
本集内容

Unknown bad habit causes tooth decay 导致蛀牙的坏习惯

学习要点

有关“tooth decay 蛀牙”的词汇

边看边答

What does Rachel do that causes damage to her teeth?

文字稿

Back in the dentist's chair, even though she thought she looked after her teeth well. Rachel Coe-O'Brien has erosive tooth wear. It's when acid **eats away** at them until they **chip** or get shorter. It turns out Rachel had a bad habit she didn't even know about.

躺在牙医的治疗椅上接受治疗，尽管她觉得她已经很好地保护了自己的牙齿。雷切尔·科·奥布莱恩的牙齿有腐蚀性磨损。这是由于酸性物质长时间的侵蚀而导致牙齿碎裂或变短。原来雷切尔有一个连自己都没有意识到的坏习惯。

Rachel Coe-O'Brien

When I drink normally, especially if it's a kind of flavoured drink, I would just hold it in my mouth for a bit longer than I suppose the average person. I think it might be the taste or something like that. And I think, again, that kind of... more exposure to my teeth and it sits in my mouth longer than just swallowing it down.

雷切尔·科·奥布莱恩

“平时我喝东西的时候，尤其是喝调了味道的饮品时，和普通人相比，我就会把饮品在嘴里多含一会儿。我觉得这可能是因为饮品的味道。我认为，由此一来，那种物质和我的牙齿有了更多的接触，这比把它直接咽下去在我的嘴里呆的时间更长。”

As vices go, it doesn't sound so terrible. But researchers say it's bad news for your teeth.

就恶习而言，这听起来不算太糟。但研究人员们说这对你的牙齿是个坏消息。

Saiorse O'Toole, dentist

We found that about maybe one in six people had habits like sipping things really slowly or **swishing** them round their mouth - people tend to rinse things round their mouth. If you're

doing these behaviours on a daily basis for years and years and years, you can cause serious damage to your teeth. And that serious damage can mean that your whole mouth needs to be rebuilt.

西尔莎·奥图尔 牙医

“我们发现大约每六人中就有一人有慢慢地喝饮料或把饮料在嘴里漱漱，咕嘟几下再咽的习惯，人们往往会把饮料含在嘴里，像漱口一样。如果你每天都有上述的这种行爲，那么长久下去，这就会对你的牙齿造成严重的损害。所谓严重的损害可能意味着你口腔里的所有牙齿都需重新种植。”

It is preventable - mostly by cutting back on **acidic** food and drinks. Some things though, like fruit - are generally seen as the healthy option. But from the dental point of view, they can **erode** teeth.

这是可以预防的，主要通过减少食用**酸性**食物和饮料。但有些东西，像水果，通常被我们视为健康的选择。但从牙科的角度来看，它们也能**腐蚀**牙齿。

So should people scrap their five-a-day to protect their teeth? The researchers say that's the last thing they want. But the advice is to be aware of overall eating patterns, and to consider snacks that are less acidic and higher in calcium.

那么人们是否应该抛弃健康饮食概念“每日五份蔬果”而保护牙齿？研究人员说这可是他们最不愿意看到的。不过他们给出的建议是要注意整体的饮食模式，并且选择低酸高钙的零食。

词汇

eats away

长时间的侵蚀，慢慢地腐蚀

chip

碎裂

swishing

漱漱（口）

acidic

酸性的

erode

腐蚀，侵蚀

视频链接: <https://bbc.in/2qcLCHJ>

你知道吗？

Humans have two sets of teeth. The first set of 20, which are informally referred to as 'milk teeth', are lost in childhood. The adult set has 32 and consists of four incisors, two canines, four premolars and six molars in each jaw.

人类有两副牙齿。第一副 20 颗牙齿通常被称为“乳牙”，在孩童时代会全部脱落。成年人有 32 颗牙齿，其中上下颌分别都有 4 颗门牙，2 颗犬齿，4 颗前臼齿和 6 颗臼齿。

问题答案

Rachel holds the drink in her mouth longer than the average person, which exposes her teeth to the liquid for more time.