



## What does MIH look like?

Teeth affected by MIH have a very typical appearance from the moment they appear into the mouth:

- very white or yellow/brown matte spots, often unappealing
- sensitivity and/or pain in the affected teeth
- new tooth decay can rapidly evolve
- parts of the teeth can chip off



Images: Courtesy of Dr. P. Rouas, France and Prof. C. Baroni, Italy

## At what age does this occur?

The teeth that can be affected by MIH, erupt at the age of 5-7 years; it can be detected from that moment. Milk teeth can have the same type of defects; those can even appear at the age of 2!

## Why does my kid have it?

Unfortunately we still do not know what causes MIH, so there is nothing we can do to prevent it yet. However, if a child is diagnosed with MIH, it is more likely for the siblings to have it as well.

## Why do I need to act quickly?

Early intervention and preventive actions are necessary to avoid unnecessary pain and dental fear. In the long term, this will also reduce costs as delayed treatment may bring about the need for more invasive and expensive procedures.

### GC Tooth Mousse



### GC MI Paste Plus



Available in 5 flavours: Vanilla, Melon, Strawberry, Mint and Tutti-Frutti



Practice stamp:

1 out of 7 children suffer from Molar Incisor Hypomineralisation (MIH)

What is MIH exactly?  
How can it affect my child?  
Why does my kid have it?

What can I do as a parent?

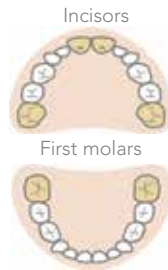


## What is MIH exactly?

MIH, also known as cheese molars, is a disease where the outer layer (enamel) of the teeth become soft and porous.

Those teeth are very fragile and can be easily attacked by bacteria that cause caries. In severe cases they can even break down!

In the permanent dentition, MIH always occurs on permanent first molars and sometimes on incisors as well. In rare cases, milk teeth can have similar symptoms.



## How can it affect my child?

Teeth with MIH are often hypersensitive. Caries can develop very fast in these teeth, which could also cause pain. Your child's eating and brushing habits might even be altered as it will try to avoid pain.

When the incisors are affected as well, the stains are visible during social interaction (talking, smiling). This can affect your child's confidence.



## What can I do as a parent?

### 1. Visit the dentist!

Go to the dentist for treatment. Early detection and intervention is crucial!

Your dentist can help with the following:



Inform you and teach your child how to take care of his/her teeth

Apply a protective coating to reduce the sensitivity of the teeth



Strengthen the teeth by applying products that reinforce the enamel

Place a restoration if decay or breakdown is present



### 2. Offer healthy, tooth-friendly nutrition

Frequent snacks or drinks between meals should be avoided, especially those that contain a lot of sugar or acid.

### 3. Check your child's dental hygiene

The teeth should be brushed twice a day with a toothpaste containing the proper amount of fluoride (ask your dentist about it). Remember that young children still may require help to brush their teeth.

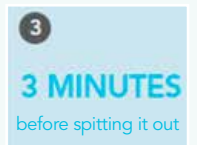
### 4. Strengthen teeth at home with GC Tooth Mousse or MI Paste Plus

GC Tooth Mousse and MI Paste Plus contain Recaldent™, derived from natural milk proteins. It helps strengthen teeth with weakened enamel, like MIH.



Both types are free of lactose but cannot be used by patients with an allergy for milk proteins.

MI Paste Plus also contains fluoride (900 ppm). Carefully read the instructions for use before application.



**Tooth Mousse and MI Paste Plus are not for sale in regular stores. Ask your dentist how you can buy it!**

**Take action!**  
Plan your child's visit to the dentist now!