

フッ化物洗口ってなあに？ / What is fluoride rinse?

岩倉市では、岩倉市健康づくり計画「けんこう岩倉21」に基づき小学校1・2・3年生の児童を対象に希望制でフッ化物洗口を実施します。

Following the city health program “The Health Iwakura 21” we will provide oral care and fluoride rinse for those who want it in 1st, 2nd, and 3rd grade Elementary School student.

目的は？ Why Children need it?

Fluoride is a natural mineral that can safely strengthen teeth to help prevent tooth decay and permanent tooth loss, which is usually caused by acids released by bacteria found in plaque. When a tooth's surface is weakened by decay, fluoride can be absorbed into the weakened tooth surface to rebuild the enamel. Amazingly, the new tooth material created by this rebuilding process is even more durable than the original.

むし歯は下の図のような条件がそろった時にできます。

Cavities are made based on the four factors as shown in the chart.

4つの要因のうち1つでも条件がそろわなければむし歯にならないわけです。

Even if you missed one factor, it can't become a cavity.

糖分の多いものを食べても時間という要因に気をつけ、短時間のうちに糖分を取り去ってしまえばむし歯にはなりません。

When you eat food that includes lots of sugar, but if you watch the time and remove sugar from a tooth's surface soon, it won't become a cavity.

ただ、むし歯の予防にあたっては、一つの要因だけでなく、4つの要因について対処した方がよいことは間違いありません。

For prevention of cavities, it works best to consider all four factors.

4つの要因のひとつ、「歯質」を強くする目的でフッ化物洗口を行います。

One factor is to help make a strong surface and prevent cavities by using fluoride rinse.

しかし「フッ化物洗口をしているからむし歯にならない」ということではありません。

Even if you had fluoride, it may be possible to have cavities.

あくまでもフッ化物洗口は、「ブラッシングを補うためのもの」と考えていただきたいです。

So fluoride is one method of prevention along with brushing your teeth.

1) 歯質を強くする

Make a strong surface

2) 病原菌を減らす Reduce bacteria in oral

ブラッシング Brushing teeth

唾液分泌量の増加 (よく噛む)

Secretion of saliva (chewing well)

3) 糖分を控える Decrease sugar

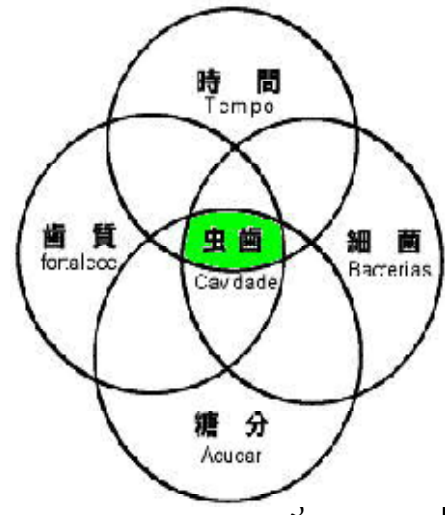
4) 時間 Time

間食を減らす。 Decrease eating between meals

食後早めに歯を磨く。

Brush your teeth soon after meals

(就寝前は特に重要) (Especially before bed)



方法は? Direction: 450 ppm, 5ccの洗口液を口にふくみ、1分間のぶくぶくうがいをします。 Rinse mouth with 5cc using fluoride about 1 min.

安全性は? Safety: Drinking one time amount (5cc) of fluoride is no problem. Vomiting and stomach ache can only occur if you drink more than one bucket. Usually oral rinse type of fluoride (low fluoride) won't make fluorosis 歯のフッ素症 (斑状歯).