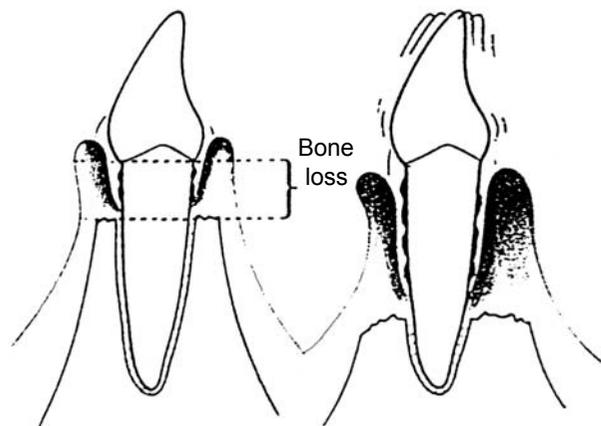The bacteria in the gum pockets calcifies after a time to tartar. The bone around the tooth gradually is destroyed and the tooth can loosen. Loosening of the teeth can be impeded or stopped by a dentist or dental hygienist.

Bone loss

In order to avoid cavities (caries) and loosening of the teeth, you should follow this advice:

- **Brush your teeth carefully with fluoride toothpaste at morning and night**
- **Do not eat so often**
  Allow your teeth to rest between meals
- **Visit the Dental Care Service regularly**

Advice on teeth in various languages

Public Dental Care Service, Scania
Folktandvården Skåne

Folktandvården Skåne

Dental Care in Sweden

In Sweden, children between 0 – 19 years receive dental care free of charge.
Adults must pay for their dental care in accordance with a special tariff.

Information on dentists and dental hygienists together with where you can turn to if you are in pain is found in the tele - phone catalogue.

Caries

Cavities in teeth or caries are caused by bacteria and sug ar. There are always bacteria in your mouth. They easily adhere to teeth. One such bacterial layer on the surface of teeth is called plaque. Every time the bacteria come into contact with sug ar, an acid that eats into the teeth is formed. This then causes cavities in the teeth.

Cavities in teeth are caused by bacteria and sugar.

Sugar is in most of the food we eat, in normal food and most of all in sweet drinks, biscuits and sweets.
Therefore it is important to not eat so often, at most five times per day, and to brush your teeth at morning and night.

If you drink soft drinks or eat biscuits and sweets, do so at the same time as you take meals. Drink water when you become thirsty between mealtimes. If you feel you must have sweet things, choose chewing gum or tablets sweetened with XYLITOL, which does not affect teeth.

Fluoride

Fluoride is a substance that makes teeth strong. It lessens the risk for caries. Therefore, always use fluoride toothpaste.
Fluoride can also be used in other ways, whic h your dentist or dental hygienist can recommend.

Loosening of the teeth

Bacteria are also the cause of loosening of the teeth (periodontitis), which is common with adults.
Loosening of teeth is not felt, but bleeding when you brush your teeth is a warning sign.

bacterial layer
gum pocket
gum
bone
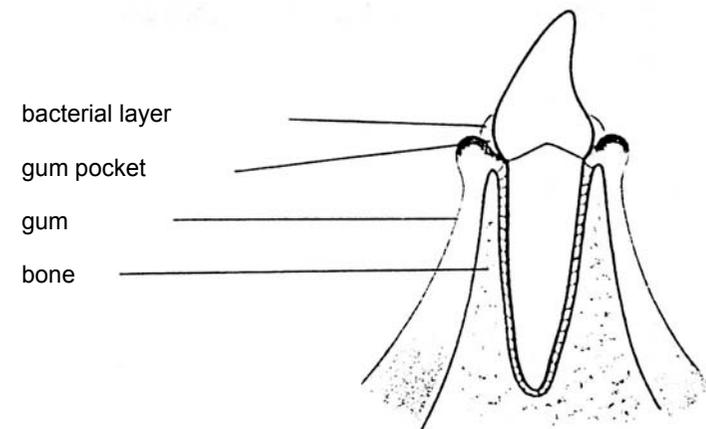
Where the gum fastens to the tooth, there is normally a so-called gum pocket. Bacteria can grow down in this and you cannot brush them away yourself. The gum then becomes red, swollen and bleeds easily.