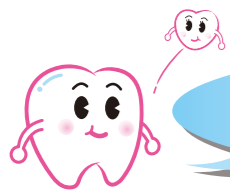
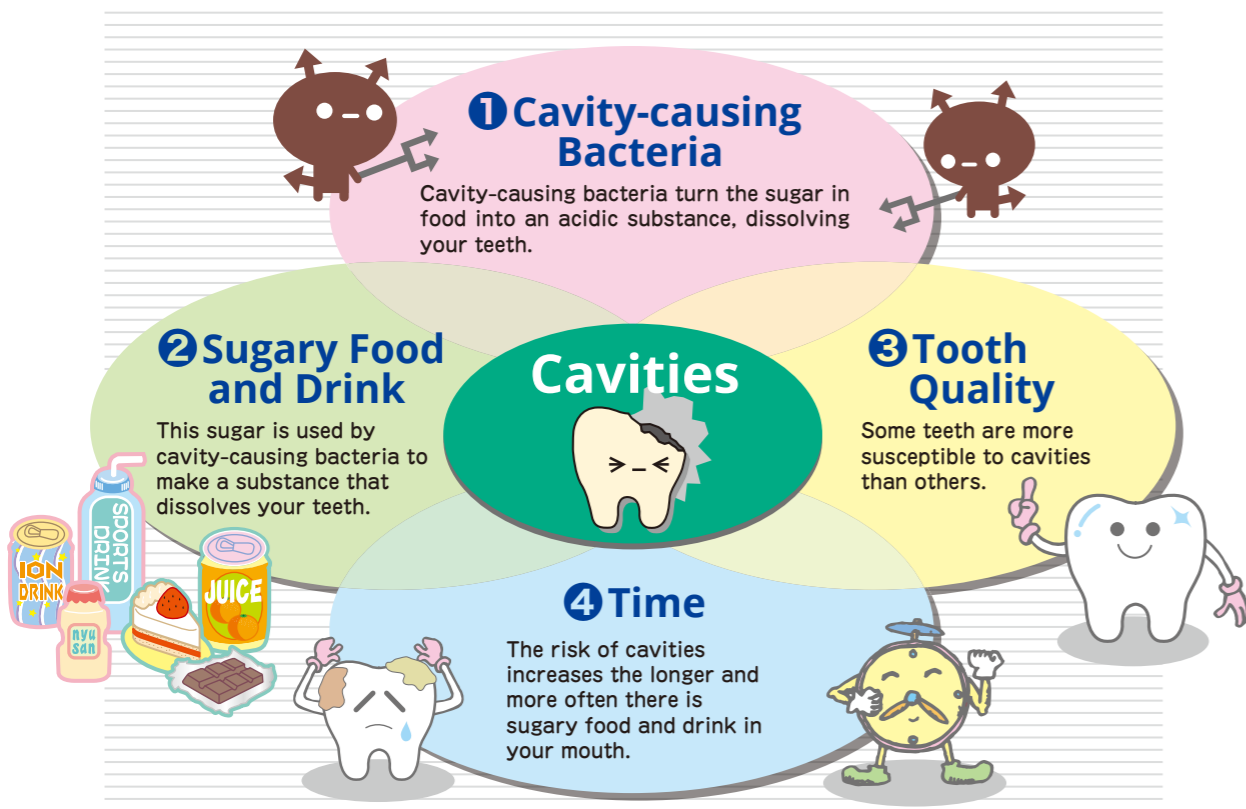


Cavities are said to form when four conditions overlap:
1. Cavity-causing Bacteria; 2. Sugary Food and Drink;
3. Tooth Quality; 4. Time



Points for Preventing Cavities

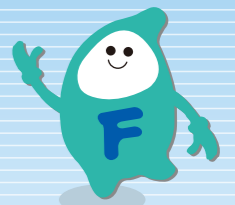
- ① Use of fluoride.
- ② No more than 2 snacks a day.
(More than this and the risk of cavities increases.)
- ③ An adult should brush the child's teeth once a day.
(In the evening is best.)
- ④ Regular visits to your dentist



The number of children with cavities in Japan is decreasing. However, there are still children with cavities who are unable to chew due to reasons such as lack of access to dental care, or having more than 10 untreatable decayed teeth. Fluoride mouthwash not only decreases cases like this, it helps strengthen all children's teeth for life. In order to support children's oral health, the City of Shizuoka will continue raise awareness and promote the widespread use of fluoride.

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Gargle with Fluoride to Prevent Cavities



We measured the difference in the number of cavities in the first molars of 6th grade elementary school students who used fluoride mouthwash from the ages of 4 to 5 (2-year period), and those who didn't. We found that children who used fluoride mouthwash had less cavities in their first molars.

Use of Fluoride Mouthwash

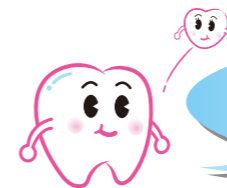
Cavities **14.7%**

No Use of Fluoride Mouthwash

Cavities **26.5%**
(As at Grade 6 of Elementary School)

* First molars are permanent teeth that come in around the age of 6. Large, and with great biting force, these teeth are the main teeth used to chew food. They are known as the King of Teeth. However, they are highly susceptible to cavities.

(Survey of certain district in Shizuoka City)



Method for Using Fluoride Mouthwash



Use one push (7ml) to gargle with.



Gargle for 1 minute.

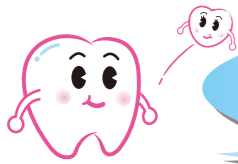


Spit it out when finished. No food or drink for the next 30 minutes.

* Gargle once a day, 5 days a week

Inquiries

Oral Health Support Center (Koku Hoken Shien Senta)
 ☎054-249-3175 FAX054-209-1063



Effectiveness of Fluoride by Application Method

Gargling with Fluoride
Effectiveness at Preventing Cavities
55%

Using Fluoride Toothpaste
Effectiveness at Preventing Cavities
25%

Fluoride Coating at Dental Clinic
Effectiveness at Preventing Cavities
30%

The strength of the fluoride mouthwash is fixed at a safe level.

<Comparison of Fluoride Amounts>

● Amount of Fluoride Contained	
Regular Tap Water (1 ℓ)	0.1mgF
1 Cup (200mℓ) of Green Tea	0.1mgF
● Amount of Fluoride Remaining in Mouth	
Fluoride Coating	1.1~3.1mgF
Fluoride Mouthwash (1 of the 5 weekly doses)	0.2mgF
Fluoride Toothpaste, Etc.	0.1~0.2mgF

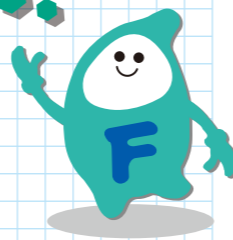


The amount of fluoride remaining in the mouth after gargling is the same as after 2 cups of green tea (**0.2mgF**).

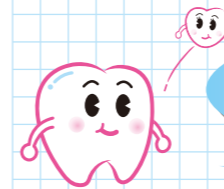
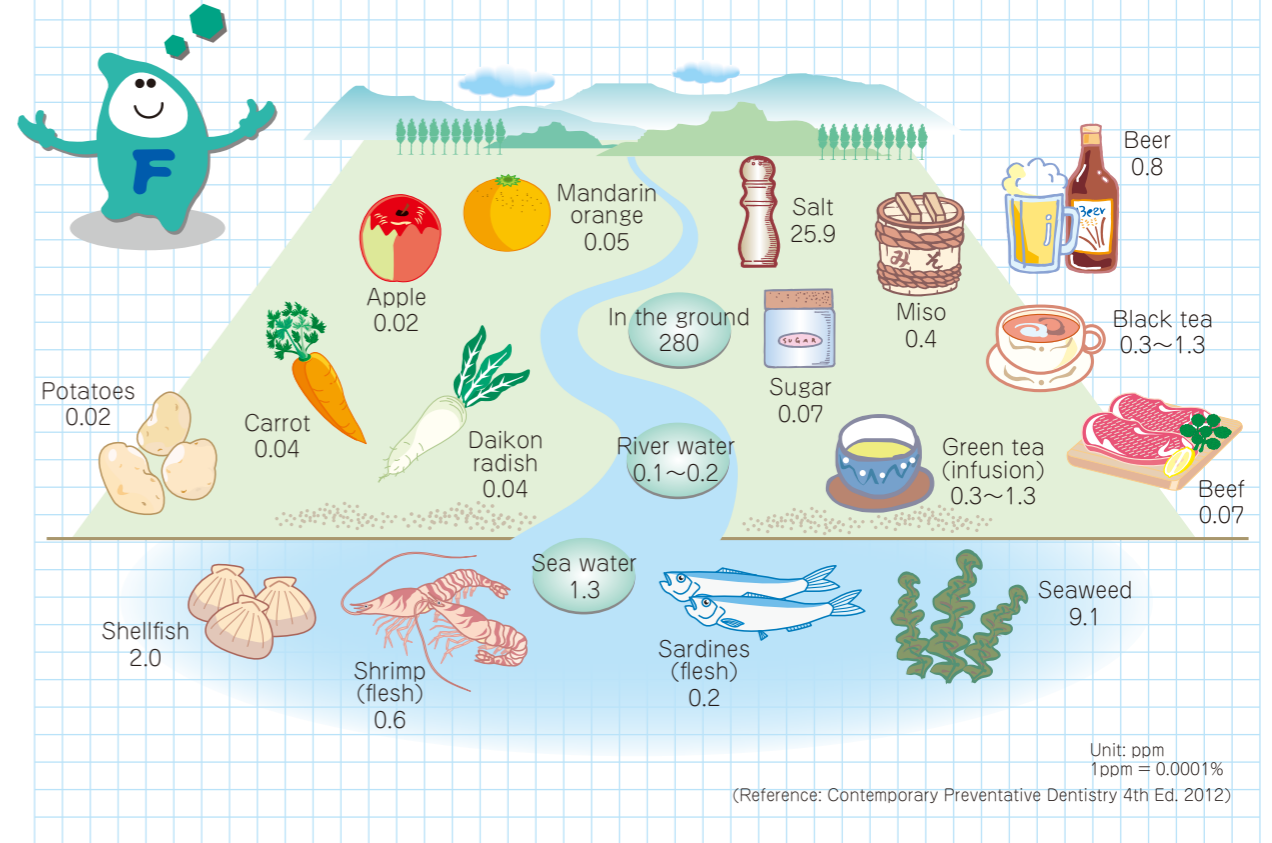
Swallowing one dose won't harm you.

The amount of fluoride in one dose is 1.75mgF. There is no negative effect if you accidentally swallow one dose. If you swallow over 23 doses (40mℓ of fluoride) at once you may experience nausea and other symptoms of poisoning. However, there is no need to worry about this happening, as the use and storage of fluoride mouthwash at each kindergarten is carefully monitored.

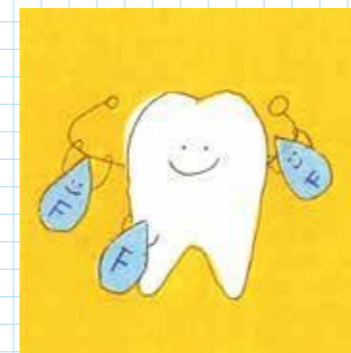
(*for fluoride strength of 250ppm and body weight of 20kg)



Fluoride is a natural substance found in the ground, sea, rivers, food, and our bodies.



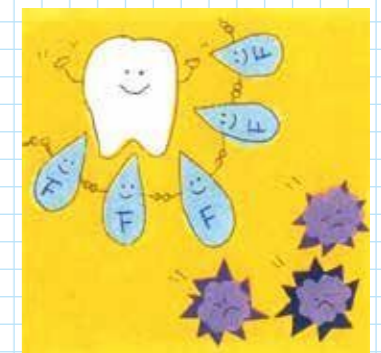
Effectiveness of Fluoride at Preventing Cavities



Strengthens and hardens teeth



Repairs tooth surface (helps with recalcification)



Shields teeth from cavity-causing bacteria