



**Bruce M. Pope, D.D.S.**  
Family Dentistry & Hospital Dentistry

9900 Larkin Road  
Live Oak, California 95953  
(530) 695-1884

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## NEWS YOU CAN USE

Childhood cavities are the #1 childhood disease. The rate in 2-5 year olds has **increased** 25% in the last 10 years

New research has shown that chewing any sugar free gum reduces cavities 40%. **Xylitol** reduces cavities 80%!! **Xylitol** has also been found to reduce earaches 40%

**Xylitol** is a natural product found in cornstalks among other plants.

It is recommended two chicklets of gum are chewed 3 or 4 times a day (goal is 6 grams per day). Chew for a minimum of 5 minutes.

### **Best to chew after a meal**

How it works. The bacteria that form cavities take up **Xylitol** just like they take up any sugar or carbohydrate. However, the **cavity causing bacteria can't use it!** Their population goes down and they are replaced by bacteria less likely to cause cavities.

### **Where to find Xylitol sweetener**

Unfortunately, **Xylitol** cost about three times the amount of other sugar substitutes. As a result gum manufacturers are reluctant to use it. Currently it is best found on the internet. It comes in many forms and products though gum seems the most effective. The real goal is to get 6 grams a day. Brand names include Icebreakers (sometimes at Walgreens), Epic, Spry. (Trident with Xylitol does not contain enough **Xylitol** to be effective.)

**Additional cavity prevention** for severe caries, root caries, and dry mouth may include: (Dry mouth and sudden or severe root cavities are a common side effect of many medications.)

Fluoride varnish applied by the dental office every three months

Use of prescription mouth washes one week a month, once a day for 30 seconds

Use of prescription strength fluoride toothpaste and/or custom trays for home fluoride treatments.