

Miller Family Dentistry
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Tooth Decay

Tooth decay is a problem that has been widespread in the past, affecting a great percentage of the population. With the advent of water fluoridation, dental sealants, and early detection, these rates have decreased significantly.

Today, the majority of people have minimal cavity problems.

The most recent studies on tooth decay have shown that it is an infection caused by a specific bacteria or germ. In the early stages, it is a reversible process when treated properly. Factors that influence how much decay forms include; the amount of germs present (plaque), sugar consumption (germs turn sugar into acid), saliva flow, and fluoride levels.

Our office is committed to helping you prevent decay in your mouth. If you have a high decay rate, we recommend the following:

- treatment of all active cavities as soon as possible
- in-office fluoride application for at-risk areas
- discontinuing excessive sugar consumption, especially between meals
- daily at home use of fluoride (perioform or fluoride trays)
- daily use of xylitol chewing gum or mints (xylitol kills bacteria that cause decay), **2 pieces for 5 minutes, 5 times per day**

This treatment course has been shown to be the most effective at treating and preventing cavities. Thank you for allowing us the privilege of helping you achieve the very best oral health.