

# HKU Faculty of Dentistry helps publish advice on oral health for elders

The HKU Faculty of Dentistry has helped the Po Leung Kuk charity group to compile a booklet and DVD that contain advice on oral health and hygiene for elders living in Hong Kong.

Called “A beautiful smile starts with your teeth”, the booklet and DVD set (in Chinese) were produced with financial assistance from the Partnership Fund for the Disadvantaged and were distributed to the 10 elderly care centres run by the Po Leung Kuk.



The Faculty’s Knowledge Exchange Unit provided editorial assistance, while Dr Edmond HN Pow (Clinical Associate Professor in Oral Rehabilitation) prepared a *Frequently Asked Questions* chapter on topics such as denture care and common oral health problems among the elderly.

The idea for the booklet and DVD was developed when Dr Pow took part in an educational event for 388 senior citizens at the invitation of the Po Leung Kuk, on 25 September 2012.

At that event, also called “A beautiful smile starts with your teeth” and held at the Po Leung Kuk headquarters in Causeway Bay, Dr Pow presented a stage drama that aimed to debunk common myths about oral health and hygiene among elders. Afterwards, he explained the drama’s key messages and answered the audience’s questions and concerns about their oral health. This information then formed the basis of the booklet and DVD. “After this educational booklet and DVD, we hope to plan further collaborative health projects,” says Dr Pow.

The electronic versions of the booklet and DVD are freely available on the Faculty’s website and YouTube channel, respectively (archived with permission for educational use):

“A beautiful smile starts with your teeth” booklet:

[http://facdent.hku.hk/docs/2013/PoLeungKuk\\_ElderlyBooklet\\_Pow.pdf](http://facdent.hku.hk/docs/2013/PoLeungKuk_ElderlyBooklet_Pow.pdf)

“A beautiful smile starts with your teeth” DVD:

<http://www.youtube.com/watch?v=uWEvMEXMsb4&list=UUtdEdFO64Kz6ZL-GMnCGIVg>

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