

Housing Channels

Title : How to prevent caries

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| Super | Housing Channels |
| Super | Common Oral Diseases Tooth Decay |
| Super | Plaque bacteria breaks down sugars and produces acids
Causes the continuous loss of minerals and leads to tooth decay |
| VO | Tooth decay is caused by plaque bacteria breaking down sugars and producing acids that demineralize tooth enamel continuously and eventually leading to tooth decay. |
| Super | Saliva neutralizes acids and slows down mineral loss
Eating too frequently will lead to acid attacks on teeth and lead to dental caries |
| VO | If we eat and drink too frequently, our saliva will not have enough time to neutralize the acids, eventually leading to tooth decay. |
| Super | How to prevent tooth decay? |
| VO | So how can we prevent tooth decay? |
| Super | Reduce the frequency of meals
Maintain three regular meals a day |
| VO | First, it is recommended to reduce the number of meals. Eat regularly for the three meals, breakfast, lunch and dinner. Have only one snack between meals. |
| Super | Use fluoride toothpaste
Repairing early cavities |
| VO | Secondly, brush your teeth with fluoride toothpaste in the morning and before bed, as fluoride can help remineralize the tooth and repairing early cavities. |
| VO | Finally, we also need to have regular dental checkups. Dentists will recommend the frequency of checkups based on individual oral conditions. |
| VO | Developing a habit of regular checkups is a sign of taking responsibility for your health and protecting your oral health! |