Is chewing gum good for your Teeth? [1]

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Ever heard that chewing sugarless gum can prevent one of the biggest dental problems [2], cavities? Well, most dental experts agree that it does. The American Dental Association cites clinical studies that say chewing sugarless gum for 20 minutes after you eat can contribute to the prevention of tooth decay.

When you chew gum, it actually stimulates the production of saliva. Saliva is an important means of preventing cavities because it rinses away food and beverage debris on your teeth and gums. Cavities are created when the bacteria in your mouth feast on food and beverage debris, producing acid that eats away at tooth enamel. Saliva also works to prevent tooth decay by neutralizing the acidity of this bacterial byproduct.

To get the most effective chewing gum possible, choose a gum with the ADA seal of approval. These chewing gums are sugarless, which is essential if you want your gum to prevent cavities. ADA-approved gums are sweetened with ingredients such as xylitol, aspartame or sorbitol. Bacteria causes tooth decay when the sugar in sugared gum is on your teeth and gums, so sugared gum is not generally a good option. And of course, chewing gum is not a replacement for brushing, which you should do twice a day, every day.

To schedule a complimentary consultation with our experienced cosmetic and general dentists in Aurora, Colorado, please call Aspenwood Dental Associates and Colorado Dental Implant Center at (303) 500-0653.


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