najat said that 90% of

the global population suffers from tooth decay and gingivitis, and hence cooperation with the MoPH for Oral and Dental Health Awareness Month stems from PHCC's earnest desire to enhance awareness about it in different parts of the country.

The activities organised jointly with MoPH in 2022 include posting messages on oral and dental health on different social media platforms. This year, Oral and Dental Health Awareness Month coincided with the start of the 'My Teeth' school dental program after suspension due to the COVID-19 pandemic. This led to a series of lectures in schools visited by the different teams, and also for kindergarten students to raise their awareness of the importance of oral and dental health.

Dr Najat Al Yafei said dental problems are a global issue, and everyone should work together to reduce them through proper brushing, eating healthy food, limiting consumption of sweets and juices containing sugars and artificial colours, as well as frequent visits to the dentist for check-ups and treatment if necessary.

Gum and dental problems affect the psychological, social, mental, and physical well-being of individuals, and it is possible for someone to lose their teeth at an early age due to neglect.

Dr. Al Yafei concluded by saying, "We would like everyone to have healthy teeth and gums, as well as a longer life expectancy for their teeth free of pain."