

- Many commonly held myths regarding dentistry are actually not true!
- Have an idea for a dental Myth vs. Fact? Send an e-mail to info@d-p-s.uk.com



Just because you've been told something doesn't make it true!

MYTH: Brushing and flossing are enough to fight decay.

FACT: Brushing and flossing alone do not kill the bacteria that are the real cause of decay.

MYTH: Cavities are not contagious.

FACT: Bacteria that cause cavities are transmissible.

MYTH: Sugar is the reason I get cavities.

FACT: Bacteria that cause cavities are driven by an acidic pH.

MYTH: Fluoride is the answer to stopping decay in adults.

FACT: Studies show that the increase in fluoride use has not lowered the incidence of decay in adults.

MYTH: I get cavities because I have soft or weak enamel.

FACT: The acid produced by bacteria can eat everything.

MYTH: Filling my cavity cures the disease.

FACT: Only chemotherapeutic treatment can treat the bacteria that cause cavities, not the dentist's drill.