

J TIM RAINEY, D.D.S
SCIENTIFIC RESEARCH IN OPERATIVE DENTISTRY
Ear Infections, Sinus Infections, and “Dry Mouth”

The following are my opinions addressing some of the things every patient needs to know about ear infections, sinus infections, and “Dry Mouth”, after three decades of experience, practice, research, and teaching .

Several news sources have recently published information regarding current popular treatments of sinus infections. The interesting conclusion was that antibiotics and other sinus medications simply don't work when compared to doing nothing and letting the infection run its course!!!! Probably the most important thing a person can do is to take steps to prevent the infection rather than try to treat the infection.

Last year we published an article concerning the use of Xylitol sugar to prevent ear infections and sinus infections. (Go to: www.jtimrainey.com, Articles, Sinus and Ear Infections). The use of this product is probably one of the most important things a parent can do to reduce the incident of ear infections and the related ear surgery for placement of drainage tubes in their children. Used properly, Xylitol sugar can reduce ear infections in children by as much as 60%, tooth decay in children by as much as 50%, and sinus infections in adults by as much as 90%. (Google “Xylitol” for hundreds of pages of references, or ask us for specific articles on Xylitol at your next visit to our office.)

Other than antibiotics, most sinus medications treat the symptoms, while Xylitol treats the cause. Bacteria residing on teeth, in the sinuses, and the ear canal can and do cause infections associated with their ability to form “plaque”. The offending bacteria build plaques out of materials such as sugars. There is no Rocket Science in the use of Xylitol. The bacteria pick up the Xylitol sugar and the Xylitol is simply too small a molecule for plaque formation, thus the pathogenic plaques fall apart and can be washed off of teeth, and out of the Eustachian tubes and sinuses, reducing the potential for future infections.

After we published this cutting edge article, we have had numerous patients who purchased and started using the Xylitol nasal wash who have reported outstanding results, while a nasal drop for infants and children has not been easily obtainable. To fill this void, we have now added a line of Xylitol products that are available to anyone.

You can now purchase Xylitol products through our office. Nasal drops for children, a pacifier for children with a reservoir for Xylitol gel, children’s Xylitol toothpaste, nasal wash for adults, and non-burning, non alcohol mouth washes with Xylitol for people with “dry mouth”. Regarding “Dry Mouth”, another interesting development in this new approach to preventing oral disease is our analysis of the pH of popular mouthwashes. A pH around four is sufficient to promote decay in a person with “Dry Mouth”. We analyzed Crest Pro-Health™ rinse and measured the pH at 4.1, in the danger zone for people with “Dry Mouth”. If you are at risk, you need to know the pH of your mouth rinse.

Call or drop by our office if you are interested in stopping ear infections in your children or reducing your own sinus problems, or reducing the incident of tooth decay and oral disease. Cutting edge information and products through your local dentist.

This article is available on the www.jtimrainey.com website under “Articles, XylitolArticleMay2008

Dr. Rainey can be reached @ drrainey@jtimrainey.com if you have more questions

Or call 888 (888) 733-8446

Dr. Rainey maintains a private practice in Refugio, Texas @ 606 Osage