

## Sugar!

Sugar combines with the bacteria normally found in your mouth to form acid. This acid is what causes teeth to decay.

*It's the frequency of sugar that matters, not the amount!*

3 top decay causing foods:

1. Juice (juice in bottles, juice at bed-time)
2. Sweetened drinks (soda, sugar drink mixes)
3. Sugar gum and candy (hard candy, sticky chewy candy, breath mints)

### Tooth Decay-

**In children**, tooth decay is the single most common chronic childhood disease. It is five times more common than asthma.<sup>1</sup> Untreated tooth decay is associated with

1. failure to thrive;
2. eating, learning, and speech problems;
3. diminished self-esteem;
4. and even death!<sup>2,3</sup>

**Among adults**, untreated decay and the resulting tooth loss causes negative effects on self-esteem and employability. In Arkansas, 29 percent of adults 65 and older have lost all of their teeth. The burden of tooth decay is far worse for Arkansans with low socioeconomic status and for those who live in rural areas. In both cases, access to prevention and treatment services is limited.

**Among the elderly**, bacterial levels and untreated oral infections are linked to lowered overall resistance to disease and aspiration pneumonia—a life threatening disease<sup>4,5</sup>.



*For a healthy mouth—Brush 2 times daily!*



*And don't forget to floss!*

## Resources

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1. [Oral Health in America: A Report of the Surgeon General](http://silk.nih.gov/public/hck1ocv.@www.surgeon.fullrpt.pdf) (*http://silk.nih.gov/public/hck1ocv.@www.surgeon.fullrpt.pdf*)
2. [Deamonte Driver's Story](http://www.aapd.org/headstart/driver.asp) (*http://www.aapd.org/headstart/driver.asp*)
3. [For WAnt of a Dentist](http://www.washingtonpost.com/wp-dyn/content/article/2007/02/27/AR2007022702116.html) (*http://www.washingtonpost.com/wp-dyn/content/article/2007/02/27/AR2007022702116.html*)
4. [Health & Safety: Aspiration Prevention](http://www.in.gov/fssa/files/aspiration_prevention_3.pdf) (*http://www.in.gov/fssa/files/aspiration\_prevention\_3.pdf*)
5. [Pneumonia in Nonambulatory Patients](http://jada.ada.org/cgi/content/full/137/suppl_2/21S) (*http://jada.ada.org/cgi/content/full/137/suppl\_2/21S*)