

# Why do I need healthy teeth?

English

04

LEAFLET

Dear Parents

**Nature gave us healthy teeth.**

**With proper care and nutrition, teeth and gums will remain healthy for life.**

**This leaflet shows you the way to prevent dental problems. Loss of teeth can be avoided.**

**Protect your teeth from tooth decay and its consequences.**

**This is what to do:**

- ┌ Eat sugar, and sweetened foods containing flour, only with main meals.
- ┌ Avoid between-meal snacks.
- ┌ Brush teeth three times daily with a toothpaste containing fluoride.
- ┌ Change toothbrushes regularly. At least once every three months.
- ┌ Children under 6 years old need your help.
- ┌ When cooking use the fluoride-containing salt with the green label.
- ┌ Children 6 years and older, as well as adults, should apply a fluoride gel once a week (available from pharmacies and drug stores).
- ┌ Schedule a regular, annual dental checkup.

## Important:



Tooth friendly – scientifically tested

- ┌ Cavities (holes in teeth) are always the result of sugar consumption. This includes hidden sugar, as found, for example, in ice tea, breakfast cereals, ketchup or similar foods.
- ┌ Why not try fruit, bread, rice cakes, vegetables, nuts, yogurt, milk or unsweetened tea for snacks?
- ┌ Don't reward your children with sweets!
- ┌ The terms "without sugar" or "sugarfree" often mean only that no refined sugar has been used. It could be that the product contains other types of sugar, for example, fruit sugar, dextrose or glucose. Food products containing these types of sugar, when heavily consumed, are also the source of cavities.
- ┌ Only the term „Zahnfreundlich“ (tooth-friendly) assures that the sweetening in a product will not be harmful.
- ┌ The milk teeth are important. They are necessary for eating and speaking, as well as for making space for permanent teeth. Early tooth loss is usually caused by teeth that are poorly positioned. For this reason tooth care must begin with the first milk tooth. Protect your child from the pain caused by cavities.
- ┌ You will save yourself and your child pain, fear, time and money by following the points outlined above. A sparkling smile is yours for life when you take this advice and these recommendations seriously.