

ToothTALK

“Dental Myths you should know that are NOT TRUE! (Part 1)”

A CAVITY IS OBVIOUS AND NOTICEABLE!

Cavities that are large in size or the ones that cause pain certainly are highly noticeable. However, small cavities often go unnoticed because many of them do not cause pain. Therefore, it is important to visit the dentist and have dental x-rays done on a regular basis so that those small cavities can be detected and fixed at the early stage. It is much easier and much less costly to fix a small cavity versus a large one!

CAVITIES ARE CAUSED BY “SUGAR” ONLY!

Although more often than not, sugar is the main blame for causing cavities, it is not the only thing that can cause cavities. Acid, in fact, is the main cause of dental cavities. Acid is produced by the bacteria in the mouth as a by-product after feeding on the sugar. Acid dissolves the enamel away, allowing bacteria to penetrate deeper into the teeth, causing teeth sensitivity and toothache. Therefore, if you don't want cavities, you need to have meticulous oral hygiene care so that you can remove the bacteria and the sugar in your mouth in a timely manner before cavities develop. Also, remember that carbohydrates such as bread, rice, noodle, etc get broken down by the body into sugar. Limit the amount of carbohydrate intake will reduce the chance of getting cavities.

BABY TEETH DON'T NEED TO BE FIXED AS THEY WILL EVENTUALLY FALL OUT ANYWAY!

Baby teeth are very important to keep for several reasons. They help guiding the permanent teeth to come into the proper place. They allow kids to eat and speak. Kids with healthy baby teeth do not have to suffer from the bad experience of having a toothache and having their teeth fixed in the dental chair. They are more likely to go visit the dentists on a regularly basis after they become adult. Kids with healthy teeth and healthy smile also exert more confidence and self-esteem. If a baby tooth is lost prematurely due to bad cavities, the adjacent baby teeth may drift into the empty space. Subsequently, the underlying adult tooth may not have enough room to come in. At that time, braces will be required to fix the spacing problem for the adult tooth. It can become more costly to the parents as compared to just having the cavity in the baby tooth fixed in the first place. Therefore, if your child has cavities in the baby teeth, it is wise to have the cavities fixed as soon as possible to avoid any long-term problem. Better yet, educate your kids on good home oral hygiene care on a daily basis so that they will not get cavities!



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