

## **The secrets of avoiding new holes in your teeth**

Teeth weaken and decay (i.e. get holes in them) because the bugs in the mouth eat sugar for energy and wee acids as by products. The answer is simple, either

- 1) stop feeding sugar to the bugs
- 2) brush the bugs off your teeth
- 3) or BOTH

The most effective way is to stop feeding the bugs because it is almost impossible to brush and floss all the bugs off the teeth, especially in between the teeth and inside the grooves of the teeth.

Your mouth can cope with defending your teeth against the acid attack from your meals, i.e. breakfast, lunch and dinner.

Problems only start when in between snacks contain

- i) natural sugar as in fresh fruit juice
- ii) artificial sugar as in sweets or biscuits
- iii) acids as present in diet fizzy drinks and NON diet fizzy drinks

But we all enjoy something sweet at some time. Therefore the tips are:

- 1) set a particular time each day and have your sugary snack, say after lunch
- 2) then brush your teeth. You should not snack with sweets again that day.
- 3) DO NOT have this special time just before bedtime.

It is the number of times you have sugar in the mouth and not the amount you eat that is important. If you have ten cups of tea a day between your meals you should either use a sweetener or have no sugar in it. It is not any better to cut down, say from three teaspoonfuls of sugar to half a teaspoonful, because you are still feeding the bugs ten times a day!

For more information please ask the dentist.