

Chapter 3

Health Mouth, Healthy You Chapter Review Sheet



LIVING WELL
with DR. MICHELLE

— Chapter 3 — What Causes Cavities?

- **Take-Aways**
- **Things To Do**

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Healthy Mouth, Healthy You

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Take-Aways

- A cavity is formed when nutrients are pulled from the enamel (outer layer) and bacteria creates a hole in that layer. The bacteria then gets to the dentin (inner layer) and is transported throughout the whole tooth. This causes an infection in the tooth.
- A cavity is an infection.
- The amount of cavities has been increasing in the last 20 years.
- There are three theories for the cause of cavities:
 - The Acidogenic Theory: Bacteria in our mouths eat the sugar we consume and produce acid. This acid causes cavities.
 - The Diet Theory: There are nutritional reasons for poor dental health. If you feed your body and teeth the right nutrients, your tooth will protect itself.
 - The Hormonal Theory: There are hormonal changes in the body that change the way a tooth cleans itself.

Things To Do

- Understand that there are different causes of cavities, so if you get a cavity, look to find the actual cause.
- Keep learning how to protect your teeth from cavities!