

Can Dental Caries Be Contagious Infection?

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By *Dental Health Magazine* staff

Recent researches in the dental health field point out that dental caries actually is contagious infection.

The major enemies of the teeth are not only foods that contain sugar, but any other kind of food particles in the mouth that constantly feed the bacteria that cling to the teeth.

These bacteria in turn will produce acid, which is the number one to blame for the appearance of cavities.

These bacteria can easily be transmitted from one person to the other; thus, cavities become a “contagious” health issue.

According to Dr. Margaret Mitchell who is a cosmetic dentist from Chicago, babies are very vulnerable to the bacteria called “Streptococcus mutans” which they can pick up from the mother when she tastes the food of the child.

Moreover, she noted that these bacteria can easily be passed on between adults as well, especially when one of the partners has a very bad overall dental hygiene.

In order to make sure you keep these bacteria away from your teeth, Dr Mitchell suggests keeping in mind the following:

- Regular brushing of the teeth
- Regular flossing
- The use of sugar free chewing gum (that will help with the production of saliva, and with decomposing plaque)

