

MYTHBUSTERS

MYTH OR FACT: TEST YOUR ORAL HEALTH KNOWLEDGE

Baby teeth are not as important as adult teeth.



Myth!

Here are the facts

- Primary or “baby” teeth hold the space for the permanent or “adult” teeth to erupt.
- The roots of baby teeth are very close to the developing adult teeth. Injury, severe decay or infection of baby teeth can cause abnormal development of the adult teeth.
- When baby teeth are lost too soon, children have a higher risk of having crowded adult teeth.
- Untreated infections of baby teeth can also lead to serious health problems, including an infection of the brain.

Brushing my teeth with brown tap water will stain them.



Maybe!

Here are the facts

- It depends why the water is darker.
- If your water source is brown because of high amounts of iron, then tap water may stain your teeth.
- The chance of staining may not be the only reason you want to avoid tap water.
- In some communities, tap water may be quite acidic. Tooth enamel erodes at a pH of 5.5 or less. If your local tap water has a pH at or below 5.5, you should not use tap water when brushing your teeth or rinsing your mouth.
- To find out more about the pH of your local water, you can visit <http://maps.gov.nl.ca/water/>.

Diet soda does not cause cavities.



Fact, but be careful!

Here are the facts

- Diet soda does not directly cause cavities, but can lead to enamel erosion.
- Diet soda is acidic, as are sports drinks, energy drinks, and regular soda. This acidity can lead to mineral loss, and enamel erosion.
- Mineral loss from enamel erosion can cause teeth sensitivity, and can make the teeth more prone to developing dental caries.
- There is a high risk for developing dental caries if soda is consumed 3+ times/day, and a moderate risk if consumed 1-2 times/day.

Having white teeth means your teeth are healthy.



Myth!

- Teeth come in all shapes, sizes and colours.
- The healthiest teeth are clean teeth.
- The best way to keep your smile healthy is to brush twice a day with a toothpaste that has fluoride in it, and to floss daily.

You should use a new toothbrush after you have been sick.



Fact!

- After you have been sick, you should use a new toothbrush because your old toothbrush has germs that could make you sick again.
- Toothbrushes should also be replaced every 3 months.
- Remember to use a soft tooth brush with round bristles.

Smoking only makes your teeth look yellow.



Myth!

- Smoking does cause yellowing of teeth, but that's not all.
- Smoking irritates tissues and reduces blood flow to the gums. This can lead to bad breath, cavities, sores, and infections.
- Smoking can also cause bone loss in the jaw, and increases the risk of oral cancers and dental disease.

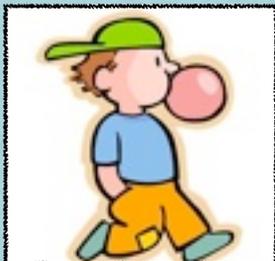
A cloth soaked in kerosene, and put on a tooth can safely relieve toothaches.



Myth!

- Please do not try this at home!
- Kerosene is toxic, especially for children.
- Symptoms of kerosene poisoning including vomiting, fever, cough, difficulty breathing, low blood oxygen and drowsiness.

Chewing sugar free gum helps prevent cavities.



Fact!

- Chewing sugar free gum stimulates saliva, which lowers the amount of acid in the mouth and eliminates bacteria.
- Some research indicates that all sugar-free gums are equally effective, while other research suggests that gums containing xylitol may be better.

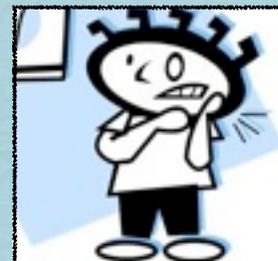
It is okay to eat an apple right before bed, even after brushing your teeth.



Myth!

- Only water should be had after brushing your teeth before bed!
- Sugar from foods and drinks that are eaten before bed can stay on your teeth all night, and allow for bacteria to survive and damage your teeth.

Clove oil can be used to relieve toothaches.



Fact, but be careful!

- Clove oil has been used as a traditional, herbal local anesthetic, but will not cure a toothache.
- Clove oil should be used with caution, as it can be toxic to skin cells.
- If you choose to use clove oil, then use small and highly diluted amounts.

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