

'Healthy Teeth Happy Heart' at PML

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FRIDAY, 10 JUNE – The Dental Division of UMS Health Centre (PRW) had for the first time successfully conducted the Tooth Decay Prevention Programme for the children of Sustainable Minds Centre (PML), Universiti Malaysia Sabah (UMS), recently.

Themed, 'Healthy Teeth Happy Heart', the programme was officiated by the Director of UMS Health Centre, Dr. Freddie Robinson.

According to the head of programme, Dr. Mary Sieman, the main aim of this programme was to provide the correct oral health care in the early stages of a child and the importance to inculcate good habits and change the bad habits that could damage our teeth.

“Strong and healthy teeth benefits us. They destroy food before being processed to provide energy to the body.

This would have an implication in our effort to increase children’s confidence to socialise when they have a set of good and healthy teeth, added with a cheerful smile,” he said.

He added, PRW also hoped to continue cooperating with PML in relations to dental care, in the future.

Various activities were organised, among them were handing-over of toothbrush to the children, demonstrations and brushing of teeth together, choosing of healthy teeth, quizzes and presentation of prizes to the winners.

Also present at the programme were the Director of PML, Aidah Noordin and Head of PRW, Dr. Shazia Qaiser.
– (f/)

Source: Zaleha Abdul Ghani, PML