



IN OCTOBER 2019, DR. AUMA OBAMA
ASKED ME TO PARTICIPATE AS A
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KUU.

In October 2019, Dr. Auma Obama asked me to participate as a dentist with the project "Dental Health" as part of a workshop for about 200 children and young people of her foundation Sauti Kuu. With donations from German and Swiss dental depots, I flew to Kisumu/Lake Victoria in Kenya.

During the scheduled four days, various events were offered, including personality development for the children.

With experienced colleagues, we began with educational lessons, simultaneously translated into Luo by a local dental assistant. Subsequently, I conducted a dental check-up with plaque staining tablets in small groups of 10-15 children, with the help of which carious defects become visible, especially in the early stages. The aim was to make the children and adolescents aware of the effect of harmful and sugary foods on tooth surfaces and the prevention of carious defects through appropriate brushing techniques.

In order to achieve sustainable success, this high-quality project should definitely be continued. It has inspired great many children and also reached some parents in the remote region. Sustainable training of the teaching staff and regular check-ups integrated in the school lessons can make a great contribution to dental health. My impression was that Dr. Auma Obama was very happy about our humanitarian work.