To prevent cavities, you must create an oral environment that makes it difficult for infectious cavity-causing bacteria to survive

Brushing and flossing alone may not be enough to prevent decay

Stop the infection with new fluoride, xylitol, and alkaline pH+ dental products



Cavities are the demineralised areas, or holes, that form in teeth as a result of a bacterial infection called dental caries. This infection takes place when the normal healthy bacteria in the mouth are replaced by acid-producing bacteria. This shift in bacteria is primarily cause by two things:

- Prolonged acidic oral environment: contributing factors include, a lack of saliva, and/or a sugary/acidic diet that favors acid-producing bacteria.
- Transmission: this infection is contagious! You can be infected by someone through the exchange of saliva.

Visit a dentist who is performing "caries risk assessment", where they evaluate whether you have factors present that can put you at risk of decay.

- Have regularly scheduled hygiene appointments, exams, and perform daily brushing and flossing at home.
- Limit not only sugary/carbohydrate containing items in your diet, but also even non-sugar containing acidic beverages (diet soda, coffee, tea, sparkling water, alcohol).
- Consider the acidity (pH) of the dental products you are using.

Do they neutralise your mouth?

Know your pH.
Don't just brush and floss. . . neutralise!

- Xylitol is a very effective agent for limiting the acids produced by bacteria and comes in a variety of gums, wipes, sprays, rinses, toothpastes, etc.

- Using products with xylitol and an alkaline pH, in conjunction with fluoride, may be the most preventive method.

- Keep the pH in your mouth neutral, especially after eating.