

Health Tips

You May Not Be Aware of the Following:

Topic: Tooth Demineralization

1. Over 75 million baby boomers have gingival (gum) recession
2. Over 50% of patient over the age of 50 will experience root caries (decay).
3. 80% of adult dentition exhibit signs of attrition (from tooth grinding), acid erosion (from consuming acidic beverages), abrasion (from improper brushing technique) and general wear and tear surface wear.
4. In the USA, soft drink consumption has surpassed 4 cans per day. Some people drink as many as 12 cans of soda pop per day!
5. Most soft drinks contain acid (phosphoric acid) and up to 10-12 teaspoons of sugar per can. Most healthcare professionals recognize this as a public health crisis.
6. Milk consumption is down in the US. Milk helps to stimulate re-mineralization of demineralized tooth structure.
7. 33% of the US population is semi dehydrated on a daily basis.
8. Most tooth pastes (70%) are more abrasive than course prophylaxis paste.

Many of the above are initiated by some form of tooth demineralization. Today, through the use of topical fluoride varnishes, sealants and other preventative measures, many of the above problems can be successfully controlled and or treated.