



## Event : Participation of dental school at the Run for quality education Marathon (11th April 2025)

On April 11th, 2025, the **Run for quality education SDG4 Marathon** took place at the British University in Egypt campus, organized in collaboration with **Cairo Runners**. The event was a celebration of diversity and inclusion, while also aiming to raise awareness about **oral health** and its vital role in maintaining mental well-being.

### **Purpose and Focus**

As part of the university's observance of **World Oral Health Day 2025 Themed ‘‘A Happy Mouth. Is A Happy Mind’’**, the marathon's theme connected the importance of physical health and oral health with mental well-being. The Faculty of Dentistry provided crucial health services throughout the marathon to ensure that participants remained informed about the importance of overall health, including dental health.

### **Faculty of Dentistry Involvement**

The Faculty of Dentistry played a pivotal role in this event, offering free health **services to over 7000 patients such as:**

- **Dental Checkups:** The Faculty of Dentistry provided **free dental checkups** to all marathon participants, ensuring that everyone had the opportunity to maintain good oral hygiene while also addressing potential dental issues before they became bigger problems.
- **Dental Treatment:** Attendees had access to professional dental treatment services at the event, including minor procedures such as cleanings or advice on dental care.
- **Blood Pressure Screenings:** Blood pressure checks were provided to raise awareness of the link between oral health and cardiovascular health, highlighting the importance of a healthy mouth for a healthy body.
- **Body Health Assessments:** Body health checkups were offered to encourage participants to consider their holistic health beyond just physical fitness.

### **Awareness Sessions**

Alongside these health services, the Faculty of Dentistry organized awareness sessions, where attendees were educated on the importance of **oral hygiene** and how it directly impacts mental well-being. The theme of a "happy mouth leading to a happy mind" was emphasized throughout, demonstrating the crucial role oral health plays in overall life satisfaction and health.

### **Sponsors and Giveaways**

- **Muscle Temple Gym** and **Shakiti Studios** offered **on-the-spot yoga** and **workout sessions**, encouraging participants to integrate **fitness** into their daily routines to reduce stress and boost overall health.
- **Haleon**, **Signal**, and **Dabur El Miswak** provided free product samples, including **toothpaste**, **toothbrushes**, and **floss** to encourage good oral hygiene practices.



**PARTICIPATION OF DENTAL SCHOOL AT THE RUN FOR QUALITY EDUCATION EVENT**

