

## **TOOTH DECAY – MAKING A COMEBACK TOUR**

Just like the “ Rolling Stones”, tooth decay (cavities) never really go away and sometimes they make a comeback tour.

For years, the rate of tooth decay decreased as dental care became more available. Fluoride was added to our water and toothpaste. Our knowledge of dental prevention and home care expanded.

About 10 years ago, tooth decay began its “comeback tour”. The tour promoters were setting up concert sites in schools, gas stations and convenient stores where pop and candy became easily available. The biggest tour promoter is Mountain Dew, since it has the most sugar content and causes the most cavities.

Many of us buy the “CD’s” of the “tooth decay comeback tour”. Gum, breath fresheners, cough drops, power drinks and energy drinks all contain sugar. It’s the constant supply of sugar that is fueling the comeback tour. If you put it in your mouth and it taste good, it probably has sugar in it.

Let’s cancel the comeback tour through lack of attendance. Drink diet pop instead of regular pop. Chew sugarless gum, or even better, gum with xylitol. Be sure your cough drops or mouth fresheners are sugarless. Limit your overall sugar intake. When you do have sugary products, drink water afterwards to dilute the effects of the sugar.

Ultimately, efficient brushing and flossing on a daily basis is our best defense against the high tooth decay potential of sugar. Along with the use of fluoride products and regular dental appointments, this “comeback tour” will come to a screeching halt.

So, if you would like to attend a “comeback tour”, make it the Rolling Stones and not a tooth decay concert in your mouth. I’m sure Mick Jagger would approve.

**Timothy P. Cadden DDS**  
**631 South Wheeling St.**  
**Oregon, Ohio 43616**  
**419-693-1234**