

Dental health care needs improvement:

Tooth decay still our most common disease, yet easy to prevent .

Even with the benefits of fluoridation, decay affects over 11 million Australians each year where brushing cannot reach where food is trapped and acid demineralisation that exceeds remineralisation. Treatment of oral ill-health costs Australia over \$7.6 billion a year and doubles every decade.

There needs to be a review of Oral Health Promotion to improve personal tooth care advice that has failed to reduce demineralisation and increase saliva and fluoride remineralisation where brushing cannot reach.

All cavities occur from demineralisation where food is left on teeth and plaque bacteria change any carbohydrate like sugar or starch to acid that demineralises tooth, which exceeds saliva and fluoride remineralisation.

Plaque¹ is easy to see at gum margins with a food dye¹ and Queen small dropper bottles of food colouring that are ideal instead of other containers.

Some 90% of cavities in children occur where food is trapped deep inside pits and fissures on chewing surfaces of teeth where brushing, fluoride and saliva have no access to clean, neutralise acid or to remineralise tooth like on easy to reach surfaces where few cavities occur even though most plaque¹ is found on these surfaces.

The SupertoothNDK research project found chewing pressure with an elastomer strip, forced sealant fillings deep inside the pits and fissures of extracted healthy teeth, showing that chewing the first bite of a meal or snack forces that food deepest inside pits and fissures temporarily blocking further food access where demineralisation starts, indicating never to start a meal or snack with a carbohydrate rich food like sugar confection.

It was also found that better toothbrush design, even disposable foam strips can force fluoride toothpaste inside pits and fissures under chewing pressure before brushing to remineralise all tooth surfaces, not just those that are easy to reach.

Also chewing pressure with an elastomer strip can force fissure sealants inside all opposing chewing surfaces at once blocking out contamination and greatly reducing the time and cost of this most effective preventive treatment while improving retention.

Please initiate a review of Oral Health Promotion to improve evidence based personal tooth care that can greatly reduce tooth decay in each Municipality and reduce pain, cost and inconvenience for the average family.