man;

Sugar Prompts

By Dr. Abraham Nizel Tooth decay

contributing causes

among them inheritance

cultural background, age

period, childhood nutrition flouride deficient teeth dental plaque (a film o germs on the teeth) and frequent sugar intake Three of these factors are under some control o parents and children and

they can make significan

improvements if they

expose decay susceptible

teeth to adequate amount:

of flouride over a long period of time, throughly remove the film of germ:

(plaque) from the teeth by the conscientious use o dental floss and proper toothbrushing methods

daily, and if they prevent the acids which arise from a reaction of dental plaque with sugar-rich foods from

forming on the tooth

surfaces. Each of these

three factors is of equal importance and the use of

one or two aspects of prevention cannot be

emphasized at the expense

The mistake that is often

made is that sometimes

one hears such advice as,

"You can eat as much

sugar-rich foods as you want

as long as you brush your

teeth immediately afterwards." This does not

work for two very good reasons: The formation of acid from the

sugar takes place within a few seconds after the sweets

come in contact with the

dental plaque and usually the brushing doesn't take

place until well after

the damage has already

taken place: the areas of the

tooth that are most

prone to decay are the chewing surfaces be-

tween the teeth where a toothbrush cannot reach andflossingisminimallydone

if at all. Actually,

from a scientific standpoint,

it makes more sense to floss

and brush the plaque off

before you eat so that the

reaction between the plaque

and sweets can prevented

than after eating, when the

fermentation has already started forming. Ideally,

flossing and brushing the plaque off before eating and cleaning out food debris

after eating by thorough rinsing, is a preferable oral

Although excessive daily

intake of sugar (more than

10-15 per cent total calories)

is undesirable from

both a dental health and

general health standpoint, it

frequently. Dental decay increases proportionately to the number of times a person chews, sucks or

drinks sugar sweentened

snacks. In other words,

The best way to avoid

sugar-rich snacks is to

satisfy your hunger by

eating at each meal more of

the healthful nutritious

foods, namely milk, meat.

fruit and vegetables and

bread and cereals. If

snacking is necessary,

select non-sugar

sweetened types such as

raw fruits and vegetables, starchy fabricated foods,

(popcorn, cheese crackers,

etc.), nuts, milk, and

Remember, sugar is not an essential nutrient but

sipping it all at once.

worse to eat small amounts of sweets

cleansing routine.

sugar

from

acid

of another.

of

Tooth Decay

disease



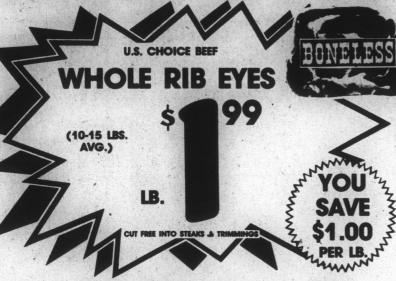
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