

A Bit About Bacteria...

From time to time you may hear us mention “bacteria” when we talk about teeth, but exactly what are we talking about? Here is just some brief information about bacteria, and teeth.

It's not “soft teeth,” it's bacteria.

Many families have struggled with tooth decay for generations, and you often hear about “soft teeth” being hereditary. The truth is children aren't born with “soft” teeth, they are picking up a strain of bacteria that causes cavities – and this is passed from our parents or grandparents (via kisses, sharing spoons, blowing on hot food). Developing these particular bacteria is the first step in developing cavities.

How Does Bacteria Cause Cavities?

This bacteria causes cavities by feeding on sugars and producing acid that eats away at the structure of teeth by depleting calcium. This eventually causes a “break” in the enamel – otherwise known as a cavity.

What Happens Now?

The first thing to do is to try not to “feed” the bacteria. Limit your child's sugar intake, particularly between-meal sugars. Sweet drinks (like juice, soda, sweet tea or sports drinks) should be given only at mealtimes, and sticky snacks (like fruit snacks, gummies or roll ups) should be a very rare treat – if given at all. Our practice offers lots of tips and tricks to deal with cavity-causing bacteria, and we also have rinses, pastes, gums and even candy that can help fight bacteria – just ask us how!