



WHAT IS TOOTH DECAY?

Tooth decay is also known as caries or cavities. In early childhood, it occurs most often in the upper teeth.

Tooth decay is mainly caused by sugar and starch in foods. When your child's teeth come into contact with too much sugar or starch for a long period of time, the bacteria in the mouth make acid that can eat through teeth.

WHAT PUTS MY CHILD AT A HIGHER RISK FOR TOOTH DECAY?

- Diets high in sweets, sugars, carbohydrates, and/or starches
- Water supplies with limited or no fluoridation

HOW DOES TOOTH DECAY DEVELOP?

1. First, white spots appear on the teeth.
2. Then, an early cavity appears that has a light brown color on the tooth.
3. The tooth color progressively becomes darker.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

WHAT TREATMENTS ARE AVAILABLE FOR MY CHILD?

The type of treatment for tooth decay will be determined by your dentist based on:

- Your child's age, overall health, and medical history
- Extent of the disease
- Your child's tolerance for specific medications, procedures, or therapies
- Your opinion or preference

Treatment, in most cases, requires removing the caries and replacing the lost substance of the tooth with a filling. There are different types of fillings and other alternatives to restoring your child's damaged or decayed teeth.

HOW CAN I HELP MY CHILD PREVENT TOOTH DECAY?

- Brush your child's teeth, tongue, and gums twice a day with fluoride toothpaste, or supervise them brushing their teeth.
- After your child turns 2, floss your child's teeth daily.
- Make sure your child eats a well-balanced diet and limit or eliminate sugary snacks.
- Don't put a bottle next to your child's bed before bedtime. This is to prevent your child from drinking fluids that contain sugar, such as: milk, juice and soda.
- If your baby uses a pacifier, don't dip it in anything sweet like sugar or honey.
- Ask your child's doctor or dentist about fluoride supplements and/or dental sealants to protect your child's teeth against decay.
- Every six months, schedule dental cleanings and examinations for your child.



甚麼是蛀牙?

蛀牙也稱齲齒。兒童早期的蛀牙大多數在上排的牙齒發生。

蛀牙主要是由食物中的糖和澱粉所導致。當您的孩子的牙齒長時間接觸到大量的糖和澱粉，口腔的細菌會產生能蛀食牙齒的酸性物質。

甚麼會增加孩子蛀牙的風險?

- 高糖及含大量碳水化合物和/或澱粉的飲食
- 飲用水中氟的含量太少

蛀牙是如何形成的?

1. 首先，牙齒上會出現白色的斑點。
2. 然後，出現早期的淺棕色(啡色)蛀牙。
3. 蛀牙的顏色逐漸變深。

我的孩子可以接受甚麼治療?

治療蛀牙的方式由牙科醫生根據以下因素決定:

- 您的孩子的年齡、整體健康狀況和醫療史
- 蛀牙的程度
- 您的孩子對某些藥物、手術或療法的耐受力
- 您的意見或偏好

在大多數情況下，治療蛀牙需要將齲齒拔除，然後注入填料。有不同類型的填料和其他方法可供選擇以修復您的孩子的蛀牙。

如何幫助我的孩子預防蛀牙?

- 每天監督或替您的孩子用含氟的牙膏刷牙、舌頭及牙齦兩次。
- 當您的孩子年滿兩歲後，每天幫他/她使用牙線。
- 確保您的孩子飲食均衡。減少或杜絕進食甜點。
- 不要把奶瓶放在孩子睡覺的床上，以免孩子飲含糖飲品，例如：奶、果汁和汽水。
- 如果您的孩子使用奶嘴，不要把它浸在甜的液體，如蜜糖裡。
- 諮詢兒科或牙科醫生關於氟化物的補充和/或牙科密封劑以保護您的孩子對抗蛀牙。
- 每六個月替您的孩子預約洗牙及做牙科檢查一次。

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