

# Early Starts to Dental Care

## 儘早開始牙齒護理



### Why is dental care important? 為什麼牙齒護理很重要？

**Dental care** is a critical part of maintaining oral health. The early signs of oral disease may contribute to early diagnosis and treatment for a number of systemic diseases. Studies have shown correlations between periodontal diseases and cardiovascular disease, stroke, respiratory infections, diabetes, osteoporosis, HIV, and adverse pregnancy outcomes.

**牙齒護理**是保持口腔健康的關鍵部分。儘早進行徹底的口腔檢查有助於多種系統疾病的早期診斷和治療。研究表明，牙周病和心血管病，中風，呼吸系統感染，糖尿病，骨質疏鬆症，HIV 和不良妊娠有關。



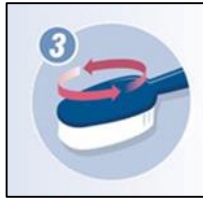
### How to brush your teeth 如何正確地刷牙



1 Use a pea-sized amount of toothpaste  
擠出豌豆大小的牙膏



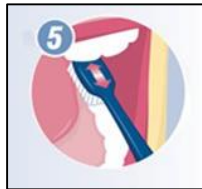
2 Place toothbrush at a 45-degree angle to the gums  
將牙刷對準牙齦溝呈45度角



3 Use a gentle circular motion  
做輕微的圓周運動



4 Repeat on inside surfaces  
在內表面重複這個動作



5 Use a light back-and-forth motion on chewing surfaces  
在咀嚼面上前後輕刷

### Tips to keep your teeth healthy 保持牙齒健康的方法

1. Brush your teeth at least twice a day  
每天至少刷兩遍牙
2. Brush properly (see images to the left)  
正確地刷牙 (詳細步驟見左圖)
3. Don't neglect your tongue  
不要忽視清刷舌頭
4. Use a fluoride toothpaste 使用含氟牙膏
5. Treat flossing as important as brushing  
刷牙和使用牙線一樣重要
6. Consider mouthwash 考慮使用漱口水
7. Limit sugary and acidic foods  
少吃含糖和酸性食物
8. Eat crunchy fruits and vegetables  
多吃脆的水果和蔬菜
9. Regular dental checkups 定期看牙醫


### How often should I go to the dentist? 我應該多久去看一次牙醫？

Your dentist will tell you how often you should get regular checkups - usually every 6 to 12 months. If you have unexpected dental problems or issues in between your regularly scheduled visits, call your dental office for help. 您的牙醫會告訴您多久應該定期檢查——通常每6到12個月檢查一次。如果您在定期訪問之間出現意外牙齒問題或情況，請致電您的牙科診所尋求幫助。



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