

# Myths and Facts:

## Cavities

**MYTH:** Sugar is the only thing that causes cavities.



**FACT:** Cavities are actually caused by acid produced by bacteria that live in your mouth. Sugar aids the formation of cavities because the bacteria has to feed on the sugar in order to produce the acid that decays teeth. Also, any carb you eat like breads, rice, fruits, and vegetables are food for bacteria. Make sure to brush, floss, and use mouthwash to clean the food from your teeth, so the bacteria cannot use it.

**MYTH:** Acidic foods and drinks (like soda or fruit juice) kill bacteria and prevent decay.



**FACT:** Acid from juice and soda cause tooth decay. Bacteria in your mouth produce acid which is the actual cause of cavities. Drinking or eating something acidic enhances the decaying process.

**MYTH:** Kids get way more cavities than adults.

**FACT:** With the help of sealants, fluoridated water, and preventative care, the occurrence of cavities in kids have decreased.

**MYTH:** Aspirin placed next to a tooth will make a toothache feel better.

**FACT:** Aspirin is acidic and can actually burn the gum if left next to a tooth. The only way aspirin will help is if you swallow it.

**MYTH:** Sensitivity in teeth means you have a cavity.



**FACT:** Decay could be the cause of sensitivity, but there are other causes, as well. These include a cracked tooth, gum recession, or hypersensitive teeth. If you are having any sensitivity, check with your dentist.

**MYTH:** All fillings eventually need replaced.

**FACT:** Most fillings have a life expectancy. A filling can break down because of poor dental hygiene. If that occurs, if a cavity is around the filling, or if the tooth fractures, then a filling will need to be replaced.

**MYTH:** Cavities are more likely to occur on the sides of teeth.

Cavity  
Tooth Decay



**FACT:** Cavities are more likely to occur between teeth. Cleaning between the teeth is more difficult than cleaning the other parts of the teeth. Bacteria can get trapped in between your teeth and cause decay. Flossing is an important step to prevent the formation of cavities in between your teeth. The deep grooves on the back of your front teeth, the fissures in your molars, and if you have any chips in your teeth are also susceptible to tooth decay.

**MYTH:** You don't need to worry about cavities in baby teeth.

**FACT:** The health of baby teeth is extremely important. Baby teeth hold the space for permanent teeth to grow in properly. If a baby tooth cavity is left untreated, the tooth may have to get pulled out early which can lead to crooked permanent teeth. Also, they can develop into serious pain and abscesses, and the infection can spread to other parts of the body.

**MYTH:** The best way to prevent cavities is to avoid ingesting sugary and acidic foods and drinks.

**FACT:** The best way to prevent cavities is brushing and flossing daily. Brushing and flossing removes bacteria from your teeth which is important because bacteria causes cavities!

