

Tooth Talk

“Hey Doc, I brush everyday. Why am I still getting cavities?” (Part 2)

Gum recession- Receding gums expose the root surfaces of the teeth which are not protected by hard enamel. Therefore, people with gum recession need to brush their teeth along the gum line well so that they can keep the root surfaces clean.

Again, using a fluoridated mouthrinse will help fight root decay.

- Diet- Most people associate getting cavities with having too much candies, sugary drinks such as pop, desserts, ice cream etc. in their diet. However, the truth is that any carbohydrate, such as pasta, rice, bread etc., gets broken down into sugar by the body and it can lead to tooth decay. Also acidic food and beverages such as certain fruits like orange, red wine etc., can erode enamel which protects teeth from decay. Therefore, paying attention to the overall diet, not just the consumption of sweets, is crucial in the prevention of tooth decay.

- Oral Bacteria- Each person has his or her unique “dental plaque” make-up. The dental plaque sitting on some people’s teeth happen to contain more cavity-causing bacteria than the others. Therefore, some people become more prone to dental decay than the others. For those unfortunate ones who are more susceptible to tooth decay, meticulous oral hygiene care and paying close attention to the sugar intake in their diet are the only ways to help prevent getting cavities!

- Others- Certain medical conditions such as Gastro-Esophageal reflux (GERD) or Bulimia create highly acidic conditions in the mouth which make the patients with those conditions a lot more susceptible to tooth decay. Also, intra-oral appliances such as removable partial dentures, braces, Orthodontic retainers, etc. tend to retain food particles in the mouth and they can certainly increase the risk of the teeth getting decay.

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