



# THE CARIES BALANCE



## Disease causing factors

(Decrease on these activities)

*These lead to caries*

**B**ad Bacteria - Acid-producing Bad bacteria

**A**bsence of Saliva - The absence of healthy salivary function

**D**ietary Habits (Poor) - Frequent sugars and acids leads to de-mineralization and a low pH allowing bad bacteria to thrive starting the decay process.

Decrease these cariogenic snacks:

- Fruit Snacks (i.e. gummy snacks, raisins, dried fruits)
- Juice
- Sodas
- Sources of carbohydrates (candy, cookies cooked starch, cereals)
- Others sticky foods \_\_\_\_\_



## Protective factors

(Increase on these activities)

*These lead to no caries*

**S**aliva and Sealants - Saliva neutralizes acid encouraging good bacteria to thrive and aids re-mineralization. Sealants seal the chewing surfaces of the teeth most likely to decay

- Sealants (seal deep grooves/fissures on chewing surfaces most likely to decay)
- Xylitol toothpaste

**A**ntimicrobials - helping rid the bad bacteria and establish health-promoting bacteria

- Chlorhexidine rinse

**F**luoride - Strengthening the tooth surfaces against demineralization promoting re-mineralization

- Brush w/ Fluoride toothpaste 2X/day
- Floss nightly
- Fluoride varnish every \_\_\_\_\_
- Fluoride rinse \_\_\_\_\_
- Stannous Fluoride
- High fluoride toothpaste \_\_\_\_\_
- Other \_\_\_\_\_

**E**ffective Diet - Consuming a healthy snacks

- Fruits
- Milk
- Water
- Vegetables

