

DENTAL DEPOT

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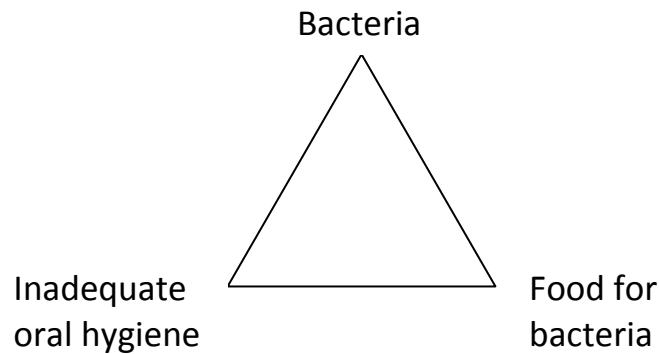
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Tooth Decay

- Tooth decay (cavities), is the most widespread disease that affects people of all ages
- It is also a preventable disease
- Decay is caused by acids that are produced by specific bacteria. These bacteria are present in plaque, a thin and sticky deposit formed on teeth.
- This plaque can be formed within 24 hours, and the bacteria feed off our food and beverages.
- The acid is produced by the bacteria for the next 20 minutes or more, no matter how much food or drink is consumed.
- The acids affect the outer part of the teeth, called enamel, which dissolves at a pH of 5.3 or less.
- A cavity is formed after repeated attacks of acid, which involves a hole through the enamel and enters into the next layer of the tooth. The next layer, called dentin, is softer than the enamel.
- Goal of cavity prevention: reduce amount of nutrients needed by bacteria in order to survive, and also reduce the number of harmful bacteria

Cavity Prevention



- Three things needed to make a cavity:
 - 1) Bacteria
 - 2) Food for bacteria
 - 3) Inadequate oral hygiene

1) Cavity causing bacteria are present in virtually everyone, but at different amounts. But, they do not cause cavities unless the other two corners of the triangle are present. Sometimes other products are needed to reduce the number of bacteria or help fight their effects.

2) Each time you eat or drink the pH level of your mouth decreases, making the environment favorable for the bacteria. It takes on average 15 minutes for your saliva to return the pH back to a favorable environment for you. Thus, limiting snacking and sipping will help reduce the chance of cavities.

-Low fat cheese and plain nuts are only two foods that do not cause cavities

-Have sweets after a meal

-Water is the only liquid that does not cause cavities

-Limit drinking liquids, other than water, for more than 15 minutes

3) Most of the time brushing and flossing will help remove a majority of harmful bacteria, but sometimes other adjuncts are needed. Also, proper technique is critical in most effectively keeping your oral cavity healthy.

-Clean all surfaces of your teeth with your toothbrush

-When by the gums, angle at a 45 degree angle and gently massage the gums

-Flossing→ Wrap the floss around the tooth like a "C" or a "fish hook", and move up and down