

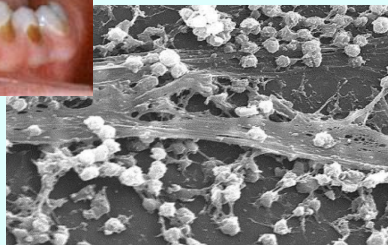
# TOOTH DECAY

FIRST CLINICAL SIGN OF VISIBLE TOOTH DECAY: "WHITE SPOT"



Sugars

Dental plaque



Sugar-dependent biofilm multifactorial disease.

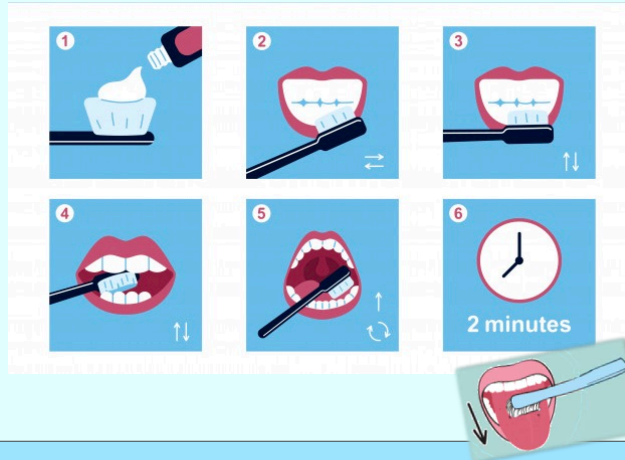
## CAUSES:

- Continuous exposure to sugars
- Inadequate or non-existent oral hygiene
- Bacterial colonisation

## CONSEQUENCIES:

- SEVERE PAIN
- PREMATURE TOOTH LOSS
- FACIAL INFECTIONS
- DEVELOPMENT AND LEARNING DECREASE

# HOW DO WE BRUSH OUR TEETH?



## ★ FLUORIDE DOSAGE IN TOOTHPASTE:

- \*0-3 years: 1,000 ppm fluoride. Rice grain size.
- \*3-6 years: 1,000 ppm fluoride. Pea grain size.
- \*+6 years: 1,450 ppm fluoride.

## ★ BRUSH YOUR TONGUE

★ You should spit, but **DO NOT RINSE YOUR MOUTH AFTER BRUSHING YOUR TEETH!**

- Change your toothbrush every 3-4 months.
- Brush your children's teeth since the first tooth eruption.
- Brush your teeth at least twice a day (do not forget to brush at night).

# CHILDREN'S ORAL HEALTH

Take care of your teeth



"HEALTHY TEETH, HAPPY CHILDREN" 

Preventive and Community Dentistry Teaching Unit  
University of Murcia

# DIET

sinAzucar.org

## Healthy Eating Pyramid



### ACIDOGENICITY OF FOOD:

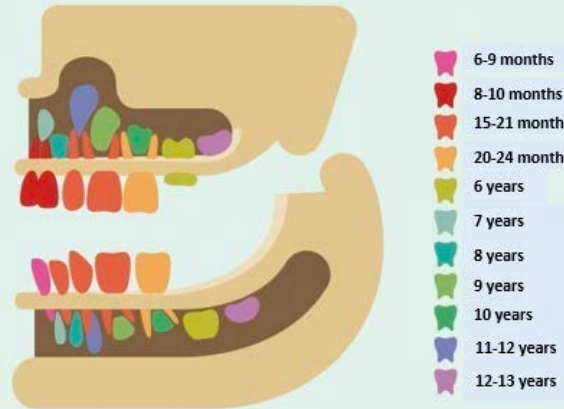
**HIGH:** grapes, sweet, nuts, dates, biscuits, milk chocolate, chips.

**MODERATE:** pears, apples, peaches, orange juice, grape juice.

**LOW:** cucumber, celery, cauliflower, carrot, meat, fish, ham, cheese, peanuts, almonds.

# TOOTH REPLACEMENT

At what age do teeth erupt?

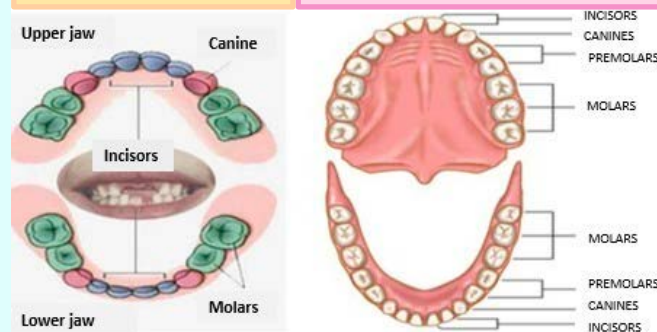


## BABY TEETH ARE IMPORTANT!

- They chew food.
- They help muscle and bone development.
- They work as a guide for permanent teeth, and keep their required space.
- They foster children's self-esteem and smile.
- They help to pronounce.

BABY TEETH: 20

PERMANENT TEETH: 32



Do your **B**rush slowly  
Get **R**id of bacteria  
**Br**Ush at least twice a day  
**Bru**Sh all your teeth  
Use fluoride toot**H**paste  
Help your childr**e**n yo prevent decay  
Spit the remain**N**s of toothpaste  
Stren**G**th your enamel

All parts of your teeth!

MAKE BRUSHING  
YOUR TEETH A  
HABIT

“For a  
decay-  
free  
future”

