

## Information about dental caries

Dental caries – decay – is one of the most common diseases in the world.

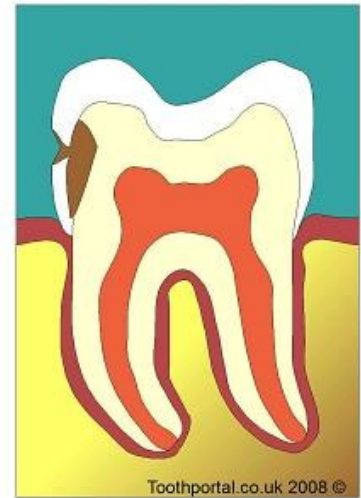
Caries results when the surface of a tooth gets dissolved by a local acid attack. The acid is made by bacteria sitting on the surface of the tooth.

If they are allowed to sit there for long enough they can metabolise sugar and produce acids that dissolve tooth substance.

If you have limited or no salivation you are in higher risk of developing caries.

If you have been born with poorly mineralised teeth, this also gives you a higher risk of caries.

In rare cases can misaligned tooth lead to more risk of caries.



The primary in preventing and treating caries is good oral hygiene.

Good oral hygiene is many things, but the primary is always the toothbrushing, supplemented by flossing. Brushing your teeth should be done with a normal or electric toothbrush using a fluoride-containing toothpaste. For children it is important to use only the amount of toothpaste that covers an area the size of the child's littlefinger fingernail.



If you want to avoid caries, it's a really good idea to interest yourself in what you eat and drink. All caries bacteria feeds on different kinds of sugar. Avoiding sugar helps to fight caries.

Sugarfree gum contains no sugar and is thus safe to chew from the dentist's point of view. The increased salivation produced by the chewing motion also helps prevent caries.

Read more on [Toothportal.co.uk](http://Toothportal.co.uk)

Searchword: "Dental caries"

