

# 潔牙好事多

THERE ARE MANY GOOD THINGS  
ABOUT CLEANING YOUR TEETH

2023/1/31  
10:00~12:00

艾均姐姐 泓文哥哥



臺北市立大學 衛生福利學系

# 為什麼會蛀牙？

01

CAVITY / TOOTH DECAY



# 蛀牙四大因素



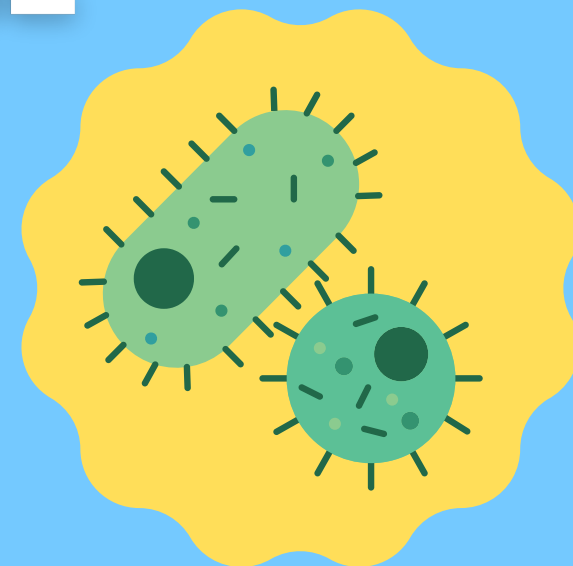
宿主  
HOST



食物  
FOOD



時間  
TIME



細菌  
BACTERIA





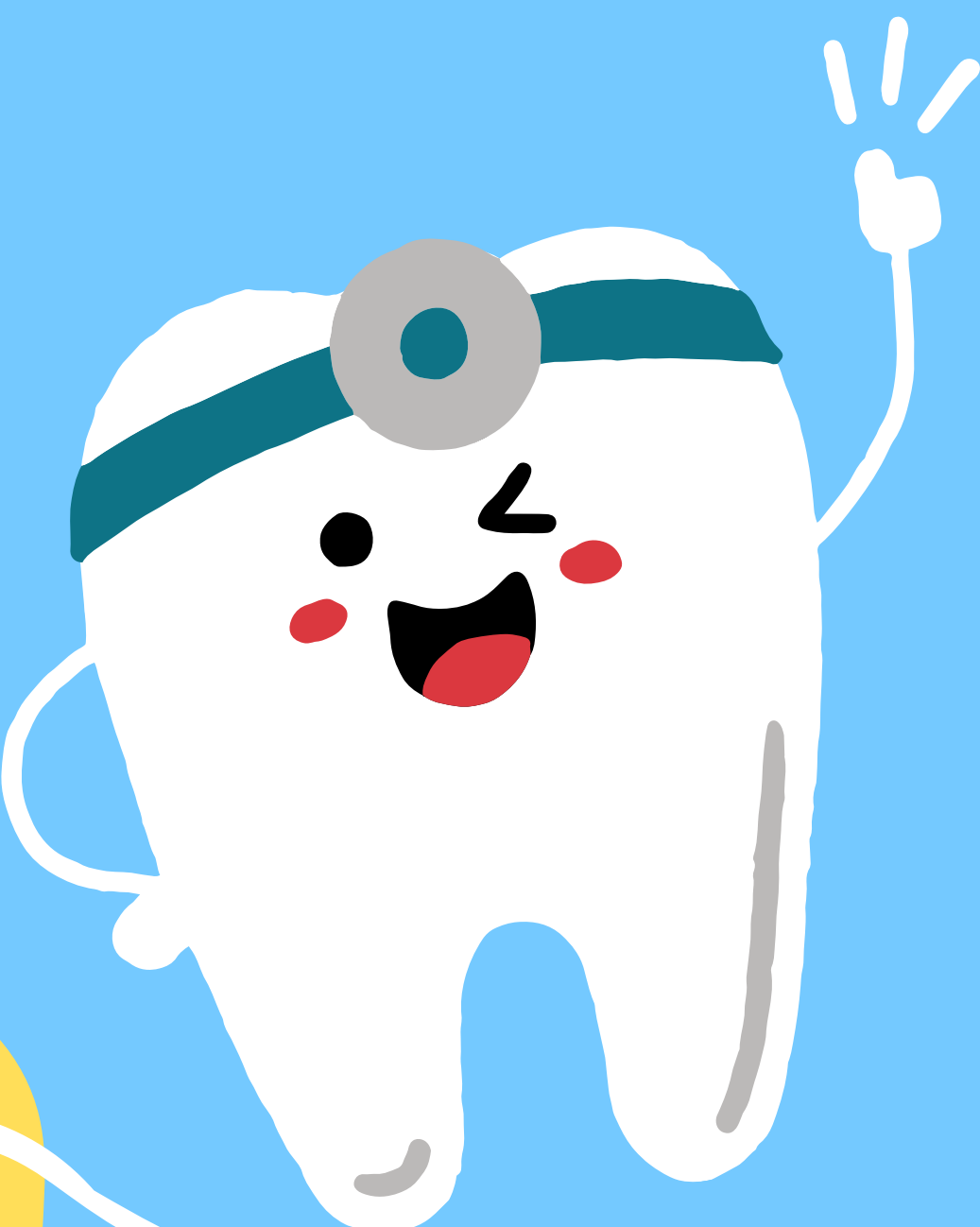
# 宿主



溝裂



排列不整齊



# 精緻食品



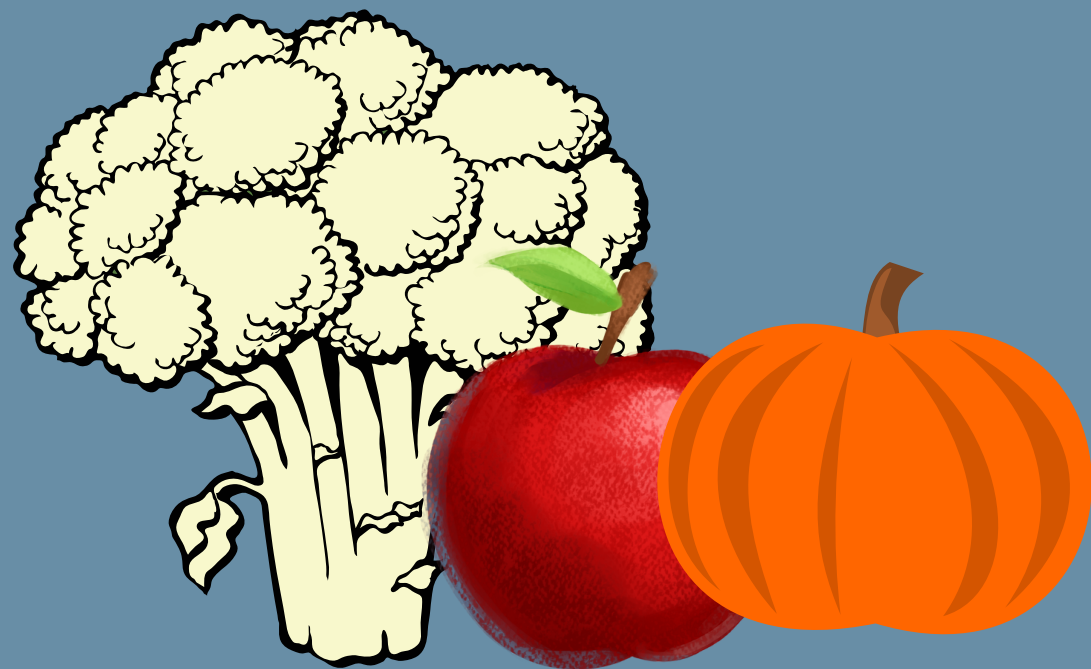
零食



酸性飲料



# 原型食物



含纖維質的食物



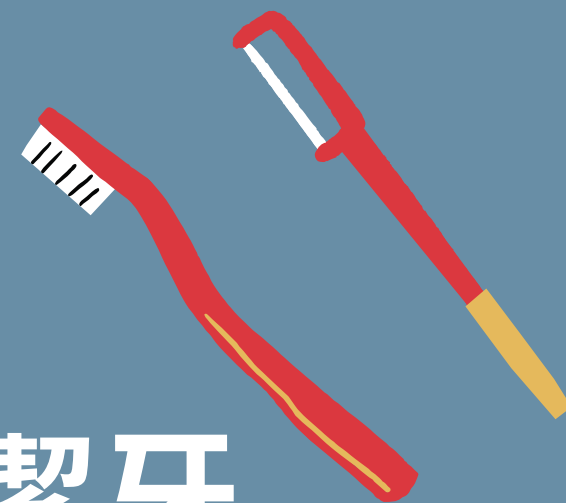
含牙齒所需鈣





# 時間

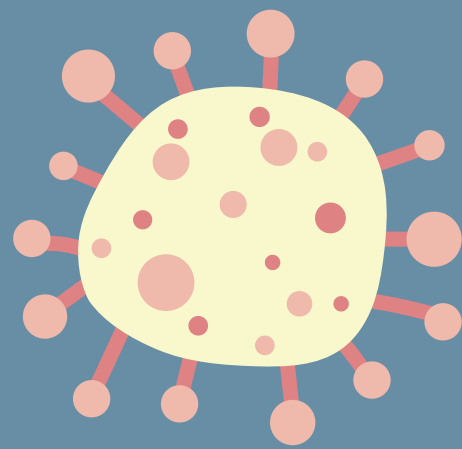
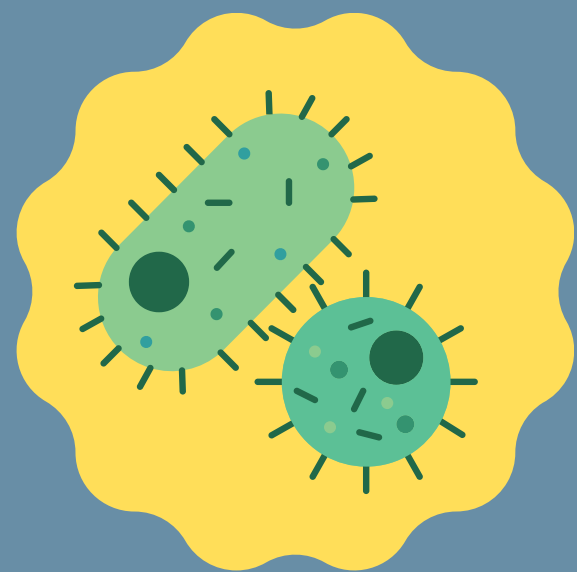
每天至少1~2次完整潔牙



經過清除後，24~48小時內  
細菌再度堆疊形成鈣化



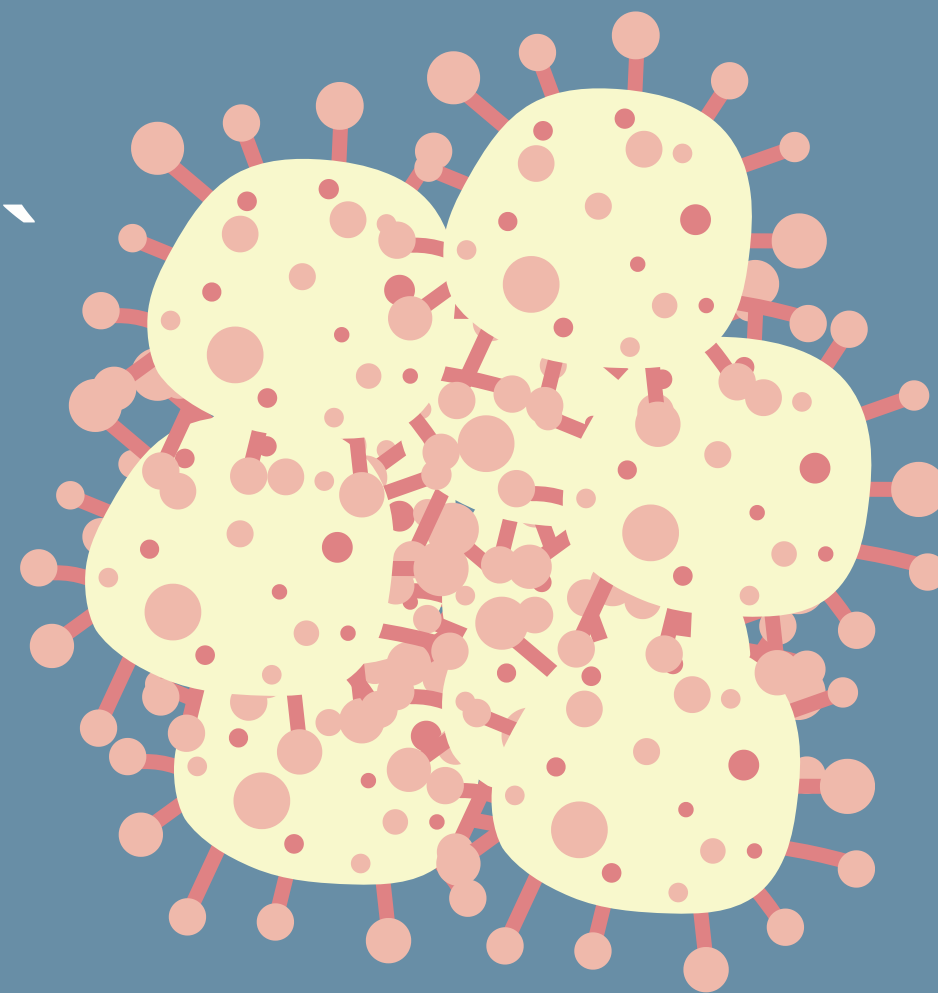
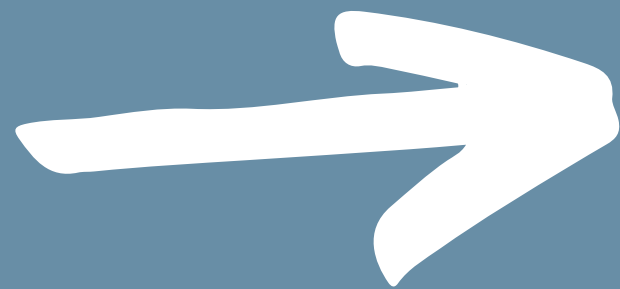
# 細菌



無害



飲食



過多有害







遊戲時間

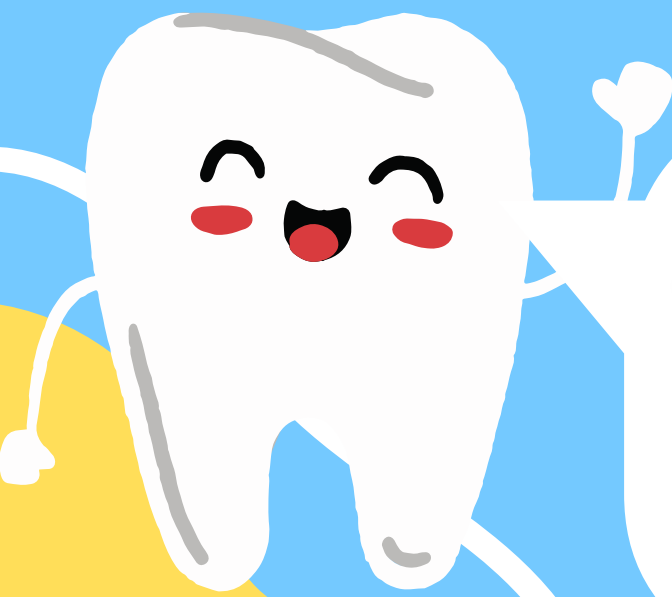
好市多 潔牙 GO

# 好市多 潔牙 GO

09



如果吃完都不清潔  
也會變不好！

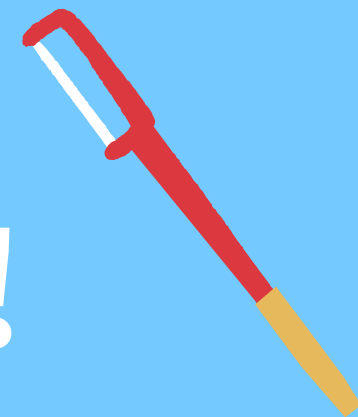
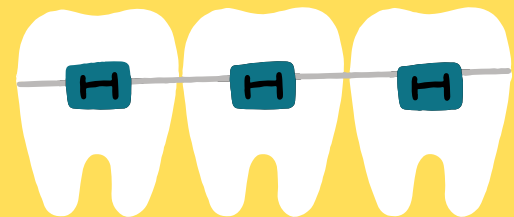


# 刷牙、牙線棒不可少

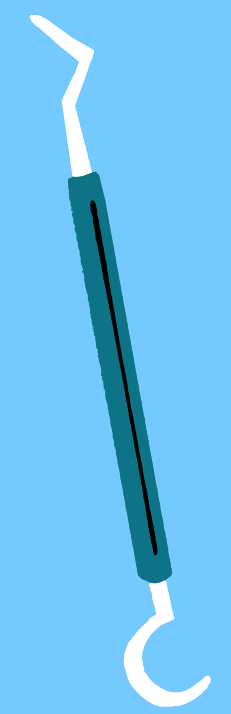
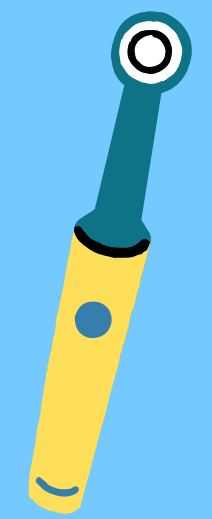
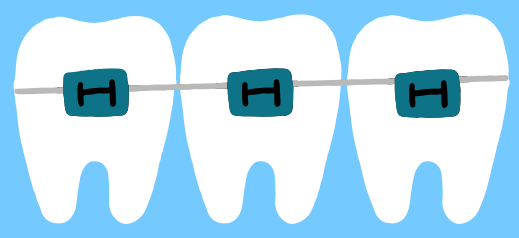


牙齒排列不整更容易蛀牙

刷牙+牙線棒！



# 蛀牙程度

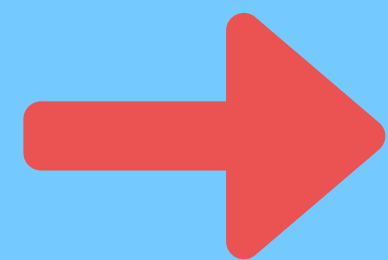




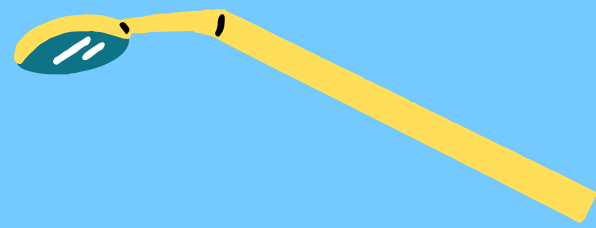
! 半年回診一次

· 洗牙

· 檢查蛀牙



健康好牙



# 健齒護照

## 定期口腔檢查



學齡期兒童應每3~6個月至牙科醫療院所進行定期檢查，早期發現，早期治療，牙齒保健很重要。

## 免費口腔塗氟



6~12歲學童寒暑假至臺北市立聯合醫院牙科門診進行免費塗氟，可有效預防齲齒，記得攜帶健保卡與戶口名簿(影本也可)。



# 牙線棒教學

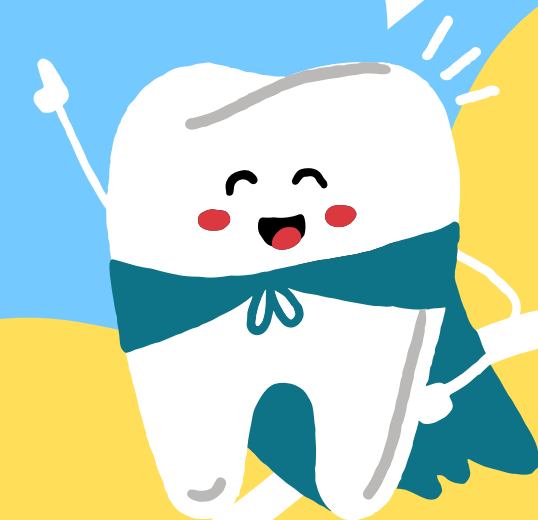


1

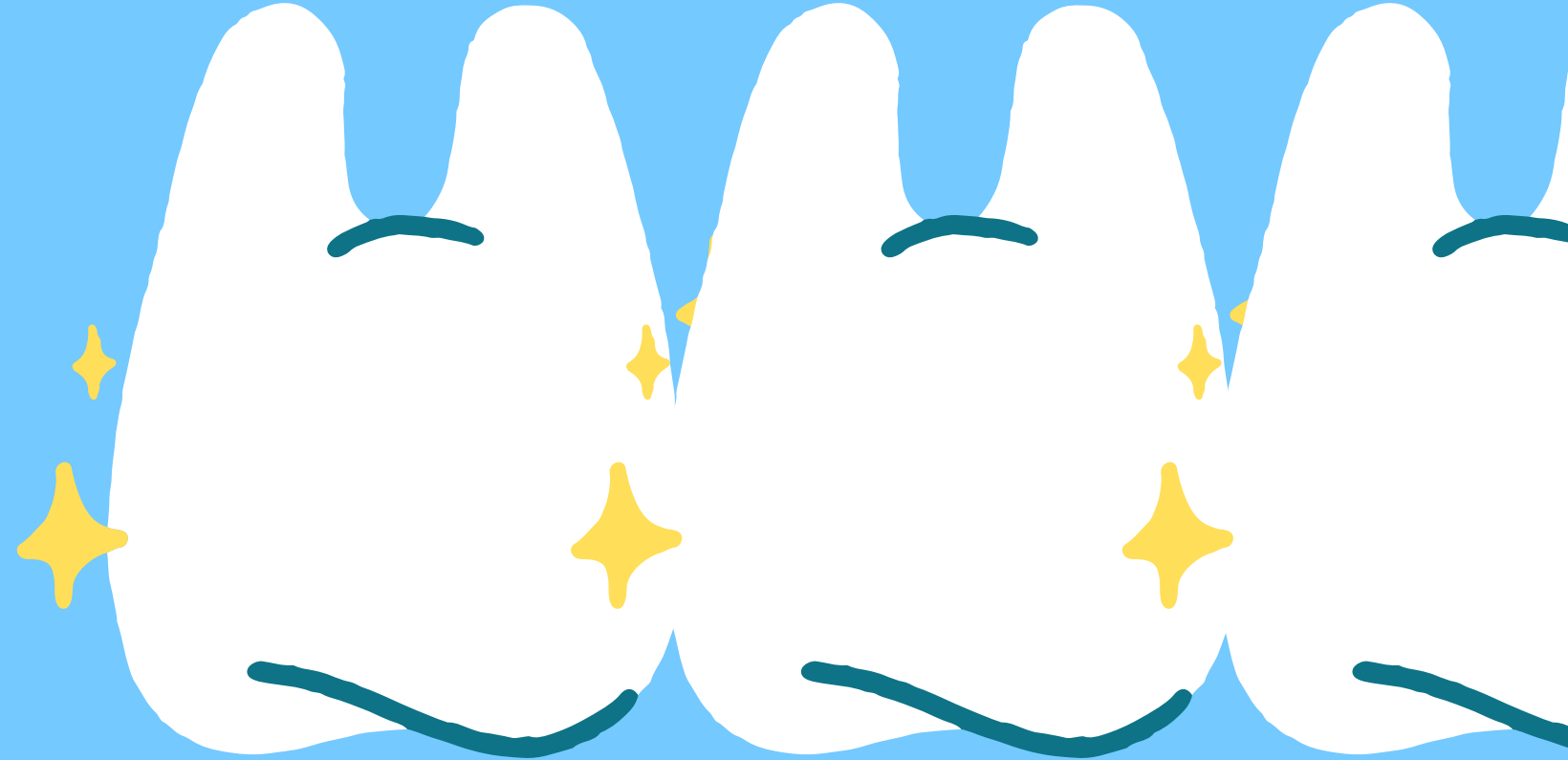
把牙線棒前後移動，滑入牙縫至牙齦  
貼向牙齒內側及表面，然後向上刮走牙垢



大家要  
仔細看唷~



**THANK  
YOU**





# 參考資料

## 1 南門綜合醫院 預防牙醫學

[HTTPS://WWW.NANMEN.COM.TW/?AID=310&PID=0&PAGE\\_NAME=DETAIL&IID=162](https://www.nanmen.com.tw/?aid=310&pid=0&page_name=detail&iid=162)

## 2 李施德霖 什麼是牙菌斑？

[HTTPS://WWW.LISTERINE.COM.TW/MOUTH-COACH/GUM-DISEASE/WHAT-IS-PLAQUE](https://www.listerine.com.tw/mouth-coach/gum-disease/what-is-plaque)

## 3 竹北品粹 牙醫咖啡館 蛀牙怎麼辦

[HTTPS://PURENESS-DENTAL.BLOG/2023/01/17/CAVITIES-SYMPTOMS-AND-CAUSES/](https://pureness-dental.blog/2023/01/17/cavities-symptoms-and-causes/)

## 4 YAHOO新聞 美牙科學會列「9大傷牙食物」！多數人的最愛都上榜

[HTTPS://TW.NEWS.YAHOO.COM/%E7%BE%8E%E7%89%99%E7%A7%91%E5%AD%B8%E6%9C%83%E5%88%97-9%E5%A4%A7%E5%82%B7%E7%89%99%E9%A3%9F%E7%89%A9-%E5%A4%9A%E6%95%B8%E4%BA%BA%E7%9A%84%E6%9C%80%E6%84%9B%E9%83%BD%E4%B8%8A%E6%A6%9C-043637136.HTML?](https://tw.news.yahoo.com/%E7%BE%8E%E7%89%99%E7%A7%91%E5%AD%B8%E6%9C%83%E5%88%97-9%E5%A4%A7%E5%82%B7%E7%89%99%E9%A3%9F%E7%89%A9-%E5%A4%9A%E6%95%B8%E4%BA%BA%E7%9A%84%E6%9C%80%E6%84%9B%E9%83%BD%E4%B8%8A%E6%A6%9C-043637136.html?GUCCOUNTER=1&GUCE_REFERRER=AHR0CHM6LY93D3CUZ29VZ2XLLMNVBS8&GUCE_REFERRER_SIG=AQAAAMXKBQ4I-XQKUTQOSR7EASYPIQ5DNWYUM6US_VZYYCHBMJHEDQFGPAAGULJOT5JH_Q9TD74VVDFIGMEPXKVWRW3DJN_RULQGYVXFYIESM6SOZZMDWNYGXPYFALOGIVDQARUCU9NKORDMHKMUMQCSQDDAR55UKP4WXZBXHF4TE-QZ)

[GUCCOUNTER=1&GUCE\\_REFERRER=AHR0CHM6LY93D3CUZ29VZ2XLLMNVBS8&GUCE\\_REFERRER\\_SIG=AQAAAMXKBQ4I-](https://tw.news.yahoo.com/%E7%BE%8E%E7%89%99%E7%A7%91%E5%AD%B8%E6%9C%83%E5%88%97-9%E5%A4%A7%E5%82%B7%E7%89%99%E9%A3%9F%E7%89%A9-%E5%A4%9A%E6%95%B8%E4%BA%BA%E7%9A%84%E6%9C%80%E6%84%9B%E9%83%BD%E4%B8%8A%E6%A6%9C-043637136.html?GUCCOUNTER=1&GUCE_REFERRER=AHR0CHM6LY93D3CUZ29VZ2XLLMNVBS8&GUCE_REFERRER_SIG=AQAAAMXKBQ4I-XQKUTQOSR7EASYPIQ5DNWYUM6US_VZYYCHBMJHEDQFGPAAGULJOT5JH_Q9TD74VVDFIGMEPXKVWRW3DJN_RULQGYVXFYIESM6SOZZMDWNYGXPYFALOGIVDQARUCU9NKORDMHKMUMQCSQDDAR55UKP4WXZBXHF4TE-QZ)

[XQKUTQOSR7EASYPIQ5DNWYUM6US\\_VZYYCHBMJHEDQFGPAAGULJOT5JH\\_Q9TD74VVDFIGMEPXKVWRW3DJN\\_RULQGYVXFYIESM6SOZZMDWNYGXPYFALOGIVDQARUCU9NKORDM](https://tw.news.yahoo.com/%E7%BE%8E%E7%89%99%E7%A7%91%E5%AD%B8%E6%9C%83%E5%88%97-9%E5%A4%A7%E5%82%B7%E7%89%99%E9%A3%9F%E7%89%A9-%E5%A4%9A%E6%95%B8%E4%BA%BA%E7%9A%84%E6%9C%80%E6%84%9B%E9%83%BD%E4%B8%8A%E6%A6%9C-043637136.html?GUCCOUNTER=1&GUCE_REFERRER=AHR0CHM6LY93D3CUZ29VZ2XLLMNVBS8&GUCE_REFERRER_SIG=AQAAAMXKBQ4I-XQKUTQOSR7EASYPIQ5DNWYUM6US_VZYYCHBMJHEDQFGPAAGULJOT5JH_Q9TD74VVDFIGMEPXKVWRW3DJN_RULQGYVXFYIESM6SOZZMDWNYGXPYFALOGIVDQARUCU9NKORDMHKMUMQCSQDDAR55UKP4WXZBXHF4TE-QZ)

## 5 常春 15個潔牙方法，常保口腔清潔

[HTTPS://WWW.TTVC.COM.TW/15%E5%80%8B%E6%BD%94%E7%89%99%E6%96%B9%E6%B3%95-%E5%B8%B8%E4%BF%9D%E5%8F%A3%E8%85%94%E6%B8%85%E6%BD%94-A-497.HTML](https://www.ttvc.com.tw/15%E5%80%8B%E6%BD%94%E7%89%99%E6%96%B9%E6%B3%95-%E5%B8%B8%E4%BF%9D%E5%8F%A3%E8%85%94%E6%B8%85%E6%BD%94-A-497.html)

## 6 心陽牙醫診所 齒列不整傷害

[HTTP://WWW.SYL-DENTIST.COM/INDEX.PHP/DISEASE/%E9%BD%92%E5%88%97%E4%B8%8D%E6%95%B4%E5%82%B7%E5%AE%B3-](http://www.syl-dentist.com/index.php/disease/%E9%BD%92%E5%88%97%E4%B8%8D%E6%95%B4%E5%82%B7%E5%AE%B3-%E6%95%99%E5%AD%B8%E7%89%88/%E9%BD%92%E5%88%97%E4%B8%8D%E6%95%B4%E5%82%B7%E5%AE%B3-%E6%95%99%E5%AD%B8%E7%89%88)

[%E6%95%99%E5%AD%B8%E7%89%88/%E9%BD%92%E5%88%97%E4%B8%8D%E6%95%B4%E5%82%B7%E5%AE%B3-%E6%95%99%E5%AD%B8%E7%89%88](http://www.syl-dentist.com/index.php/disease/%E9%BD%92%E5%88%97%E4%B8%8D%E6%95%B4%E5%82%B7%E5%AE%B3-%E6%95%99%E5%AD%B8%E7%89%88/%E9%BD%92%E5%88%97%E4%B8%8D%E6%95%B4%E5%82%B7%E5%AE%B3-%E6%95%99%E5%AD%B8%E7%89%88)

## 7 亞昕牙醫診所 牙齒脫鈣

[HTTPS://ASIADENTAL.COM.TW/TOOTH-CALCIFICATION-PROBLEM/](https://asiadental.com.tw/tooth-calcification-problem/)

## 8 3M牙線使用方法影片

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=6BFUKUUKQAS](https://www.youtube.com/watch?v=6BFUKUUKQAS)