

- 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](mailto: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.