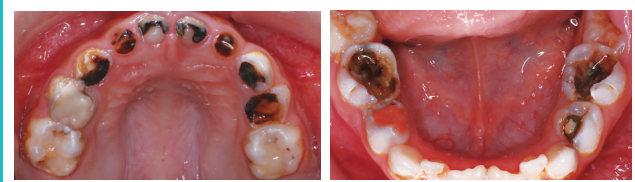


Cavities among Cambodian children are very high and this is a big problem!
It will continue to progress and affect adult teeth!!



An example of tooth decay.

Dental cavities are preventable!

What parents can do to protect child's teeth.

Reduce the frequency of sugar!
Sugar is food for bacteria
making decay.



Stop bottle-feeding
while sleeping
after one year of age.



Stop breastfeeding/ bottle feeding
at the age of two. Formula milk tends
to overdose on sugar and nutrients.



Do not add sugar
in formula milk. Do not put
juice in the baby bottle.



Healthy diet & behavior!!



Fruits



Water



Vegetables



Brush & tooth paste

Your oral health is related to the child's oral health.

For mother & child healthy teeth...



MALIS
dental clinic

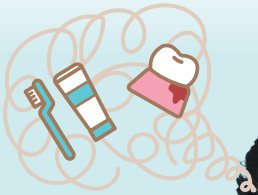
School of
Health
Innovation

Oral health is the key to a healthy life!

Before delivery

To have a healthy childbirth...

Keep your mouth clean and get dental checkups!



Unstable body condition (Vomiting or morning sickness...) worsens your teeth.



Hormonal factors make gum swollen.



- Use small toothbrush.
- Rinse with water after vomiting.

Severe gum disease leads you to premature birth & low birth weight.



Parents' oral health affects child's teeth.

After delivery

Let's improve oral health together as a family.

Custom in the infancy period is the foundation of the life course.

For Mother



You can receive dental treatment as soon as your body recovers. Keep your mouth clean!



For Children

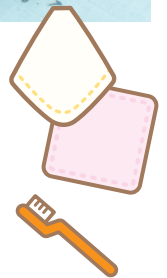
Cavities are caused by bacteria (dental plaque) on the surface of the teeth.



It is important to wipe away plaque!



The first teeth erupt about 6 months after birth (mostly lower front teeth). Then, wipe children's teeth with clean gauze or chromer 2 or 3 times a day. (Especially before & after breastfeeding!) Gently start brushing by toothbrush with fluoride contain toothpaste every day when the upper and lower teeth erupt.



For Family members



Family members should get into a routine of brushing the child's teeth 2 or 3 times a day.

Fluoride contain toothpaste should be used with a limited amount.

Recommended Use of Fluoride Toothpaste

Up to age 2	Age 3~5	Age 6~Adult
A grain of rice (Approx.1-2mm)	Green pea (Approx.5mm)	Whole of brush (Approx.1.5cm~2cm)
 Fluoride density:1000ppmF	 Fluoride density:1000ppmF	 Fluoride density:1500ppmF

Do you know? Terrifying tooth decay if left untreated.

4 reasons why you should not leave cavities untreated.

1 Teeth becomes black and broken, then the pain increases.

2 Can't eat properly, it hinders healthy body development.

3 Rotten teeth will be the reason for the bad condition of adult teeth. Occlusion will be unstable.

4 Need to spend a lot of money and time for teeth in the future.

If you find cavities, visit the dentist as soon as possible!