

## DETECTING MOUTHS PRONE TO DECAY

Why You Shouldn't Brush Your Teeth BEFORE Going to the Dentist

Some things every Patient needs to know about Detecting "Decay"

Or my opinions after three decades of experience, practice, research, and teaching

The detection of decay in a patient's mouth has been anything but a science until recently. Stopping decay before a significant amount of tooth structure has been destroyed is preferable to waiting until a tooth breaks down from decay to restore the tooth. Unfortunately, mainstream dentistry still relies on century old methods that have largely been disproven for detecting decay in the most important stage, the earliest stages, but all of that is about to change!!!

We now have a simple, low cost, and fast method to determine if the decay causing bacteria are present in the mouth in sufficient quantities to cause concern. If the patient tests positive for the presence of the bacteria with this brand new technology, current methods of treatment of the bacterial infection causing decay allows for virtually complete control of decay in almost all people, with few exceptions. With this new technology, decay is either a disease caused by lack of education or a disease of choice in the educated.

There are two parts to the decay equation: The presence of the bacteria that cause decay and the damage the bacteria do to teeth. In the past, the tests used to determine if the bacteria in the mouth were in sufficient levels to cause decay on other tooth surfaces, around fillings, and in between teeth were very costly and time consuming.

These methods for detecting decay causing bacteria simply were not cost effective. Therefore, dentists usually waited for symptoms to develop (cavities) before initiating aggressive methods to control excessive levels of bacteria in the mouth. The problem with waiting for symptoms is that the decay process has been active for several months or years before the symptoms (decay) show up!

There are two stages in life when a person is particularly susceptible to decay, before twenty years of age, and after fifty years of age. As you age, saliva flow will decrease and you will lose the natural bathing of the teeth with saliva that helps prevent an acid environment and the loss of calcium, which can lead to decay.

If your child is in braces, your child will be particularly susceptible to decay. Rather than waiting for the braces to come off to see if there is decay, you now have a choice. A simple test can tell you if your child is starting into a decay cycle before symptoms (cavities) appear!

This test is very important to you if you are taking any drug that can decrease salivary flow and/or quality, i.e. drugs for high blood pressure, diabetes, allergies, etc.. These drugs can and will increase your risk of decay. Diabetes, Cancer (Chemotherapy), Anti Histamines, High Blood Pressure drugs (anti-hypertensives) Sjögren's Syndrome, and anti-depressant drugs, are among the infinite causes and combinations that can lead to increased decay susceptibility.

What are the benefits to having a decay free mouth? People with healthy teeth and gums are at lower risk for many diseases, especially heart disease and heart attacks, and they live longer.

Our simple test involves taking a sample of plaque from the teeth (don't brush your teeth BEFORE going to the dentist) and testing the plaque in a special meter to see if decay can develop. We now have special rinses that can help change the bacteria in the mouth to less harmful bacteria. If you are concerned about your decay status, we can provide an answer for you.

Dr. Rainey can be reached @ [jtimrainey@tiads.com](mailto:jtimrainey@tiads.com)

Or 361 526 4695

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