

エビデンスを抑えておけば 臨床現場も患者さんも楽になる!

シンプル予防地線

Simple Preventive Dentistry



署 加藤大明 芳賀剛 加藤雄大



PREFACE PROFILE

序

「日本は予防を軽視し、『見つけて削ってつめる』という治療中心の歯科医療を続けてきた。歯の健康を守り育てるという原点に立った歯科医養成を行うべきである」

平成10年(1998年)3月、朝日新聞の社説にはこう記されていました。山形県酒田市開業の熊谷崇先生らの取り組みが社会に知られ始めた頃のことでした。当時、診療室で患者さんに予防の話をすると、「歯ブラシを売りつけたいのか」と怒られることもあったそうです。

それから25年以上が経ちました。令和6年(2024年)の歯科疾患実態調査によると、過去1年間に「かかりつけ歯科で定期的な健診を受けた」と答えた人は55.7%。

いまや日本人の2人に1人が、痛みがなくても歯科医院に通う時代になっています。12歳 児の平均DMFT歯数も、平成11年の2.4本から1本を下回る水準まで大きく減少しました。私たちが学生だった頃とは、まるで別の国のようです。日本の歯科医療に変化を起こしてこられた先輩方、行政、そして行動を変えてきた患者さんに、心からの敬意を払いたいと思います。

ただ、あらためて考えてみると、この25年のあいだに「予防の方法」そのものは、思ったほど科学的に進歩していないようにも思います。さらには唾液検査やPMTCなどを、科学的な根拠を十分に見直すことなく"特別なもの"として扱いすぎるあまり、これから「予防」に取り組もうとする歯科医院にとっては、かえってそれが難しい存在になってしまっていないでしょうか。エビデンスを紐解き、情報を取捨選択して整理すると、予防はもっとシンプルで、誰にでもできるものです。全ての歯科医院の日常の中で、そして患者さんの生活の中でも、無理なく続けられる形であるべきだと思います。

本書でお伝えしたいのは、「予防は決して難しくない」ということです。エビデンスに基づいて知識を整理し、優先順位と基本的な手法を理解すれば、誰でも患者さんの歯を守れるようになります。どうか自信をもって、日々の診療に活かしてください。

2025年11月吉日

加藤 大明 芳賀 剛 加藤 雄大

著者プロフィール

加藤 大明 (かとう ひろあき)

2003 年 九州歯科大学卒業

2007年 九州歯科大学大学院 予防歯科専攻修了

2006年 日吉歯科診療所勤務 2012年 チョコレート歯科医院開設

2017年 北欧歯科開設

2021年 北欧歯科こくら開設



芳賀 剛 (はが たけし)

2003年 九州歯科大学卒業

2008 年 芳賀歯科・矯正歯科クリニック開業 2019 年 学研都市歯科・矯正歯科へ名称変更

日本歯周病学会指導医/日本口腔インプラント学会専門医/日本臨床歯周病学会認定医/同インプラント認定医/日本顎咬合学会噛み合わせ認定医/日本顕微鏡歯科学会認定医/BTI PRGF インストラクター



加藤 雄大 (かとう たかひろ)

2008 年 九州歯科大学卒業

2017年 スウェーデンイエテボリ大学大学院専門医課

程卒業

ヨーロッパ歯周病連盟認定歯周病・インプラ

ント専門医

2018年 香港大学 ITI スカラー修了

2025年 北欧歯科 院長

北欧歯科ごら 勤務

日本歯周病学会、スウェーデン歯周病インプラント学会



CONTENTS

Cha	ipter 1 予防歯科総論 加藤大明 ·············	8
Q1	治療を繰り返していれば歯は長持ちするの?	10
Q2	歯の喪失を防ぐには?(カールスタッドモデル 1)	12
Q3	う蝕と歯周病は人によってなりやすさが違いますか?	14
Q4	なぜ歯は守られたの?(カールスタッドモデル 2)	16
Q5	PMTC で歯は守れるの? ······	18
Q6	歯周治療やメインテナンスにおいて「染め出し」は必要?	20
Q7	標準的な歯科治療の順序とは?・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・・	22
Q8	う蝕の初診時、 エックス線診査の第一選択はパノラマエックス線撮影ですか? デンタルエックス線 10 枚法ですか?	24
Q9	咬翼法のあれこれ	26
Q10	う蝕と歯周疾患の予防を行えば歯は失われませんか?	28
Q11	「この歯でナッツを噛むと痛い、歯がしみる」けど、う蝕なしとはどういうこと?	30
Q12	義歯は必ず作る必要がありますか?	32
Q13	メインテナンスの時間割は?	34
Q14	メインテナンスは何ヵ月おきがよいですか?	36
Q15	予防のために患者さんに必要と思うことはどんどん提案した方がよいですか?	38
Q16	予防型歯科医院を作るために、最も大切なことは何ですか?	40
Q17	歯科衛生士は担当制の方がよいですか?	42

C	ha	pter	2	う蝕	編	加藤大明			48
Q	18	う蝕ハイ!	ノスク者	音をどうや	って見つ	けますか?			50
Q	19	歯が萌出	前の乳	,幼児の	う蝕リスク	の把握方法	はありますか?・・		52
Q	20	う蝕予防	の基本	は何です	か?				54
Q	21	う蝕ハイ!	ノスク者	言には、	フッ化物画	配合歯磨剤	以外に何を提案し	ますか?	56
Q	22	フッ化物	配合歯	磨剤を使	いたくない	いという人に	何を伝えるべき?		58
Q	23	シーラン	トにはき	蝕予防:	効果があり	りますか? …			60
Q	24	フッ化ジス	アンミン	銀(サ	ホライド)	vs フッ化物	勿バーニッシュ?	どちらが有効? …	62
Q	25	Hidden	Caries	(隠れ	う蝕)を予	がするには	?		64
Q	26	隣接面う	蝕はど	ncsina	のスピード	で進みます	か?		66
Q	27	根面う蝕	が歯冠	部う蝕と	異なる点に	t?			68
0	28	予防型歯	科医院	が増えれ	れば、世の	の中のう蝕に	はゼロになる? …		70

CONTENTS

Chapter 3 歯周病編 加藤雄大、加藤大明 72
Q29 歯周基本治療の成功には、術者の技術と患者さんの努力、どちらが大切? ··········· 74
Q30 歯間部の清掃方法は何が正しいの? 76
Q31 歯周基本治療(非外科処置)で何 mm の歯周ポケットまで治せる? 78
Q32 歯周病の予防や治療を成功させるために、プラークコントロールに次いで大切なことは 何ですか? 80
Q33 メインテナンス中に歯周炎が悪化している時のサインは何? 82
Q34 歯周疾患のリスクが高い歯は? ····· 84
Q35 歯肉縁下のインスツルメンテーションの違いとは?(デブライドメント、スケーリング、 およびルートプレーニング)86
Q36 (下顎の) 埋伏智歯を抜けば第二大臼歯遠心の深い歯周ポケットはなくなるの? 88
Chapter 4 インプラント編 加藤雄大 96
Q38 インプラント周囲炎を予防するために必要なことは? ······ 98
Q39 インプラント周囲疾患の O 次予防として何をすべき? ······100
Q40 インプラント周囲のプロービングは行うべき? ······102

予防	の格言集 加藤大明	44	
格言①	凄腕の専門家	44	
格言②	蛇口を閉める	44	
格言②	メディカルトリートメントモデル	45	
格言④	歯科臨床の未来	45	
格言日	G.V.Black の言葉	45	
格言 3	Minimally invasive dentistry の哲学的シンボル	46	
格言の	最高の歯科医師とは	46	
格言③	(予防の) 明確なビジョン	46	
格言②	予防歯科が美しい	46	
格言の	実業家出光佐三の言葉	47	
格言①	Apple の共同創業者 Steve Jobs の言葉 ···································	47	
colum	nn コラム 芳賀 剛	90	
コラムの	長期メインテナンスは、歯科衛生士の「会話力」があってこそ!	90	
コラム@	医院の理念がもたらすもの 「ずっと自分の歯で過ごす」ために、 私たちができること	92	
コラム⑥	小さな通院が生んだ、大きな行動変容 1 歳半健診から始まった、予防歯科の 10 年間	94	

Chapter 1





SECURE SECURE AND ADDRESS.

-56	SERVICE CONTRACTOR OF
-68	SECOND CONTRACTOR OF
100	SECURE AND DESCRIPTION OF THE PERSON
	Assessment to the second of
	PROCESSOR STATE
-	RESIDENCE AND STREET, SPECIAL PROPERTY AND ST
-	A ROLL AND ADDRESS.
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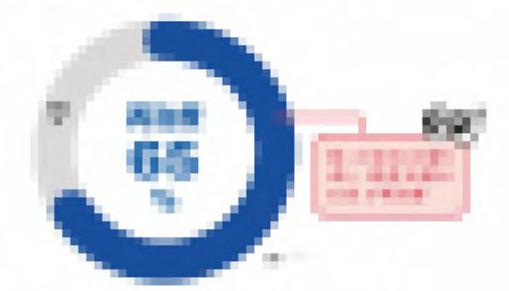
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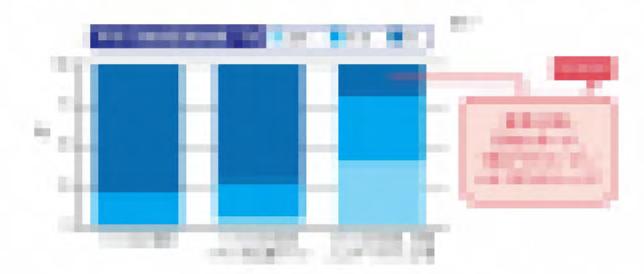
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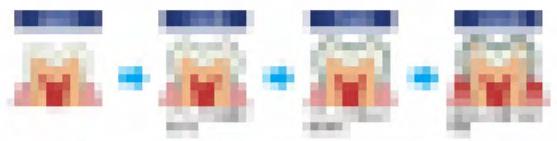


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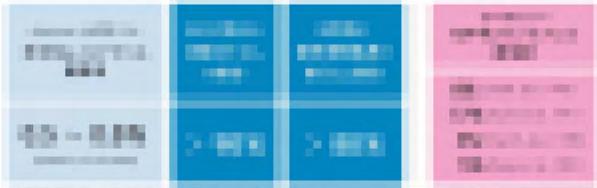
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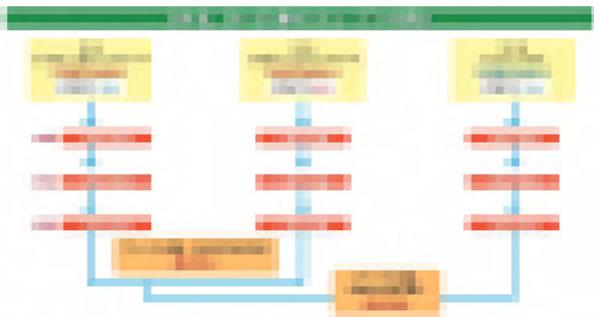
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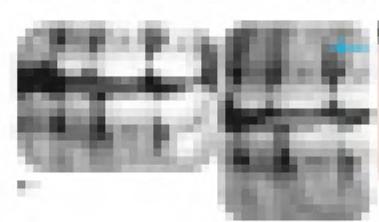
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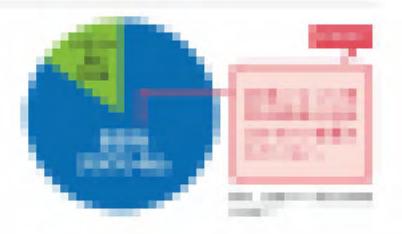
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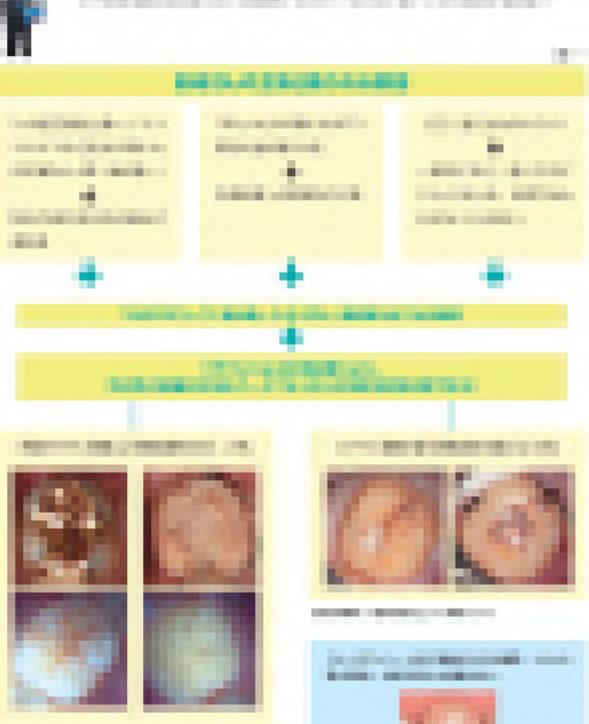
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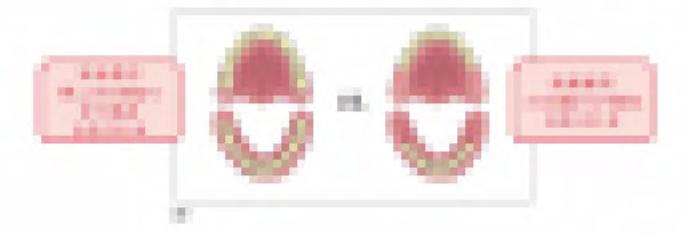
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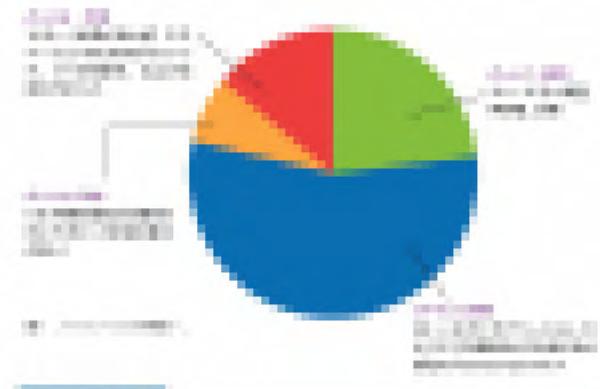
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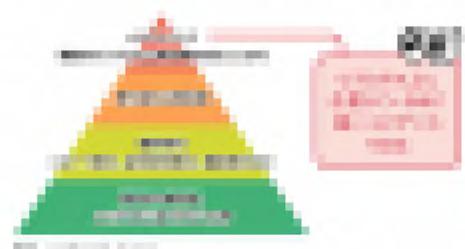
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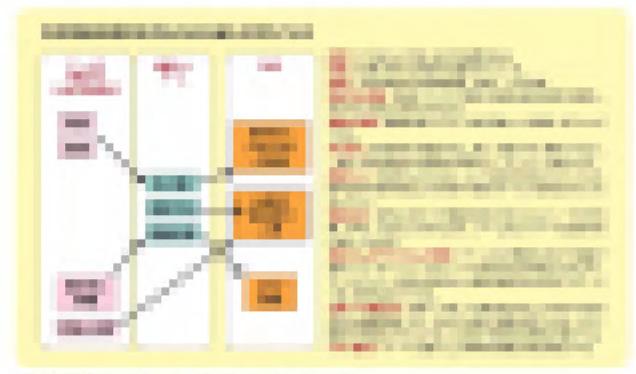
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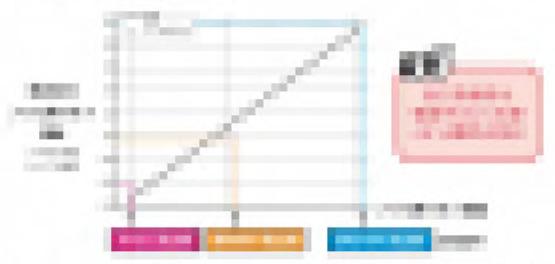
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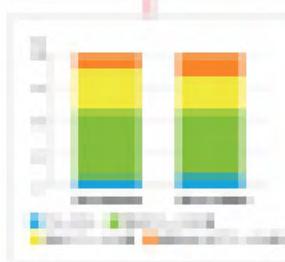
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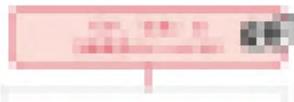


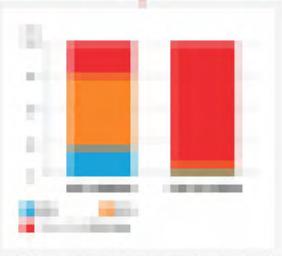
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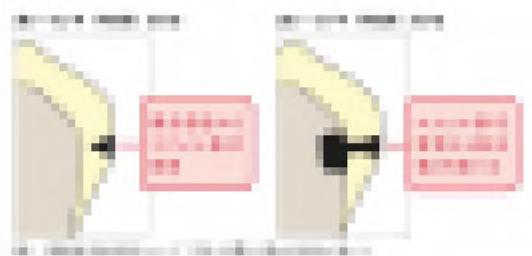
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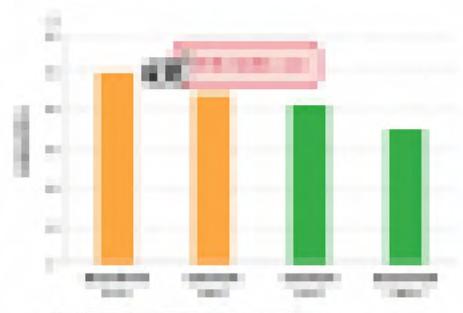
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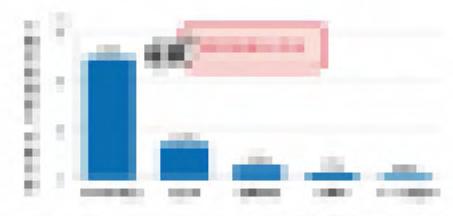




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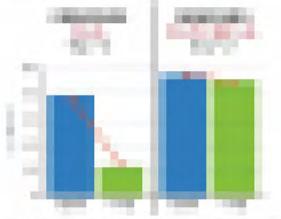
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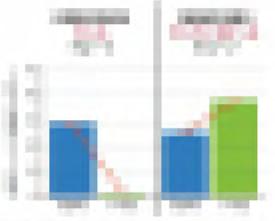
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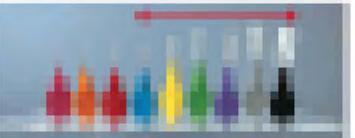


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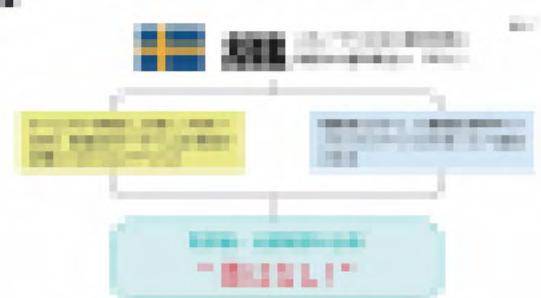
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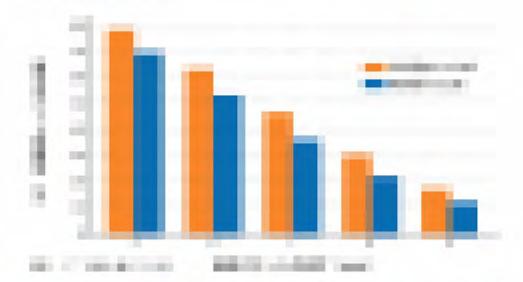
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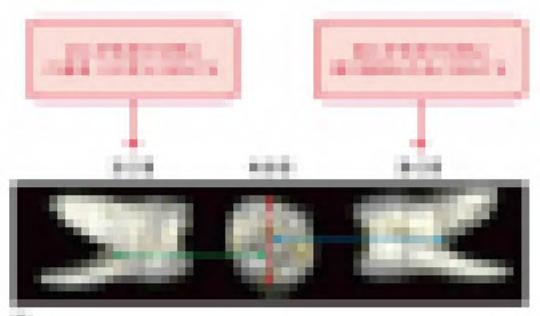


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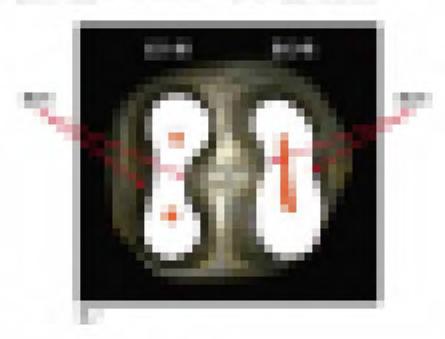




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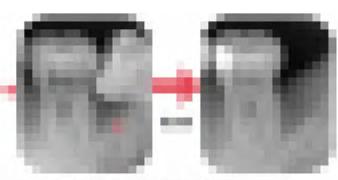
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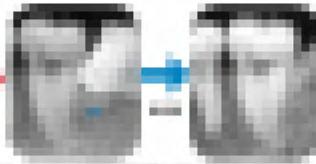




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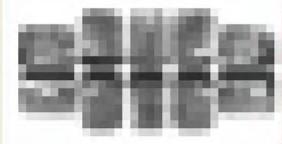
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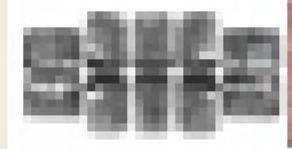
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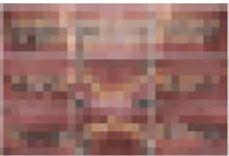




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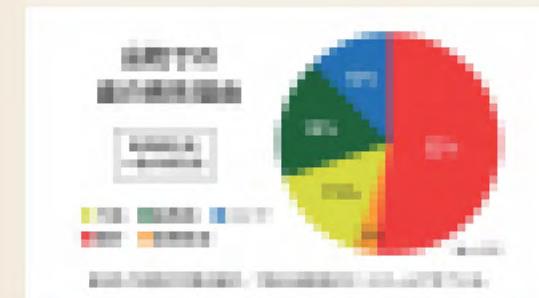
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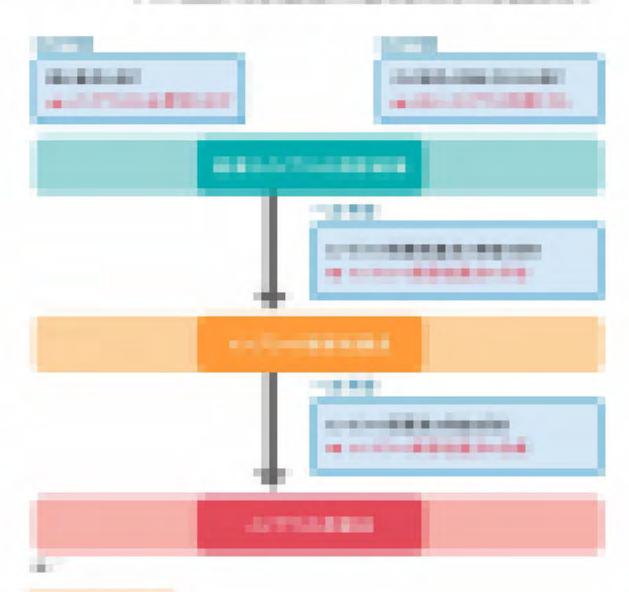
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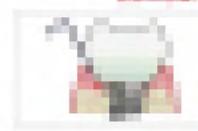
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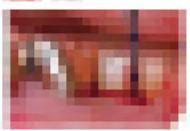
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 発行人
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