

# 最被忽略的恆齒- 六歲齒

**Six-year-molars**  
-- the most neglected permanent teeth



六歲齒是約在六歲時長出來的第一隻恆齒，它生在整排乳齒的最後面，若被忽略，會引致牙患，影響嘴嚼功能和恆齒的排列，故必須自幼加以護理。

The six-year molars are the first permanent teeth that erupt at around the age of six behind the primary molars. If not properly taken care of, they will suffer from tooth decay, which will affect the chewing function and alignment of the permanent teeth. Therefore, it is vital to properly take care of these six-year-molars right from eruption.