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Body Chemistry Can Affect Your Risk of Cavities and Gum Disease

Many people consistently practice good oral health techniques by brushing their teeth twice a day and flossing daily - yet still suffer from cavities, broken fillings and gum sensitivity or recession.



What is happening? There must be something else going on. It could be that the pH of their bodies, and therefore their mouths, is too acidic.

Chemistry 101 - What Are pH Values?

pH is a numeric scale that is used to measure acidity and alkalinity. Water is a neutral liquid with a pH value of 7.0. pH values lower than 7.0 are considered acidic while those higher than 7.0 are alkaline.

What does this mean for oral health? A healthy mouth should be neutral or towards the alkaline side. When the mouth's pH level drops even a small amount to 6.5, tooth roots begin to dissolve. If the pH value falls to 5.5 or lower, the teeth can become discolored, erode and be at risk for cavities.

An acidic mouth can also increase your risk of gingivitis, or gum inflammation, which can worsen to periodontal disease if the infection spreads to supporting tissues and bone.

How To Improve the pH in Your Mouth

The good news is that you can improve the pH level in your system including your mouth. Some lifestyle changes will help: exercise, get plenty of sleep and reduce stress.

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