



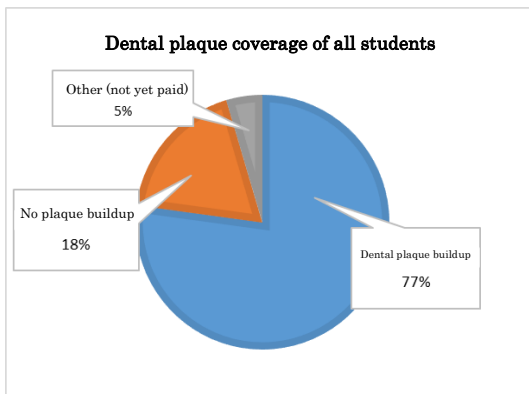
令和5年6月19日  
川口市立高等学校  
定時制保健室

We are now in the rainy season, with more and more days of rain. How are you spending your days in the dreary weather? Are you getting sick? During the rainy season, it is easy to get sick due to the extreme difference in temperature. Also, be careful of "hidden heat stroke," which is difficult to notice due to the lack of water in the body because it is difficult to feel symptoms such as thirst because of the slow sweating. Let's stay hydrated, take care of our physical condition, and be as strong as Kenji Miyazawa's poem, "Neither the rain nor the wind".

## The results of the dental checkup were distributed!

There were **10 students** in the entire school who had good, healthy teeth with no carious teeth or other abnormalities. Let's continue to brush carefully and do our best to continue to have good teeth. On the contrary, **40 students** had carious teeth. Tooth decay does not heal naturally. The longer they are left untreated, the more pain they cause, the less you want to eat, the worse your breath becomes, and the further they progress. Go for treatment before it is too late. Even if there are no other carious teeth, we recommend that you see your dentist for a checkup based on the condition of your teeth and gums. We have distributed the results of the dental checkups to all students, regardless of whether or not there are any abnormalities, so we recommend that you check the notices and have regular examinations.

One particular concern with the results for all students was plaque buildup. 77 percent of the regular students had plaque buildup.



Dental plaque is a mass of bacteria commonly referred to as plaque. Plaque can be removed by brushing your teeth, but if you forget to brush your teeth, bacteria will multiply and form plaque in the food debris on your teeth within **8 hours** after eating. If left untreated, it can cause tooth decay and gum disease. Careful brushing after each meal is important to keep plaque free.

Plaque is most likely to be found  **between teeth**,  **on the back teeth**,  **at the border between teeth and gums**,  **around missing teeth**, and  **where teeth meet**. Brush with awareness.

## Migrate after eating!

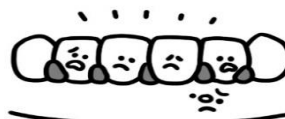


Causes of Caries and Periodontal Disease

If you don't eat things and brush your teeth,...



Leaves food debris on your teeth



Bacteria create plaque with carbohydrates from food debris.



Therefore, it is important to brush the teeth after meals!