

Jack H. Leverett, Jr. DMD, MAGD, ABGD

**Cavities –
New Theories on an Ancient
Disease**



"Cleona, do me a favor and take the batteries out of the smoke detector. I'm going to do some serious drilling here."

“No Brushing”



Cavities are the result of a bacterial infection.



- Scrubbing your teeth
.....
does not *kill* the
bacteria.

Summary –Got Cavities?
Throw away your toothbrush!!!



Scrub your sink...



Scrub your floor...



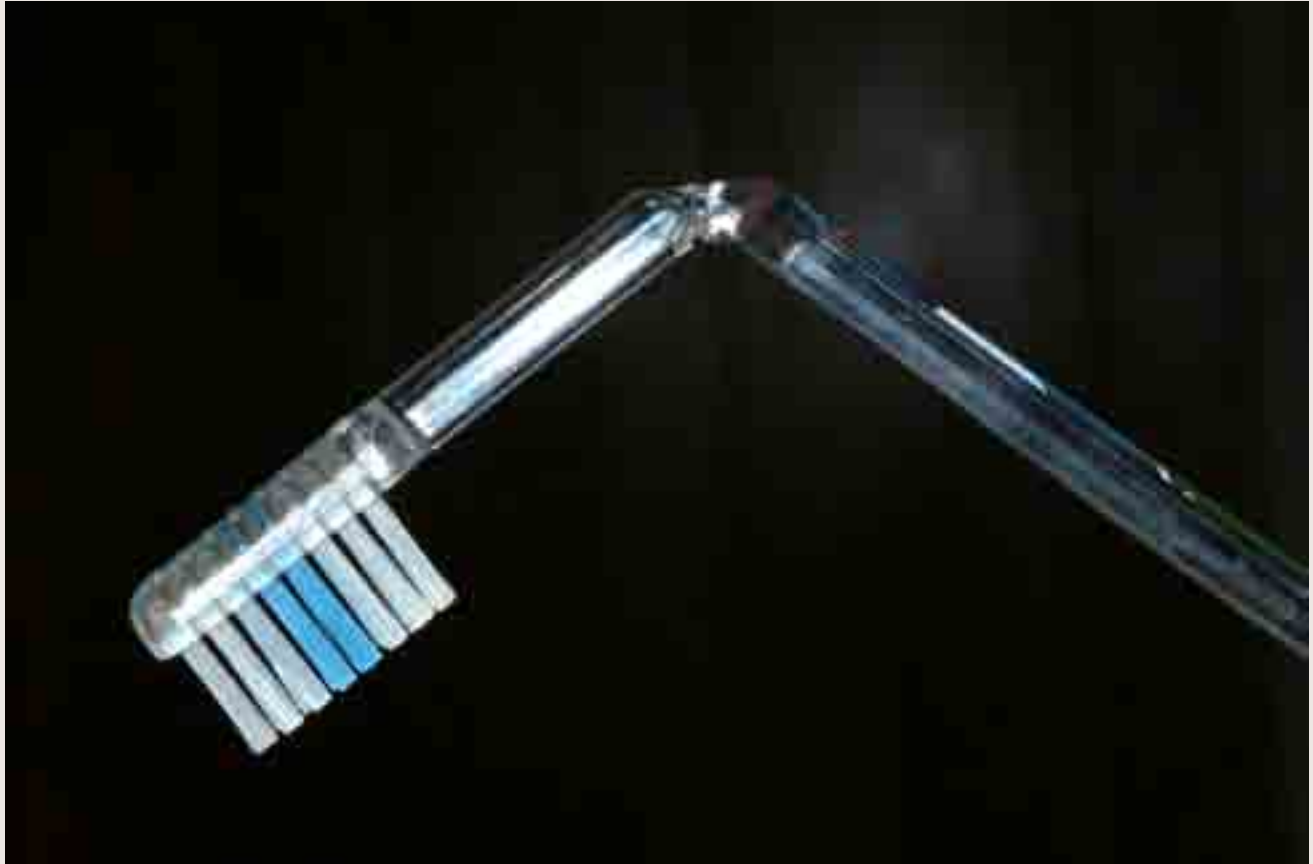
Scrub your Boots...



Do not scrub your teeth!!!



Kick The Habit!!!



“Do not brush your teeth”



Parable



What causes cavities?



- 1) Two *specific* bacteria
 - Strep Mutans
 - Lacto Bacillus

- 2) Acidic Environment
 - Oral pH < 5.5

Bacterial Infection: Strep Mutans, Lacto Bacillus

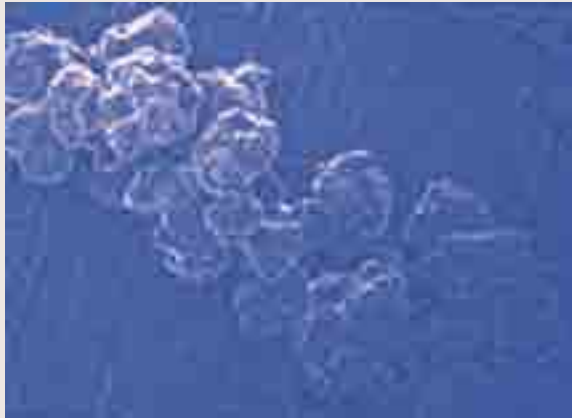


- 2-400 types in the mouth



- Test kits

Transmitted from person to person...



Scrubbing.....



**DOES NOT
KILL THE
BACTERIA**

What causes cavities?



- 1) Two *specific* bacteria
 - Strep Mutans
 - Lacto Bacillus
- 2) Acidic Environment
 - Oral pH < 5.5

Oral pH is function of...



- 1) SALIVA
 - Quality
 - Quantity

- 2) DIET:
 - FREQUENCY
 - FREQUENCY
 - FREQUENCY
 - Type

Saliva Quality / Quantity

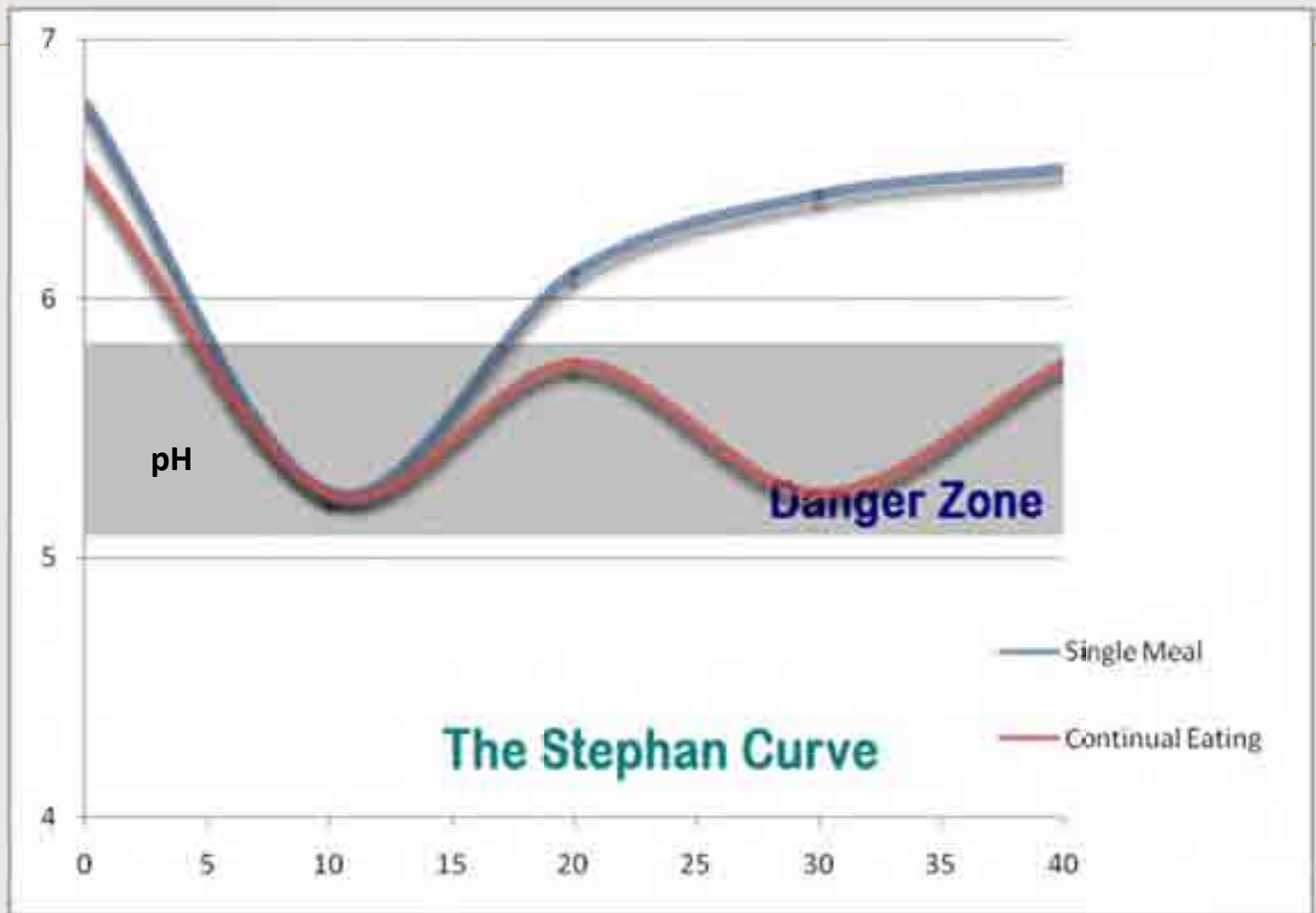
- *Systemic Issues:*
 - Sjogrens syndrome
 - Acid Reflux
- *Medications (many):*
 - Anti – Hypertension
 - Anti-anxiety
 - Anti-histamine (sinus problems)
 - Behavioral (ritalin)
 - Bronchodialators (ventolin and albuterol)

Diet Type / Frequency

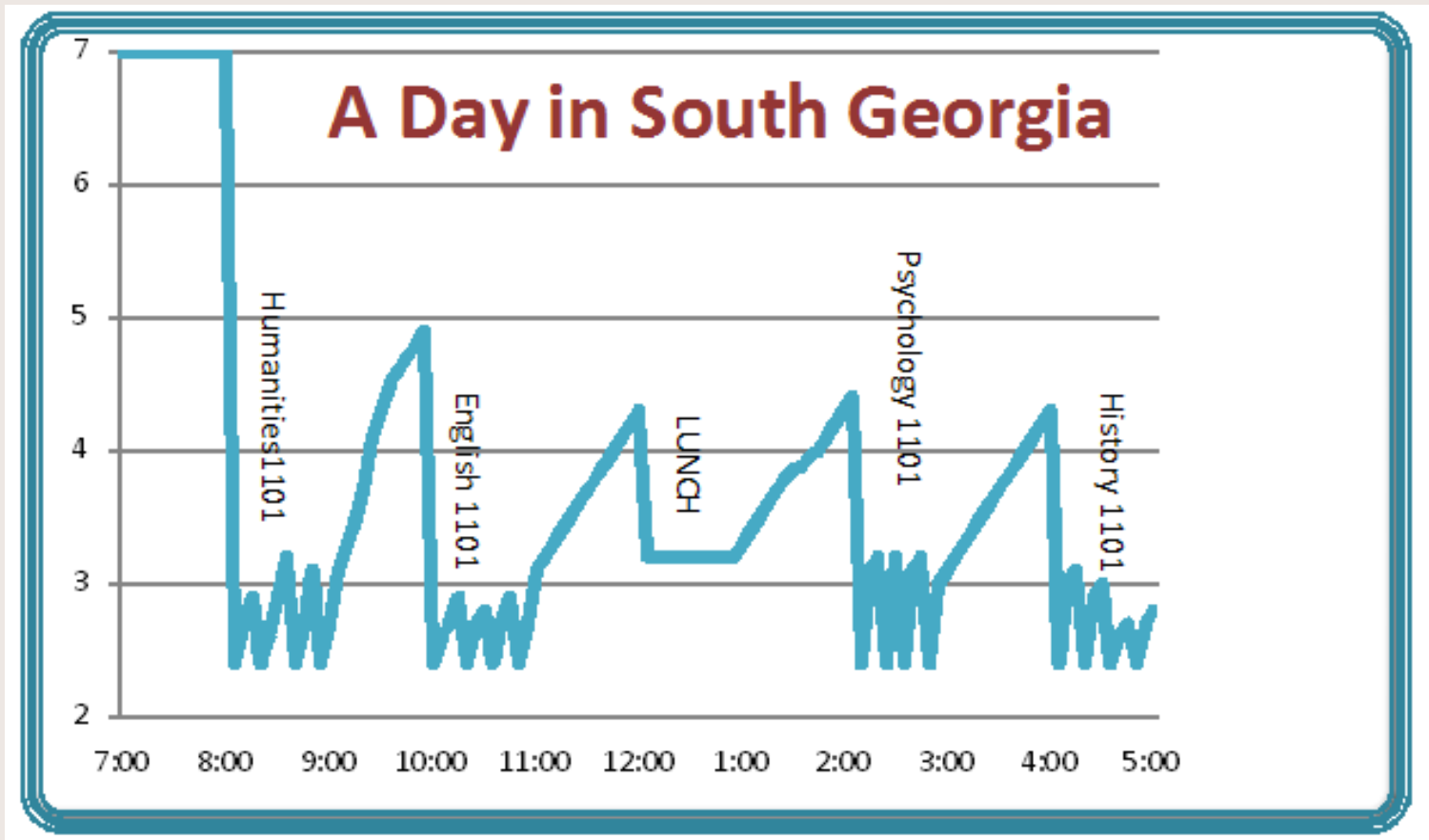


- Pure H₂O 7.2
- Tomato juice 4.5
- Apple Juice 3.8
- Orange Juice 3.6
- Gatorade 2.9
- Coke 2.6
- Gastric Acid 2.2

Oral pH – Stephan Curve



A Day in South Georgia



How does turning 16 increase my risk for rampant decay?



How can starting College increase my risk for decay?



How can changing jobs increase my chances for decay?



What “freshness saving device” can increase the potential for decay?



- 8 oz



- 20 oz



- 2 Liter

Prevention / Treatment



“CaMBRA”

- Caries
- Management
- By
- Risk
- Assessment

High Risk-Adult



- 2 cavities in 3 years
- Visible cavities
- Saliva – inadequate
- Acidic beverages
- Frequent snacking
- Exposed root surfaces

High Risk- Child



- Mom- cavity in past year
- Child – 1 cavity in past year
- White spot lesions
- Visable plaque
- Frequent snacking
- Medications

Bacteria...



Get Tested



Kill It!!!

THIS.....

ONLY
Kills This



Oral pH ... keep it neutral



Incipient cavities... remineralize



Vanish “paint-on” fluoride

Fluoridex Toothpaste



“MI Paste” Toothpaste



PerioMed Rinse



Maintenance - Xylitol



Feelin' groovy – Sealants



- 20% of the surface
- 70% of the decay

Plaque? – Don't brush them...

CLEAN THEM!



- PASS = 85%
- Be EFFECTIVE
- Kids can't brush until age 10

Cavities? No Brushing

Get Tested!!!

- 1: Bacteria – KILL IT
 - *Chlorhexidine, Provodine Iodine*
- 2: pH - Control it
 - *Diet – type and FREQUENCY*
- 3: Enamel – remineralize it
 - *Floride*
- 4: Xylitol – use it
 - *2 grams 4 x day*
- 5: Grooves – seal them
- 6 :PASS - 85%

Cavities NOT PERIO!



PERIO / SYSTEMIC CONNECTION



- Periodontal disease has an association with:
 - Heart Disease
 - Stroke
 - Diabetes
 - Osteoporosis

Challenge for the Dental Professional....



- Making a **connection** with the individual
- **Most important** portion of the hygiene visit is **not** “the **cleaning**”...

Dentist / Hygienist



Dialog with the patient
is the **most**
important part of
your visit.

Pick up a pencil and
paper!

Links to information:

www.CDAFoundation.org

www.carifree.com

www.aapd.org

www.cigna.com

Google:

- Caries Management By Risk Assessment
- Caries Risk Assessment

WWW.LEVERETTDENTAL.COM



- Educational site
- Links to references
- Newest theories