



健康速递 Health Issues

儿童夏季保健三大问题 Four major issues of children health care in summer

● 补水问题 The replenishment problem

炎热夏季如何给孩子正确地补水成为广大家长十分关心的热点问题。水是人体最重要的物质，营养的运输，重要的物质代谢和生理活动都需要水的参与

Hot summer, how to give children proper replenishment has become a hot issue concerned the majority of parents. Water is the most important material body, nutrient transport, an important metabolic and physiological activities need water participation

1 补什么水?

目前市场上小儿饮用水品种繁多，从健康的角度来看，白开水是最好的饮料，它不含卡路里，煮沸后自然冷却的凉开水最容易透过细胞膜促进新陈代谢，增加血液中血红蛋白含量，不用消化就能为人体直接吸收利用，纯净的白开水最容易解渴，有调节体温、输送养分及清洁身体内部的功能增进机体免疫功能，提高人体抗病能力。

Currently on the market of drinking water a wide variety, from the health point of view, white boiling water is the best drink, it does not contain calories, cool boiling water natural cooling after boiling is most likely to promote the new supersedes the old. Through the cell membrane, increase hemoglobin content in blood, without digestion can be absorbed by the human body, the pure white boiling water most easily to quench their thirst, a regulating body temperature, conveying internal nutrient and clean the body of the function to enhance immune function, improve the body resistance to disease.

2 什么时候补水最好?

1. 清晨起床喝一杯温热的白开水。get up early in the morning to drink a cup of warm white boiling water.
2. 在两顿饭期间适量饮水，最好隔1~2小时喝一杯。In two meals during moderate drinking water, the best 1 ~ 2 hour to drink a cup of.



● 儿童应少吃冷饮

胃的表皮有一层粘膜，能分泌粘液层覆盖在胃的表面，这层粘液能保护胃自身不被消化液消化掉。冷饮的温度一般要比胃内温度低20℃~30℃，长期过量的冷食物进入胃，会使胃黏膜下血管收缩，粘膜层变薄，使保护胃的“天然屏障”——粘液层受到破坏，导致胃的防卫能力下降，胃酸和胃蛋白酶的侵袭力增加，出现粘膜水肿和糜烂，最终形成慢性胃炎。学龄前儿童自控能力较差，夏天往往喜欢吃冷饮来解暑，几乎是对冷饮“来者不拒”。因此，作为家长一定要控制10岁以下儿童冷饮摄入量，一般来说，每天吃冷饮不超过150克，最好是分多次吃，不要一次进食太多。

Stomach epidermis have a layer of mucous membrane, can secrete mucus layer covered on the surface of the stomach, this layer of mucus can protect a stomach itself is not by the digestive juice to digest. Cold temperatures than gastric low temperature 20℃ ~ 30℃, long-term excessive cold food into the stomach, can make gastric mucosa vasoconstriction, mucosal layer becomes thinner, so that protect the stomach of the "natural barrier" -- the mucus layer is destroyed, leads to a decrease in gastric defense capabilities, increased gastric acid and protease the invasion force, appear mucosal edema and erosion, the final form of chronic gastritis. Preschool children self-control is poor, often like to eat cold drink to summer Jieshu, is almost cold "refuse nobody". Therefore, as parents to control children under the age of 10 cold drink intake, in general, eat cold drink no more than 150 grams per day, it is best to eat, don't eat too much at one time.

● 防蚊虫叮咬

驱蚊虫用蚊帐是最好的。它能把大人和孩子和蚊虫隔离开，没有化学物质的污染，是晚上入睡首选防蚊方法。孩子住的房间不要使用杀虫剂，也不要接触任何杀虫剂，包括蚊香。驱蚊花露水则像一项无形的“蚊帐”，尤其适合儿童使用，只要涂抹在身体裸露部位，每次时效可达5小时。除了驱蚊功效外，有些花露水中还含有中草药成分，有清凉、去痒、避暑等功能，可谓“一物多用”。另外，可以选择在婴儿房里放几盒清凉油或风油精，晚上打开盖子驱蚊效果也不错。平时告诉孩子尽量远离水边或者草坪，不要让孩子光脚跑来跑去。

The mosquito nets is the best. It can make the children and adults and mosquitoes away, no chemical pollution, is the preferred method to fall asleep at night ". Children room do not use pesticides, also do not contact any pesticides, including mosquito-repellent incense. Toilet water repellent is like an invisible "nets", especially suitable for children to use, as long as the daub on the exposed parts of the body, each time up to 5 hours. In addition to mosquito repellent effect, some toilet water also contain herbal ingredients, have cool and refreshing, to prickly heat, heat and other functions, a more complex can be described as ". In addition, can choose a few box cooling oil or Fengyoujing in the baby room, night opened the lid and repellent effect is good. Usually tell the children away from the water's edge or lawn, do not let children barefoot running.

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● 关注孩子们的口腔保健 - 窝沟封闭 Care for children's dental health

近年来，我国儿童口腔疾病的发病率呈不断上升趋势。儿童口腔保健是大家越来越重视的问题，无论您是否享受口腔保健的保障，相信您仍希望有更加多样的选择。

欧乐通过评估各类客户的就医习惯与就医感受，首先在北京、上海、广州、深圳、杭州、厦门等6个城市甄选多家优质外资口腔诊所，以优惠的价格为儿童客户提供一次性的口腔检查、窝沟封闭、洁牙等服务项目，且凭洗牙卡可以享受后续治疗的费用折扣。

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Incidences of dental diseases among children are a growing trend today in China. Children dental health is calling more and more attention nowadays, and no matter you have dental benefit or not, we think another option of dental care will always be a bonus.

After reviewing and grading the professional partners which are deeply cooperating with us, ERV selected several outstanding dental clinics for our clients in Beijing, Shanghai, Guangzhou, Shenzhen, Hangzhou and Xiamen in order to provide our new independent dental care service, including an annual teeth check, dental sealant, scaling with an amazing low price, and the following treatments are going to get discount as well. For more detailed information please kindly dial 010-84416610



每个宝宝在生长过程中，都会面临着牙齿被蛀的风险，大部分的宝宝偏爱吃甜食，喜欢碳酸饮料，使得脱矿过程加剧，钙离子少了，牙齿不再坚固，细菌却附在牙齿上产生酸性物质，牙齿就易龋坏。

涂氟可以起到保护牙齿的作用，加上正确的刷牙护牙方法和定期的到医院检查，可以有效防止龋齿的发生，即使有些小问题，也可及时得到治疗。同时咀嚼齿（俗称大牙）的表面都是凹凸不平的，凹陷的部位就叫窝沟。如果发育不好，这些窝沟非常深，食物和细菌嵌塞进去，很容易发生龋齿。

“六龄齿”就是蛀牙的好发部位，它是萌出时间最早的恒磨牙，其咀嚼功能最强大，也最容易发生龋病，甚至造成过早脱落，所以保护儿童的第一恒磨牙很重要。

作为爸爸妈妈的你，要时刻关心宝宝的牙齿健康，窝沟封闭是预防恒磨牙窝沟龋的最有效方法。

Sweet food & sodas lead to early tooth decay. Fluoride treatment, together with the correct method of brushing teeth can protect your child's teeth effectively. Though regular dental checkups can timely find a problem and solve it.

Your child's six-year molars are prone to decay due to the deep grooves on the chewing surface, known as pits and fissures. These irregularities make them difficult to thoroughly clean, making them prone to early tooth decay.

Six-year molars are our first permanent teeth, and are the main teeth used for chewing through out life. They are also the most easy to decay. Our modern diet of starchy, sticky foods make it very necessary to protect these teeth. Dental sealants are the most effective way to prevent early tooth decay and a life time of dental treatments. As a parent, you can you're your child on a healthy path by sealing your child's teeth.

● 口腔诊所介绍 Dental Clinics' Link

瑞尔齿科：北京、上海、广州、深圳、杭州、厦门
Arrail Dental: Beijing, Shanghai, Guangzhou, Shenzhen, Hangzhou, Xiamen

德真会齿科：上海
Tokushinkai Dental: Shanghai

拜尔口腔：上海
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To your advantage, please contact our **24 Hour Helpline** before you go to see a doctor. If you have any questions, please do not hesitate to contact us by phone. **email at china@ervchina.com**

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