

Easy Ways to Help Keep Your Mouth Free of Plaque and Cavities



There is a new toothpaste on the market that claims to dissolve 88% more dental plaque than other toothpastes. This is a remarkable claim, since most dentists typically advise their patients that they need to have mechanical removal of bacterial plaque done by a professional every 3 to 6 months.

The British Dental Association's official position on the subject is that plaque forms when bacteria from decaying teeth attach themselves to the tooth enamel and form a sticky film. The film can build up and harden around gum and tooth margins.

The problem is that the bacteria that live in the plaque releases acids which weaken the tooth enamel and therefore increases the risk of a cavity. These bacteria and their acids also raise the risk of gum inflammation.

There are also more serious effects of plaque. By reducing the dental plaque you also reduce the levels of bacteria that are contained in the mouth which, when you have bleeding gums, can get into the blood and increase the risk of atherosclerosis or narrowing of arteries.

Bacteria feed on high carbohydrate and sugary foods. Diets that have low sugar and contain a balance of oils, proteins, and complex carbohydrates are linked to lower levels of dental plaque.

Here are some of the ways to help keep your mouth free of cavities:

Toothpaste to Fight Plaque

Select toothpaste that contains plaque preventing ingredients. Some toothpaste contain an antibacterial substance called triclosan which, it claims, stays active in the mouth for as long as 12 hours following each use and therefore reduce plaque.

Other toothpastes contain a formula that dissolves and breaks the bonds of the plaque that attach to the tooth's surface.

Some toothpaste claim to remove 88% more plaque than a leading competitor.

Polyphenols to Prevent from Gum Disease

Cranberry juice, red wine, and green tea contain a substance named polyphenols which reduces the formation of plaque and stops the bacteria which sticks to the teeth and cause cavities.

Drinks such as cranberry juice may help wash away up to 50% more bacteria from the mouth that causes cavities.

Polyphenols can also help prevent oral bacteria from producing acids that dissolve the tooth enamel.

It has also been determined that just one cup of green tea a day was linked to 20% less risk of tooth loss and

overall better [dental health](#).

Olive Oil to Stop Plaque Forming and Gum Disease

Adding olive oil to cooking and salads limit the formation of plaque and strengthen teeth.

It has been discovered that residents of Spanish towns where olive oil is manufactured have uncharacteristically low levels of gum disease and tooth decay.

Olive oil contains oleuropein, which is an antibacterial compound that stops gram negative types of bacteria, which is the type that cause bone loss and gum disease, from attaching to teeth.

Olive oil also covers the teeth with a film of molecules of fat which tends to prevent the formation of plaque. Other dietary oils and fats can also help with the neutralization of acids that are a result of bacterial plaque.

Plaque Fighting Gum

Chewing gums that contain Sorbitol or Xylitol, which are sugar substitutes, have the effect of reducing plaque. Xylitol can't be used by oral bacteria and they starve. As the bacteria die off, there is a reduction in decay.

In order to achieve a significant reduction in dental plaque you need to chew Xylitol gum at least once a day for 4 weeks.

Chewing this kind of gum will result in fewer cavities. Those who chew these types of gums have 30% to 60% less decay regularly.

Help from Professionals

Although drinks, gums, and toothpastes can reduce the buildup of plaque they are unlikely to eliminate it completely. Plaque is still likely to buildup in between teeth where food becomes trapped and beneath the gums.

This means mechanical removal is still essential. At home you should regularly floss to clean out food from between teeth. Also, an electric toothbrush can dislodge plaque more effectively than a regular one.

It is also advisable to have routine visits to the dental hygienist. Unless it is regularly cleaned off, plaque will harden and become more difficult to remove.